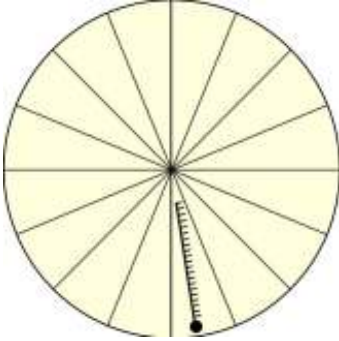


Marriage Hacks

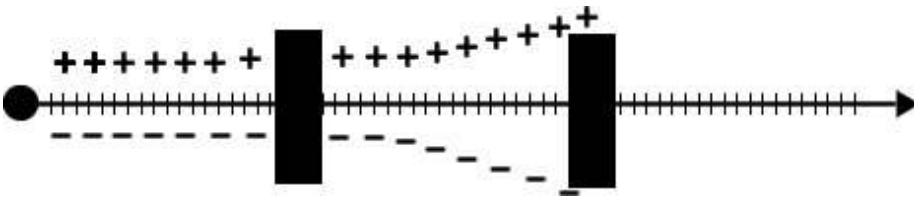
#1 Change Your Definition:



You can't fall in **love**; you can fall in **emotion**.

1 Corinthians 13:4-8

- Love is a **choice**!



#2 Make It All About Me:

Ephesians 5:21-33 Philippians 2:1-13 Matthew 20:25-28

- ▶ I have to put their **needs and interests** first.
- ▶ I have to make it all about the **little things**.
- ▶ I have to make it about **servicing**, not being **served**.

Growth Group Homework

For the week of September 17, 2017

Welcome to the Fall Quarter of Growth Groups!

This week we kick off our Fall Growth Group quarter. Your first meeting will include a potluck dinner, time to get acquainted, as well as time to discuss your Growth Group Covenant. The homework has been shortened this week to allow ample time to accomplish all of this.

To prepare for your first meeting, take some time to focus on the questions below and be prepared to share your answers with the group. Have a great meeting as you come together to connect, encourage one another to grow, and to see how God might want to change your lives from the inside out this quarter!

GETTING TO KNOW YOU

1. What's something you did this past summer that was fun or enjoyable (i.e. going to a concert, swimming, family gathering, vacation, barbeque, etc.)?

2. What was your first job where you earned a paycheck? How did you get the job and how long did it last?

3. What is a favorite pastime or hobby of yours - and when was the last time you were able to participate in it?

4. Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged or confused you?

DIGGING DEEPER

1. We learned this weekend that an essential part of loving others is putting their needs in front of our own. Read Mark 14:1-9 and John 13:1-5, then answer the questions below.

Mark 14:1-9 *New International Version (NIV)*

Jesus Anointed at Bethany

¹ Now the Passover and the Festival of Unleavened Bread were only two days away, and the chief priests and the teachers of the law were scheming to arrest Jesus secretly and kill him. ² "But not during the festival," they said, "or the people may riot."

³ While he was in Bethany, reclining at the table in the home of Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure nard. She broke the jar and poured the perfume on his head.

⁴ Some of those present were saying indignantly to one another, "Why this waste of perfume? ⁵ It could have been sold for more than a year's wages and the money given to the poor." And they rebuked her harshly.

⁶ "Leave her alone," said Jesus. "Why are you bothering her? She has done a beautiful thing to me. ⁷ The poor you will always have with you, and you can help them any time you want. But you will not always have me. ⁸ She did what she could. She poured perfume on my body beforehand to prepare for my

burial. ⁹ Truly I tell you, wherever the gospel is preached throughout the world, what she has done will also be told, in memory of her.”

John 13:1-5 *New International Version (NIV)*

Jesus Washes His Disciples' Feet

¹ It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

² The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. ³ Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; ⁴ so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. ⁵ After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

Why do you think these people were willing to put aside some of their own wants or needs and help others?

What did it cost them to put their love into action?

What might it cost someone to follow their example?

2. Good communication is an important part of any healthy relationship and miscommunication is an integral part of most unhealthy relationships. What principles about communication can you learn from each of the following passages?

Proverbs 15:23 *New International Version (NIV)*

²³ A person finds joy in giving an apt reply—
and how good is a timely word!

Ephesians 4:29 *New International Version (NIV)*

²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

James 1:19 *New International Version (NIV)*

Listening and Doing

¹⁹ My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,

James 3:3-12 *New International Version (NIV)*

³ When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. ⁴ Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. ⁵ Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. ⁶ The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell.

⁷ All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, ⁸ but no human being can tame the tongue. It is a restless evil, full of deadly poison.

⁹ With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. ¹⁰ Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. ¹¹ Can both fresh water and salt water flow from the same spring? ¹² My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

Take a minute and think about your pattern of communication with a spouse, family member or friend. What would it look like for you to apply any of the above principles in that relationship?

TAKING IT HOME

In preparation for going over the Covenant in your Growth Group, take a moment to jot down some of the reasons you joined a group this quarter. What are you looking forward to the most?

THE PURPOSE OF GROWTH GROUPS

Growth Groups exist to promote spiritual maturity and personal growth through meaningful Christian relationships and the study of God's Word. (Romans 8:29 & Hebrews 10:24-25). Here's how it will happen:

SHARE

Each week we'll take time to share what is happening in our lives. At first this sharing will include planned "sharing questions." But after the first few weeks, it will become more informal and personal as we feel more comfortable.

STUDY

Each week we'll study a section from God's Word that relates to the previous weekend's sermon or an appropriate personal growth topic. Our goal is to learn how to live out our Christianity in everyday life.

SUPPORT

Each week we'll learn how to take care of one another as Christ commanded (John 15:9-13). This care can take many forms, such as prayer, encouragement, listening, challenging one another and meeting real needs.

SERVE

Spiritual growth is fostered not only by what we gain through the support and input of others, but also through service to others. The role each of us fills is important to the health of the church and for us to be the hands and feet of Jesus to the community in which we live (Ephesians 4:11-16). Throughout the quarter, it is our hope that you can find and/or be affirmed in the ways God has designed you to serve and make a difference in God's Kingdom.



REAL MAN WEEKEND – "The Palomar Experience"- Oct. 27-29

Lookin' for some crazy guy stuff to do? Want to kick back or get refocused on God? Join us for another epic man's weekend that will get you recharged and refreshed as Chris Brown leads us into a look at what a real man is and isn't! The weekend will also include plenty of man event options like paintball, high ropes course, skeet shooting, archery, zipline, horseback riding, etc. Space is limited so don't delay! Register online at northcoastchurch.com/real-man-weekend