

DISCUSSION GUIDE

WEEK 1 “Naked Is Good”

KEY VERSES: Now the man and his wife were both naked, but they felt no shame. –Genesis 2:25, NLT

A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken. –Ecclesiastes 4:12, NLT

KEY THOUGHT: The strongest marriages are built on a foundation of love, vulnerability, and commitment.

GROUP DISCUSSION QUESTIONS:

1. As a child, what did you think marriage would be like?
2. What does having a “Naked Marriage” mean to you?
3. Growing up, how did your parents represent love and vulnerability? Were they openly vulnerable and emotionally transparent with each other?
4. How did your parents’ vulnerability (or lack of it) influence your views of love and vulnerability in marriage?
5. Do you have a tendency to feel ashamed and/or fearful about being “naked” (emotionally transparent/honest) with your spouse? If so, explain.
6. How would your marriage be different if it was a naked marriage? Would anything need to change?
7. In what areas of your marriage would you benefit most from more vulnerability?
8. In the video, Ashley said, “We say, ‘I do’ every day to our spouse.” What do you think she meant by this? What would saying, “I do” to your spouse every day look like in your marriage?

- End your discussion with a time of praying for each other’s marriages-

WEEK 1 HOMEWORK:

Integrate a 15-minute (or more), “device free” talk time into your day — morning coffee, evening walk, dinner conversation, late night pillow talk.

Begin each conversation with the events, challenges and joys of your day. Then spend some time discussing the following topic for each day. End your “talk time” each day by praying out loud with each other.

Friday - What are you most concerned about (personal, family, future)?
What are you most excited about lately (personal, family, future)?

Saturday - What is one area of our marriage where we can/should be more vulnerable or honest with each other?

Sunday - What is one area of our marriage that we need to be strengthened by the Holy Spirit?

- Spend some time praying for more of Holy Spirit's strength -

Monday - What can I do to love you better?

Tuesday - Do something fun together today

Daily Exercise - Compliment each other at least once a day!

The level of your honesty will always determine the level of your intimacy.

-Dave & Ashley Willis