

# BETTER Together

## PART 3: FEELIN' IT (ANDY STANLEY)

### INTRODUCTION

How can two people stand at an altar and swear they will love each other until “death do us part” and then, just a few years later, hate each other more than they’ve ever hated anyone? In this message, Andy provides insight on how to not only fall in love, but also to stay in love.

### DISCUSSION QUESTIONS

1. Andy says that we all bring emotional “baggage” into our romantic relationships. What are some reasons why romantic relationships reveal this baggage more than any other kind of relationship?
2. Our ‘baggage’ frequently results from family or romantic relationships. What are some specific experiences that have most contributed to your baggage?
3. Read *Proverbs 4:23*. In this verse, Solomon, famous for his wisdom, says to guard your heart above all else. Do you agree with Solomon? Even if you disagree, can you think of some reasons why Solomon would place such value on guarding your heart?
4. Andy says that your ability to feel certain things is determined by the condition of your heart. Why is this more important than your partner’s behavior? How does the second half of *Proverbs 4:23* support this assertion?
5. Unspoken emotions have a great deal of power over us. Why does verbalizing a specific emotion take away that power?
6. Oftentimes, we feel defensive when our partners come to us and say, “When you do \_\_\_\_\_, I feel \_\_\_\_\_.” Andy says that there are no bad feelings and that when we share feelings, we are providing an observation, not a criticism. What did Andy say our response to this type of observation should be? Why is this so difficult to do?

### MOVING FORWARD

What’s been inside you for years is spilling out. And it’s not coming out because of who you’re *with*, but because it was there to begin with. If you want to stay in love, you have to own it. You have to have a plan to guard your heart—a plan that begins with identifying specific emotions, then communicating them. Will you commit to this plan?

## **CHANGING YOUR MIND**

Above all else, guard your heart, for everything you do flows from it.

**-Proverbs 4:23**