

Small Group Questions: I'm Fine (Not Really)

Pastor Josh and Lisa Surratt

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Read

Genesis 2:24, Ecclesiastes 4:12, John 15:12-13, Ephesians 4:26, 1Corinthians 7:2-5

This week, we wrap up our series about mental health and being fine, (not really). Pastor Josh Surratt and his wife Lisa share some advice for when our marriages are fine, (not really).

Reflect

LEARNING TO LEAN IN TO YOUR SPOUSE

1. L - Lean into God

- a. What does it look like to lean into God as a couple?
- b. How can you and your spouse spend more time together with God?

2. E - Enjoy each other

- a. Have you ever calculated the amount of time you devote to your spouse each day?
- b. When was the last time you laughed with your spouse?
- c. How can you get creative with date night?

3. A - Address the issues

- a. How can you improve communication with your spouse?
- b. Does your marriage have specific resources to help you through the tough challenges? (Mentor couples, small groups, counselors)

4. N - "N"timacy

- a. What did Lisa mean when she said to 'emotionally disrobe'?
- b. How can you make intimacy a priority?

Respond

Where is God leading you? How can your small group support you?