

Bulletproof

Give It A Rest (Week 4)

LifeNotes

TALK IT OVER

Main Idea

We will bulletproof our marriages when we give it a rest.

Key Scriptures

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” Matthew 11:28-30 ESV

And he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is lord even of the Sabbath.” Mark 2:27-28 ESV

What does it look like to adopt the rest-filled lifestyle of Jesus in our marriages?

1. Value quality time
2. Celebrate regularly
3. Seek intimacy

Start talking.

- Have you ever started a fight with someone over something silly?
- Why do you think we're prone towards busyness and stress?
- Do you agree that busy and stressed out people become exhausted, numb, and hyper-sensitive? Are there any other emotions that crop up when you're busy? Of these 3 emotions, which do you struggle with the most?

Start thinking.

- Jesus was the most productive person that has ever lived and yet, he was unhurried and lived with a restful peace in all that he did. How is this possible?
- Read Matthew 9:36. In the life of Jesus, compassion/empathy and service always go together. What would it look like to apply this reality in our marriages?
- Why is it such a battle to find quality time with our spouses? To celebrate regularly? And to seek intimacy? Why are these things often the first to go during hard times?

Start sharing.

- Of the 3 traits Ryan mentioned, which is the hardest for you and your spouse? Which one is the easiest for you? Why?
- Is there any way that you and your spouse can work to eliminate hurry and stress from your life?

Start doing.

- What is one way that you can show compassion towards your spouse this week?
- Ryan mentioned 3 action steps. What is one step that you could take in one of these areas?
 - Quality time: spend 15 uninterrupted minutes with your spouse.
 - Celebrate: Schedule dinners and a date night on the calendar.
 - Intimacy: Find time in the weekly calendar for prayer and physical affection with your spouse.

Closing prayer.

Father, thank you for giving us an easy yoke and a light burden in Jesus. Help us to remember that our righteousness comes from the finished work of Jesus and not from our performance. Help us to live a peace- and joy-filled life as we rest in Christ. May our marriages bring you glory as we give it a rest.