

Six Essentials For Married Life



featuring **Ted & Nancie Lowe**

PART 2: HURRY HOME AND NURTURE ROMANCE

CONNECT

Take a few minutes to discuss this question in your group:

What was one of your favorite dates from when you were dating or newly married? What made it so memorable.

LEARN

Before watching the video together and discussing the questions below, we suggest taking a few moments to pray. Here's a simple prayer you can use:

Heavenly Father, thank you for the gift of marriage. Give us wisdom to build the kind of marriage that honors you and blesses those around us. Amen.

After praying, watch the video for Part 2.

APPLY

After the video, discuss the following questions as a group:

1. As you think about your current season of marriage, what helps you feel most connected to your spouse?
2. Andy Stanley said, "Everybody cheats somewhere. Don't cheat the people who love you most." What competes most for your time and attention? How does that affect your relationship with your spouse?
3. Which of the four daily connection moments—**Waking, Departing, Reconnecting, or Landing**—is easiest for you to overlook? Which one do you think would make the biggest difference in your marriage if you became more intentional about it?
4. Healthy couples keep pursuing each other, not just living alongside one another. What's one small way you already do this? What's one thing you'd like to start?

(leave a sweet note, send a text to say "thinking of you," plan a date, ask about his/her day instead of just trading logistics, etc.)

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5. Read **Song of Songs 8:6–7**.

Place me like a seal over your heart, like a seal on your arm; for love is as strong as death, its jealousy unyielding as the grave. It burns like a blazing fire, like a mighty flame. Many waters cannot quench love; rivers cannot sweep it away. If one were to give all the wealth of one's house for love, it would be utterly scorned.

What stands out to you about this description of love? How does it challenge or encourage the way you think about marriage over time?

6. Review this list of The 5 Love Languages:

- Words of Affirmation
- Quality Time
- Receiving Gifts
- Acts of Service
- Physical Touch

Which love language do you think your spouse values most? Which one makes you feel most loved? If you consistently spoke your spouse's love language, what benefits do you think it could bring to your marriage?

MOVING FORWARD

This week...

Act

Choose one of the four daily connection moments—Waking, Departing, Reconnecting, or Landing—and be intentional about pursuing your spouse.

Ask

Ask your spouse:

“What does romance look like for you in this season?”

Listen with the goal of understanding, not defending, explaining, or fixing.

PRAY

We suggest ending your group with prayer. Here's a sample prayer you can use:

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Heavenly Father, thank you for the gift of marriage. Help us make our spouse a priority in the midst of life's demands. Give us wisdom on what it looks like to continue to pursue each other. May our homes be the place we most want to be because they reflect you. Amen.