

Small Group Study

Our Mission

To build a Christian community by making fully devoted disciples of non-religious and nominally religious people

Discussion

Created for Connection: “Recreating Our Relationships”

Scripture

Have volunteers read the following scriptures:

Genesis 2:18 (NLT):

Then the LORD God said, “It is not good for the man to be alone. I will make a helper who is just right for him.”

Deuteronomy 6:4 (NLT):

“Listen, O Israel! The LORD is our God, the LORD alone. And you must love the LORD your God with all your heart, all your soul, and all your strength.”

Genesis 2:23-25 (NLT):

“At last!” the man exclaimed. “This one is bone from my bone, and flesh from my flesh! She will be called ‘woman,’ because she was taken from ‘man.’” This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. Now the man and his wife were both naked, but they felt no shame.

Questions

Please feel free to adjust this study to fit your group’s needs and to listen to the direction of the Holy Spirit. It is not necessary to use all of the questions.

1. What stood out to you in this week’s message? *(If you weren’t able to attend a service this week you can listen to the message online at our website, vineyardkcnorth.com)*

2. Perhaps not everyone here in this group is married, but many of us are and many who are not married will be married one day. The message this week centered on what God has created the marriage relationship to be. Let’s start out with a couple questions:



Ice Breaker

Use ONE of the questions to help people open up and to focus your meeting. It is very helpful to go around in a circle with the leader going first. (Remember if you have new members or guests you should take time to introduce everyone.)

1. Share one interesting or funny story that involves you being naked (just tell it; don’t model it.)
2. Tell us about your best friend growing up. What made you bond/connect?
3. Describe your grandparents to us (either side, if you knew them.)

Have you ever seen an example of a “great marriage”—perhaps a couple that has been married for several decades and it seems as if their love for each other is deeper than it ever has been? How did the couple act towards one another that made you think the marriage was great?

3. Do you think it is possible for a marriage to get better and better? Is it possible to continue to “recreate” the marriage, as Cameron proposed in his message this weekend?

4. In his message, Cameron said, “God did not create marriage for co-existence, but for oneness. He calls us to re-create our marriages for the rest of our lives.” In order to recreate our marriages, it is important for the husband and wife to remove shame (*“Now the man and his wife were both naked, but they felt no shame.”*) This requires:

Honesty

1. Assessing who we actually are
2. Being honest with our spouses about our lives
3. Confessing, laying it all out. Trust is the most important factor for a great relationship.

Continue becoming one:

1. Depending on one another’s strength
2. Moving beyond survival to interdependency

Sacrifice

1. Dying to our selves:
2. Uniting in our goals, dreams, purpose in life

Forgiveness

1. Forgiving our spouses for hurting us
2. Knowing that they have hurt us and that they will hurt us again (we’re human)

Gratitude

1. Expressing joy at who God has made our spouse to be

It is important to continue recreating our marriages: no more shame, embarrassment, apologizing, covering up, pretending, masks, or secrets—coming to a place of total acceptance, which interestingly is a picture of God’s unconditional love for us.

In order to do that though, it is important to begin listening to your own soul. Imagine a person who never listens to their own soul, who never turns off the radio or the tv or turns the iPod off—who never sits in silence with themselves, who is never naked with themselves. Imagine this person trying to become one with another. How can a person mingle with another soul when they are out of touch with their own?

Take a few minutes and answer the following questions, writing down whatever comes to mind. Get rid of your edit button. You don’t have to share these answers with the group if you don’t want.

What is frustrating me right now?

What am I angry about?

No, don’t go to the next one, go back. Listen. Reflect. Be honest. Give yourself time.

What am I scared of?

What am I dreading?

What am I anxious about?

What concerns me?

What is stressing me right now, the smallest thing that I don't want to write down because it seems so dumb but it actually is stressing me?

What am I looking forward to?

Today, tomorrow, this year?

5. Now, if you're with someone, if you've given yourself to another, how do you feel about sharing your list, baring your soul with your spouse without shame? Would you be willing to share that list at a later time?

6. Take time to pray for the marriages in the group.

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God bless,

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