

LifeGroup Meeting

Marriage By Design 3
“The Weapon of Gratitude”

Get To Know You Question:

What is one small convenience you are far more grateful for than most people?

Let's Dig Deeper

Someone read **Philippians 4:6-8**. Spend some time and share some key words that spoke out to you while reading. What is it about those words that spoke to you?

1. What mistakes do husbands and wives tend to keep track of while overlooking the good their spouse is still doing?
2. Read **Philippians 4:6-7**. What are some signs that stress and pressure are being carried into a marriage instead of being surrendered to God?
3. When does remembering a legitimate hurt cross the line into building an ongoing case against a spouse?
4. What qualities do husbands and wives often admire while dating but eventually take for granted after years of marriage?
5. Read **Philippians 4:8**. How can something be true about a spouse but still be unhealthy to continually replay in the mind?
6. How does the attitude, “That is what they were supposed to do,” reveal that gratitude is slowly being replaced by entitlement?
7. What can happen within a husband or wife who regularly hears what they are doing wrong but rarely hears what they are doing right?
8. Go back and read **Philippians 4:6**. What does thanksgiving bring into prayer that complaining about the problem cannot provide?
9. What negative assumptions can husbands and wives begin making about each other's motives without having enough evidence to support them?
10. How can husbands and wives express sincere gratitude while still honestly addressing problems that need to change?

11. Go back and read **Philippians 4:7**. What might the peace of God protect husbands and wives from becoming when conflict and disappointment enter the marriage?
12. What sacrifices can become almost invisible within a marriage simply because a spouse makes them so faithfully and consistently?
13. If a husband or wife believes criticism is the truest thing their spouse thinks about them, what patterns may have caused them to believe that?
14. Read **Philippians 4:8–9**. What is the difference between agreeing with these verses and actually putting them into practice within a marriage?
15. If children copied the way husbands and wives think and speak about each other, what kind of marriages would they learn to build?
16. How have you been a blessing to your spouse this week? And/or, how have you been a blessing to your children this week?

Close in Prayer.