

ReThink Marriage: Week One Discussion Questions.

1. What challenged you the most from Sunday's message?
2. Who has influenced your thinking, attitude or perspective the most when it comes to marriage?
3. What role or impact do you think popular culture has on marriage and relationships in general?
4. Read Romans 12:2 in the New Living Translation & The Message if possible. (Use YouVersion App on your phone)
5. Why did the Apostle Paul emphasize changing the way you think?

To reThink Marriage, we must first reThink our Thoughts

6. Read Romans 8:5 (Contemporary English Version) if possible.
7. What's the difference between self-directed thoughts vs. Christ-directed thoughts? Why is it important for couples to guard their thinking toward each other? Anyone remember what **RATS** stands for? (Really Awful Thoughts)
8. Read 2 Corinthians 10:5. What does this verse tell us to do?
9. Read Philippians 4:8-9. What did Paul say would happen if we shift our thinking to Christ centered thoughts?

To reThink Marriage, we must also reThink our Feelings.

10. What impact does our thinking have on our emotions?
11. Pastor Rodney said that "happiness is not an emotion we feel, but a decision we make." So is it possible to have joy in the midst of trials and challenges in marriage?
 - a. Read James 1:2-4
 - b. Read Philippians 4:11
12. What are the benefits to a marriage relationship when you face hardships and trials?

Pastor Rodney said to reThink marriage, we must rethink our thoughts, reThink our feelings and reThink our actions toward each other

13. Read Galatians 5:13 and Ephesians 4:31-32. What do these verses tell us to do toward each other in the marriage relationship?

Home Work Assignment

14. On a scale of 1-10 how would you rate your current relationship? What are 3 things you can do to improve that number over the next 30 days?

Prayer Challenge for Couples: What thoughts needs to be changed, what feelings need to be communicated, what actions need to be taken to strengthen your marriage relationship?