

Ice Breaker

What is your idea of a perfect relaxing evening with your spouse?

Main Passage for Group to Read

Song of Solomon 5:16, Ecclesiastes 4:12, 1 Corinthians 7:3-5

Friendship: Date Your Spouse or Drift Apart

1. How can friendship in marriage be intentionally nurtured amid busy schedules?
2. What are ways your phone might be getting in the way of friendship in your marriage?
3. What does it look like to delight in your spouse rather than just endure them?

Call to Action: Schedule a weekly, non-negotiable date night and treat it as sacred time.

Faith: Pray Together or Struggle Alone

1. What challenges keep couples from praying together consistently?
2. How does inviting Christ into your marriage reshape how you handle conflict or stress?
3. In what ways can shared faith deepen your bond as a couple?

Call to Action: Begin praying together for just two minutes each day this week.

Sex: Fight for Intimacy or Settle for Distance

1. What might it look like to view sexual intimacy as a mutual gift instead of a chore or demand?
2. How can regular, honest conversations about sex strengthen your marriage?
3. In what ways has the culture distorted God's design for sex, and how can couples reclaim it?

Call to Action: Have a shame-free, grace-filled conversation with your spouse about your sexual connection.

Theology for the Leader

1. Friendship in marriage reflects the faithful friendship Christ has with His people (John 15:15).
2. Marriage sanctifies us as we reflect Christ and His Church, especially through mutual love, prayer, and service.