

MARRIAGE ENRICHMENT - LESSON 3

Draw A Circle Around Myself

Matthew 7:3 (ESV)

“Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye?”

Main Idea: Most of us have no trouble seeing our spouse's contribution to the problems in our marriage, but we struggle to see and admit our own part. You cannot improve your marriage if you are not willing to examine yourself and address your own faults first. Change begins with drawing a circle around yourself and focusing on changing everyone inside the circle...YOU. You can't control what your spouse does or says, but you have complete control over your own words and actions. Owning your own part (even if it's a small percentage) doesn't diminish your spouse's responsibility for the problems in the marriage and humility is contagious.

Optional Resources for Leading the Lesson



Idea for Illustrating the Main Idea:

Discuss a hula hoop. A hula hoop is made for one person. Two people cannot successfully hula hoop in the same hoop. Drawing the circle around yourself enables you to focus on your own need for growth and make lasting changes. God asks us to deal with our own hearts, because we are responsible to God for the choices we make.



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

James 4:17, Proverbs 28:13, Romans 14:12, Psalm 139:23-24, 2 Corinthians 5:10, Ecclesiastes 12:13-14



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

Phil. 2:5-11 – We are most like Jesus when we humbly obey when it feels unfair.
Matt. 11:29 – Jesus asks us to follow in his footsteps and humble ourselves.

1. Where is your focus: 1) on the faults of your spouse or 2) on your faults?
2. What is your contribution to the problems in your marriage?
3. When was the last time you admitted to your spouse you were wrong? Share as much detail as you are comfortable sharing.
4. Have you ever asked God to search your heart and show you where you are wrong? What did He show you?
5. What can you do this week to own your responsibility and stay inside your circle?

THROUGH THE WEEK

Draw A Circle Around Myself

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
Psalm 51	1 John 1:5-10	Matthew 7:1-5	1 Corinthians 1:26-31	Psalm 32



Challenge for the Week:

Pray through Psalm 139:23-24 and ask God to search your heart. Practice speaking your own fault in conversations with your spouse rather than calling out the fault you see in him/her.



Additional Resources:

Article - <https://www.watermark.org/blog/draw-a-circle-around-yourself>
Article - <https://www.reengage.org/blog/10-questions-to-be-a-better-spouse>
Article - <https://www.gotquestions.org/personal-responsibility.html>