



# ONE Thing

## ***Ground Rules***

1. Use this resource as a guide to facilitate conversations with your spouse, as you take a step to go deeper together.
2. Apply everything you learn in this session to yourself, not your spouse.
3. Only share what you are comfortable with - and what your spouse is comfortable with.

# SESSION 1: DIFFERENCES

## We are Different...Thank God

So God created mankind in his own image, in the image of God he created them; male and female he created them.  
(Gen 1:27)

"Each of us is an original" (Gal 5:26 MSG)

"God has given each one of us the ability to do certain things well" (Rom 12:6)

## What to do with Differences

1. Understand who you are
2. Honor the uniqueness of your spouse
3. Communicate with kindness

## The 4 Temperaments STRENGTHS AND WEAKNESSES

### EXTROVERT

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SANGUINE	CHOLERIC
<b>Strengths</b>	<b>Strengths</b>
Joyful, encouraging, affectionate, popular, expressive	Decisive, delegates well, self-directed, confident, driven
<b>Weaknesses</b>	<b>Weaknesses</b>
Compulsive talker, loud, hates to be alone, interrupts, scatterbrained	Bossy, impatient, quick tempered, arrogant, dislikes tears/emotions
PHLEGMATIC	MELANCHOLIC
<b>Strengths</b>	<b>Strengths</b>
Kind, diplomatic, even-tempered, patient, tolerant	Analytical, empathetic, perfectionist, creative, enjoys solitude
<b>Weaknesses</b>	<b>Weaknesses</b>
Unenthusiastic, indecisive, no sense of urgency, resists change, stubborn	Moody, critical, withdrawn, skeptical, insecure socially

### INTROVERT

My Temperament: \_\_\_\_\_

My Spouse's Temperament: \_\_\_\_\_

## The Innate Needs OF THE 4 TEMPERAMENTS

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### EXTROVERT

#### SANGUINE

##### Need

Attention  
Affection  
Acceptance  
Approval

#### CHOLERIC

##### Need

Loyalty  
Sense of Control  
Appreciation  
Credit for Work

#### PHLEGMATIC

##### Need

Harmony  
Lack of Stress  
Respect  
Feeling of Worth

#### MELANCHOLIC

##### Need

Safety  
Sensitivity  
Support  
Space & Silence

### INTROVERT

#### Couple Discussion Questions

1. After identifying your temperament, how might this understanding play a part in your communication with your spouse? (For good or bad)
2. Referring to the first chart on the left, tell your spouse a couple of your strengths and weaknesses based on your temperament.
3. Tell your spouse which of the innate needs on the second chart resonate with you the most and why.

### **CHALLENGE:**

1. What is **ONE Thing** that you will do differently in your communication with your spouse based on what you have learned in this session?
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### **BOTTOM LINE:**

Knowing and understanding our innate needs and differences helps with all communication.

### **DIVE DEEPER:**

Check out more resources from Kathleen Edelman here:

[isaidyouheard.study](http://isaidyouheard.study)

## SESSION 2: DEPEND ON GOD

*God designed your marriage to be an illustration of Christ's love for his church. It's meant to look a little bit like heaven. No pressure. How do you make that happen?*

### The Keys to Marriage

#### Couple Discussion Questions

1. PURPOSE. (To reflect the image of God)  
Where do you currently do this well in your marriage? Where do you need to be better at reflecting who God is in your marriage?
2. PROMISE (To be committed until death do us apart)  
On a scale of 1-10, how well do you think that your marriage withstands the storms of life? How can you strengthen your foundation?
3. PRAYER (To be dependent on God)  
What do you appreciate about your spiritual journey together? What do you wish was different?
4. POSITIONING (To operate according to God's Standards)  
Do your roles match your giftings in this season of life?  
What is working? What is not?

#### Challenge:

What is **ONE Thing** that you can do this week to prioritize your marriage?

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#### Bottom Line:

Building marriages that are dependent on God before each other.

#### Dive Deeper:

For additional resources from Lee and Martica Jenkins, visit:

[leejenkinsgroup.com](http://leejenkinsgroup.com)

## SESSION 3: KNOW EACH OTHER'S HEARTS

*The world encourages us to achieve. It encourages us to make a name for ourselves. But life is happier and our marriages are more stable when we focus on being famous at home.*

### **Couple Discussion Questions**

Taking turns, select one or two questions from the following list to ask your spouse. When it's your turn, answer the question honestly. Ask as many questions as you can in 15 minutes but remember that it's not a race. The quality of your discussion is what matters.

1. What made you come alive today?
2. What one thing did you do today that energized you?
3. What is one thing you learned today that you didn't know when you woke up?
4. When did you feel loved/affirmed today? By whom?
5. What's on your mind? And what else? And what else?
6. What are you afraid of happening?
7. When did you feel sad today? Tell me about that.
8. When did you feel disappointed today? Tell me about that.
9. When did you feel jealous today? Tell me about that.
10. When did you feel angry today? Tell me about that.
11. What feeling most stood out to you today? What happened that made you feel that way? What did you do with that feeling?
12. Where is God in this circumstance, feeling, whatever your spouse is going through?
13. What do you think God might be trying to tell you in this?
14. What are you most looking forward to tomorrow?
15. What's one thing I can do to support/serve you (in this circumstance, feeling, tomorrow, etc.)?
16. What's your biggest concern you're taking to God right now? How can I pray specifically for you?
17. What do you feel most thankful for today?
18. I thought of you today when...
19. When did you feel most proud of yourself today?
20. What are you looking forward to most when we're back together?  
(When one spouse is traveling, or you've been apart awhile).

***Challenge:***

Have a 15-minute talk each day this week with listening, depth, and feeling words. Feel free to use the list of 20 questions on the previous page if it helps.

***Bottom Line:***

Guard your collective heart.

***Dive Deeper:***

For additional resources by Josh Straub, visit:

[JoshuaStraub.com](http://JoshuaStraub.com)

## SESSION 4: PHYSICAL CONNECTION

*About half of people—including married people—are sexually struggling in a big way. What is our next step if we've carried some unhealthy sexual messages into our marriages? How do we forge a new path moving forward?*

### **"Ingredients" for Great Sex**

- Energy from self-care
- Emotional Intimacy from safety
- Quality time from prioritizing
- Romance from intentional togetherness
- Good Communication from honesty

### **Couple Discussion Questions**

1. Do you have any "old tapes" in your head about sexuality that maybe need to be corrected?
2. Look at the list above of "ingredients" for great sex. From YOUR perspective, put a "+" beside the one that needs the most attention in your marriage AND put a "check mark" beside the one that is most prevalent in your marriage. Discuss this with your spouse.
3. Read the following statement. Do you agree or disagree?  
*Sexual desire (libido) is different for most couples. Sexual desire for a woman tends to be a barometer for how the rest of her world is going. If she is not rested, happy, healthy, or feeling appreciated, supported, and loved, she will not feel like having sex. Generally speaking, men like to have sex to feel emotionally connected, and women need to feel emotionally connected to have sex.*
4. What are a few ideas that could help you enhance your physical connection?

### ***Challenge:***

Designate a time this week and answer the following with each other.

- Two dates I would enjoy...
- Two things that get me “in the mood”...
- When we are making love, I like it when you...

### ***Bottom Line:***

Emotional intimacy fuels physical intimacy.

### ***Dive Deeper:***

For additional resources by Jim Burns, visit:

[homeward.com](http://homeward.com)

## SESSION 5: THE VALUES OF MONEY

*Most married couples experience tension around their money. And that tension is usually rooted in a mismatch in the financial values. A change in the way you communicate can help you see your spouse differently and ease those money tensions.*

92% of couples experience some kind of tension in their marriage around money.

77% of couples say they can't openly talk about their finances without getting frustrated or irritated.

19% of couples have a written, working budget.

**"For where your treasure is, there your heart will be also."**

*Matthew 6:21*

Our relationship with money doesn't just set our priorities and influence our decision-making, it drives our passions.

Be aware that you and your spouse likely have different values around money (save vs. spend, enjoyment vs. stability, etc.) and different fears around money.

### **Couple Discussion Questions**

1. What is one thing that resonated with you from the video discussing money? How might that information help you in your marriage?
2. Discuss what each of you values about money and what you fear about money?
3. Think of an example of a money related disagreement that you and your spouse have had in the past. Can you now see how it was the result of a difference in what you each value?

*Examples like – how often you go out to eat, splurging on vacations, spending money on hobbies or fun.*

***Challenge:***

Commit to one thing that you can do today, as a couple, to help you on your path to better money communications and improving your relationship?

***Bottom Line:***

Money in marriage is an opportunity for conflict or connection.

***Dive Deeper:***

For additional resources by Shaunti Feldham, visit:

[shaunti.com](http://shaunti.com)