



The Art of Spousing

Unleashing the Power of Grace: Strengthen Your Marriage Through Humility

Demonstrating grace and humility in marriage can shape the way you view your spouse - do you see them through a lens of value and celebrate their strengths instead of focusing on their weaknesses. Although pride can hinder intimacy and cause conflict

in a relationship, humility is the antidote to pride. With practical applications for humility in marriage, you can cultivate a healthier and more fulfilling relationship.

Discussion:

1. What is your tendency in the way you view your spouse - through a lens of judgment or through a lens of value? When have you experienced moments of isolation or disconnection in your marriage due to pride or judgment?
2. Share an experience with your spouse when they celebrated you or demonstrated value in your relationship - what was the impact on you and the unity of your relationship? Discuss what makes you feel valued and then consider how you can encourage and celebrate your spouse in the coming week.
3. Share with your spouse: How does body language and tone of voice impact your conversations with each other? What would it look like for you to “prefer your spouse” in the way that you speak as well as in the way you listen?

Marriage Challenge: How will you use the tools mentioned in the podcast in conversations with your spouse this week?

- Consider 3 questions before you speak:
 - Does it need to be said?
 - Does it need to be said now?
 - Does it need to be said by me?
- Use “THINK” as a filter for your words - Is it:
 - **T**ue
 - **H**elpful
 - **I**nspiring
 - **N**ecessary
 - **K**ind

Which filter can you focus on this week in your conversations with your spouse (and others)?