

DISCUSSION GUIDE

FIST TO FIST

Introduction:

We believe there are a handful of **key Biblical practices and habits** that lead to a fantastic, life-giving, fun and passionate marriage.

So, over the course of the next 4 weeks we're going to work at some key perspectives that we can learn to get the marriage that we want.

Getting Started:

1. What did conflict look like in your family growing up?
2. How do you tend to handle conflict? How does your spouse?
3. What is your response to the phrase, "In this marriage, you will have conflict"? Does normalizing conflict help to walk towards it instead of running away from it?

Read and discuss (as many as you have time for): Colossians 3:12-15, Matthew 7:3-5, 1 Timothy 1:15-16

Key Questions:

4. Read Colossians 3:12-15. What attributes do you find in these verses? Which of these do you find most different from the world's way of handling relationships?
5. You have heard the phrase, "Familiarity breeds contempt." How does this become true in marriage?
6. Is your tendency to look for the good in your spouse or to be consumed with their flaws? In what way does knowing a person's faults/weaknesses/ areas-for-improvement change the degree of respect in relationship?
7. Read Matthew 7:3-5. What principles do you find here that can guide the way you handle conflict?
8. What is Paul's attitude in 1 Timothy 1:15-16? What is the potential effect on your marriage if you were to adopt this same attitude?

Next Steps:

9. Which attitude from Colossians can you take steps this week to improve in?

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