

NEXT STEP QUESTIONS

Icebreaker: What scares you?

1. How can you determine if a problem is rooted in fear? Can you think of any examples to share?
2. Which of the three fears discussed in the talk do you tend to experience the most?
3. Take five minutes to practice with someone in your group talking on the three levels of communication (surface, opinion/idea, feelings). How does this activity relate to communication with your spouse?
4. If truthfulness is so critical to a healthy relationship, why is it so hard to be truthful? How do you overcome these barriers?
5. How can you be truthful with yourself?

Practical Step:

Take time to have an honest conversation with yourself.



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Better Together

Church on the Ridge

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Charlie & Sandy Salmon

Building Trust, Breaking Fears

The Great Cover Up

Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

Genesis 3:7 NIV

He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

Genesis 3:10 NIV

The root of our marriage problems is FEAR!

Three ways fear will destroy your marriage/relationships:

- I. When we fear our _____, we put up walls to hide behind.

And he said, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?" The man said, "The woman you put here with me— she gave me some fruit from the tree, and I ate it." Then the Lord God said to the woman, "What is this you have done?" The woman said, "The serpent deceived me, and I ate."

Genesis 3:11-13 NIV

- We never change until the pain to change becomes greater than the pain to remain the same!

II. When we fear our _____, we withdraw.

Three levels of communication:

1. _____
2. _____
3. _____

H. Norman Wright—*Communication: Key to Your Marriage*

Three kinds of feelings that scare us into withdrawing:

1. _____
2. _____
3. _____

Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

Genesis 3:7 NIV

If you love your spouse—tell them!

III. When we are afraid of _____, we become controlling.

"... Your desire will be for your husband, and he will rule over you."
Genesis 3:16 NIV

HOW DO YOU BREAK YOUR FEARS?

A. Be truthful with _____.

You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.

Proverbs 28:13 GNT

If we say that we have no sin, we deceive ourselves, and there is no truth in us.

1 John 1:8 GNT

When pride comes, then comes disgrace, but with humility comes wisdom.

Proverbs 11:2 NIV

B. Be truthful with _____.

God is faithful and reliable. If we confess our sins, he forgives them and cleanses us from everything we've done wrong.

1 John 1:9-10 GWT

Who can notice every mistake? Forgive my hidden faults.

Psalms 19:12 GWT

I went to the Lord for help. He answered me and rescued me from all my fears.

Psalms 34:4 GWT

C. Be truthful with your _____.

Confess your sins to each other and pray for each other so that you may be healed.

James 5:16 NLT
