

MARRIAGE ENRICHMENT GROUP

Lesson 7 - Love and Respect

“However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.” **Ephesians 5:33**

Main Idea: Husbands and wives have a unique opportunity to love and care for one another as Christ does for the church. Marriage works best when both husband and wife make the necessary personal sacrifices to offer one another love and respect. Typically, men want to be *respected* and women want to be *loved*. With each of these, the other spouse will have to sacrifice some of their own desires and wants to meet the needs and desires of their spouse. Sacrificing for your spouse is not based on how deserving you feel they are but is an obedience to Christ because of His great love and sacrifice for you.

1. Men, complete the following statement: “I feel most respected when...”
2. Women, complete the following statement: “I feel most loved when...”
3. Sacrifice is one of the common denominators in every healthy marriage. Share with the group one of the following:
 - An affirmation of the way your spouse has sacrificed for you.
 - A confession of a way you have been selfish and not lived sacrificially.
4. What fuels your ability to sacrifice for your spouse?

THROUGH THE WEEK

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Read the Scripture below for each day and answer the following questions. Every passage may not clearly give an answer to each question but think through these questions and see how God leads you. You may want to use a journal for this daily time in God's word.

1. What do I learn about God?
2. What do I learn about myself?
3. What do I learn about loving my spouse/others?

Day 1	Day 2	Day 3	Day 4	Day 5
1 John 4:7-21	Romans 12:9-21	John 15:12-17	Philippians 2:1-5	Matthew 20:25-28

Challenge for the Week:



Look for 2-3 opportunities to show your spouse love and respect this week, without telling them when you do.

Additional Resources:



Article – 23 Things That Love Is

<https://www.paultripp.com/wednesdays-word/posts/23-things-that-love-is-2017>

Book – Cherish by Gary Thomas