



## THE UPS AND DOWNS OF MARRIAGE

with Nate and Liz Dewberry

### ▶ FOCUS VERSES

However, each one of you also must love his wife as he loves himself,  
and the wife must respect her husband.  
Ephesians 5:33

### ▶ DISCUSSION

#### 1. In which fields do you and your spouse work?

- a. When you get home after a day of work, do you talk with each other about how your day went?
- b. Do you think these conversations are worthwhile?
- c. Do each of you find something relatable?

#### 2. Do you think you and/or your spouse say “yes” to too many obligations outside the home?

- a. Do these obligations cause tension or take you and your spouse away from each other or your children?
- b. Is there anything you feel like you could cut out to create some time for each other?



Find this podcast at [theredeemed.com/ups-and-downs-of-marriage/](https://theredeemed.com/ups-and-downs-of-marriage/)

- 3. Think about the ways in which you and your spouse are alike, and the ways in which you're different. (See Proverbs 18:22.)**
- a. Do your similarities result in unity and shared interests, or do they cause you to compete with one another?
  
  - b. Do your differences help the two of you complement each other better, or do they cause friction and misunderstanding?
- 4. Have you ever found yourself comparing you and your spouse to couples you see on social media or in popular culture?**
- a. Do these comparisons ever make you feel inadequate?
  
  - b. Have they ever influenced you and your spouse to buy or start doing something new, and did it make the two of you any happier?
- 5. What are some ways in which you make your spouse feel more secure in your relationship? (See Ephesians 5:25-28.)**
- a. What are some things your spouse does for you?
- 6. What sorts of subjects do you feel like you can't really talk to your spouse about? (See Ephesians 5:11-14.)**
- a. Why do you feel that way?
  
  - b. What would need to happen for you to feel more comfortable talking about these things?
- 7. Of all the relationships you currently have in your life, have you made your marriage the highest priority?**
- a. If not, what are you prioritizing over your marriage, and why?
  
  - b. What would you need to do to put your spouse at the very top?

