



Marriage Myths: Bliss | April 3, 2019

Discussion Guide

The Scoop

Most of us believe that happy couples don't fight. And if we believe that, then we think that all of our relationships should be perfect. Hear more about what God has to say about this in our latest video.

Key Verses

Ephesians 4:25-27 (NIV)

"Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 'In your anger do not sin': Do not let the sun go down while you are still angry, and do not give the devil a foothold."

Discussion

Most of us can probably relate to the image of a family driving in a car, arguing and upset with one another. Whether they're on their way to church or a friend's house, the second they get there they all pretend like everything is ok. All of us have done something like this before – where we put up a facade and communicate to the outside world that nothing is wrong. The truth is, many of us were brought up in households where this situation was very common. And whether we know it or not, the way that we were brought up inevitably impacts our relationships down the road.

1. Can you relate to the family in this scene? Is it similar to the way you were brought up in regards to handling conflict? Why or why not?
2. How have you seen your family of origin's communication and disagreement dynamics play out in your adult relationships and/or your relationship with God?

If you were brought up in a similar environment, you've probably been tempted to believe that successful relationships don't involve disagreement; that happy couples don't fight. But when we believe that myth, we tend to bottle up our feelings when we are hurt or frustrated. When a trusted friend asks us how things are going, we tell them we are good, even when we are hurting beneath the surface. And whether we like it or not, often times the things that we believe about our marriage relationships are true of our relationship with God as well. When we are hurt or frustrated with God, we may be tempted to hide our real feelings from him.

3. Why might we feel as though it's easier to bottle up our feelings when we are hurt or frustrated?
4. Do you feel like you're able to be honest with God in the way that you are honest with your spouse? Why or why not?

In Ephesians 4:25-27, we read a passage that is often quoted for newlyweds. It gives us instruction for how to handle conflict. It says that not only should we always speak to one another in truth, but also that it is wise not to go to bed angry. The Bible says that when we lie to our spouse, we actually deceive them. The same is true when we withhold our true feelings from God. And while older couples will often say that never going to bed angry is the key to a happy marriage, the truth is that it's not always possible to resolve big disagreements before we go to bed. But we must be able to assure our spouse that we will be there in the morning to continue the conversation.

5. Why might this verse be common for newlyweds or even married couples to refer to?
6. How do speaking in truth as well as deciding not to bottle up our feelings complement one another? Why do you think God encourages us to resolve conflict rather than ignore it?

What's Next?

When we are angry, upset, or fighting, the door does crack open a bit to potentially doing something wrong. This is where the Bible instructs us not to give the devil a foothold. It doesn't, however, say that there should never be any disagreement in a relationship. Because the truth is, there will always be disagreement. And so instead of deceiving our spouse or God by pretending everything is ok, we are encouraged to work it out by speaking truthfully with one another.

This week, as you live out your faith, be honest. Speak truthfully to your spouse as well as to God. Be cautious about how you express your anger, but don't be afraid to communicate your feelings. See how your relationship with both God as well as your spouse grows.