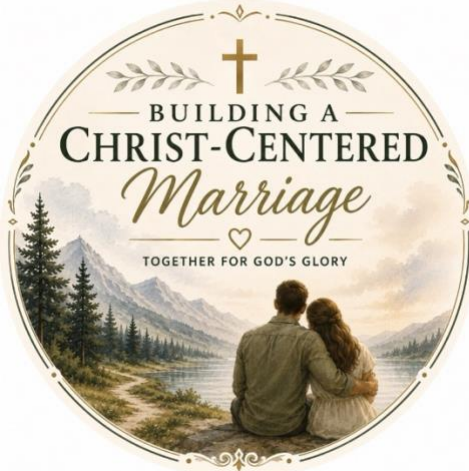




GROWING SPIRITUALLY TOGETHER

LESSON FIVE

BUILDING A CHRIST CENTERED MARRIAGE

Ten Biblical Lessons for Growing Together in Love, Faith, and Unity

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| 1. God's Design for Marriage (A, B, C) | 6. God's Gift of Physical Intimacy |
| 2. Love, Respect, and Biblical Leadership | 7. Making Decisions Together |
| 3. Communication That Builds Unity | 8. Money, Work, and Stewardship |
| 4. Healing from Past Hurts, Bitterness, and Unforgiveness | 9. Protecting Your Marriage |
| 5. Growing Spiritually Together | 10. Growing Old Together and Leaving a Godly Legacy |

Main Scripture Passage: Ephesians 5:15–21

Memory Verse: Psalm 34:3

O magnify the LORD with me, and let us exalt his name together.

Main Truth: A husband and wife grow closer when each walks with Christ and both seek Him together.

Lesson Purpose: To help couples build simple habits of Scripture, prayer, worship, and service that strengthen their walk with God and with each other.

LESSON OVERVIEW

A strong Christian marriage needs more than shared work, children, church attendance, and family customs. A husband and wife need a living walk with Jesus Christ.

One person cannot believe, repent, pray, or obey for the other. Each person must know Christ and grow in His Word. Yet marriage also gives a husband and wife a special chance to encourage one another in faith.

Growing together does not require long lessons or impressive prayers. It begins with small and faithful habits. A few verses, an honest prayer, regular worship, and simple service can shape the heart and home.

Spiritual habits should never become tools for pride or control. The goal is not to look religious before others. The goal is to know Christ, obey His Word, and help one another follow Him.

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IN THIS LESSON, WE WILL STUDY THE FOLLOWING TRUTHS:

1. Each husband and wife must personally abide in Christ.
2. Couples can build simple habits of Scripture and prayer.
3. Spiritual growth includes worship, service, and godly support.

MAIN SCRIPTURE PASSAGE

Ephesians 5:15–21

15 See then that ye walk circumspectly, not as fools, but as wise,

16 Redeeming the time, because the days are evil.

17 Wherefore be ye not unwise, but understanding what the will of the Lord is.

18 And be not drunk with wine, wherein is excess; but be filled with the Spirit;

19 Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;

20 Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;

21 Submitting yourselves one to another in the fear of God.

PART 1: EACH PERSON MUST ABIDE IN CHRIST

John 15:4–5

Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. **5** I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

Joshua 24:15

And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD.

1. Spiritual growth begins with a personal relationship with Jesus Christ. Church membership and family tradition cannot replace the new birth.
2. A husband cannot walk with Christ for his wife, and a wife cannot walk with Christ for her husband.
3. Each person needs time in God's Word, honest prayer, confession of sin, and obedience.
4. Do not judge your spiritual life only by feelings. Keep seeking Christ even during dry or difficult seasons.
5. A godly spouse encourages growth without acting proud, preaching at the other person, or trying to control the conscience.
6. When one person is spiritually weak, the other can pray, listen, encourage, and point gently toward Christ.

Practical Illustration: Two Trees Beside the Stream

Two young trees were planted close together beside a stream. Their branches touched, and together they gave shade. Yet each tree needed its own roots in the soil and its own supply of water.

If one tree had no roots, the other tree could not keep it alive. But because both were rooted near the water, they grew strong side by side.

Marriage is much the same. A husband and wife can encourage one another, but each must be rooted in Christ. As both receive life from Him, they become stronger together.

DISCUSSION AND SELF EVALUATION QUESTIONS

1. Are you personally trusting and following Jesus Christ?
2. What habit helps you stay close to Christ?
3. Do you encourage your husband or wife without judging or controlling?
4. What personal step of obedience is God showing you today?

PART 2: BUILD SIMPLE HABITS OF SCRIPTURE AND PRAYER

Deuteronomy 6:6–7

And these words, which I command thee this day, shall be in thine heart: **7** And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

Colossians 3:16

Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

Philippians 4:6

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

1. Choose a simple time for Scripture and prayer. Supper, bedtime, or early morning may work well.
2. Begin small. Read a few verses, ask one simple question, and pray about one need.
3. Take turns reading or praying when both are comfortable. A quiet person should not be shamed or forced to use many words.
4. Pray with honesty. Thank God, confess sin, ask for wisdom, and bring family burdens to Him.
5. Do not use family prayer to correct, embarrass, or preach at your husband or wife. Speak to God, not at the other person.
6. When a day is missed, begin again. Faithful habits grow through grace, not through guilt or perfection.

Practical Illustration: Five Quiet Minutes at the Table

David and Leah wanted to pray together, but they felt unsure. They imagined that family worship had to be long and perfectly planned, so they kept putting it off.

One evening they read Psalm 34:3 at the table. Each named one reason to thank God. Then David prayed for wisdom, and Leah prayed for a sick neighbor. They were finished in five minutes.

The prayer was short, but it was honest. They continued the next evening. A simple beginning became a faithful habit that brought Christ into their daily burdens and joys.

DISCUSSION AND SELF EVALUATION QUESTIONS

1. What time could work for a few verses and a short prayer together?
2. What keeps you from praying together now?
3. How can you make prayer feel honest instead of forced?
4. What family burden could you bring to God together this week?

PART 3: WORSHIP, SERVE, AND SEEK GODLY SUPPORT TOGETHER

Hebrews 10:24–25

And let us consider one another to provoke unto love and to good works: **25** Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

Ecclesiastes 4:9–10

Two are better than one; because they have a good reward for their labour. **10** For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.

1 Peter 4:10

As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God.

1. Gathering with faithful believers gives teaching, worship, correction, encouragement, and fellowship.
2. Talk about what you heard from God's Word. Ask how it should change your home during the coming week.
3. Use your different gifts together. One may notice needs while the other knows how to organize, give, repair, teach, or encourage.
4. Serve in ways that fit your season of life. Care for a widow, visit the lonely, give a meal, help a neighbor, or support gospel work.
5. Seek wise help when you are stuck. Mature believers can pray, teach, correct, and help a couple see what they have missed.
6. Keep Christ at the center. Service and church activity cannot replace love, truth, prayer, and obedience at home.

Practical Illustration: Serving a Neighbor Together

Samuel and Mary learned that an older neighbor was having trouble keeping up with his work. Samuel repaired a loose step while Mary prepared a meal and listened as the neighbor shared his loneliness.

Their gifts were different, but both were useful. On the way home, they thanked God for the chance to serve and prayed for the man.

Serving together gave them more than a completed task. It helped them see how God could use their marriage to bless another person and bring honor to Christ.

DISCUSSION AND SELF EVALUATION QUESTIONS

1. How does gathering with other believers strengthen your marriage?
2. What spiritual gift or ability do you see in your husband or wife?
3. Who could your family encourage or serve this week?
4. Is there a mature believer you could ask for prayer or guidance?

A SIMPLE PRACTICE FOR THIS WEEK

1. Choose one short Scripture passage to read together.
2. Each person share one truth from the passage.
3. Pray about one family need and one person outside your home.
4. Choose one simple way to serve or encourage someone together.

PRAYER

Heavenly Father, thank You for my husband or wife and for the home You have given us. Help each of us abide in Jesus Christ and receive strength from Him.

Give me a hunger for Your Word and a faithful prayer life. Show me any sin that I need to confess and any step of obedience that I need to take.

Help us read Scripture and pray together without pride, pressure, or fear. Teach us to begin simply and remain faithful when life is busy.

Make our home a place where Your name is honored. Help us worship with other believers, receive correction, and encourage one another in truth and love.

Show us how to use our different gifts to serve others. Keep us from empty religious activity, and help our private life agree with what we say in public.

Draw us closer to Christ and closer to one another. May our marriage help our children, church, neighbors, and others see Your goodness.

In Jesus' name, Amen.