**Marriage Enrichment Group - EVBC**

**THE HEALTH OF OUR MARRIAGES AS BELIEVERS WILL ALWAYS BE ABOUT MORE THAN US.**

**Purpose:** To contribute to the health of Christian couples as they continue together in their faith journey.

**Goal:** Find at least one significant addition and one significant subtraction for each partner to make within your relationship. **Eph 4:22-24**

**Week I -Attachment and the Christian Couple**

**Week II- Communication and the Christian Couple**

**Week III – Conflict and the Christian Couple**

**Week IV – Spiritual Formation and the Christian Couple**

**I-THINK ON IT**

**Definitions –**

**Spiritual Formation – “the process in which God spiritually forms believers into the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.” Millard Erickson – *Christian Theology***

**I John 3:1-3.**

**Spiritual Disciplines – “practices found in Scripture that promote spiritual growth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the gospel of Jesus Christ.” Donald Whitney – *Spiritual Disciplines for the Christian Life***

**1-Growth in the Lord brings God glory. 2 Pet 3:18**

**2-Growth in the Lord is cultivated in Christian Community Col 3:16** Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another…

**Practical Factors in having a sense of Community**

**1-Sense of Belonging**

**2-Boundaries and Symbols**

**3-Participation and Influence**

**4-Fulfillment of Needs**

**5-Shared Emotional Connection**

**Within Christian Community, Spiritual Disciplines are observed and shared when there is a healthy sense of Community**.

**Your Spiritual Formation as couples will be most meaningful to others within the context of healthy Christian Community.**

**II-WORK ON IT**

***Growing Spiritually together does not happen by chance. It involves a certain level of intentionality.* – Elias and Denise Moitinho**

**Scripture**

**A-Tips**

**1-Protect individual and couple time in the Word.**

**2-Be consistent in Scripture time.**

**3-Share with your spouse what you are learning from Bible Study**

**4-Encourage your spouse with Scripture (text, sticky-note).**

**5-Choose a devotional book to study together.**

**B-Your Christian Community.**

**What are some of the most meaningful experiences you have had as a couple with God’s Word?**

**Prayer**

**A-Tips**

**1-Invite your spouse to pray together with you.**

**2-Be consistent in your times of prayer.**

**3-Decide a best time to pray together.**

**4-Send a voice message with a prayer.**

**5-Text a prayer. (either way)**

**B-Your Christian Community.**

**What are some of the most meaningful experiences you have had as a couple in times of prayer?**

**Worship**

**A-Tips**

**1-Sing with all your heart when you gather for worship with your spouse.**

**2-Have frequent conversations about worship through giving.**

**3-Share with your spouse what you heard from God through worship.**

**4-Share gratitude for God and His work often with your spouse.**

**B-Your Christian Community.**

**What are some of the most meaningful experiences you have had as a couple in times of worship?**

**Service**

**A-Tips**

**1-Discuss frequently the needs that you encounter.**

**2-Prayer together about how you can join God in what He is doing.**

**3-Disciple a couple as a couple.**

**4-Serve together with your spouse in one of their “areas” of service.**

**B-Your Christian Community.**

**What are some of the most meaningful experiences you have had as a couple in times of service?**

**III-CARRY IT**

**Homework - Discuss a simple strategy for continuing your Spiritual formation as a couple leaning on tips, other ideas, and leaning heavily on the shared experience of your Christian community.**

**Do it!**