

## MARRIAGE FOCUS – IDENTITY IN CHRIST

### Marriage Exercise - Choose To Lose

Think about an area of your marriage where you and your husband disagree.

Some task he thinks you should do, but you have not given in.

A purchase...you can afford it but you have held back, either out of stubbornness or pride.

An activity he thinks would be fun but you have resisted.

Willingly choose to give in. Tell your husband you are putting what he wants ahead of what you want. Do not do it begrudgingly. Do not “throw it back at him” after you have done it. This is not a martyr exercise . . . it is a love and selflessness assignment.

Come to the group ready to share what you chose to “lose” and what happened as a result.

[Adapted from The Love Dare, Alex and Stephen Kendrick, (2009-06-12). (p. 59). B&H Publishing Group.]

### Date Night Questions

It is important for the health of your marriage to take time to plan and carry out a date night together. As you pull aside from all the demands of life, you are able to focus on each other. This can be challenging, but if you make it a high priority, it will pay great benefits in the years to come.

Ask each other these questions, write down both your answers. Resist the impulse to comment on what your spouse says; listen carefully.

How do we define identity in Christ?

Why is identity in Christ important in our marriage?

Spend some time affirming each other, share how you see Christ in your husband. Then ask: What evidence do you see of Christ living in and through me?