



A Covenant, Not a Contract

with Rebekah and Gabe Lyons

DISCUSSION

1. Rebekah says that, “If you like each other, there’s a better chance you’re going to stay loving each other.” In general, how well do you like your spouse and enjoy spending time with her? Do you feel like you’re “married to your best friend”?
2. Consider your parents’ relationship—did they seem to like each other? Did they ever appear to just be “going through the motions”? How did that make an impact on you as a child, and how has it affected your attitude toward relationships as an adult?
3. What was the first major difficulty or challenge you and your spouse experienced together? Did facing that challenge together make you stronger as a couple, or did it drive you apart? How did you work (or how are you currently working) to heal those rifts?
4. Can you think of a time in your relationship when a small difference of opinion or perspective escalated into a major argument? Why did it feel so important to you in that moment to hold on to your viewpoint and convince your spouse you were right? Looking back, what would you do differently if you had the chance to navigate it again?

5. How well do you know your spouse's background and upbringing, and how well do they know yours? Has there ever been something you discovered about the way they were raised or what they experienced as a child that inspired an "aha moment" and helped you understand/relate to them much better?

6. How often does your spouse say something like, "We're just not connecting"? When that happens, how do you typically respond? Does it prompt any introspection on your part, or do you just try to deflect it as nagging or insignificant?

7. According to Rebekah's definitions, do you treat your marriage as a covenant or a contract? What parts of your marriage do you hold absolutely sacred? Are there any aspects that seem more routine or transactional – things you tend to out of obligation rather than genuine care? What steps could you take to bring more intentionality into those parts of your relationship?
Matthew 19:4-6

ADDITIONAL RESOURCES

The Lyons' book, *The Fight for Us*
The Voice of the Heart: A Call to Full Living by Chip Dodd