

Introduction:

Every marriage will eventually face struggles and arguments over four key areas:

1. Roles
2. In-laws
3. Money
4. Sex

Fighting lies with truth

Lie #9:

Getting help for our marriage from a counselor or a mentor is for losers. We should be able to figure this out on our own, and besides, we don't want to broadcast our problems.

The truth:

Every great athlete, artist, and business executive knows the value of a _____. We all get stuck on occasion and need help to work through the issues we can't see for ourselves.

Key verse:

In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but shows favor to the humble."

1 Peter 5:5

Lie #10 (for women):

All he cares about is work and sports. I feel like I'm left to do all the work of raising our kids and taking care of our home. I wonder sometimes if he even cares.

The truth:

Men default to areas where they feel confident. Your husband has fears and insecurities about being a _____. Criticism and disrespect will heighten those fears and push him away.

Key verse:

¹ Wives, in the same way submit yourselves to your own husbands so that, if any of them do not believe the word, they may be won over without words by the behavior of their wives, ² when they see the purity and reverence of your lives.

1 Peter 3:1-2

Lie #11 (for men):

All my wife cares about is the kids and the calendar. Our sex life is on life support because she's always tired or making excuses. Sometimes I wonder if she even cares.

The truth:

Women default to areas where they feel confident. Your wife has fears and insecurities about her ____, ____, and physical _____. Sarcasm about sex, her looks, or her preoccupation with the kids will only reinforce her feelings of inadequacy.

Key verse:

²⁸ In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ²⁹ After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the Church.

Ephesians 5:28-29

Discussion Questions:

1. What keeps couples from seeking help when they get stuck?
2. Chip explains that unresolved issues can shift from being about a topic (like money) to being about the person. How have you seen this happen, and what's the danger in assigning negative motives to your spouse?
3. Thinking about Lie #10, how can a wife create a safe environment for her husband to be vulnerable instead of retreating to his comfort zones like work or sports?
4. Reflecting on Lie #11, how can a husband actively affirm his wife's value, identity, and attractiveness to counteract the insecurities that might cause her to withdraw?
5. What's one practical step you could take today to be the "coach" for another couple or to humble yourself and find a "coach" for your own marriage?