

LEADER'S GUIDE

WEEK 2

# Us In



# Mind

by Ted Lowe

HOW CHANGING YOUR THOUGHTS  
CAN CHANGE YOUR MARRIAGE

# Intentional Thought: Remember Who I Am

**WHILE THIS IS A MARRIAGE BOOK**, the ideas in this book are really more about what we can personally take responsibility for when it comes to our own way of thinking. But being able (and willing) to admit the areas we know we need to work on does not come easily or naturally.

As the group kicks off, be sure to steer conversation away from any blame or antagonism that may come up between couples. Remember, you are a guide, not a counselor. This isn't therapy for one couple with an audience of several other couples.

The point of each conversation will be to help each individual in the partnership to see where they can improve on *themselves*, and not point out flaws in their spouse.

## IN CLOSING

This week, look for ways to reinforce God's message to your spouse and discount Fred's message to them. Write down the message you think God most wants you to hear and put it on your steering wheel, bathroom mirror, phone wallpaper, and above the kitchen sink. Look for ways to repeat it throughout the day and week.



## Response

### Ice Breaker

Everyone tell the story of how you met.

### Discuss

1. What is one thing about your spouse that you see or admire in them that you wish they could better believe for themselves?
2. What is the message your "Fred" speaks the most loudly to you? What do you think are the messages your spouse's "Fred" speaks the most loudly to them?
3. How have you seen the messages from your "Fred" impact your marriage in a negative way?
4. How do you see choosing not to believe Fred's message impacting your marriage in a positive way?
5. What is the message you think God is most wanting you to hear right now, that "Fred" is keeping you from hearing?
6. What do you think is the message God most wants your spouse to hear that their "Fred" is keeping them from hearing?