



The Ugly Truth About Relationships

Week 3 - The Measure Of Your Marriage

Discussion Guide

We keep track of everything that's important to us. We keep our phones updated, make sure our kids are fed, organize our work spaces, and so on. So obviously we should keep track of and measure the success of our romantic relationships.

1. Whether it was good, bad, or ugly, describe your first date.
2. *Christ.* The strongest relationships are centered around something both people have in common. What do you and your significant other have in common? Having Jesus as the focus of your life allows you to handle and overcome the challenges that you will face. How can you put Christ first in your relationship and in all other areas of your life? (Study: Matthew 19:1-6, Jeremiah 29:12-13, Ephesians 5:22-33)
3. *Communication.* Growing, healthy relationships are relationships with an open line of communication. How good are you at communicating? What steps can you take to communicate better in your relationship? How does having Christ at the center help in the area of communicating?
4. *Connection.* As we grow, we change emotionally, mentally, physically, and spiritually. If we don't stay connected as we grow, we tend to grow apart from each other. How often do you deeply connect with your significant other? What practical steps can you take to carve out time to connect more often? Is there a link between Christ and this issue of staying connected?
5. *Final Thought:* Marriage is God's idea. Being in a relationship is as much about getting closer to God as it is about growing together with another person. Growing more like Jesus can dramatically affect your relationship. When you grow closer to your spouse, it positively affects your relationship with God. Take a moment to pray with your group about how you can make your relationship better.