

UPSTREAM

UPSTREAM: Week Two—Marriage

CONNECT: If you're married, share with the group where you went for your honeymoon. If you're not married, share where you think it would be cool to go on a honeymoon.

GROW:

1. **Read Jeremiah 17:9.** This verse ends with a rhetorical question telling us we aren't able to understand our own hearts, much less those of others. However, in the next verse, we are reminded that there is *One* who searches the hearts and minds of everyone, *Someone* who understands every heart. Why is that good news?
2. We don't like to look at our own heart-condition; it's easier to point the finger and blame. But the problem is not "out there". The problem is "in here". How does this answer all the problems in marriage? Why do we have to deal with our own heart first?
3. **Read Luke 6:45.** What does it mean that "out of the overflow of the heart the mouth speaks"? How did the "mugs illustration" help?
4. **Read Ephesians 5:21-35.** Notice the word "Christ" shows up six times in those verses.
 - How does God want us to learn from Jesus' example and apply it in our marriages?
 - How does God's Word act as a thermometer for our hearts? Which commands in those verses sound absurd to our culture?
5. The way to think about marriage is to consider *self-sacrifice*. It's captured in the phrase "my life for yours". Jesus is our example of this. What practical ways could this help you in marriage?
6. **Read Ezekiel 36:26.** Why do we need God to give us a new heart? Have you experienced this transformation (sanctification) in your own heart?

PRAY: Ask God to search your heart and show you areas you are living in resistance to His authority. Ask Him to help you live your life in joyful submission to what God says is true, beautiful, and good.

NEXT: Make Joshua 24:15 a declaration over your family: "As for me and my house we will serve the LORD." Write it somewhere you will see each day.