



MARRIAGE MATTERS

SESSION 1 – HONESTY

DISCUSSION QUESTIONS

Therefore each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body.
Ephesians 4:25

How have you found being honest hard in the past?
What makes it so hard?

In what ways does your connection to Christ (ie Ephesians 4:25) help you put off falsehood?

HINDRANCES TO HONESTY

1. Contradictions in Communication

eg “Does this outfit make me look fat?”

2. Horrible Hints

eg hinting about how messy the house is.

3. Everything Except

Expressing anger & frustration at every issue except the real one!

4. Pointless Truths

Not everything that is true is helpful!

Which of the hindrances to honesty do you find most challenging?

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.

Ephesians 4:29

Can you together identify the types of language that build each other up?

What are some ways that your words can affirm your spouse’s identity in Christ (ie Ephesians 1:3 – 6)

What aspects of your identity in Christ do you feel you need to be reminded of the most?

Together identify some ways that your spouse might be able to encourage you in this way.

FOR PERSONAL REFLECTION

Can you think of a time when you spoke hurtful words to your spouse?

Why was that hurtful?

What did your words, tone, or implications communicate to your spouse?

How do you tend to respond if your spouse uses the “only/always/never” language?

Why do you resort to this language?