

SEASONS OF MARRIAGE  
COURSE STUDY GUIDE



# SEASONS OF MARRIAGE COURSE STUDY GUIDE

## DISCUSSION QUESTIONS LESSON 1 | SPRING SEASON

- If meeting in a group, please share how you met your spouse?
- Share some of the qualities that drew you to your spouse?
- What were some of the adjustments you needed to make in your first few years of marriage (i.e. saver/spender, sloppy/neat, etc.)?
- Challenges and difficulties will always be a part of our life; what were some of the difficulties you encountered together in your first five years of marriage?  
How did you work through them?
- What encouragement or advice would you give to a newly married couple?

## ACTIVITY

Plan a getaway, talk through and record responses in the Vision for your Marriage booklet (download where you found this study guide). What are some statements you would like to be a part of your Marriage Vision Statement (pg. 20 of the Vision for your Marriage booklet).

## HAVE FUN

Plan a four-course meal together (appetizer, salad, main course and dessert), shop for all the ingredients, prepare the meal and enjoy it with candlelight.

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## DISCUSSION QUESTIONS LESSON 2 | SUMMER SEASON

- What is your spouses' love language? If you're not sure, have them go to [5lovelanguages.com](http://5lovelanguages.com) and take their survey to determine their love language.  

Words of affirmation	Physical touch	Receiving gifts
Quality time	Acts of service	
- In what ways do you try to meet your spouse's love language?  
How do you like to prioritize your marriage relationship (ex. daily connect time, weekly date night, yearly getaway.)
- Discuss how you can build a daily connect time, a weekly date time, and yearly getaway.
- In the video you learned about Danny Silk's Five Levels of Communication and Connection. They are:  
  - Level 1 - Cliche' - How is it going?
  - Level 2 - Facts - What time will you be home?
  - Level 3 - Ideas and judgments - What do you think about that?
  - Level 4 - Feelings and emotions - How do you feel about what happened at work?
  - Level 5 - Mutual understanding & honesty - This is where vulnerability and trust happens.Levels 4 & 5 is where intimacy occurs.
- Which level do you find most of your communication happening at?  
If you're at level 1-3, how can you go deeper to level 4 and 5?
- Why is it important to be unified in your parenting? Please read the following verses: Ps 133:1, Dt. 6:5-9, I Co. 1:10, Col. 3:14 Share your observations?
- What values do you want to instill in your children? How will you go about doing that? What would you like to model to your children? Read Ps. 145:4, Joshua 4:21-22.

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## **ACTIVITY**

Commit to praying with and for your spouse everyday for the next week.

## **HAVE FUN**

Plan a picnic at a lake or if it's the winter season, enjoy a winter sport together (snowshoeing, cross country skiing, or ice skating).

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## DISCUSSION QUESTIONS LESSON 3 | FALL SEASON

- What do you think are some of the greatest challenges facing teens today?  
How can you encourage and support your teen(s) during this challenging season?  
Read Dt. 31:6, I Tim. 4:12, Phil 4:6-7.
- List some ways you can stay connected with your spouse during this season?  
Who are some people in your life that you can go to for encouragement and prayer support? John 15:12-13, Eccl.4:9-10, Ephesians 4:2-6
- Praying as husband and wife for your teen is critical. Here are some suggested topics of prayer for them. Take some time and pray God's Word over your teen(s).  
  
Salvation - Ephesians 2:8  
Self-control - I Peter 1:13  
Resist peer pressure - Proverbs 1:10  
Honesty and integrity - Psalm 15:2-5  
Strong sense of their identity - Ephesians 2:10
- In the video, Mark and Pam talked about how important it was for them to receive freedom from their past and how that affected their marriage relationship. Did you sense the Holy Spirit prompt you regarding wounds and hurts that you've placed in your "hurt pocket" that need healing?  
Read John 8:36, Galatians 5:1.  
(You can also check out the Freedom Course on DiscipleU.)
- Share some of the dreams you have as you approach this next season as husband and wife. Read Mt. 6:33, Prov. 16:3, Phil. 1:6

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## **ACTIVITY**

Surprise one another this week by doing something really special for your spouse (hint: think of their love language).

## **HAVE FUN**

Each of you take turns over the next couple of weeks planning a special date night together. Be creative and surprise one another!

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## DISCUSSION QUESTIONS LESSON 4 | WINTER SEASON

- Icebreaker: What would be your dream vacation and why? Is that something you can begin planning for?
- In this video, time was spent talking about offenses and the importance of forgiveness. Offenses will happen in a marriage relationship, but how we respond to them is key. In what ways can we better respond to offenses?
- Why do you think forgiveness is so important in our marriage relationship? Read Mark 11:25, 2 Corinthians 2:10-11, Matthew 18:21-22.
- Take a few moments and ask the Lord to examine your heart to see if there is any unforgiveness you may have harbored?
- Are there any fractured family relationships that need mending? What are some steps you can take to move toward forgiveness and restoration? Read Romans 12:18
- What ways could you and your spouse serve the Lord together? What gifts, life-experience do you have that you could share with the younger generation? Reminder: You are valued! Your voice is important and needs to be heard.
- What type of legacy do you want to pass on to your children/grandchildren? How do you want them to tell others about you? Could this be a conversation you could have with them?

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## ACTIVITY

Start a "Blessing" jar. Cut paper 2" X 4" and keep them next to your blessing jar. Each day for a week write something you're thankful for and place it in the jar. "In every thing give thanks: for this is the will of God in Christ Jesus." I Thessalonians 5:18

## HAVE FUN

Take a walk around a lake or park and reminisce about your favorite vacation or date night.