



Part 4: It's A Choice

Every married person makes a choice every day. That choice feels more like a reaction, so most people don't think they have a choice at all. But they do. It's a choice that's made over and over and over every single day that is the pathway to a love that lasts.

DISCUSSION QUESTIONS

1. On a scale of 1 to 10, with 1 being "I can let go almost immediately" and 10 being "It takes a lot of time and effort," how difficult is it for you to let go of a grudge? How has that tendency affected your relationships, for good and bad?
2. What are some reasons it's easier for people to assume the worst rather than believe the best in their relationships?
3. We're going to read 1 Corinthians 13:4-7. Which of these characteristics of love described by the apostle Paul need to be dialed up in your relationships?

1 Corinthians 13:4-7.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres.

4. In his book, One Thing You Need To Know, Marcus Buckingham shares a conclusion from research on "Happy Couples" which is: when there's a gap between expectation and experience, happy couples find the most generous explanation for each other's behavior and believe it. Does that sound reasonable and realistic to you? Why or why not?
5. In what ways might your history, fears, or insecurities be obstacles to assuming the best of your spouse? What would it take to overcome those obstacles?
6. If you took the challenge this week to 'believe the best' of our spouse, fiancé, partner or close friends/family, how is it going? What's been most challenging? How can this group support you?