

What Happy People Know

WEEK 2: WHAT HAPPY COUPLES KNOW

LEAN IN

- What is the worst date you've ever been on?

LOOK DOWN

Look up Colossians 3:12-14 in the New Living Translation and read it once aloud.

- As a group, list and write down the 6 articles of clothing Paul tells us to wear in our relationships.

Look up the same scripture in any other translation or paraphrase.

- What are some different words for the 6 articles of clothing?

Moving forward, the LOOK OUT and LOOK IN sections will be tailored specifically to each member of your group.

WEEK 2: WHAT HAPPY COUPLES KNOW

COUPLES

LOOK OUT

- Who would you say has the most successful marriage?
Remind your group they are not comparing the marriages in your group!
- Why did you choose that couple?

LOOK IN

- Which of the 6 articles you listed from Colossians 3 do you feel comes naturally to you?
- Which do you feel is the hardest? Why?

Happy couples know they need to protect their marriage fiercely. 7 questions to ask to help protect your marriage are:

1. *Do we have accountability?*
2. *Are we dating each other?*
3. *Is there optimum communication between us?*
4. *Are we maintaining a healthy sex life?*
5. *Are we planning time away from our kids?*
6. *Are we arranging marriage check-ups?*
7. *Are we providing security for each other?*

- Which of these do you do well? How?
- Which of these needs work? Why? How will you work on them?

WEEK 2: WHAT HAPPY COUPLES KNOW

INDIVIDUALS

LOOK OUT

- Who would you say has the most successful relationship, friendship, marriage, family, or otherwise?

Remind your group they are not comparing the relationships in your group!

- Why did you choose that relationship?

LOOK IN

- Which of the 6 articles you listed from Colossians 3 do you feel comes naturally to you?
- Which do you feel is the hardest? Why?

Happy people know they need to forgive each other constantly. There are 4 statements that we must communicate, in any relationship, regularly to do just that:

1. *I'm sorry.*
2. *I was wrong.*
3. *Please forgive me.*
4. *I love you.*

- Which of these statements is the hardest for you to say? Why?
- Which of these is the hardest for you hear? Why?