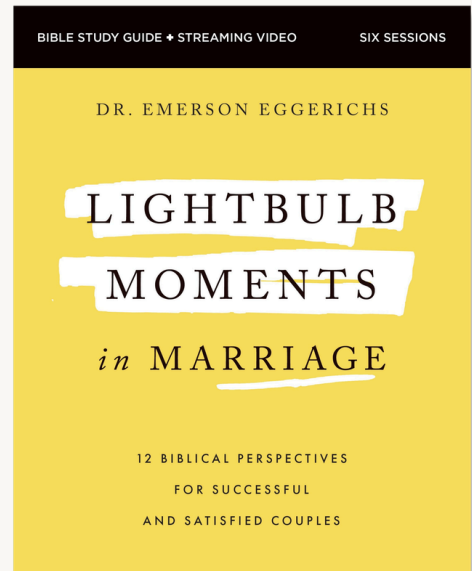


IS LIGHTBULB MOMENTS IN MARRIAGE RIGHT FOR YOUR SMALL GROUP?

Overview

Have you ever walked away from a conversation with your spouse wondering how two people who love each other could misunderstand each other so easily? You meant one thing. Your spouse heard something entirely different. Before long you find yourselves caught in a cycle of frustration and distance. Many couples assume the answer is to try harder or talk longer. But what if the real problem is not effort or communication? What if the problem is perspective? Just as a dark room changes instantly when a light is switched on, the right biblical insight can illuminate what once seemed confusing in marriage.



Study Structure

In this six-session video Bible study, Dr. Emerson Eggerichs shares twelve biblical perspectives that have helped thousands of couples understand what is really happening between them. Instead of trying to change each other, husbands and wives begin to see how God uniquely designed them and how a few key perspective shifts can transform the way they respond, communicate, and connect.

Typical Session Format (75–120 minutes)

- Connect (5-15 minutes)
- Watch the Video (30-40 minutes)
- Group Discussion (30-45 minutes)
- Couple Time (5-15 minutes)
- Group Prayer (5-10 minutes)

Sessions

1. **Our Value and Our Intent (29 minutes)** Your worth is God-given. You can bring your identity in Christ to your relationship rather than seeking it from your spouse.
2. **Our Eternity and Our Worldview (29 minutes)** Marriage becomes a sacred tool and test for living God's way—choosing daily acts of love and respect that honor Christ and carry eternal reward.
3. **Our Clarity and Our Harmony (38 minutes)** Mutual understanding helps couples break the love/respect cycle in conflict and respond with greater compassion, clarity, and connection.
4. **Our Acknowledgment and Our Tension (40 minutes)** Recognize “gray areas,” address common biases, and replace judgment with curiosity so you can honor differing perspectives as valid.
5. **Our Self-Awareness and Our Authenticity (36 minutes)** Recognize the defensive reactions that often feel offensive to your spouse and quietly erode connection.
6. **Our Forgiveness and Our Empowerment (38 minutes)** Interpret hurt with grace, break the cycle of silence and misunderstanding, and choose forgiveness over bitterness so healing can take root.

Key Features

- 1. Video-Driven Content:** Each week includes a video teaching from Dr. Eggerichs. Free streaming access is included with the purchase of a study guide.
- 2. Discussion-Oriented:** Each session is designed for group settings, fostering community and shared insights through structured group and couple discussion prompts.
- 3. Practical, Biblical Applications:** The study combines Scripture-based teachings with actionable steps to address real-life marital challenges.
- 4. Personal Study & Spouse Check-Ins:** Thought-provoking exercises and guided discussions encourage personal reflection and meaningful conversations with your spouse.
- 5. Six-Week Schedule:** The six-week format is easy to adapt for small groups, Bible studies, church classes, and marriage retreats.



Watch Session 1 Now!

youtu.be/xNeHPQk4pvw

Recommendations & Resources

Materials for Leaders

- *Lightbulb Moments in Marriage Study Guide*, which includes the Leader's Guide
- *Lightbulb Moments in Marriage* book
- Bible
- A dedicated meeting space
- A device to stream the video sessions, like a smart TV, computer, or tablet
 - OR a DVD player (DVD sold separately)

Materials for Participants

- *Lightbulb Moments in Marriage Study Guide*
- Bible and pen
- *Lightbulb Moments in Marriage* book (optional)



Ideal Size:

4-5 couples



Great for:

Sunday school
Small groups
Marriage classes
Marriage retreats



Facilitation:

The leaders act as facilitators rather than teachers, guiding the experience and cultivating a safe environment for growth.

About the Author

Emerson Eggerichs, PhD, is an internationally known communication expert and author of the *New York Times* bestseller *Love & Respect*. He also turned these principles to one of the most important relationships of all in *Mother & Son: The Respect Effect*. He was the senior pastor of Trinity Church in East Lansing, Michigan, for almost twenty years. Eggerichs holds a PhD in child and family ecology from Michigan State University, a BA in biblical studies from Wheaton College, an MA in communications from Wheaton College Graduate School, and an MDiv from the University of Dubuque Theological Seminary. He and his wife, Sarah, have been married since 1973 and have three adult children.



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