

GOING FURTHER Valley Grove Support

Marriage Idea Cards

Free resources and date night ideas available at the Faith at Home Centers or online at valleygrove.org

Bible Study Groups

We believe that everyone who calls Valley Grove home should be connected to one of our Bible Study Groups. These groups are foundational to **sustained life change as adults study God's Word** together and discuss the issues and challenges of life. Our Bible Study Groups provide an opportunity for adults to pray together, care for one another, and dig deep **into the truths of God's Word**. We have adult groups for couples, men, women, and singles. Most of our ongoing groups meet on Sunday morning, on campus, from 9:15 -10:15. If you would like more information or to get a list of group options, please call the church office.

Counseling

While we do not provide professional counseling through the church office, one of our pastors would love to meet with you to offer Christ-centered pastoral counseling. If you would like to seek out professional counseling, we encourage members to visit Ebenezer Counseling. For more information, visit www.ebenezercounseling.com or call (865) 670-0988.

Have you completed the 120 Day Appraisal?

Where to Start?

Step 1 - Assess your level of intentionality over the past 120 days.

Step 2 – Identify your specific Life Season, Stage and/or Situation.

Step 3 – Create a Faith at Home plan for the next 120 Days.

Want More Information?

Call the Church Office
(865) 577-6620

Ask to schedule a meeting with a pastor to talk more about the next steps in growing faith at home.

Visit the Website
www.valleygrove.org

Building a

STRONG MARRIAGE



Faith at Home

EQUIPPING FAMILIES TO MAKE DISCIPLES

BUILDING A GOD-HONORING MARRIAGE

How can believers become intentional about building a God-honoring marriage?

PRIORITY ONE

Discover God's Design for Marriage

We must understand that every marriage is intended to be a masterpiece reflecting THE marriage between God and His people. Marriage is the most frequent metaphor used in the Bible to describe God's relationship with His people. In fact, writing to the Ephesians, Paul called marriage a "profound mystery" because the man represents Christ, the groom, while the woman represents His bride, the church. The marital union of husband and wife is a sacred reflection of the gospel itself.

PRIORITY TWO

Commit to a Covenant Marriage

Today's civil marriages are much like business contracts—easy to get into and easy to get out of. God's covenant with His people was a promise to remain eternally faithful even if His people were not faithful in return. In covenant marriage, both spouses are committed for a lifetime—in sickness and health, for better or worse. They do not threaten divorce or consider it as an option.

PRIORITY THREE

Pursue a Passionate Marriage

God calls us to pursue a passionate, thriving marriage. The Song of Solomon expresses the kind of love, joy and celebration God designed for marriage. That passion is built on much more than infatuation and sexual desire. It is rooted in the physical, emotional and spiritual intimacy God created couples to experience as a foretaste of the eternal unity, communion and intimacy we can have with God. Prioritize a routine like date nights to fan the flame of intimacy in your marriage.

PRIORITY FOUR

Become Heroic in Marriage

Christ made the ultimate sacrifice to rescue humanity. Writing to the Ephesians, Paul connected Christ's sacrifice directly to marriage: "Husbands, love your wives, just as Christ loved the church and gave himself up for her" (Ephesians 5:25) and "Now as the church submits to Christ, so also wives should submit to their husbands" (Ephesians 5:24). In other words, mutual submission to one another requires giving up our own interests to heroically serve the other person.

PRIORITY FIVE

Fight for Your Marriage

Every couple will mess up. Too often, however, they also choose to give up. Throughout scripture, God fights for His relationship with His people, remaining faithful in the face of unfaithfulness. He forgives again and again. No couple can

avoid strife and arguments, but we can avoid giving the "devil a foothold" in our marriages by keeping short accounts and quickly restoring the relationship regardless of what happens. Prayer is a key part of fighting for your marriage. Statistics from Gallop and the National Association of Marriage Enhancement reveal that when couples pray together on a daily basis less than one percent would end up getting a divorce.

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Revised by Valley Grove

GOING FURTHER RESOURCES

Lovology: God. Love. Marriage. Sex. And the Never-Ending Story of Male and Female (John Mark Comer)
Gives a biblical vision for sexual intimacy and marriage and tackles difficult questions related to human sexuality.

Love and Respect
(by Dr. Emerson Eggerichs)
Helps couples appreciate and meet their mate's greatest need.

The Five Love Languages
(by Gary Chapman)
Helps couples understanding and speak their mate's "love language."

Have a New Sex Life by Friday
(by Kevin Leman)
Encourages married couples to pursue the joys and pleasures of sexual intimacy.