

# TEACHING OUTLINE

## HOW TO PREPARE FOR A HEALTHY MARRIAGE

By Rodney Wright

Two healthy people make a healthy marriage. Marriage doesn't change us, but it reveals more of what it finds in us. If it finds us healthy, it will reveal our health; if it finds us unhealthy, it will reveal our lack of health. There's no such thing as a perfect marriage, only healthy and unhealthy. In both types of marriages mistakes are made, but in healthy marriages, they keep growing.

### Scriptures:

<sup>30</sup> And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.' <sup>31</sup> The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these."

**MARK 12:30-31 (NLT)**

<sup>17</sup> And a voice from heaven said, "This is my dearly loved Son, who brings me great joy."

**MATTHEW 3:17 (NLT)**

<sup>28</sup> The woman left her water jar beside the well and ran back to the village, telling everyone, <sup>29</sup> "Come and see a man who told me everything I ever did! Could he possibly be the Messiah?" <sup>30</sup> So the people came streaming from the village to see him.

**JOHN 4:28-30 (NLT)**

<sup>16</sup> “For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.” <sup>17</sup> God sent his Son into the world not to judge the world, but to save the world through him.

### JOHN 3:16-17 (NLT)

## Outline:

1. Learn to love yourself well (Mark 12 and Matthew 3).
  - What we love we value and care for.
  - How are you valuing and caring for yourself?
  - When we make mistakes, do we focus on growth not shaming ourselves?
2. Share with your partner (boyfriend/girlfriend) your history prior to marriage (John 4:28-30).
  - Family of origin
  - Faith or value system
  - History of what you have navigated up to this point in your life (education, money, sexuality, emotions, gifting, friendships, family, hobbies, and painful life experiences).
3. Confirm that your partner (boyfriend/girlfriend) loves and accepts you just as you are (John 3:16-17).
  - Accepting ourselves and our partner—the “good, bad, and ugly,” as they say.
  - Our desire is to personally grow in health and bring out the best in each other. Love, honor, respect, and value one another.
  - Honesty is always the best place to start!