

# Union

C H U R C H

## Groups | Married, But You Don't Seem Happy

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### Get Started

Welcome to Spring Groups!! We are excited to do life with you! We pray that you find community that will create lifelong friendships!

Icebreaker: If you could bring back any fashion trend, what would it be?

### Start with Scripture

Genesis 24:1 - 9 NLT – Abraham was now a very old man, and the Lord had blessed him in every way. One day Abraham said to his oldest servant, the man in charge of his household, “Take an oath by putting your hand under my thigh. Swear by the Lord, the God of heaven and earth, that you will not allow my son to marry one of these local Canaanite women. Go instead to my homeland, to my relatives, and find a wife there for my son Isaac.” The servant asked, “But what if I can’t find a young woman who is willing to travel so far from home? Should I then take Isaac there to live among your relatives in the land you came from?” “No!” Abraham responded. “Be careful never to take my son there. For the Lord, the God of heaven, who took me from my father’s house and my native land, solemnly promised to give this land to my descendants. He will send his angel ahead of you, and he will see to it that you find a wife there for my son. If she is unwilling to come back with you, then you are free from this oath of mine. But under no circumstances are you to take my son there.” So the servant took an oath by putting his hand under the thigh of his master, Abraham. He swore to follow Abraham’s instructions.”

## Make it Personal

Pastor Stephen began the most anticipated relationship series - I Can Be Mad All By Myself. The thought behind this series is that some of us have had a season in a relationship where we've said we don't want to be miserable and would rather stay isolated. We all find ourselves in a season in every relationship where we say "this is not the best option, I think I can do better by myself." The reality is when we do it God's way, we have a 100% chance of success. God's way requires people. In part one of the series, Pastor Stephen shares how we need to shift our perspective of marriage. The question to address is "What is it about marriage that we aren't excited anymore?" Let's unpack...

Here are three phrases to avoid using to describe marriage:

- **Phrase 1: We haven't really talked about that** What this really means is we're not really talking as much and we're more like roommates. This leads married couples into the Roommate Trap. The Roommate Trap means the relationship is just two ships passing by. There is no evidence of PDA or intimacy.
  - Q – Read Amos 3:3 (NKJV). How does this scripture resonate with you (consider also platonic relationships)?
  - Q – When relationships fall into the Roommate Trap, it indicates that someone has stopped growing. Reflect on your relationships. What are some areas of growth you can work on?
- **Phrase 2: I handle all of the \_\_\_\_ it's not their thing** This phrase can also mean that one person doesn't want to handle a responsibility because of trust issues - don't trust their spouse or themselves. This generally reveals a "control" issue. Oftentimes, fear drives us here. This kind of marriage leads to a parent-child relationship rather than a partnership.
  - Q – What are some areas you are currently controlling? What fears are they connected to?
  - Q – Read 1 John 4:18 (NKJV). How does this scripture resonate with you?
  - Q – What are some actionable steps you can take to release your fears?
  - Q – "What I don't want" is not a vision. What is your vision for your marriage?
- **Phrase 3: They know how to push my buttons** This phrase can also mean that one has a level of anger where they lose control. In other words, "the marriage

you see is World War 3.” This kind of marriage presents itself as two adversaries living under one roof.

- Q – Anger is a healthy part of a marriage or relationships. Read Ephesians 4:26-27 (NKJV). How does this scripture resonate with you?
  - Q – It is important to express what you’re angry about, but don’t tear them down. What are some healthy ways to communicate your anger?
  - Q – At times, there is a heart issue that has nothing to do with the marriage that hasn’t been healed. When, if ever, have you displaced your anger on your spouse or on another person? What was the real issue and how can you repair the harm?
- **Phrase 4: We’re building our forever** *This is the phrase we should use to describe a marriage.* This phrase acknowledges that the couple has some good times and some bad times; however, they are not miserable. If you do it God's way, you have a 100% chance of having a successful marriage.
    - Q – Marriage doesn't work without Jesus. How can you invite Jesus more into your marriage/relationships?
    - Q – Read Luke 10:27 (NKJV). How does this resonate with you?
    - Q – How is Luke 10:27 (NKJV) evident in your life?

#### Takeaway Points:

- The enemy will fool you into thinking that what you are doing now will not affect you later.
- God doesn’t control us so why do humans think we can control each other?
- Control births resentment.
- “What I don’t want” is not a vision.
- When you’re able to be angry and your commitment doesn’t change, it builds a level of security within the relationship. It makes the relationship deeper and not weaker.
- The enemy will start whispering divisive words to harm your marriage. Be vigilant and deal with it quickly.
- At times, the war inside of a person has nothing to do with you. There’s a trauma that was there before they met you and their response could come from years worth of pain.
- In order to love another human properly, you must first love God.
- In order to love another human properly, you need a healthy soul (mind, will, & emotions).
- In order to love another human properly, you need a surrendered flesh.

Activity:

Give your groups 5 minutes to write down a practical next step from today's discussion.

## Prayer Requests

- Ask your group members to share any prayer requests they have.
- Pray and close out your group.

## Reminders

- Be sure to take attendance today!
- Continue to add and accept people to your group.
- Announcements:
  - Growth Track Step 2 is this Sunday!
  - Water Baptisms is this Sunday February 11!
  - Register your free seats for Catalyst on February 23rd!  
<https://theunionchurch.com/events>
  - Marriage Night is March 15th! Register your seats!  
<https://theunionchurch.com/events>