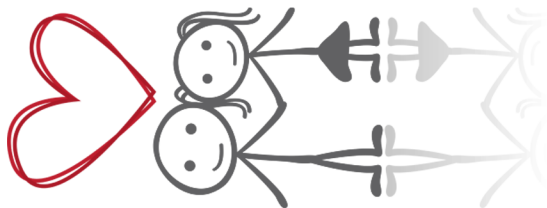


2 WEEKS

LOVE LIFE





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TABLE OF CONTENTS



WEEK 1

Heroic Singleness.....4

WEEK 2

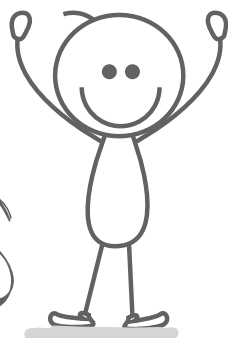
Marriage Makeover7

Top 10 Tips for Leading a Small Group10

Group Agreement.....11



HEROIC SINGLENESS



SMALL GROUP STUDY

Kicking it off:

Is there a real life hero that you most admire? Why?

Big Idea:

Singleness teaches us about the supremacy and sufficiency of Jesus. Heroic singles see their relationship status as a gift, and they live for another world.

Key Scriptures:

1 Corinthians 7:7-9

"I wish that all of you were as I am. But each of you has your own gift from God; one has this gift, another has that. Now to the unmarried and the widows I say: It is good for them to stay unmarried, as I do. But if they cannot control themselves, they should marry, for it is better to marry than to burn with passion."

James 1:17

"Every good and perfect gift is from above, coming down from

the Father of the heavenly lights, who does not change like shifting shadows."

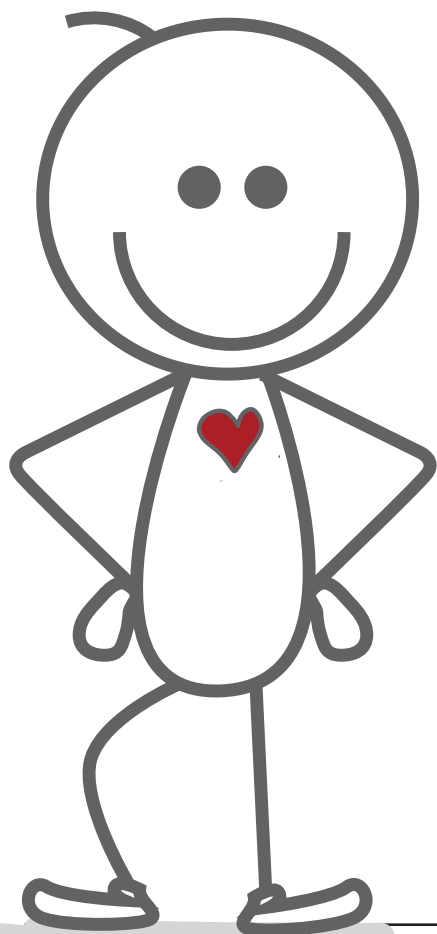
1 Corinthians 7:28-31

"But if you do marry, you have not sinned; and if a virgin marries, she has not sinned. But those who marry will face many troubles in this life, and I want to spare you this. What I mean, brothers and sisters, is that the time is short. From now on those who have wives should live as if they do not; those who mourn, as if they did not; those who are happy,

as if they were not; those who buy something, as if it were not theirs to keep; those who use the things of the world, as if not engrossed in them. For this world in its present form is passing away."

Matthew 12:50

"For whoever does the will of my Father in heaven is my brother and sister and mother."



1 Corinthians 7:32-35

"I would like you to be free from concern. An unmarried man is concerned about the Lord's affairs—how he can please the Lord. But a married man is concerned about the affairs of this world—how he can please his wife—and his interests are divided. An unmarried woman or virgin is concerned about the Lord's affairs: Her aim is to be devoted to the Lord in both body and spirit. But a married woman is concerned about the affairs of this world—how she can please her husband. I am saying this for your own good, not to restrict you, but that you may live in a right way in undivided devotion to the Lord."

Matthew 19:11-12

"Jesus replied, "Not everyone can accept this word, but only those to whom it has been given. For there are eunuchs who were born that way, and there are eunuchs who have been made eunuchs by others—and there are those who choose to live like eunuchs for the sake of the kingdom of heaven. The one who can accept this should accept it."



Discussion:

1. Read 1 Corinthians 7:7-9 and James 1:17. If you're single, what do you need to change about your perspective to see your relationship status as a gift from God?
2. Read 1 Corinthians 7:28-31. How does this passage encourage you to be content in your current relationship status?
3. Read Matthew 12:50. Jesus says that his family consists of those who do the will of his Father. How do you prioritize your "church family"?
4. Read 1 Corinthians 7:32-35. How does God want to use your relationship status for ministry in this season? List things that he might want to accomplish through you.
5. Read Matthew 19: 11-12. How might you utilize your single status for the kingdom of God?

Wrapping It Up:

If you haven't already, write on a business card or leave as your phone's home screen a message that says, "Jesus is enough". Reference this message several times during each day this week. Whether you're single or not, remind yourself that your personal relationship with Jesus means you are never alone and that no other relationship is as important in your life.

Memory Verse:

*"Every
good and
perfect gift
is from above, coming
down from the Father
of the heavenly lights,
who does not change
like shifting shadows."
James 1:17*





MARRIAGE MAKEOVER



SMALL GROUP STUDY

Kicking it off:

What body part would you most like to make over?

Big Idea:

God can radically transform a mundane or troubled marriage.

Key Scriptures:

Romans 4:17

"As it is written: 'I have made you a father of many nations. He is our father in the sight of God, in whom he believed—the God who gives life to the dead and calls into being things that were not.'"

Ephesians 5:21-33

"Submit to one another out of reverence for Christ. Wives, submit

yourselves to your own husbands as you do to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water

through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the

church— for we are members of his body. “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh. This is a profound mystery—but I am talking about Christ and the church. However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.”

Discussion:

Read the Key Scriptures and discuss:

1. With which of these 4 things that make marriages go sour do you most struggle?

- Unrealistic expectations
- Unaccepted differences
- Unresolved issues
- Unforgiven hurts

2. Discuss how you might begin to work through the “UN” part of the equation?

3. Pastor Jeff gave the 6 ABC’s of making over a marriage. Discuss which you most need to embrace and how you might do that.

- **A**ccept responsibility for my part
- **B**elieve God can change my marriage
- **C**ommit to doing whatever it takes
- **D**eal with unresolved hurts
- **E**nlist the help of others
- **F**ocus on trusting Jesus

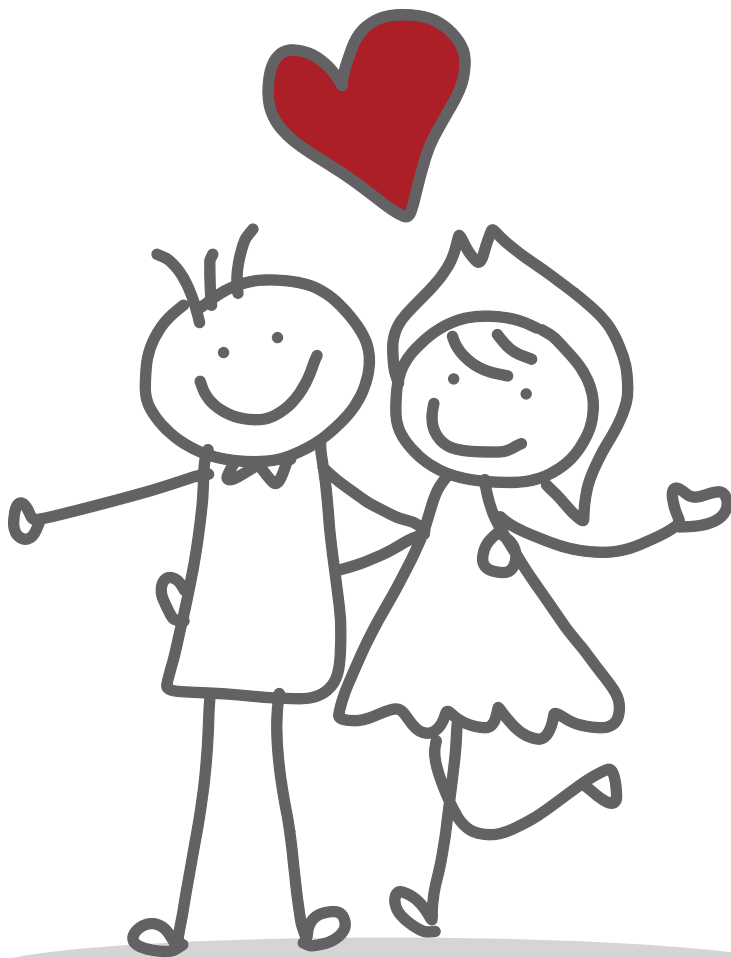
Wrapping It Up:

If you are currently struggling in your marriage, consider engaging with a marriage mentor couple at Sunnybrook.

Contact Jeff Thelander at jefft@sunnybrookchurch.org for more info.

Memory Verse:

"...Each one of you also must love his wife as he loves himself, and the wife must respect her husband." **Ephesians 5:33**



Top 10 Tips for Leading a Small Group

1. Establish a welcoming, accepting, and safe environment.
 - Take time to prepare.
 - Make sure to give a warm enthusiastic greeting to each person.
 - Verbally communicate the environment that you hope to create.
 - Ephesians 4:1-3
2. On the opening night of your group you need to have some intentional discussions centered around these questions:
 - What is the purpose of our group?
 - What is the vision for our group?
 - What are your expectations?
 - What do you hope to gain from this group experience?
 - What are some things we value as a group?
 - What are some healthy guidelines we need to have in place?

Review and sign a group agreement.
3. Be authentic. Spend time sharing your life stories in order to get to know each other on a deeper level.
4. Find a good balance between:
 - Truth and grace/Bible study and life
 - Encouraging and challenging one another
 - Giving and receiving feedback from each other
5. Ask good questions to stimulate good discussion. Use open ended questions and follow up questions.
6. Hang out together, do things socially, eat together and have fun together!
7. Develop a missional lifestyle, find a service project to do together in the community.
8. Raise up new leadership by rotating facilitation of the group.
9. Share the responsibilities in order to increase individual commitment and ownership of the group.
10. Pray for your group and for each other!

Find ways to celebrate what God is doing in your group! Who else could you invite to join you in order that their life may be impacted by what God is doing in your group?

Group Agreement

OUR PURPOSE

To transform our spiritual lives by cultivating our spiritual health in a healthy small group community. In addition, we: _____

OUR VALUES

Group Attendance: To give priority to the group meeting. We will call or email if we will be late or absent.

Safe Environment: To help create a safe place where people can be heard and feel loved. (Please, no quick answers, snap judgments, or simple fixes.)

Respect Differences: To be gentle and gracious to people with different spiritual maturity, personal opinions, temperaments, or imperfections. We are all works in progress.

Confidentiality: To keep anything that is shared strictly confidential and within the group, and to avoid sharing improper information about those outside the group.

Encouragement for Growth: To be not just takers but givers of life. We want to spiritually multiply our life by serving others with our God-given gifts.

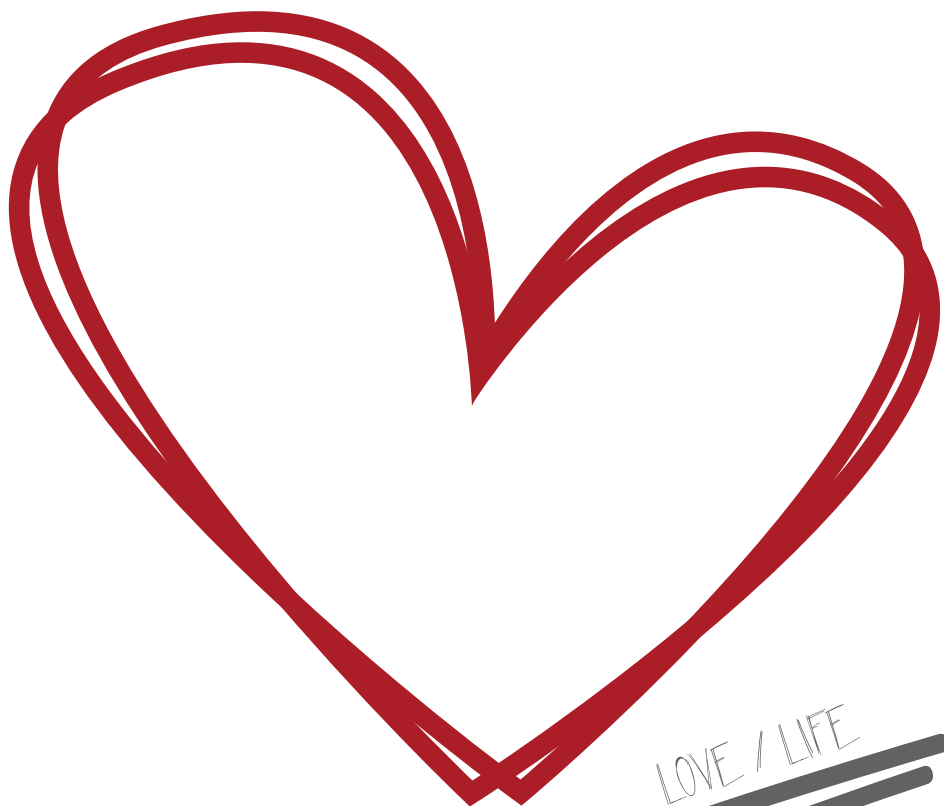
Welcome for Newcomers: To keep an open chair and share Jesus' dream of finding a shepherd for every sheep.

Shared Ownership: To remember that every member is a minister and to ensure that each attender will share a small team role or responsibility over time.

Rotating Hosts/Leaders and Homes: To encourage different people to host the group in their homes, and to rotate the responsibility of facilitating each meeting.

OUR EXPECTATIONS

- Refreshments/mealtimes _____
- Childcare _____
- When we will meet (day of week) _____
- Where we will meet (place) _____
- We will begin at (time) _____ and end at _____
- We will do our best to have some or all of us attend a worship service together.
- Our primary worship service time will be _____
- Date of this agreement _____
- Date we will review this agreement again _____
- Who (other than the leader) will review this agreement at the end of this study _____



SUNNYBROOK
community church

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