

Better Together

TOOLS FOR A LASTING MARRIAGE

PART 1: BETTER UNDERSTANDING

We could all name several ways we're different from our spouses. And those differences can easily become frustrations. We'll talk about how to develop a better understanding of each other and how those differences can actually make your marriage stronger.

CONNECT

Take a few minutes to discuss the following questions as a group.

1. We've all probably heard the theory that opposites attract. In your marriage, is one of you a planner and the other a free spirit? Is one of you an introvert and one an extrovert? Is one of you a saver and the other a spender? Which of these, if any, feels most true in your relationship?
2. What differences initially attracted you to your spouse?

LEARN

Watch the video for **Part 1: Better Understanding**.

APPLY

1. What did you notice about the couples in the video? Did you see any glaring differences within each couple? If so, what were they?
2. Could you relate to any of those differences? If so, which ones?
3. Earlier we talked about some of the differences between you and your spouse. Which of those differences do you find endearing? Which do you find challenging?
4. In the video, Justin and Allison talked about the importance of always being a student of your spouse and having a posture of curiosity. In what ways have you learned more about each other over the years?
5. The next step after being a student of your spouse is becoming a fan, appreciating the differences you have. What do you think it looks like to be a fan of your spouse and to appreciate the ways you are different from each other?



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BEFORE NEXT TIME

There are a variety of tools you can use to learn more about your spouse. Choose one from the list below or find your own. The tool itself isn't the most important thing—the goal is to continue to find new ways to learn about and appreciate each other.

This week, find a way to let your spouse know that you're a fan of who they are and discuss ways you're different from each other. Be specific! Be ready to share your experience with the group the next time you're together.

[Kind Words Are Cool](#) (Temperament Assessment)

[The Road Back to You](#) (Book)

[The 5 Love Languages](#) (Assessment)

[The 5 Love Languages](#) (Book)

[Meyers-Briggs Type Indicator](#) (Assessment)

[How We Love](#) (Book)

PRAY

Take a few minutes to allow group members to share any prayer requests and then end your time together in prayer.

