

4. “I Need Help”

*“Jesus came to do the one thing you can’t
do for yourself - rescue you from you.”*

OPENING DISCUSSION:

Consider and discuss the following BEFORE watching Session 4:

1. What little things do you make a big deal over in your marriage?
2. What happens to the health of your relationship when you make a big deal over little things?

SCRIPTURE PASSAGE

2 Corinthians 5:14-15

¹⁴ For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; ¹⁵ and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised.

KEY IDEAS:

1. We make big deals over little things because we are full of ourselves.
2. Jesus didn’t die only for our past sin and future eternity - He died for the here and now.
3. Because of 2 Corinthians 5:15, there is no such thing as a hopeless marriage.
4. The doorway to hope is hopelessness.

**2 CORINTHIANS
5:14-15**

THERE IS HOPE!

REVIEW:

1. Why do we make big deals over little things in marriage?
2. Why is the doorway to hope hopelessness?
3. Why do we have confidence to reveal personal sin and marital weaknesses to others?

DISCUSSION:

To end Session 4, it is recommended to break up into gender-specific groups for this discussion; husbands and wives should be separated.

1. Knowing that there is nothing that can be exposed about you that hasn't already been covered by the Cross of Jesus Christ, be fully honest and transparent with those in your gender-specific group: how have you failed to create an environment of love, protection, and safety for your spouse? How have your words and behaviors been critical, harsh, and condemning?
2. When you go home from this Session, will you be committed to spending personal time with your spouse and confessing to the things you revealed in the previous question? What specific sins do you need to repent of to your spouse?
3. If and when your spouse confesses to you, will you struggle to forgive? Why might it be difficult to forgive quickly and freely?

APPLYING WHAT YOU LEARNED:

ASSIGNMENT #4 - Committed To Confession

Hopefully the **Discussion** for Session 4 served as a catalyst for confession, repentance, and forgiveness between you and your spouse. However, you will still struggle with the same things you repented of. Keep a journal or take notes below of what you repented of, and how and when you still struggle with them.

Evaluate your notes and try to find any patterns of sin. Consider reaching out to a mature brother or sister and asking for their guidance, counsel, and accountability for patterns of sin and weakness.

Supplemental Reading:

WDYE Chapters 8-10
2 Corinthians 12:7-10
1 Peter 5:5-7



END OF SESSION

PERSONAL REFLECTION:

Do I struggle to accept the reality that I am my biggest marriage problem? Do I self-righteously argue against Jesus' verdict?

Do I struggle to accept the reality that I have no hope in myself for marriage? Am I trying to do what only grace can do?

Do I struggle to allow other people to know the true me, riddled with flaws, weaknesses, and failure?