

Flint Hills Bible Church Marriage Workshop: Session 1

The Foundation

Pray

- Opening Remarks

Defining our base terms:

In order to have a level playing field, and a correct set of standards, one must determine the difference between our assumptions, expectations, and God's design.

Define **assumptions** and **expectations**.

-*Assumptions*: _____

_____.

-*Presumptions*: _____

_____.

-*Expectations*: _____

_____.

Exercise #1

Instructions: take the next few minutes and write down your **assumptions, presumptions, and expectations**. Then spend a few minutes talking about them with the group of men or women you have been grouped up with.

List the **assumptions** you had, going into marriage below.

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List the **presumptions** you had, going into marriage below (this is really answering the question what influenced me to think the way I do about marriage)?

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List the **expectations** you had, going into marriage below.

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-
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Exercise #2

Instructions: When prompted, break down into groups of men and women. Take your pen and packet with you. Spend time as groups of men and women talking about your assumptions about marriage, your expectations of marriage, as well as your presumptions.

- Before that – introduce yourself and tell the folks you are with how long you’ve been married.

Define Values.

Values: _____

_____.

Our **values** affect our perception of life and marriage.

- Do assumptions, presumptions, and expectations reflect your values or is there a breakdown?
- Are your values in line with God’s Word? If not, what is the standard for your value system?

Exercise #3:

Take a few minutes and write down your core values in marriage. What are the codes, standards, the crucial things that you deem as important that are just intrinsic to who you are?

List your marital **values**, as they stand currently:

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Exercise #4:

Silent Reflections – 3-5 minutes.

Spend a few minutes in reflection on the following questions:

- How has the reality of your marriage challenged your presumptions and expectations?
- How has the reality of your marriage challenged your values?
- How is God using the challenges of your assumptions, expectations, presumptions, and values to change you?

Exercise #5:

When prompted, rejoin your spouse. Take the next few minutes and share with your spouse your thoughts on assumptions, expectations, presumptions, and values.

- Note areas that stand out to both of you.
- Note areas of difference or conflict.
- Share your presumptions about marriage.
- Share your current values.

Marriage Mission Statement Formation

What is a Marriage Mission Statement?

How does one form a Family Mission Statement?

First: do a _____ of your family.

Second: assess your _____.

Third: Create _____.

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- Prov. 16:3; Prov. 21: 5; Prov. 16:9; 1 Thess. 5:17

- 1) Pray as a couple.
- 2) Define the desired value (what are we trying to accomplish?)
- 3) Form an action item / plan to accomplish desired value.
- 4) Assess & reevaluate.

Exercise #6:

Each individual or couple should take the next few minutes to critically consider the needed values in their family. This may be an exhaustive list, depending on the circumstances that necessitated this workshop for you. The goal is for you to start. Work through one or two now.

Follow the following formula:

- Pray as a couple.
- Define the value itself (what are we trying to accomplish).
- Form an action item or action plan to accomplish this.
- Assess the value and action plan weekly.

Example:

- Pray
- Value: cultivate a growing relationship with Jesus (our #1 value in life).
- Commit to daily devotions as a couple, prior to 30 minutes of dedicated communication.
 - Secondary item: what church will we attend?
 - Community Group involvement?
 - Where will you serve as a couple and family?
- Reassess in 1 week.

Examples of other values to address:

- Employment (when should kids start working)
- Sex (frequency, respect, and desires)
- Budgeting (how should we all save)
- Giving (time and money)
- Physical health and well-being
- Family time
- Family worship
- Date nights for mom and dad.
- 1-on-1 quality with kids.
- Weekly routine / business meeting
- Responsibilities in home
 - Who does what?