Song of Soulmates

Small Group Material

Week 1: Anticipation for Marriage

Discernment Skills Exercise: This or That?

Find something you have a lot of around the house to be game pieces for each person. This could be anything. Bottle caps, spoons, playing cards, dice, Lego blocks, sticky notes, etc. Sit around a table with a piece of tape down the middle to divide "Side A" and "Side B." Read through the lists below and have everyone move their game pieces to side A or B to reveal their preferences. Would you rather your partner:

Side A	Or	Side B
Hold hands		Bring home your favorite coffee or drink
Have dinner prepared		Hug when you get home from work
Tell you specifically why they are proud of you		Put their phone down when talking to you
Put a love note in your lunch		Do dishes/laundry without asking
Make eye contact and have mindful conversation		Splurge on that one thing you've been wanting
Kiss goodbye or goodnight		Be the first to sincerely apologize
Get your car oil changed without asking		Surprise you with your favorite treat
Plan regular outings, walks or date nights		Say how attractive they think you are
Put the kids to bed or walk the dog		Cuddle on the couch
Hand you tickets for a movie or museum date		Make your coffee/breakfast in the morning
Cook a meal or build something together		Tell their friends how thankful they are for you
Give you a massage/back scratch		Give you uninterrupted TV or phone scroll time
Try new things together/make new traditions		Give you a homemade birthday card
Give you a day at the spa or tickets to an event		Initiate intimacy
Point out the ways they appreciated you that day		Have one-on-one time to debrief the day

There are 5 love languages: Physical Touch, Words of Affirmation, Quality Time, Gift Giving, and Acts of Service. Pay attention to the preferences your partner has through this exercise. Do you notice them picking a certain love language over and over? Do their choices surprise you? Does their language line up with yours? If not, spend time exploring how you can love each other intentionally.

Digging Deeper:

Read Genesis 2:18-25 on your own or as a group

Discussion Questions:

1. Why did God think that it was not good that man was alone? Can people be fulfilled when single?
2. Do you think it was necessary that God took part of man to make woman? What does this mean to you?
3. In view of God making Eve specifically for Adam, what are your views on "Soulmates?"
4. Have there been times that you noticed the term "helper" misused or misinterpreted? This word is used throughout the Old Testament, 16 of those times referring to Himself. What do you think was God's intention when he used this word here?
5. What are some ways you can express diversity and deep unity in ministry with your spouse?

Week 2: Fulfillment in Marriage

Communication Skills Exercise: Blind Building

Find something that couples can build with. It can be Lego, wooden blocks, tangoes, or even random objects such as straws, clothespins, binder clips, and popsicle sticks. Create two piles of these objects that are exactly the same. This game will take turns one couple at a time. Have the first couple sit back-to-back with a flat surface in front of each of them. Have one person from that couple build a structure or pattern using the objects provided. That same person will then try to describe to their partner (still back-to-back) how to build that same structure or pattern. Repeat this exercise with every couple in the group. See who was able to recreate the structure the best!

Every marriage has obstacles and conflicts. The most important thing is keeping an open line of communication with our spouses and keeping the fun alive. Are your communication styles the same? Were there words or directions your partner used in this exercise that led you differently than they intended? Think about how to intentionally communicate with your partner using verbiage they understand, and make sure to keep marriage fun!

Digging Deeper:

Read 1 Peter 3:1-7 on your own or as a group

Discussion Questions:

1. What does this passage teach us about true beauty and character?
2. In a world that prizes women as equal to men, how would you reply to Paul? How would you contextualize this scripture to fit today's modernized version of submission and femininity?
3. A husband should make it easier, not more difficult to submit. What is the Godly role of husbands when expecting marital submission?
4. What does this passage teach us about God's intention for a healthy marriage?
5. Our faith can be hindered if we do not foster a healthy relationship with our spouse. What are some ways we can honor and uplift our spouses as an act of worship to God?

Week 3: Commitment to Marriage

Togetherness Skills Exercise: Give Me a Hand

Look around the house for simple tasks that require two hands to do. Grab things like a button-up shirt, a shoe with laces, a bread bag with a twist tie, a towel that needs to be folded, a t-shirt that needs to go on a hanger, a piece of paper to fold a paper airplane, a pair of socks to fold, some beads to thread onto a string, a simple shape drawn on paper to cut out with scissors, a shape to mold out of play-dough, etc. This exercise will take place one couple at a time. Have the first couple step up to the table with all of these objects. They will put one arm around each other so they can both use only their outside arms (one partner can use their left hand, one partner their right). Set a timer for 3-5 minutes and let the couple try to perform each of these tasks using only their free hands. Take turns for each couple to see how many tasks each couple is able to complete.

Marriage is not without its struggles and trials that we rely on the commitment of each other to get through. There should be an amount of trust in your spouse to work together to make things work. How did you and your partner communicate through these tasks? Did anything surprise you? Now that you've tried this exercise, what things might you do differently when communicating with your spouse?

Digging Deeper:

Read Colossians 3:12-17 on your own or as a group

Discussion Questions:

1. Which of the attributes in verse 12 comes most easily to you? Most difficult?
2. Paul emphasizes that all of the attributes listed should be covered in love. Why do you think that was an important distinction to make?
3. God often calls us to spouses that are very different than us. Can you think of an example of when you and your spouse demonstrated different Godly attributes, but they worked together to accomplish God's will?]]
4. This passage is not only about marriage, but the Church. What virtues are Christ telling us are important as a whole body of believers?
5. What would it look like for us to do everything "in the name of the Lord Jesus" the way that verse 17 commands us to? How would our daily lives change?