



TALK IT OVER

The Foundation

BOTTOM LINE

Your choices in critical areas are giving you a healthy marriage or an unhealthy marriage—for healthy marriage choices, you must have a strong and healthy foundation.

CONVERSATION STARTER

What's the most unusual wedding you have attended? Whose was the last wedding you attended?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointeorg/daily
- Dr. Henry Cloud on [Resolving Conflict](#)

KEY VERSES AND QUOTES

Be completely humble and gentle; be patient, bearing with one another in love. Ephesians 4:2 NIV

What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you don't ask God for it. And even when you ask, you don't get it because your motives are all wrong—you want only what will give you pleasure. James 4:1-3 NLT

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. Philippians 2:3-4 NIV

"The foundation for a great marriage is built on a flourishing relationship with Jesus Christ." – Dwight Mason

"Unhealthy Marriages: Contract—We protect our rights and limit our responsibilities. Healthy Marriages: Covenant—We give up our rights and pick up our responsibilities." – Dwight Mason

TALK IT OVER

No one is compatible with everyone all the time. Every tension is an opportunity for conflict and growth. Healthy marriages do not avoid or appease conflict—they address it. Discuss. What are the signs of emotional health in relationships? Personal discipline is required for emotional health. How do you develop it? Healthy love is a choice, not a feeling. Read 1 Corinthians 13:4-7. How do these descriptors of love illustrate choice over feeling? How have you received grace in relationships? Grace requires accepting the good and the not-so-good. What does this look like with necessary loving accountability? Conflicts cannot be resolved unless we realize we are on the same team. What helps you most in conflict? Where do you struggle most? The best relationship question: "What do you need from me?" Why do we fear asking it? How can you ask it well?

ACTION STEPS (This or one of your own)

The best foundation for a healthy marriage is a healthy relationship with Christ. The second is emotional maturity. This week I will work on each of those by _____

My Action Step: _____