



MARRIAGE WELLBEING COURSE

SESSION 6 – ACTIONS & WORDS

The questions below are related to this week's topic. We recommend that you don't share your answers with each other until you've both completed the assignment. Once finished, set aside time to discuss.

Please take your time answering the questions. Once you've had the opportunity to read through this week's scripture references, pray and ask God for help to give you wisdom as you write out your answers. The quality of your answers will depend on your level of honesty and transparency.

- 1) Much, if not all, of our stress in life flows from a neglect and unbelief in God's providence in our lives – we simply don't see Him as interested or as involved in the details that concern us. But in Matthew 6:25-34 we see that He is more involved than we can imagine. Read this passage, a few times this week, and describe what it is telling you personally.

- 2) What do you believe Peter meant when he said in 2 Peter 1:3 that God has given us everything we need for living a godly life?

- 3) How does the knowledge of what God has given us change our behavior? 2 Peter 1:5-11 help explain this in a little more detail but relate it back to your behaviors.

- 4) What do you believe are your top three negative or problematic behaviors? Why do you think that?

- 5) What are your spouse's top three negative or problematic behaviors? Why do you think that?