



## Part 1: The Dating Game

*“Submit to one another out of reverence for Christ. Wives, submit to your husbands as 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 his own body, but he feeds and cares for it, 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.”*  
*Eph. 5:21-33*

## How do you keep love alive?

### 1. \_\_\_\_\_ together

*“Come to me, all you who are weary and burdened, and I will give you rest.”*  
*Matt. 11:28*

*“There remains, then, a Sabbath-rest for the people of God;”* Hebr. 4:9

### 2. \_\_\_\_\_ together

*“Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.”*  
*Rom. 5:1-5*

*“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”* Phil. 4:6-7

### 3. \_\_\_\_\_ together

*“The tongue has the power of life and death, and those who love it will eat its fruit.”* Prov. 18:21

## Daily Meditations

Take a few minutes every day to read Scripture, pray, and answer some thought-provoking questions pertaining to this week’s topic.

### This week’s memory verse:

*“This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another.”*  
*1 John 4:10-11*

## Monday

Read 1 John 4:10-11. This is a great foundation verse for understanding love. Why do you think it’s important to understand how God loves you before you know how to love others?

How has God shown His love to you?

Write down the name of someone it's difficult for you to love right now. What would it look like if you were to respond to that person in a way that mirrors God's love for you?

List two practical things you can do this week to begin to love that person the way God loves you.

*Thank God today for His amazing love for you. Talk to Him about the person you are having a hard time loving right now. Ask Him to help you reflect His love to that person. Commit to follow through and love that person in practical ways this week.*

## **Tuesday**

Read Matt. 11:28. Jesus often talked about rest in the Bible. He set an example for us in this, but we still tend to resist rest. Why is it difficult for you to make rest or playing a regular part of your life?

If you're married, when's the last time you and your spouse just took time to play together? What are the benefits of those times to your relationship?

If you're single, when's the last time you took the time to just hang out with friends and play? What are the benefits of those times to you?

Write down three things you like to do when you play together.

- 1.
- 2.
- 3.

Write down a plan and date for playing in the next week.

How can you be sure that rest and playing are a regular part of your life?

*Thank God today that He wants you to rest and play. Thank Him for the ways He's made you and the interests you have. Ask Him to help you overcome the obstacles to playing and make it a regular part of your relationships.*

## **Wednesday**

Read Phil 4:6-7. What is your definition of prayer? According to these verses, what are the benefits of prayer?

How do you think praying together strengthens a marriage?

If you're married, how often do you and your spouse pray together?

How can you make praying together a regular part of your marriage? How do you think that will impact your relationship?

If you're single: Write down the name of someone you could pray with on a regular basis. What would the benefit of that be?

*Thank God today for prayer. Thank Him for His peace. Ask Him to spur you on to make prayer a regular part of your relationship.*

## **Thursday**

Read Prov. 16:24, 18:21 & Eph. 4:29. Words are so powerful! What you say and how you say it are so important.

Recall a time when you used words poorly. What was the impact on your relationship?

Recall a time when you used words well. What impact did that have?

When is it difficult for you to control your tongue?

*Spend additional time in prayer today asking God to help you in the area of what you say to people and how you say it. Ask Him to give you a heart that desires to say, "I love you", "I'm sorry" and "I forgive you". Ask Him to bring to your mind anyone who needs to hear these words from you today. Commit the words you say today to God and ask Him to use you to bring healing to the hearts of those around you.*

## **Friday**

Read Eph. 5:1-2. Focus on the phrase "live a life of love". Think about your day yesterday. How did you "live a life of love"?

How will today be different if you use this phrase as your standard?

*Thank God today for His example of love to you. Ask Him to help you live a life of love today. Ask Him for the desire and courage to be a force of love in your relationships.*

## **Saturday**

*Please pray for the services this weekend. Pray for the pastors at TLC, that God would strengthen them and give them vision.*