

Session 1: Covenant

Before watching the session:

1) Prayerfully take stock of your marriage. Is your marriage where you want it to be? Where have your expectations been met? In what areas have you been disappointed?

2) In what specific ways are you hoping to grow from this conference?

Session Notes:

[illegible]

After watching the session:

4) It is easy to forget our covenantal vows to our spouses and turn our marriages into consumer contracts. Do you treat your marriage like a contract or covenant? Are you there for them, or do they exist to serve and fulfill you? List specific ways you do each.

5) Look back at your unmet expectations in Q1: are these rooted in desire for feelings and passion or duty and promise? What does this reveal about your personal view of marriage?

6) Take some time to prayerfully and honestly consider the baggage you bring into your marriage. Now, how do you expect your spouse to treat that baggage? Does that differ from the way you treat your spouse's baggage? If so, why? Discuss this with your spouse.

5) Romans 5:20 says, "but where sin increased, grace multiplied all the more." How can you learn from God's view of gracious love? How can you increase the grace in your home?

Session 2: Progress

Before watching the session:

1) How do you handle conflict? How do you view the conflict in your marriage?

2) In what ways do you try to change your spouse? Be specific.

Session Notes:

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After watching the session:

3) What is the Gospel? Do you believe that God has fully forgiven you in Christ? Where do you believe He won't forgive you?

4) Where do you lack understanding and patience in your own progressive sanctification? Do you refuse grace? Do you demand perfection? If so, explain how you do this.

5) What are the habits in your life that help you abide in the Lord? If you struggle in this area, use the space below to plan a daily rhythm of prayer, remembrance of the Gospel, and time in God's Word. Experiencing grace helps us give grace.

6) Conflict reveals what is inside of you but we often fixate on our spouse's faults instead of our own. Take some time to prayerfully work through "the dance of transformation" with God and your spouse.

- 1) Vulnerability- What specific behaviors need to change in your marriage? In what specific areas do you need to improve?

- 2) Confession- Go to your spouse and own your faults completely without justification.

- 3) Repentance- God has fully justified and qualified you. Share grace with your spouse in their vulnerability in the knowledge that God has shown grace and forgiven you. The mantra of covenantal marriage is "we adjust to God together." Before your next argument, resolve to show grace to your spouse.

7) What are your spouse's strengths? What encourages you about your spouse? What do you love about them? Be specific. Tell your spouse what you wrote.

Q&A #1

The following is a list of the questions Matt and Lauren answered live in the first Q&A. How would you answer these questions? How did their answers help you? Discuss your answers with your spouse.

1) How can I give truth to my husband in a way that he is likely to receive it so that we can grow together? I'm tired of feeling like I'm the only one growing in the Lord.

2) How can I balance a 24/7 job and keep my family a priority as well?

3) How do we make friendship a priority in marriage?

Session 3: Intimacy

Before watching the session:

1) What does a healthy sex life look like according to our culture? What about the churches you have been a part of?

2) What do you think it takes to have healthy and vibrant intimacy with your spouse?

Session Notes:

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5) Growth in *ahava* (love of the will) is an exercise in giving grace. How can you show greater grace towards your spouse's faults? Be specific and generous.

6) *Dod* (intermingling of souls) rejoices in the other, affirming strengths and abolishing insecurities. What are ways you can create a habit of affirmation and rejoicing in your spouse?

Session 4: The Long Game

Before watching the session:

1) What is the Gospel?

Session Notes:

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After watching the session:

2) What is the Gospel? In what ways are we tempted to lean on our own efforts instead of God's? How do you think this affects your marriage?

3) Get with your spouse and plan time to spend alone with one another each week. Put it on the calendar. Plan an extended time to get away together.

4) Who are your three? How can you continue to develop those relationships? What are some practical ways you can build and walk in genuine and vulnerable community?

5) What have been your major takeaways from this conference? How can you put that knowledge to work in your marriage? Be specific.

Q&A #2

The following is a list of the questions Matt and Lauren answered live in the second Q&A. How would you answer these questions? How did their answers help you? Discuss your answers with your spouse.

1) How does a wife submit to and follow her husband when she is definitely the more gifted leader and he by nature and more reactionary and prefers to work behind the scenes?

2) In the spirit of vulnerability, what is the biggest struggle in your own marriage and how do you fight to overcome that struggle?

3) What is and is not an appropriate way to share about your marriage when you are seeking help? How do you go about choosing someone to mentor/support you when you are struggling?

4) My spouse handed me divorce papers after 33 years of marriage. In three months, the marriage will be over. What am I to do now? How do I interact with her now?

5) Sometimes my spouse and I will sit on the couch on our phones and barely speak for an hour. In this age of technology, how do we keep it from taking over our marriage and eventually our kids?

6) Can a marriage survive without physical intimacy?

7) I have struggled with jealousy and finding value in my physical appearance for a long time and it has only gotten worse now that I am married. I have been battling this sin for so long and I need help. Do you have any helpful advice or truth for me to help me and to better glorify God and love others? I don't want this to hurt my marriage.

8) How can we as husbands and wives pray better for one another? How can we create a better prayer life together?
