

# ASKING FOR A "FRIEND"



## Leader Conversation Guide – Asking for a Friend: How do you have a healthy marriage?

### Main Idea

This week, Pastor Chris kicked off our Asking for a Friend series with a thoughtful message on how to cultivate a healthy marriage, drawing wisdom from Scripture and practical advice. He reminded us that marriage is a sacred union designed by God, where two people become one, as highlighted in Genesis 2:22-24. Pastor Chris emphasized the importance of intentionality in relationships, reminding us that love is an ongoing choice and an action. Through passages like Ephesians 5:22-23 and Colossians 3:12-15, we were called to reflect Christ's love in our marriages by practicing humility, kindness, and forgiveness. Let's dive deeper into this vision of a Christ-centered marriage and explore how we can apply these truths in our daily lives.

## That is why a man leaves his father and mother and is united to his wife, and they become one flesh

GENESIS 2:24

### Make It Practical:

1. Keep choosing each other.

Love is an action. It's a choice to put someone above yourself.

2. Prioritize time for each other.

You don't drift to a healthy marriage, you have to be intentional in your relationship.

3. Avoid parasites.

A parasite is an organism that lives on or in an organism of another species, known as the host, from the body of which it obtains nutriment. A parasite in marriage is any sin that takes ownership in your life and sucks the nutrients from your marriage.

4. Act like a Christian.

Colossians 3:12-15 - Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

## Talk About It

Reflecting on Genesis 2:22-24 and Matthew 19:4-6, what does it mean for a husband and wife to “become one flesh,” and how can this biblical principle shape the way we approach unity and partnership in marriage?

In Ephesians 5:22-23 and 1 Corinthians 11:3, we see the roles of husband and wife outlined within the framework of Christ’s relationship with the Church. How can couples embody servant leadership and mutual respect in a way that honors these biblical roles?

Pastor Chris encouraged us to “keep choosing each other” and to be intentional in our relationships. What practical steps can couples take to prioritize time together and guard their relationship from external distractions or “parasites”?

**If I have the gift of prophecy and can fathom all mysteries and knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing.**

I CORINTHIANS 13:2

## Prayer

Heavenly Father, we thank You for the gift of marriage and the beautiful design You have set for us to follow. Help us to reflect Your love in our relationships, choosing each other daily with humility, patience, and kindness. May we be intentional in building a strong and Christ-centered marriage, always seeking to serve one another as You have called us to. Guide us in unity, protect our hearts from distractions, and strengthen the bond we share. Let Your peace and love rule in our homes, and may we honor You in all that we do. In Jesus’ Name, we pray. Amen.

## Leader Tip

The Mission of Hope Haiti: Meal Packing Event is happening on November 9th. Registration is open now in Church Center and we would love to have you be part of this amazing opportunity!