

Session 2: *Marriage: Your Children Are Watching!*

Video Notes

Bible Journey

- ▶ Ephesians 5:21

- ▶ Ephesians 6:5–9

- ▶ Ephesians 6:1–4

- ▶ Ephesians 5:22–24

- ▶ Ephesians 5:25–27

Family Night Activity

- You'll find instructions for the **Family Night Activity** suggested in the video and others on **ItStartsAtHome.org**. Try an activity with your family this week and come prepared to talk about how it went next time you meet.

Intentional Marriage Checklist Adapted from *It Starts at Home*, by Kurt Bruner and Steve Stroope (p. 58)

In the last two months, have you . . .

- had any "date nights" with your spouse to focus only on one another.

About how many? _____

NOTE: Experts recommend at least two per month.

- offered some tangible expression of love to your spouse—a love note, flowers, a special chore, a gift (not for birthday, Christmas, anniversary, or Mother's/Father's Day)

About how many times? _____

NOTE: Experts recommend at least two per month.

- called during the workday, sat down to chat, taken walks together, or pursued some other kind of focused, non-task-driven communication with your spouse.

About how many times? _____

NOTE: Experts recommend at least three times per week.

- prayed with your spouse (other than grace over meals)

About how many times? _____

Grade yourself in the following areas . . .

I regularly show love to my spouse with affirming words and meaningful touch.

- Excellent Good Fair Need to be much better

I observe healthy boundaries and accountability to resist temptation (sex, time, bitterness, addictions) that would hurt my marriage.

- Excellent Good Fair Need to be much better

I make a consistent effort to take care of myself physically and emotionally to be the best lifelong partner I can be.

- Excellent Good Fair Need to be much better

I try to apologize and/or offer forgiveness when necessary before we go to bed.

- Excellent Good Fair Need to be much better

Something specific I'd like to do in the next week to improve on one of these areas.
