

TALK IT OVER

Gaps – Your Choice

BOTTOM LINE

Every relationship will have some gaps – you choose what to fill them with.

CONVERSATION STARTER

What's your go-to "fill-me-up" snack? Healthy or unhealthy?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/thedaily
- [The Importance of Trust](#) by John Gottman (5½ min.)

KEY VERSES AND QUOTES

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. 1 Corinthians 13:4-7 NIV

"It doesn't take long for your spouse to trigger what you have experienced with other people in your life." – Dwight Mason

"If you think having uncomfortable discussions is hard, wait till you see the result of not having them." – Dwight Mason

"Five Trust Commitments: 1. When there is a gap, I will believe the best. 2. When others assume the worst about you, I'm going to come to your defense. 3. If what I experience begins to erode my trust, I'm coming directly to you. 4. When I'm not going to be able to keep a promise, I'm going to let you know ahead of time. 5. When you confront me about gaps I've created, I'm going to tell you the truth." – Andy Stanley

TALK IT OVER

What's your instinctive answer to "Is it possible for two people to truly stay in love forever?" What influences your answer? In every relationship there is a gap between what we expect and what we experience. We choose what goes in the gap. What is your default filler? What you see (the other person) and who you are (what you have previously experienced) determines what goes into the gap. What have you experienced that determines whether you naturally fill the gap with trust or suspicion? How does our natural need for acceptance shut down the relationship? Distrust is rejection, and we all run from rejection. How have you realized this? Do everything in your power to communicate "I trust you." How? When you can't choose trust, you have to confront. What are the elements of helpful confrontation? Why do we avoid speaking up immediately when we aren't able to keep a promise? Talk about the importance of your response when you are confronted with a gap. Being trustworthy is not being perfect, it is being worthy of trust. How do you gain trustworthiness? Suspicion and mistrust will poison your relationship. What will you do now to ensure that doesn't happen? With your kids?

ACTION STEP

I will choose to be trustworthy and to trust in my marriage. I will be willing to have the difficult conversations and choose to believe the best. I will do my part to make sure our marriage is something our children will want to emulate: _____ (Date)