

BETTER Together

PART 1: A CONVERSATION WITH SANDRA STANLEY

INTRODUCTION

Let's face it, relationships are not easy! In fact, the more meaningful the relationship is...the more challenges we will likely face in it. We are not designed to live life alone. In marriage and in all relationships, we have to learn how to face those challenges in healthy ways so those relationships can stay meaningful. We all want to get better...so let's get better together.

DISCUSSION QUESTIONS

1. Describe a married couple you look up to? What about their relationship do you most want to mimic in your marriage someday?
2. Read Nehemiah 6:1-4. What "great work" is God doing in your life right now? In your marriage? In your relationship with family and friends? And what are the main things you need to say "no" to in order to continue this work?
3. Proverbs 22:3 says "The wise person sees danger and takes refuge, but the simple/foolish keep going and pay the penalty." Talk about a time when you chose the wise path over the foolish one. What was the outcome? Talk about when you chose the foolish way over the wise path?
4. Sandra defined "breathing room" as the space between our current pace and our limits. In every area of our lives, the amount of breathing room we have directly correlates to the quality of our relationships. Describe your current amount of breathing room. Are you satisfied with where you are?
5. Sandra said, "Getting on the other side of hard things takes having people around you to help." How have you seen this truth work in your marriage and/or relationships? Who is your "third party?" When do you utilize them in your life?
6. Sandra emphasized that personal time with God is crucial in our personal development. What does your personal time with God look like? Practically, in what ways do you connect with God?
7. So many good topics were brought to light with our conversation with Sandra. What specific one was most relevant to you?

CHANGING YOUR MIND

When word came to Sanballat, Tobiah, Geshem the Arab, and the rest of our enemies that I had rebuilt the wall and not a gap was left in it—though up to that time I had not set the doors in the gates—Sanballat and Geshem sent me this message: “Come, let us meet together in one of the villages on the plain of Ono.” But they were scheming to harm me; so I sent messengers to them with this reply: “I am carrying on a great project and cannot go down. Why should the work stop while I leave it and go down to you?” Four times they sent me the same message, and each time I gave them the same answer.

-Nehemiah 6:1-4