

YOUR BEST US | PART 1

It's time to dig into some content and grow together. Remember, this is a safe environment so be real while also being honoring to your spouse.

WIN

Grow in your relationship with your spouse, with other couples, and with God.

CONNECT

Couples Challenge: One person will read the questions below. Each person will display their answer by pointing to their spouse or themselves.

- Who has the best handwriting?
- Who likes dessert the most?
- Who is more of an animal lover?
- Who is the best cook?
- Who is the tidiest?
- Who has the most speeding tickets?
- Who has the best memory?
- Who is the better singer?
- Who would win in a game of Monopoly?
- Who is the most tech-savvy?

Spend some time connecting on a personal level through icebreaker questions.

- How long have you been married?
- How did you meet your spouse?

LEARN

Your marital habits either lead to the connection or the disconnection of your “US” as a couple. In *Your Best US*, Ted Lowe walks through four core habits that can help every couple become their best US: 1) Have Serious Fun, 2) Love God First, 3) Respect and Love, 4) Practice Your Promise.

Watch *Your Best US*, Part 1: “Become Your Best Us” on RightNow Media.



DISCUSS

1. Think of a couple who has a marriage that you admire. Tell us about that couple and why you picked them.
2. What have you heard others say is the key to a great marriage?
3. Talk about a time in your marriage when you were connected. What habits helped you stay connected?
4. Read Colossians 2:2–3. What habits and barriers in your marriage keep you from being encouraged in heart and united in love?
5. Ted explains that regardless of what your unique US looks like, the one thing we have in common is that we all want a great marriage. What is one hope you have for your marriage?

PRAY

Ask God to help you and your spouse to be encouraged in heart and united in love.

WEEKLY CHALLENGE

On the way home from group, answer this one question with your spouse:

- What one thing can we do this week to reinforce a habit that leads to connection?

WHAT'S NEXT

You'll continue with your study for four more sessions. The group leader will send out specifics and any light homework to do prior to your next group meeting.

YOUR BEST US | PART 2

It's time to dig into some content and grow together. Remember, this is a safe environment so be real while also being honoring to your spouse.

WIN

Grow in your relationship with your spouse, with other couples, and with God.

CONNECT

Spend some time sharing how everyone has been since you last met. Then, discuss these icebreaker questions:

1. If you could go anywhere in the world with your spouse where would you go?
2. Describe your ideal weekend.
3. What is one family goal you're most proud of accomplishing together?

LEARN

We tend to operate as if the answers to the challenges we face in our marriage lie solely in our relationship with our spouse. However, as Ted Lowe explores in *Your Best US*, our individual relationship with God can greatly impact our relationship with our spouse.

Watch *Your Best US*, Part 2: "Have Serious Fun" on RightNow Media.

DISCUSS:

1. When you were dating, what did you do for fun?
2. In the video, Ted suggests that the best way to protect your marriage is to enjoy your marriage. What thoughts or feelings does that statement inspire?
3. In your marriage, does fun seem more like an essential or an extra? What are the barriers that keep you from having fun as a couple?
4. As counterintuitive as it seems, we often need to schedule fun in order for it to happen. Which of the three practical examples (daily dialogue, date night, or scheduled sex) would be the biggest game-changer for your marriage?
5. What is one step you can take this week to inject more fun into your marriage?

GROUPS

PRAY

Throughout your time as a group, you'll pray together. Ask God to allow what you've learned to help you form new habits in your marriage and grow closer as a couple.

WEEKLY CHALLENGE

On the way home from group, discuss the following question with your spouse:

- What would be the best time and place for us to connect for 5–15 minutes?

WHAT'S NEXT

You'll continue with this study for three more sessions. The group leader will send out specifics and any light homework to do prior to your next group meeting.



YOUR BEST US | PART 3

It's time to dig into some content and grow together. Remember, this is a safe environment so be real while also being honoring to your spouse.

WIN

Grow in your relationship with your spouse, with other couples, and with God.

CONNECT

Spend some time sharing how everyone has been since you last met. Then, discuss these icebreaker questions:

- What's your favorite dessert?
- What is your favorite family photograph?
- What is your favorite place you've visited?

LEARN

We tend to operate as if the answers to the challenges we faced in our marriage lie solely in our relationship with our spouse. However, as Ted Lowe explores in *Your Best US*, our individual relationship with God can greatly impact our relationship with our spouse.

Watch *Your Best US*, Part 3: "Love God First" on RightNow Media.

DISCUSS:

1. Were you married in a church or elsewhere? What do you remember about the religious aspects, if any, of your wedding ceremony?
2. As you were heading into marriage, what did you see as God's role in your marriage? How has your understanding of God's role changed over the time you've been married?
3. In the video, Ted says, "Loving God empowers us to love our spouse in ways we could never love them on our own." How have you seen this play out in your marriage?
4. Read Galatians 5:22–23. What would a marriage look like if one or both spouses were connected with God in such a way that they were consistently characterized by the fruit of the Spirit?
5. How do you, as an individual, connect with God?
6. What is one way you can place greater emphasis on God's role in your marriage?

PRAY

Throughout your time as a group, you'll pray together. Ask God to allow what you've learned to help you form new habits in your marriage and grow closer as a couple.

WEEKLY CHALLENGE

On the way home from group, each spouse should ask the following question to the other:

- How can I best support you as you pursue your relationship with God?

WHAT'S NEXT

You'll continue with this marriage study for two more sessions. The group leader will send out specifics and any light homework to do prior to your next group meeting.

YOUR BEST US | PART 4

It's time to dig into some content and grow together. Remember, this is a safe environment so be real while also being honoring to your spouse.

WIN

Grow in your relationship with your spouse, with other couples, and with God.

CONNECT

Spend some time sharing how everyone's week has been and connect on a personal level through icebreaker questions.

1. What do you remember most about the town you grew up in?
2. What is your favorite childhood memory?
3. How did your childhood shape you into the person you are today (your relationships, experiences, temperament, or personality)?

LEARN

We tend to operate as if the answers to the challenges we faced in our marriage lie solely in our relationship with our spouse. However, as Ted Lowe explores in *Your Best US*, our individual relationship with God can greatly impact our relationship with our spouse.

Watch Your Best US, Part 4: "Respect and Love" on RightNow Media.

DISCUSS:

1. Can you remember your first big fight as a couple? What do you remember about it?
2. In Ted's personal example, he shares that his counselor predicted that what drove Ted crazy about his wife and what drove her crazy about him were locked in a chase. Could you identify with that experience? How so?
3. Read Ephesians 5:21 and verses 31–33. What thoughts and feelings do these verses trigger for you?
4. In the video, Ted explains that Paul's imperatives in these verses—for husbands to love their wives unconditionally and for wives to respect their husbands—are not contingent on our spouses having earned that love or respect. How does that understanding make you feel?
5. What is the connection between last session's habit (love God first) and our ability to live out this session's habit?

6. What impact would it have on your marriage if you were able to replace an ongoing negative chase cycle with a positive cycle?

PRAY

Throughout your time as a group, you'll pray together. Ask God to allow what you've learned to help you form new habits in your marriage and grow closer as a couple.

WEEKLY CHALLENGE

On the way home from group, discuss a recent conflict or tension in your marriage that was stuck in a negative chase cycle. See if you can determine the lie written on your heart that your negative response reveals. Consider how you both could identify a truth that God has said about you and pursue a positive chase cycle.

WHAT'S NEXT

You'll continue with this marriage study for one more session. The group leader will send out specifics and any light homework to do prior to your next group meeting.

YOUR BEST US | PART 5

It's time to dig into some content and grow together. Remember, this is a safe environment so be real while also being honoring to your spouse.

WIN

Grow in your relationship with your spouse, with other couples, and with God.

CONNECT

Spend some time sharing how everyone has been since you last met. Then, discuss these icebreaker questions:

1. Tell the group a little about your family of origin. What is your fondest memory growing up? What is the hardest?
2. Are you more like your mom, your dad, or another family member?

LEARN

We all made promises on our wedding days. Despite these promises—which typically involve the commitment “until death do us part”—many marriages still end in divorce. In this week's session, Ted Lowe explores a habit that can help us finish together.

Watch Your Best US, Part 5: “Practice Your Promise” on RightNow Media.

DISCUSS:

1. Did you use traditional vows for your wedding, or did you write your own? What do you remember about your vows? What promises did you make?
2. What was your perspective on divorce when you first got married? Has it changed since then? How?
3. In the video, Ted contrasts two questions that reflect two different mindsets:
Is this marriage working for me? and **What am I doing to make this marriage work?**
What is the difference between these two mindsets, and how would each affect your marriage?
4. Have you ever asked your spouse the question, “What do I do that is not working for you?” Is there anything that would keep you from asking that question?

[Consider separating men and women for these two questions and for prayer time.]

5. Think of an area where your marriage isn't going as well as you'd like. In that area, what are you doing to make your marriage work?
6. What would happen in your marriage if you placed greater emphasis on the habit of practicing your promise? How can this group support you in your efforts to do so?

PRAY

Throughout your time as a group, you'll pray together. Ask God to allow what you've learned to help you form new habits in your marriage and grow closer as a couple.

WEEKLY CHALLENGE

Schedule a time to sit together as a couple and ask each other the following questions:

- What do I do that is not working for you? How could I “practice my promise” to you in this area?
- What do I do that makes you feel most valued?

WHAT'S NEXT

Congratulations, you just finished this marriage study. From here, your group leader will let you know the specifics of the next study and any light homework to do prior to your next group meeting.