



MARRIAGE WELLBEING COURSE

SESSION 3 – FOOD & FRUIT

The questions below are related to this week's topic. We recommend that you don't share your answers with each other until you've both completed the assignment. Once finished, set aside time to discuss.

Please take your time answering the questions. Once you've had the opportunity to read through this week's scripture references, pray and ask God for help to give you wisdom as you write out your answers. The quality of your answers will depend on your level of honesty and transparency.

- 1) The writer in Psalm 1 tells us that those who delight in the law of the Lord will bear fruit in each season. Describe what you think it means to bear fruit in "each season"

- 2) It appears that Jesus was being a bit harsh to the fig tree in Matthew 21:18-19. What message do you think He was trying to convey and how would you apply that to yourself?

- 3) God desires for us to walk in the Spirit – something we often struggle to do, especially in marriage. In Galatians 5:16-26, we have two sets of behaviors. For each set describe the behaviors you believe best represent where you might be. You'll get to discuss these with your spouse when we get to the activity for this week's session

The behaviors of sinful nature

The behaviors (fruit) of the Spirit

- 4) We talked about the section in Hebrews 5 in the opening of this session. What habits do you currently have that need change and what habits do you believe you would benefit from having?