

Growth Group – Week 3 (10/29-11/4)

10/29: Identify one area of your marriage where you have placed unrealistic expectations on your wife (ie – “The house needs to look perfect.”). Find a way to help her in this area today.

For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged. Matthew 7:2

10/30: What is something that your wife has asked you multiple times to give up (ie - being on the computer after dinner, constantly complaining, staying at work so late, etc)? Make a point to give this up for today and the rest of the week!

...a man leaves his father and mother and is joined to his wife, and the two are united into one. Genesis 2:24

10/31: Go on a date (breakfast, lunch, dinner, coffee, etc), but make sure you plan it to show you thought it through and took time to think of her.

Good planning and hard work lead to prosperity... Proverbs 21:5

11/1: Identify one of the top needs in your wife’s life right now (ie – a day off, a night w/ friends, etc.) and find a way to help her make this happen.

Share each other’s burdens, and in this way obey the law of Christ. Galatians 6:2

11/2: Find at least 3 ways to encourage or affirm your wife today. This can be done with words or actions.

So encourage each other and build each other up... 1 Thessalonians 5:11

11/3: At least 3 times today, show your wife love through physical touch (Nope, we’re not talking about sex). Hugging, cuddling, a long kiss, etc.

In the same way, husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself. Ephesians 5:28

11/4: Do one loving thing (your choice) for your wife today. Say at least 3 positive things to her as well.

Husbands love your wives, just as Christ loved the church. He gave up his life for her to make her holy and clean, washed by the cleansing of God’s word. Ephesians 5:25-26