

# Rules of Engagement

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# The Relationship

## ACTIVITY SHEET



We were designed and destined to be relational creatures, connecting with others is not just what we do, rather it's WHO we are. One of the biggest protective factors for our mental health, is knowing we have the support and help of others, especially our significant other. Couples who report a high level of perceived support from their significant other also report the highest levels of marital satisfaction.



### SESSION OBJECTIVES

**This Rules of Engagement session is designed to help you understand:**

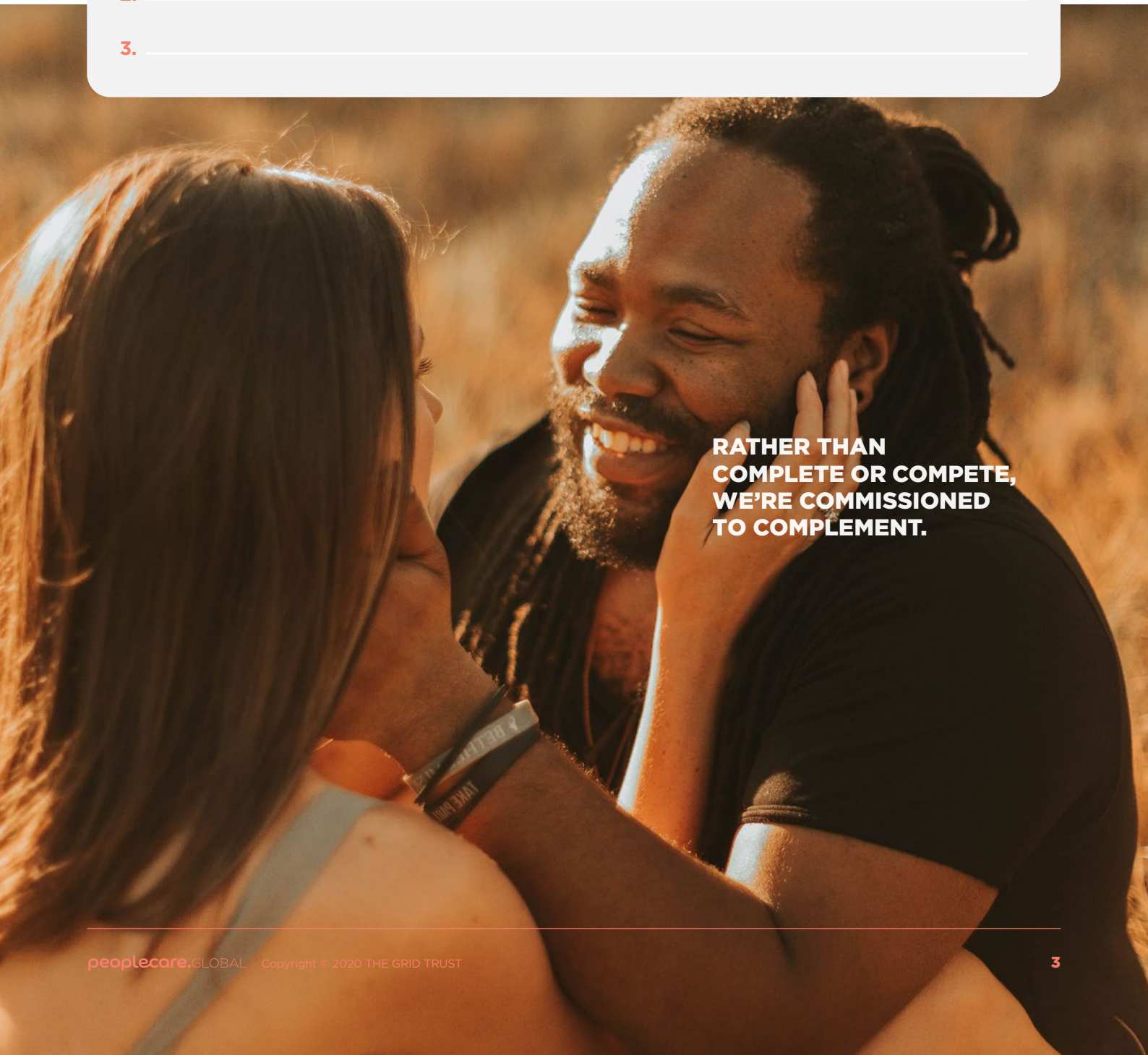
- (a)** the original design for human connection and flourishing
- (b)** the purpose of marriage
- (c)** the importance of worldview compatibility

# Born to connect; designed to complement.

In the book of Genesis, after God created the heavens and the earth, on the sixth day he created “Adamah” (Adam). However, something was missing. God declared ‘it was not good for man to stay on his own’ and so He created another to come alongside and complement him. Adam named his wife “Chavah” (Eve), which means to breathe, to live, or to give life to. TOGETHER they would be able to achieve what they could not do on their own, which is to bring additional life into the world.

**Q:** In what ways do you think you already complement and support each other?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_




**RATHER THAN  
COMPLETE OR COMPETE,  
WE'RE COMMISSIONED  
TO COMPLEMENT.**

# Going from “I Do” to “Ever After”

When two people are joined together to become one couple (at the exclusion of all others), they promise to be devoted, loyal and faithful to one another for the rest of their life. Yet, despite a couple’s best intentions, not all marriages go on to thrive after the wedding day. As such, it’s wise to consider what enables a marriage to go from “I do” to “ever after”.




Discuss the following list of behaviours, attitudes and values together. Identify which characteristics help your relationship flourish, and which make your relationship wither.




**WITHER**

	<b>Mutual respect</b>	<b>→</b>
<b>←</b>	<b>Social isolation</b>	
	<b>Vulnerability with each other</b>	
	<b>Strong prayer life</b>	
	<b>Spiritual maturity</b>	
	<b>Demanding or manipulative</b>	
	<b>Inflexibility</b>	
	<b>Open and honest communication</b>	
	<b>Jealousy of spouse</b>	
	<b>Hostility or intimidation</b>	
	<b>Commitment to Church</b>	
	<b>Belittling one another</b>	
	<b>Compassion and empathy</b>	
	<b>Emotional volatility</b>	
	<b>Being quick to forgive</b>	
	<b>Appreciation and gratitude</b>	
	<b>Comparisons with other couples</b>	
	<b>Pride and arrogance</b>	
	<b>Establishment of trust</b>	
	<b>Affection and intimacy</b>	



**FLOURISH**





**THE BETTER  
OUR INDIVIDUAL  
RELATIONSHIP  
WITH GOD,  
THE STRONGER  
OUR RELATIONSHIP  
WITH EACH OTHER  
WILL ALSO BE.**

**a triple  
braided cord  
is strong and  
not easily  
broken**

# Relational check-list

A Christian marriage is not just a contractual agreement between two people. Rather, the complete picture of marriage in God's eyes, is a triune union between man, woman, and God. Marriage therefore is a spiritual covenant, between two people before God, and with God. The quality of the relationship each of you have with God will help determine the quality of your relationship with each other.



How would you describe your current relationship with God and each other?

With God	✓ ✓		With Each Other	✓ ✓	
	Him	Her		Him	Her
I spend time with Him daily in prayer	<input type="checkbox"/>	<input type="checkbox"/>	I make an effort to connect each day	<input type="checkbox"/>	<input type="checkbox"/>
I regularly read his word	<input type="checkbox"/>	<input type="checkbox"/>	I communicate my appreciation	<input type="checkbox"/>	<input type="checkbox"/>
I run important decisions by Him	<input type="checkbox"/>	<input type="checkbox"/>	I run important decisions by them	<input type="checkbox"/>	<input type="checkbox"/>
I ask for wisdom	<input type="checkbox"/>	<input type="checkbox"/>	I speak with maturity and grace	<input type="checkbox"/>	<input type="checkbox"/>
I worship him (sing songs of praise)	<input type="checkbox"/>	<input type="checkbox"/>	I adore them	<input type="checkbox"/>	<input type="checkbox"/>
I glorify Him in my words and actions	<input type="checkbox"/>	<input type="checkbox"/>	I am affectionate and edifying	<input type="checkbox"/>	<input type="checkbox"/>
I wait for him to speak and guide me	<input type="checkbox"/>	<input type="checkbox"/>	I am honourable and respectful	<input type="checkbox"/>	<input type="checkbox"/>

# Worldview compatibility

As a Christian couple, it is not realistic to have the exact same ideals, opinions and viewpoints on every single thing. It's both normal and healthy to have individual preferences. However, it is important to have alignment on your worldview, in order to move in the same direction and towards the same goals. The bible describes this as being equally yoked (an old farming technique to join oxen together when ploughing a field). Two who are equally yoked are four times more powerful than one ploughing on their own. However, if the pair is unequally yoked, they end up walking around in circles and hindered from working towards their goal. Being equally yoked has nothing to do with how "good" a person is. Rather, it's about two people's worldviews being compatible.

# The purpose of Marriage

From a Biblical standpoint, marriage is not a human invention, rather, it's a divine representation of God entering into everlasting relationship with us. This covenant is a sacred union. For this reason, marriage is called a Holy matrimony. If God is the author of marriage, what do you think his plans are for you as a couple?



Read each of the following scriptures and consider from God's perspective, what the greater purpose of your relationship might be:

**ECCLESIASTES 4:9-11**

**SUPPORT:**

**GENESIS 2:18**

**COMPANIONSHIP:**

**GENESIS 1:26**

**FRUITFULNESS:**

**MALACHI 2:15**

**FAMILY:**

**DEUTERONOMY 32:30**

**KINGDOM/MINISTRY:**

**1 CORINTHIANS 11:11**

**INTERDEPENDENCE:**



## DISCUSSION POINTS

**Q:** What does it mean to you to be a Christian?

**His viewpoint**

**Her viewpoint**

**Mutual Resolution**

**Q:** Is Jesus the centre of your life, or a little bit more-like an add on?

**His viewpoint**

**Her viewpoint**

**Mutual Resolution**

**Q:** Do you seek God daily for wisdom and guidance, or only when in need?

**His viewpoint**

**Her viewpoint**

**Mutual Resolution**





## For him:

**Q:** What's one thing you could personally do every day that would enhance the quality of your connection with God?

## For her:

**Q:** What's one thing you could personally do every day that would enhance the quality of your connection with God?

## For them

**Q:** What's one thing you could do together that would enhance the quality of your mutual connection with God?