



FRESH - Committing

Married Couples: When did you know your spouse was “The One”?

5 Keys to Commitment in Marriage
- Communication

Read: Colossians 3:8, James 1:19

The number one problem in marriage is poor communication. How do you rate the communication in your relationship on a scale of 1-10?

How well do YOU do at the Communication Essentials:

Time: Set aside time every day to communicate.

Talking: Learn how to express your thoughts and feelings effectively.

Taking it in: Listening involves asking questions, clarifying what you think they mean, and not jumping to conclusions.

5 Keys to Commitment in Marriage
- Coin

Read: Proverbs 21:20, Proverbs 3:9

Is it easy or difficult to talk about money in your marriage? Why? What could make it better?

5 Keys to Commitment in Marriage
- Connection

Read: Proverbs 13:20

You need to be connected to friends who are:

- Committed to God
- Committed to Each Other
- Committed to Church

Why is it important to have friends who exemplify these three commitments?

5 Keys to Commitment in Marriage

- Covenant

Salt does three things:

- Preserves
- Heals
- Strengthens

Read: John 16:33, Matt 5:13, Proverbs 21:21

How has your spouses's loyalty through love preserved, healed, or strengthened your relationship?

5 Keys to Commitment in Marriage

- Cross

Read: Luke 9:23, Ephesians 5:21-33

Commitment isn't something that happens over time it is something that happens all the time, minute by minute, day by day, week by week, year by year, decade by decade until you have a lifetime of serving that other person above yourself. That is what loving Jesus by loving your spouse looks like.

How often do you practice the example outlined in these verses?

How often do you thank your spouse for following this example?

Take time to close by praying with and for each person and couple represented in the group.