

HOLY MATRIMONY

WITH **ROBIN JOHNSTON**



Session 1: Shrunk Brain

Marriage is a holy institution that requires intentional communication and an understanding that men and women often have very different responses, emotions, and perspectives in these important relationships. Understanding these differences is critical to a successful and healthy marriage.

1. Think of an instance of misunderstanding or miscommunication in your relationship. Going back to the source of the miscommunication, what caused the difference of perspective?
2. How can you improve your understanding of your spouse's perspective?
3. Every marriage is unique. In what ways could you adjust your current communication style to better fit the unique match of you and your spouse?

The little things affect the big things, and the big things affect the eternal things. The keys to a successful marriage are transparency, empathy, and love. Take time to understand your spouse's perspective and communication style. It is important to base your expectations and evaluations of your communication on understanding truths not assumptions.

[illegible]

Session 2: Flipping the Frame

How we frame our life is paramount to enduring the highs and lows of marriage. We cannot control what pains and joys come to us but we can control how we frame those moments. Flipping the frame of our perception allows us to take criticism courteously and compliments humbly.

1. Think of a joke or story that made you change your perspective halfway through. How can we break the routine in our perspective by flipping the frame?
2. Frames create blind spots and assumed feelings or actions. How can we guard against negative blind spots and refocus on what is truly important in our relationships?
3. How can adjusting the framing of your understanding improve your relationship?

The frame of our lives will determine our worldview and drastically affect our relationships. We must remember that we have ability to control our reactions and the framing of our perceptions. Breaking the mold and viewing issues from different perspectives will increase our relationships flexibility, and, ultimately, lead to a more content life.

[illegible]

Session 3: Happy or Holy

The divorce rate is staggering, both in the world and in the Christian church. The views and expectations connected with marriage may be one of the main culprits. The culture we live in has pushed the narrative that you get married to be happy. Chasing the desire to be happy often has some kind of happy ending with a marriage and riding off into the sunset, but what is the true, biblical goal of marriage?

1. What are some negative or dangerous expectations about marriage you have thought about or heard?
2. How should marriage improve your relationship with God?
3. What practical and spiritual steps should spouses take to change the frame of marriage and refocus on holiness?

Marriage is God's idea. He crafted marriage in order to make us holy. Marriage is designed to make us better, to improve our relationships with God and man. The intimacy and transparency in marriage builds character and hope. God's design for marriage is to make us more like Him. May we draw closer to Him together as a result of Holy Matrimony.

[illegible]