

# WHAT HAPPY COUPLES KNOW

## PART 4: IT'S A CHOICE

### INTRODUCTION

Happy couples decide they owe each other everything but are owed nothing in return. But that requires effort. Every married person makes a choice every day. That choice feels more like a reaction, so most people don't think they have a choice at all. But they do. Happy couples make the happy choice.

### DISCUSSION QUESTIONS

1. On a scale of 1 to 10, with 1 being "I can let go almost immediately" and 10 being "It takes a lot of time and effort," how difficult is it for you to let go of a grudge? How has that tendency affected your relationships, for good and bad?
2. What are some reasons it's easier for people to assume the worst rather than believe the best in their relationships?
3. Read 1 Corinthians 13:4-7. Which of these characteristics of love described by the apostle Paul need to be dialed up in your relationships?
4. During the message, Andy said that happy couples find the most generous explanation for each other's behavior and believe it. Does that sound reasonable and realistic to you? Why or why not?
5. In what ways might your history, fears, or insecurities be obstacles to assuming the best of your spouse? What would it take to overcome those obstacles?
6. What is one thing you can do this week to "choose trust"? How can this group support you?

### MOVING FORWARD

Hearts are drawn toward acceptance. That doesn't mean you avoid difficult conversations or ignore problems. But it does mean you work to resolve your conflicts and get back to trusting each other. Happy couples know that believing the best is a choice. In fact, it's the happy choices.

### CHANGING YOUR MIND

*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. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.*

**1 Corinthians 13:4-7**