



January 10-11, 2026

Opening Question: What has stood out to you from this weekend's message?

BIG IDEA: The quality of our marriage isn't a reflection of our INTENTIONS; it is a collection of our CHOICES.

What does it look like to fight for our marriage?

1. Inspect what is BROKEN and needs REBUILT. – Nehemiah 2:13
 - You can't HEAL A WOUND that you don't give a name to.
2. REDEFINE the fight: Fight for your spouse not with them. – Ephesians 6:12
 - You can win the ARGUMENT and lose their HEART.
 - Your spouse isn't your ENEMY.
3. Pray WITH and FOR each other. – Nehemiah 1:4; James 5:16
 - Marriage involves the physical and emotional, but at its deepest level, it is SPIRITUAL.
4. Be willing to ASK for help. – Nehemiah 2:17; Nehemiah 4:14
 - Couples struggle for SIX YEARS before asking for help. (Gottman Institute)
 - Seeking help isn't a SIGN OF WEAKNESS; it's an ACT OF WISDOM.

Up: Your Relationship with God

- The Davis's spoke about needing to inspect what is broken and need rebuilt. If you were to survey your life, what might need to be inspected and repaired?
- You can't heal a wound that you don't give a name to. What wound might you have in your life that God has healed? Any wounds that are still open?

In: Your Community with Believers

- We often can be afraid to ask for help. Have you ever been afraid to speak up or reach out? What was that experience like?
- For those who are married, what has been a refining moment from your marriage?
- For those who are single, how has singleness been a refining experience for you?

Out: Your Outreach to the World

- How might God use marriage to impact the lives of those around you?

Prayer

Together, take time to pray that God would mend and heal any broken relationships in your life.