

SESSION 1: UNDERSTANDING YOUR SPOUSE

Preliminary Profile Preparation:

Prior to the class, visit www.IgnitePurpose.org and complete the Marriage questionnaire a profiles.

Welcome and Program Overview: 10 minutes

Session #1 Teaching: : 10 minutes

Understanding Your Spouse

When marriage partners possess a clear understanding of both their spouse's spiritual gifts and their own, they can often circumvent marital conflict. A vital step towards finding deeper fulfillment in the marriage relationship involves taking a closer look at the importance of spiritual gifts. God graciously grants to each Christian, at the point of his or her conversion, various gifts, skills and abilities for the purpose of glorifying Himself and building up the Body of Christ. The seven motivational gifts listed in Romans 12:6-8 provide an excellent basis for an investigation into an understanding of how spiritual gifts function within marriage.

Husbands and wives must strive to gain insight from God's Word as to the necessity of varying gifts and perspectives within the Body of Christ. Only then can they pray more effectively for their life partner and experience new depths of love and admiration for one another.

Today, we will begin this program by taking time to review your profile information and really get to know how we are wired

Profile & Growth Area Reviews: 20 minutes

Break up into couple groups and review your profile and growth area information.

Profile & Growth Area Reviews: 20 minutes

What were the biggest take-aways and action items from your small group time?

Discuss This Week's Homework: 10 minutes

- Review "stressors" from Session #1 and talk about them using active listening.
- Pick 5 new and innovative strategies to address those "stressors".
- Walk away and apply the above tips individually and then re-discuss at another time this week.

Homework:

- 1. Read out loud to each other your personality, gifting and love languages and engage in a conversation about them. Also, review the NEW document I'm sending today about how to get the most out of your relationship because of your personality profiles.**
- 2. Take your 3 things you'd like to work on improving (that you both sent us) and discuss them together and add action items to HOW you will begin to change those areas.**
- 3. Discuss "rules of engagement" together. What are triggers and indicators that things are tense and how will you relieve that tension without ignoring the issue?**
- 4. Own up to your part and start communicating with more questions around each area, DON'T JUDGE, BUT LEARN.**
 - e. Ask for forgiveness.**
 - f. Don't stop communicating until forgiveness can be found.**
 - g. Also, be sure that it stops here and CAN NOT be brought up again.**
- 5. Practice active listening daily.**