

January 10, 2016  
The 2 Most Healing Words in Marriage  
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1. What do you know now that you wish you had known when you were 30?
2. What are the two most healing words in marriage? (**I'm sorry.**) What are other healing words? (**I forgive you, I love you, you're funny, I'm so glad you're mine, etc.**).
3. What are the four reasons Adam gave why saying I'm sorry creates a healthy marriage or relationship? **(1) You acknowledge that your behavior, attitude and decisions impact those around you. (2) You acknowledge your pride and walk in humility as you prove you don't always have to be right. (3) It shows others you recognize your need for Jesus. (4) It builds trust.**
4. Why does Adam say it's hard to say I'm sorry? (**Because we have to admit we're wrong.**) Think of times you've said I'm sorry. Are there other reason it's difficult?
5. In the movie and book *Love Story*, one of the main characters says, "Love means never having to say you're sorry." Most people believe that is not true. Why do you think the writer believed it enough to have the character say those words?  
**(Because love knows we all make mistakes and is quick to forgive even if I'm sorry hasn't been said?)**
6. How did you learn to say I'm sorry? (Or not learn it!)
7. Have you been part of a relationship that was healed because you said, "I'm sorry"? Or have you been part of a relationship that was healed because someone told you they were sorry?
8. Read Ephesians 4:29.
  - \*What kinds of things constitute "unwholesome talk"?
  - \* What kinds of helpful things can we say to build others up?
  - \*Can you think of specific words you have spoken this week to build someone up and give them grace?
  - \*Why is it so hard to give grace to imperfect people (which is all of us)?
9. Read Ephesians 4:30
  - \*How do you understand the concept of being "sealed" by the Holy Spirit "for the day of redemption"?
  - \*Have you ever felt the Holy Spirit nudging you to do or say something? Explain.
  - \*Have you ever ignored the prodding of the Holy Spirit? What was the outcome?

10. Read Ephesians 4:31. This sounds like an act you perform. Is it? How exactly have you gone about getting rid of anger, bitterness, or malice?

11. Read Ephesians 4:32.

\*When have you needed to forgive someone?

\*What is a time you have needed to be forgiven?

\*How did it feel when forgiveness was given or received?

\*How can Jesus's words on the cross, "Father, forgive them, for they do not know what they are doing," convict you to forgive and help you to forgive?

12. I John 3:1 says, "How great is the love the Father has lavished on us, that we should be called children of God." Ephesians 1:8 also speaks of God's grace being lavished on us.

\*What other words did Adam use to conjure up the image of "lavish"? (**Plentiful, ridiculous amount, out of control, and others.**)

\*What words come to your mind when you hear the word "lavish"? (**generous, abundant, extravagant, over the top, unrestrained.**)

(Lavish comes from an older English noun lavish that meant "plenty." This noun probably came from a medieval French word lavasse, "a heavy rain." [www.merriam-webster.com/dictionary/lavish](http://www.merriam-webster.com/dictionary/lavish).)

(Lavish is characterized by or produced with extravagance and profusion: a lavish buffet. [www.thefreedictionary.com/lavish](http://www.thefreedictionary.com/lavish)).

\*Can you think of someone you can lavish with grace and love this week?