



CHRONIC JOY®

Ministering to those affected by:
Chronic Illness, Mental Illness,
Chronic Pain, & Disability

BUILD A HEALTHIER MARRIAGE

*Be completely humble and gentle; be patient,
bearing with one another in love.*

(Ephesians 4:2)

QUESTIONS TO BEGIN

- Is God the center of our marriage?
- What are our top three time and financial commitments?
- Can we identify our idols?
- What is our greatest relationship fear?
- What is our greatest unanswered prayer?
- What is our greatest uncontrollable emotion?

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs ... It always protects, always trusts, always hopes, always perseveres.

(1 Corinthians 13:4, 5, 7)

DO WE FIGHT TO WIN OR TO RESOLVE?

- Are we kind when we speak to each other?
- What are the difficult issues in our marriage?
- When those issues are triggered, do we react in anger or grace?
- Is it hard to forgive? Why?

GOING DEEPER – LEAD WITH LOVE

- Respect one another.
- Speak to one another in love.
- Speak honestly and calmly. Work toward a peaceful resolution *together*.
- Ask for and offer forgiveness.
- Don't yell, swear, threaten, or call names.
- Don't be condescending or sarcastic.
- Don't throw or slam anything or anyone.



Visit chronic-joy.org for more resources.

Let all that you do be done in love.

(1 Corinthians 16:14)

PRESSING ON

- How can we pray for one another this week?
- Where can we intentionally invest in one another?
- How can we creatively carve out a little one-on-one time?
- How is our intimacy? Are we on the same page?
- What are our favorite things to do together?

Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

(1 John 4:11-12)

FALL IN LOVE AGAIN

- What are our love languages: words of affirmation, acts of service, quality time, gifts, or physical touch?
- What makes you feel most loved?
- What could we do *together* to help us bond and share a little more of our lives with one another — take a class, learn a new hobby, enjoy a sport or activity, volunteer?
- The thing I love most about you is _____.

You have captivated my heart ... you have stolen my heart with one glance of your eyes ... How beautiful is your love ...

(Song of Songs 4:9-10)

SPARK A LITTLE ROMANCE

- Hold hands.
- Kiss.
- Snuggle on the couch.
- Caress your spouse's hair.
- Try the *2-Minute Hug!*
- Leave a sweet little love note.
- Send an *"I'm thinking about you."* text.
- Start an *"I'm Grateful for You"* list and share it with your spouse.
- Plan a surprise date.
- Wink at each other from across the room.



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