

MARRIAGE ENRICHMENT - LESSON 2

Recognize I Need God's Help

John 15:5 (NIV)

"I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing."

Main Idea: For many couples, the answers to the struggles they face in marriage are often met with the following solutions: a) fix your spouse, b) try harder yourself, or c) give up. These efforts are typically ineffective and often lead to frustration from unmet expectations, discontentment, and resentment. We don't have the power to make lasting change in our life. Change begins when we recognize we need God's help.

Optional Resources for Leading the Lesson



Idea for Illustrating the Main Idea:

Think of an area of life you are likely to seek help. We all know that enlisting the help of someone who knows better than we do is wise. Why do we reject God's help? Encourage couples to seek God's help through daily connection with His word.



Additional Scriptures for you to read/reference with the group:

Proverbs 3:5-6, Psalm 121:1-2, Psalm 127:1-3, John 6:63, 2 Timothy 3:16-17



Gospel Implications: (connect the lesson to their relationship with God)

John 14:16-17 - Through faith in Jesus, we receive the Holy Spirit, our Helper.

James 1:5-6 - Wisdom comes from God. Ask in faith.

Luke 18:27 - Man can't accomplish what God can. Nothing is impossible with God.

1. In what ways do you recognize you need God's help?
2. What is one area of your life where you have been relying on yourself? How has this impacted your marriage?
3. If someone were to eavesdrop in on your home, who would they say has authority or control in your marriage? Who is "steering the ship?"
4. If you were relying on God's authority in your life, how would that change the purpose or direction of your marriage?
5. What are one or two steps you can take to acknowledge God's authority in your life and marriage?

THROUGH THE WEEK

Recognize I Need God's Help

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
Matthew 11:27-30	Proverbs 3:1-8	Psalms 121	John 15:1-11	James 1:2-8



Challenge for the Week:

Pray out loud with your spouse, recognizing God's authority in your life and marriage. If you don't know what to pray, pray the scriptures above or simply ask God for help.



Additional Resources:

Join the Journey - www.jointhejourney.com

Great Questions: A safe place to explore the Christian faith - Mondays @ 7:30 pm

Daily Prayer Email - www.prayingforhim.com and www.prayingforher.com