

Discussion Guide for Couples

About the Authors:

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Before You Get Started:

Thank you for leading a *Praying Circles Around Your Marriage* small group! Whether you're leading a group of engaged couples, newly marrieds, or couples who've been married for years, we hope that this book will challenge your group to grow in their marriage.

As the facilitator, there are a few things you should know before you get started with your group:

- Remain aware that the couples in your group are coming from many different places. Some are in a place of healthy and growing marriages. Others might be in a place of struggle or even crisis. Be discerning and commit to ask good questions so you can offer the support they need.
- Pray for wisdom and understanding as you lead. Pray that your participants will be receptive and encouraged through the material and the community of other couples.
- Take some time to read through the chapters in advance and consider the questions in this facilitator's guide. Think through some of your own personal examples that will help encourage group discussion.

Getting Started: Keys to Leading an Effective Couples Group

Consider making copies of the Prayer Prompts for each couple. They can post it on their refrigerator or next to their bed as a reminder to pray!

10 Practical Ideas for Getting Started

Know The Group's Purpose: Think through and decide what is the *why* behind your group. How come you decided on the study or type of group you did? Knowing your group's purpose will help you reach your intended goal of leading this group.

Organize: Ensure that you have set up all of the logistics, have communicated important details, and gather contact/group member info.

Set Goals: Know your direction and write out some goals and hopes for your group. What are specific things you want to do as a group? Setting goals for our ourselves and group help us measure growth and challenge us. Set goals for your curriculum or study.

Consistent Communication: Whether it is email, text messaging, or a Facebook group, find a way to regularly communicate updates or group information. A weekly email about the next meeting is a common method. It can also be helpful to include any NCC event info or other opportunities.

Unstructured Time: Have some time at the beginning or end of your group for people to simply connect, laugh, and catch up from the week. Time and space for those to get to know each other will create better group discussions and build trust.

Push Through The Awkward: Embrace the awkward silences because sometimes it's best to let people think. You have to embrace the awkward to get to the awesome.

Pray Together: Create a moment at the beginning or end of group to pray together. You can ask for prayer requests or break into smaller groups for prayer. Have someone write down those prayer requests.

Safe Space: Recognize and share with group members some guidelines to help create a comfortable and safe environment.

Look Outward: Find and share ways that your group can either serve together. Do something with your neighborhood. Go to Second Saturday Serve, or encourage everyone to invite a couple one week.

Ask and Listen: Be a leader by asking great questions and practice genuinely listening to group members. Whether it's in a group discussion or at a coffee shop, seek to understand and build a relationship through allowing them to share freely.

Small Group Techniques:

• Promote interaction! Your role is to facilitate conversation. This allows the participants to hold each other accountable.

- Give everyone a chance to speak. Don't allow the talkers of the group to dominate the conversation. Encourage those who are quiet to participate by directly asking them a question.
- Set the pace by being honest and transparent yourself. Authentic conversation should be the driving force of this group.
- Throw in some humor and share personal stories!
- Be patient. Don't be afraid of silence. Sometimes you have to wait for a response, especially when the subject matter is difficult.
- Create space for those to express their feelings. Show your group that you genuinely care.
- Celebrate big wins and small wins! Be excited about accomplishments! Applaud transformation.

Marriage PRAYER PROMPTS

O VISION CIRCLE

Pray that God would reveal His combined purpose for your marriage. Ask Him to align you and your spouse so that He might use you more powerfully together.

O WAR CIRCLE

Ask God to overcome conflict that persists in your marriage. Ask him for revelation to understand the roots of conflict so that it might be used for growth and greater connection.

O ROMANCE CIRCLE

Pray that God would cultivate a connected and intimate relationship with your spouse. Pray for the understanding for how to love your spouse well.

O DANCE CIRCLE

Ask the Lord to help you and your spouse merge your interests, personalities, and histories in partnership. Consider how you might serve your spouse and position him/her to be used greatly.

O SUPPORT CIRCLE

Ask the Lord to surround your marriage with a healthy support community that will offer encouragement, inspiration, perspective, support, and accountability. Consider how you might take steps to build a strong community around your marriage.

O STORM CIRCLE

Pray for the Lord to build a foundation for your marriage that will help you weather the trials that are sure to come. Reflect on the promises that God makes to be near.

LEGACY CIRCLE

Ask God to leverage your marriage to have influence for generations. Pray that you could live now in a way to honor God's larger plan.

Overview of Sessions:

Session 1: Circling Marriage Session 2: Vision Circle Session 3: War Circle Session 4: Romance Circle Session 5: Dance Circle Session 6: Support Circle Session 7: Storm Circle Session 8: Legacy Circle Session 9: One Unbroken Circle

Praying Circles Around Your Marriage includes prompts for prayer and action all throughout the book. If you stop to pray through each one, you will have prayed twenty-six prayers for your marriage over the course of your reading. Those are words that have not fallen silent before the Lord. He hears them and responds to them.

Opening Session: Forward and CIRCLING MARRIAGE

- In the forward, Mark and Lora Batterson say, "There are lots of people who have been following Christ for twenty-five years, but they don't have twenty-five years of experience. They have one year of experience repeated twenty-five times. Many marriages fall into the same trap. If we want our marriages to evolve, we've got to learn the lessons God is trying to teach us." What are some of the things you see God trying to teach you through your marriage?
- 2. In the opening chapter, Joel and Nina share their origin stories and the expectations or impressions of marriage that they carried into their relationship. What are the origin stories for you and your spouse? How was marriage regarded in your upbringing? What impressions or expectations might you have of marriage because of how encountered it? Even if you have heard it from your spouse before, share with one another the framework for marriage that you brought into adulthood. What impressions did your upbringing leave on you regarding marriage?
- 3. Ephesians 5:32 calls marriage "a profound mystery." It really is mysterious how couples are so often attracted to someone so different than themselves. What are the ways that you and your spouse are different from one another. What problems does that create? What opportunities does that create?
- 4. Take a quick look over the circles that will be covered in the book (**Vision, War, Romance, Dance, Support, Storm, Legacy**). What is one area where you see strength and unity in your marriage? What is an area that you see the greatest room for growth?

Prayer Prompt: Ask the Lord to use these coming weeks to grow your marriage.

VISION CIRCLE

Chapter Overview:

If you are like most couples, the demands of everyday life keep you from cultivating a larger purpose that will bring unity in your marriage. Often, two gifted individuals marry and then find that it isn't easy to merge two passionate and competing visions. Then, they begin to pull against one another. If either spouse has had to give up more than the other, resentment can build and unity can begin to dissolve. The vision chapter shares how two unique visions can be combined for a new and unified vision together in marriage.

Questions:

- 1. Shared values between a couple share their hopes for the future—their vision. It is a shared way of *seeing* (vision) that then leads a couple to a shared way of *living* (purpose). What are some of the values that you and your spouse share?
- 2. If you're like most couples, it's all too easy to let the throes of everyday life take priority away from cultivating a larger purpose that will unify you and your spouse. **Do you feel like you have unified vision at this time? Do your best to try to articulate it.**
- 3. Joel and Nina present that the way to receive a vision for your marriage starts, not by telling God what you want out of marriage, but by dying to self and surrendering to God. Marriage is a rebirth of selflessness. As we see written throughout Scripture, each time that a covenant, for the covenant to come to life, there had to be a death. What ways have you had to die to self so that your marriage might grow and thrive?
- 4. Joel and Nina encourage couples to plan an intentional time of seeking the Lord and asking for a revelation of vision. They recommend taking a retreat at the end of each year to lean into the Lord for his leading in each new season. Is this something you have done as a couple? How did it go? If you haven't done this, what could be a first step toward something similar?

Prayer Prompt: Ask God to remind you of a larger purpose for your marriage. Maybe you feel like the terms of your relationship have changed and you're having to give more than what feels fair. Ask Him to reveal how He plans to use you.

Action Prompt: Begin to surrender your marriage to God. Ask God to help you let go of your personal agenda and to reveal why He has brought you and your spouse together. Can you reduce it to a sentence or a list of values?

Consider these questions to identify God's larger purpose for your marriage.

- What sort of impact do we want to make on our community?
- What do we care about that we can both rally around?
- What set of gifts are unique to us as a couple?
- Where do we work best together?

Prayer Prompt: Ask the Lord to begin to free you from your personal desires and individual plans so He can reveal a shared vision with your spouse.

WAR CIRCLE

Conflict is one of the most draining and feared parts of relationships. Yet it is inevitable. Marriage is the relationship with the most proximity, so it's very likely to encounter friction. Because we are imperfect people, we will certainly face disagreement with the one we share the most physical, spiritual, and heart space. The "War Circle" considers how to ensure conflict remains healthy and how to allow disagreements to do their maturing work in us. It explores how to find the true source of frustration which is often hidden from the surface. The authors propose how to do the proactive work to avoid collision when possible, then how to fight fair when conflict is necessary.

Questions:

- 1. This chapter explores the roots of conflict in marriage. It is suggested that when a couple experiences conflict, it's most often because there's a *deep need* that is not being met. **Do you find this to be true in your own marriage?**
- 2. Have you ever asked the Lord to give you revelation and understanding about the true source of conflict that is dividing you and your spouse? What did you discover that was below the surface that you might not have understood before?
- 3. Joel and Nina note that, in the midst of a conflict, we can find ourselves engaging in a very unhealthy inner monologue. We begin to draft a narrative that is not likely founded in truth. Nina suggests a prompt that she uses to direct her thoughts, asking herself, "What do I know to be true?" What are some ways that you control your thought life and direct your inner narrative?
- 4. Joel and Nina recommend a regular touch-point as a way of playing offense rather than defense in your relationship. Here are some questions recommended for couples to ask one another. Journaling the answers is a great way to see the way the Lord is growing your relationship over time. Have you ever given something like this a try? What are ways you play offense rather than defense in your marriage?
 - How can I be a better spouse to you?
 - Is there anything I did or said this week that I need to make right with you?
 - Share with your spouse something you appreciated about them this week.
 - Is there anything that happened this past week or that you may face in the week to come that I can pray about? How can I support you best?

Action Prompt: What are those unique gifts, talents, and passions that God has placed within your spouse? When have you seen God use your marriage? Is there a moment when the purpose of your marriage became more important than having your own individual needs met? Do a deep dive into those areas of your relationship that have brought joy or a sense of purpose.

Prayer Prompt: Ask God to grant you persistence. Ask that He would reward your endurance with overcoming. Confess to Him that you need Him to do a healing work on the problem areas in your marriage.

Prayer Prompt: Pray that the Lord would give you insight. Ask Him to show you the unidentified culprits that might be wreaking havoc on your marriage. Ask Him to help you see the true source of the things that are dividing you.

Prayer Prompt: Pray for the Lord to give revelation. Ask Him for a holy curiosity about the needs and motives at work in your spouse.

Prayer Prompt: Ask the Lord for perspective. Pray that He would help you see things from a different angle, with a greater understanding. Ask Him to help you grow in your ability to direct your thoughts.

Prayer Prompt: Pray for the gift of affirmation. Ask God to give you the words to cover your spouse in declarations that reveal his or her true self as God sees him or her. Ask the Lord to prompt you with the right words at the right time to encourage your spouse.

Prayer Prompt: Pray for wisdom. Ask God for humility and insight to see things from your spouse's perspective and the courage to do the hard work to address it. James 3:17 reads, "*The wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.*"

Prayer Prompt: Pray for connection. Pray that you will use reason and self-control to be able to hear from one another. Ask the Lord to lead you in ways that help you override physical responses that come in flares of anger.

Prayer Prompt: Pray for God to provide you with a creative response. Ask God for new ways of thinking and a new approach to long-standing conflicts.

Prayer Prompt: Pray for new paths forward in the areas of conflict within your marriage. Ask God to interrupt a pattern of conflict in your marriage.

ROMANCE CIRCLE

It can be so easy to lose connection in marriage. Suddenly, you realize that you are coexisting, living in the same house but not truly connected. In the "Romance Circle", Joel and Nina share how to avoid the transactional and cultivate a connected and intimate relationship.

Questions:

- 1. Early in the chapter, the chemistry of love is described, acknowledging the feelings that come out of the motor of the mind as a craving. Have you experienced the transition from intense romantic love (in the early stages of relationship) to partner attachment? What have you learned? How can you grow? What steps do you need to take to connect and complement within your relationship?
- 2. A key concept in this chapter is the noted difference between *new* and *original*. Original is that first place of connection and calling within a marriage. Nina and Joel talk about how re-visiting the "original places" rekindles romance and deep bonds. What are the original places of love, of connection, of calling that it would be good for you and your spouse to revisit?
- 3. The Eucharist is an act of communion and renewing of your covenant with God. In similar concept, sex is an act of communion and renewing of your covenant with your spouse. Have you ever viewed sex in this way, a "renewing of your covenant"? Does it change the way you approach it in your marriage?
- 4. How do you spell intimacy? Some spell it S-E-X; others spell it T-A-L-K. **How are you** intentionally getting to know your spouse and connecting with them on an emotional, physical, and spiritual level? When is the last time you revealed your disappointments, convictions, and desires to your spouse?
- 5. Becoming a student of your spouse leads to greater intimacy. What have you been learning about your spouse through reading this book? **Consider the three step process of questions that was given:**
 - How does your spouse most often express love to you and others?
 - What does your spouse complain about most?
 - What does your spouse request most often?
- 6. Praying for your spouse can ignite romantic creativity within a marriage. Would you consider praying for your spouse daily for a week and then sharing with your spouse what was on your heart?

Prayer Prompt: Ask the Lord to show you the original places and moments of your relationship. Write them down for remembrance. Consider a way you'll revisit the original places or moments in your relationship.

Prayer Prompt: Pray that God will give you insight, sensitivity, and creativity in the act of sex. Ask yourself whether you are pursuing your own wants or romancing your partner. Pray together, asking God to strengthen your intimacy.

Action Prompt: The next time your spouse is telling you a story, turn your phone off, stop doing the dishes, or just pause to focus intently on their eyes. Have uninterrupted conversation while looking into each other's eyes. How did it feel?

Prayer Prompt: What is holding you back from experiencing deeper intimacy, connection, and pleasure with your partner? Ask God to give you clear insight to improve physical intimacy with your partner.

Prayer Prompt: Ask God to give you a greater understanding of your spouse. Do the hard work to peel back the layers of their personality and motivations to understand them fully.

Action Prompt: Write down one observation about your spouse this week and then find a way to take action.

Action Prompt: Consider visiting the original places of your love. What would it take to rekindle your romance, to ignite the passion and desire within your relationship? What steps could you take to focus on the needs of your spouse? Pray over the hidden places of the heart that are being held back from a partner. Ask God to awaken deep connection in your marriage.

DANCE CIRCLE:

Marriage is like a dance. It involves merging interests, celebrating uniqueness, sharing joy. Each partner has to lean into one another and then lean away, depending on the other's stability. Partners can fall off balance and out of sync, dancing a different style or to a different beat. In the "Dance Circle," Joel and Nina share how to merge interests, personalities, and histories as a partnership, fluid in movement and motion. Consider how to posture oneself to serve your spouse and position him/her to be used greatly.

Questions:

- One of the keys to a successful partner dance is the concept of counterbalance. It's a continual process of change and growth, adjustment and readjustment with your partner. In Ephesians 5:21 Paul says to "submit to one another out of reverence for Christ." How have each of you adjusted over time to support and setup your partner? What could that look like in the future?
- 2. Marriage was not designed to just meet your individual needs. It requires sacrifice, laying down our wants and needs, and our individualism to pursue God's best for our spouse. What do you need to lay down in this season?
- 3. Our nature is to allow differences to drive a wedge between us over time. But Nina and Joel offered a counter question: What are ways that you celebrate differences and interests of your spouse, while still communicating your own needs?
- 4. Nina shared transparently about how she began to experience feelings of resentment in potentially missing opportunities in life because of sacrifices she made for their family. It was a critical point in their marriage to talk through setting each other up for success. Would you be willing to take some time to affirm to your partner a commitment of setting them up for success?

Prayer Prompt: Ask the Lord to give you discernment to pay attention to the shifting weight of your partner. Ask Him to give you wisdom about how to create balance in your marriage and to help you humble yourself and yield the right of way so you can best position your spouse.

Prayer Prompt: Ask God to give you a love for your spouse's unique passions and differences. Ask Him to help them shine in who God has made them to be.

Prayer Prompt: Ask God to give you words of life to speak to your spouse and to put a new song in your heart. Ask Him to equip you to speak and act out the power of encouragement on a daily basis.

SUPPORT CIRCLE:

We live in a strange technological time in which you can live your entire adult life disconnected from real community. You don't have to meet your neighbors or introduce yourself to anyone at church. Chances are you live hundreds of miles away from relatives and have moved away from childhood and college friends. God's vision for change almost always includes other people. Marriage is no exception. In the "Support Circle," we share how to surround your marriage with a healthy support community that will offer encouragement, inspiration, perspective, and accountability.

Questions:

- 1. This chapter notes the important role that outside support can play in marriage. **Who makes up the support circle of your marriage** (which friends, extended family, counselors, small group, pastors)?
- 2. Trusted friends can help us see things from a different perspective. **Share a time that your circle of support played an important role in your marriage.**
- 3. This chapter recognizes that the relationships you bring into marriage often don't always fit the same way they did before marriage or kids. What are some of the barriers that you have faced to surrounding your marriage with supportive community?
- 4. "A supportive community becomes a prayer multiplier." **How has this been true in your own marriage?**
- 5. What are some steps you and your spouse might need to take to grow your circle of support? How can you lean more into those around you, giving them opportunity to speak truth and encouragement that will build your marriage?

Action Prompt: Take some time to consider who is in the circle of support of your marriage. Make a list of those you have invited to lift up you and your spouse. Do you need to expand the circle? What about the support you offer to marriages around you? Are you spurring other couples on in their commitment to one another?

Prayer Prompt: Ask God to provide the friendships that will best compliment you and your spouse. Ask for divine connections with other couples who will strengthen and support you.

Action Prompt: Talk with your spouse about boundaries for sharing. Come to an agreement on how to be open and vulnerable with trusted friends in a way that makes your spouse feel safe and affirmed.

Action Prompt: Who would be the people who would overwhelm you with prayers of support when you need it the most? How are you building a community that supports your marriage in prayer? What are the ways you and your spouse support others consistently in prayer? What steps can you take to become more intentional about supporting others that way?

STORM CIRCLE:

If it hasn't already, your marriage will face a season of storms. It will be disorienting and allconsuming, and it will stretch you personally. The "Storm Circle," chapter explores how to build a foundation for your marriage that will help you weather the trials that are sure to come.

Questions:

- 1. If it hasn't already, your marriage will face a season of storms. It will be disorienting and all-consuming, and it will stretch you personally. This chapter notes the different kind of storms that will test a marriage. "Some storms that couples face are fierce and surprising—the death of a child, a job loss, a life-threatening medical crisis or diagnosis. Some storms are slow-brewing and endure for a long time. They can include financial or legal hardships, a journey of infertility, a partner's mental illness, conflict with in-laws, or the pressures of caring for a child with special needs." What is a storm that you and your spouse have encountered? How well did you weather it together?
- A recommendation in this chapter is to focus on the promises of God during times of storm. God promises to use trials to grow us (Job 23:10). He promises to be near (Hebrews 13:5, Matthew 14:31, Psalm 18:6). He promises a greater good (Romans 8:28, John 16:33) Have you seen these promises to be true in your own storm seasons? Share how.
- 3. "In anticipation of the trials that will confront your marriage, it's wise to make sure you have not neglected the most vital practices that will sustain you and give you the greatest chance for survival. Practicing the spiritual disciplines is a way to "batten down the hatches" against a storm that is brewing. Faith disciplines ensure a strong foundation for our faith and for our marriages." How has Scripture study, prayer, gratitude, service, and fasting helped to stabilize you and your marriage in times of trial?
- 4. "Couples who have endured the most difficult trauma attest that in the darkest part of the storm it was nothing more than sheer commitment that kept their marriage intact. At some point, when the storm has raged to its greatest intensity, a covenant perspective may be the last line of defense. Most couples who have endured trial share that there was at least one point where the only thing that kept them from separating was the resolve that marriage is a forever commitment." Have you seen this to be true, either in your own marriage or in a marriage around you coming to a crisis point in which it was only the covenant commitment that kept the marriage intact? How have you seen God blessing that commitment?

Action Prompt: Take time to reflect on the storms you've weathered as a couple. Maybe you're in the middle of a stormy season right now. How well have you weathered the storm? Are there aftereffects you're still dealing with?

Prayer Prompt: Ask God to use the circumstances you face as a couple as an opportunity for Him to display His power. Acknowledge and declare the authority Jesus has, even over the storms.

Prayer Prompt: Ask the Lord to help you build a strong foundation that will support you and your marriage through any times of difficulty. Pray that God will reveal the areas in your marriage that can use reinforcement.

Prayer Prompt: In the midst of your trial, call out to the Lord, "Help me!" Ask Him to draw near to you and your spouse and to allow you to feel Him close. Ask Him to use the trial to unify you and your spouse.

Prayer Prompt: In response to the trials you and your spouse are enduring, use God's Word to anchor your marriage in any storm. What are the promises declared in Scripture?

LEGACY CIRCLE

The spiritual legacy of a marriage begins to build when the couple comes to realize their relationship is so much bigger than themselves. God has a generational plan for you and your spouse. In the "Legacy Circle," we share the importance of leveraging your marriage to have influence for generations.

Questions:

- 1. The spiritual legacy of a marriage begins to build when the couple start to realize their relationship is so much bigger than themselves. What are generational dreams for the impact of your marriage? What is the legacy you desire to leave through your marriage?
- 2. Joel shares the story of his grandfather and the faith legacy he left for their family. **What is the legacy impact on your marriage from some who have gone before you?**
- 3. What are some things you are doing to develop the legacy of your marriage? These questions were proposed in this chapter:
 - What couples are we investing in?
 - Who are we learning from?
 - What friendships are we building with single people?
 - What relationships do we have with people who are older and younger than us?
 - How are we crossing lines of division in relationships (ethnicity, faith, socioeconomic class, and so forth)?
- 4. This chapter recommends doing a legacy exercise: Picture yourself walking into your favorite eatery where tables have been set up for a fiftieth wedding anniversary party. What is the one-sentence description at the top of the program that captures the legacy of your marriage? If your spouse had to write down the memories and things they appreciated about you, what would they say? How do you want you and your marriage to be remembered by your spouse, by your friends, by your children and grandchildren, and by all the people you've invested in?

Prayer Prompt: Pause and say a simple prayer that God will give you inspiration as you read this chapter. Ask the Lord to help you plant for future generations and birth a legacy from your marriage.

Prayer Prompt: Romans 3:23 reads, "*All have sinned and fall short of the glory of God.*" How have you fallen short and allowed hang-ups to stunt what God wants to accomplish in and through you? Ask God to help you commit to a new legacy going forward.

Prayer Prompt: Ask God to give you a grander vision, a longer view, and a fuller understanding of the legacy of your actions. Ask Him to help you understand that the oak tree of a next generation is the seed of your prayer life today.

ONE UNBROKEN CIRCLE

Throughout this book, there were prompts for prayer and action. If you stopped to pray through each one, you prayed twenty-six prayers for your marriage over the course of your reading. Those are words that have not fallen silent before the Lord. Go back and review some of the prayers you've prayed. What have you asked of the Lord? What vision has He revealed? What conflict have you asked Him to overcome? What miracle are you trusting Him for?

The book ends with a final prayer of blessing over your marriage. As a small group, read the prayer together out Lord. Ask the Lord's blessing on your marriage and those in your group.

Journal and Notes Here

What are you asking of the Lord? What vision are you hoping He reveals? What conflict are you asking Him to overcome? What miracle are you trusting Him for? Commit to pray with boldness and perseverance.

As we were challenged in *The Circle Maker*, "There is nothing God loves more than keeping promises, answering prayers, performing miracles, and fulfilling dreams . . . You are only one prayer away from a dream fulfilled, a promise kept, or a miracle performed." God can do something new in you and your spouse. Renew a commitment to prayer in your marriage. Keep circling!