

# Living Out the



## Lesson 1 Kingdom Life

Kingdom of God	Romans 14:17 1 Corinthians 4:20 2 Timothy 1:7	Kingdom of the enemy	John 10:10 1 John 2:15	Seek it Out	Matthew 6:33
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### Large Group Discussion:

#### Read Romans 14:17 and 1 Corinthians 4:20 and discuss:

What is the Kingdom according to verses?

- Righteousness
- Peace
- Joy
- Love
- Power

Do you want this?

#### Read John 10:10 and 1 John 2:15 and discuss:

This is the opposite of God's Kingdom.

- Anger
- Hate
- Fear
- Depression
- Loves of self

#### Break into partners and discuss the following point:

1. If you can have this Kingdom life (full of righteousness, peace, joy, love and power), what would this look like for you, for your spouse, and for your family?

Pray for each other.

**HW:** Meditate and obey Matthew 6:33. Begin to ask the Lord for the Kingdom life, Kingdom marriage/relationships and Kingdom family. Be willing to obey what He wants you to do to live such Kingdom.

## Lesson 1 Leader Notes

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1. As a large group start off with a time of prayer and worship. Discuss as a large group (parts 2 & 3), then break apart into partners (part 4) then come back together in large group to discuss part 5 and homework. End with prayer together.
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### 2. Read Romans 14:17 and 1 Corinthians 4:20 and discuss:

Talk about these scriptures. Ask the group what the Kingdom is according to these scriptures. Have someone **read Matthew 13:44** and discuss why would a man sell everything he has to buy this field with joy. Point out that in Romans it says that the kingdom is righteousness, peace and joy. In Corinthians it says it is power. Have someone **read 2 Timothy 1:7** and discuss how love is also a part of God's Kingdom. Ask the group what would this kingdom life look like?

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### 3. Read John 10:10 and 1 John 2:15 and discuss:

According to the Bible, it also tells us about the enemy's kingdom. In John 10:10, it says that he comes to steal, kill and destroy. He wants to steal all that God wants to give us. The enemy's kingdom is filled with anger, hate, fear, depression and people are lovers of self. This is the opposite of God's Kingdom. Talk about living in God's Kingdom will allow us to see things from God's perspective. Living in the enemy's (or the world's) kingdom, we will see things from his perspective. Have someone **read Ephesians 4:26-27** and discuss what this verse means. Help them understand that anger will give the enemy a foothold in their life. We need to get rid of anger (all forms- disappointment, hatred, hurt) so that we do not give the enemy a foothold to torment us, but we can live in God's Kingdom.

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### 4. Break into partners (2 to 3 people): Have them discuss the following points:

- Have them discuss if they could have this Kingdom life, what would this look like for them, for their spouse and for their families.

Have them pray with each other.

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### 5. Come back to large group and discuss:

Have the group share what was discussed with their partners. Discuss that there is a solution to the enemy's kingdom. We need to turn away from the enemy and go towards God. We do this by repenting from negative emotions and sins.

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### 6. Homework:

Encourage each person to meditate and obey Matthew 6:33. Talk with them about beginning to ask the Lord for the Kingdom life, Kingdom marriage/ relationships and Kingdom families. Remind them to be willing to obey what God wants them to do to live out the Kingdom.

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### Teaching Points

- The Kingdom of God is righteousness, peace, joy, love and power.
  - The enemy's Kingdom has anger, hatred, fear, depression and people being loves of self.
  - We need to turn from the enemy's kingdom and turn to God.
  - We do this by repenting all our negative emotions and sins to the Lord.
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## Lesson 2 The World vs. God

<b>Relationships</b>	Proverbs 18:22 Genesis 2:18-21 Song of Solomon	<b>Family</b>	Psalm 127: 3-5 Proverbs 17:6	<b>Life</b>	John 10:10 Joshua 1: 8-9 Proverbs 3:1-2
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### Large Group Discussion:

#### What does the world say about marriage/relationships, family and life?

Marriage/Relationships:

Teens/ Children (or parents):

Life:

#### What does God say?

Marriage/Relationships:

Teens/ Children (or parents):

Life:

#### Break into partners and discuss the following questions:

1. Why do you think the world's experiences do not match up with the Bible?
2. If we can believe the Bible, is it possible for us to live like these verses? How?

Pray for each other and be ready to talk about what you discussed with the larger group.

**HW:** Look at your marriage/relationships, children/parents or even your life and write out what you want to see change to be more like what God's Word says to be true.

Find a verse that you would like to focus on to help that situation. Write out the verse and what God wants you to do to live that verse out.

## Lesson 2 Leader notes:

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1. As a large group- start off talking about the homework from last week and what they discovered. Then have a time of prayer, a time of worship and any testimonies. Discuss as a large group (parts 2 & 3), then break apart into partners (part 4) then come back together in large group to discuss part 5 and homework. End with prayer together.
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2. **What the world tells us about Marriage, Teens/ Children and Life?** Ask the group what they think, then discuss points below.

Marriage/relationships- things only get worse the longer you stay married, you will not stay in the honeymoon phase or you have to work hard at it, love will fade. The Chinese even have a saying "marriage is the grave of love". Doesn't sound like a good thing to be married.

Children/Teens (or parents)- When your kids are teens they will rebel & not want to spend any time with you. They will only want to hang out with friends or stay in their room.

Life- you will have hardships & challenges in your life. Things do not go as planned & you need to prepare for the worst. This all sounds so bleak!

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3. **What God says:** Have someone in group read verses before you discuss the 3 different areas. Prov. 18:22 (marriage), Psalm 127: 3-5 (teens) & John 10:10 (life):

Marriage is a special gift. In Proverbs 18:22 it says that a man who finds a wife finds a good thing & will receive favor from the Lord. In Genesis it says the two will become one as stated with Adam & Eve. Eve was created to be a helpmate & companion of Adam. God said, it is not good for man to be alone. There is even a whole book that talks about the passion between a husband & wife- Song of Solomon.

Teens & Children will be proud of the parents. In Proverbs 17:6 it states that parents will be the pride of their children. It also talks about the children being arrows that will not be put to shame in Psalm 127: 3-5. These arrows will be shot out to the nations!

Life is abundant. In John 10:10 Jesus says that He came to give life & give it abundantly. In Joshua 1:8-9 God states that life will be successful & prosperous. In Proverbs 3:1-2 it says that life will be prolonged & you will have peace & prosperity.

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4. **Break into partners (2 to 3 people): Have them discuss the following questions:**
  - Why do you think the world's experiences do not match the Bible?
  - If we can believe the Bible, is it possible for us to live like these verses? How?

Have them pray with each other & then come back to the larger group to reflect on what was discussed in partners & then continue with what we should say (below).

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5. **What we should say:**

We do not accept what the world tells us. No, No, No! The bible is our guide & we will live according to what the bible says & not what the world tells us. If our experience does not match what the bible says, then we need to ask ourselves "what are we doing that is not matching the Bible?"

Tell of testimonies within your own life where you experienced what God says about marriage, family & life.

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6. We always need to go back to the Word! It is the guide for every part of our lives.

Discuss the **homework (HW)**: Look at your marriage/relationships, family or even life & write out what you want to see change to be more like what God's Word says to be true. Find a verse that you would like to focus on to help that situation. Write out the verse & what God wants you to do to live that verse out.

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Teaching Points:

- What the world tells us about marriage/relationships, family and life.
  - What the Bible says about marriage/relationships, family and life.
  - What we need to say- "I will not accept the world's view, I will only accept what the Bible says.
  - The Bible needs to be our guide in every part of our life.
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## Lesson 3 Two Spirits being Released

<b>World</b>	2 Timothy 3: 1-5	<b>God</b>	Malachi 4:5-6	<b>Speed His Coming</b>	2 Peter 3:11-13
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### Large Group Discussion:

#### Read 2 Timothy 3:1-5 and discuss

Why would this be such a terrible time?

What would happen when people love themselves (fathers, mothers, children etc.) and lovers of money?

Do you see this today?

#### Read Malachi 4:5-6 and discuss

What does it mean "he will turn the hearts" mean?

What do you think the last part of verse 6 means?

#### Break into partners and discuss the following points:

1. Which spirit will you accept? The world or God?
2. If you choose the Spirit from God, then make a declaration, "I declare that I am turning my heart towards my spouse and my children!" or if you are a child "I declare that I am turning my heart towards my parents!"

Pray for each other.

**HW:** Meditate on Malachi 4:5-6. Ask the Lord specifically how to continue to live out this verse towards your family. Share testimonies with those around you.

## Lesson 3 Leader Notes

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1. As a large group- discuss the homework from last week and ask the participants to share. You can also have them share on the verses that they found and what the Lord was saying through the verses.

Next have a time of prayer and worship. Discuss as a large group (parts 2 & 3), then break apart into partners (part 4) then come back together in large group to discuss part 5 and homework. End with prayer together.

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### **2. Read 2 Timothy 3:1-5 and discuss:**

Talk about this scripture. Discuss with the group why this would be so terrible. Ask the group what would happen when people love themselves and become lovers of money? Include talking about fathers, mothers, children and other family members. How would this affect these relationships, marriages and all families? Discuss what this looks like in governments. Hate, anger, disappointment and fear will be in all families, governments, workplaces, schools and even at church. This is the spirit of the world that will be released.

Ask the group what would happen when children disobey and seek after pleasure only? After discussing them, ask them if they see this in the world today?

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### **3. Read Malachi 4:5-6 and discuss:**

Talk with the group about what it means that "he will turn the hearts of the fathers towards the children". Discuss that parents may have their hearts focused on work, themselves or even hobbies. Sometimes wives focus so much on just the children and not the husband. This all produces broken relationships. These verses talk about the hearts turning back to the children and the children's heart turning back to the parents. This does not mean one parent will turn his/her heart towards the children and not one another. A strong family is when both parents turn their hearts towards one another and then towards the children. This is the spirit of God being released- restoration and love.

Talk about the last part of verse 6. Discuss what they think it means "or else I will come and destroy the land". Help them understand that unless Christ followers' families are restored, our land will be destroyed. It is vital that we restore our relationships, including our marriages and our relationships with our children.

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### **4. Break into partners (2 to 3 people): Have them discuss the following points:**

- Have the partners talk about which spirit they will accept. The spirit of the world or the spirit of God.

Then if they choose the Spirit from God, then have them make a declaration, "I declare that I am turning my heart towards my spouse and my children!" or if they are children "I declare that I am turning my heart towards my parents!"

Have them pray with each other.

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### **5. Come back to large group and discuss:**

Have the group share what was discussed with their partners.

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## 6. Homework:

Encourage each person to meditate on Malachi 4:5-6. Have them ask the Lord specifically how to continue to live out this verse towards their families. Encourage them to share testimonies with others.

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### Teaching Points

- Two spirits will be released in the end times. The spirit of the world and the spirit of God
  - The spirit of the world will have people be lovers of themselves, loves of money and many other things that produce hatred, fear, anger and disappointment.
  - The Spirit of God brings restoration to relationships. Turning the hearts of the fathers back to the children and the children back to the father.
  - We need to work on reconciliation so that our land will not be destroyed.
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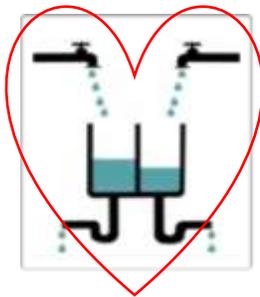
## Lesson 4 Main Cause of Issues

<b>Our Hearts</b>	Luke 6:45	<b>Repentance</b>	1 John 1:9	<b>Love &amp; Respect</b>	Proverbs 10:12
	Proverbs 12:25				John 7:38
	Ezekiel 36:26				Ephesians 5:21-25

### Large Group Discussion:

#### Traditional Love Tank view:

Good experiences add water/ love and bad experiences drain water/ love. Problem- a person's love tank cannot be filled at 100%. This is a flawed concept.



Read **Luke 6:45, Proverbs 12:25 and Ezekiel 36:26**

How do these verses help us to understand our hearts?

#### Biblical Love Tank view:

Read **Proverbs 10:12, John 7:38**

Good experiences add living water/ love and bad experiences/stones (sin and negative emotions) need to be removed from the tank to make more room for living water/ love.



#### Break into partners and discuss the following points:

1. Read 1 John 1:9 and discuss
2. Talk with your partner about any past or present stones that you feel you need to remove. Start to fill out the repentance prayer notes.

Help each other remove a stone:

**Lord, I renounce the (neg. emotion) that I have for (name of person). I feel this way because \_\_\_\_\_. I forgive and bless them and choose to give the negative emotions to you.**

**HW:** Spend some time this week asking the Lord to reveal to you any stones that you may have in your heart tank Write them down on the Repentance Prayer Notes document.

Continue to meditate and obey verses that will help you to overcome these stones.

## Lesson 4 Leader Notes

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1. As a large group- discuss the homework from last week and ask the participants to share. You can also have them share on the verses that they found and have been meditating on. Next have a time of prayer and worship. Discuss as a large group (parts 2 & 3), then break apart into partners (part 4) then come back together in large group to discuss part 5 and homework. End with prayer together.

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### 2. Discuss:

What is in our hearts will come out of our mouths. If we speak with anger, hate or fear- this is what is within our hearts. Ask the group- What does your heart store up? What do you normally talk about or have a passion for?

Discuss the traditional love tank view. Our partner will pour in good experiences/ words/ acts of service/ gifts into our love tank and it will be filled. If our partner brings bad experiences/ hurtful words/ negative actions towards us, it will drain our tank/ love. The problem with this view is a person's love tank cannot be filled at 100%. Example: some have said "no matter how much I've loved my spouse, it's never enough" This view of the love tank is flawed. Have someone read the following verses: Luke 6:45, Proverbs 12:25 and Ezekiel 36:26. Talk about how these verses help us understand our hearts with the group. These verses tell us that our hearts are weighed down with stones (Ezekiel 36:26) consisting of negative emotions (Prov. 12:25) and sin (evil things in Luke 6:45).

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### 3. Read John 7:38, Prov 10:12 and discuss:

The stones we talked about in Ezekiel and John must be removed. This can be done with the repentance prayer. Show the group the Repentance Prayer Notes document and tell them about the release prayer: **Lord, I renounce the (neg. emotion) that I have for (name of person). I feel this way because \_\_\_\_\_. I forgive and bless them and choose to give the negative emotions to you.** Then discuss that the stones must be replaced with Living water (in John 7:38). Now discuss the biblical love tank view: the water still represents our capacity to give and receive love. A heart that is weighted down is like the stones in the fish tank. They represent the negative emotions, shame, guilt and sin that causes us to have less capacity to love (they take up space in our love tank). Negative experiences do not drain like a sink or bathtub (traditional love tank view), rather the negative experiences stay in the tank like stones in a fish tank. The negative things do not drain our hearts/ love tank, but instead they deposit stones in our hearts. We need to remove the stones to give more capacity to give and receive love/ living water. Have someone in the group **read John 7:38 again**. Discuss that the living waters represents the love that drives our passion within relationships and for Jesus. The more capacity we have in our own heart tank for the living water, the more passion we have in relationships and for Jesus. Once these stones are removed (past and present stones), we need to fill the heart tank (add living water). When we fill our heart tank with living water we will believe in Jesus and have love and respect for our loved ones (Ephesians 5:21-26).

Explain how the simple repentance prayer can help someone remove the stones within their love tank. Removing the stones is an act of repentance. Let the group know that the prayer is in the partner section on their sheet and on the bottom of the Repentance Prayer Notes document. They can have the person repeat the prayer and fill in the blanks (as they are praying to the Lord). Then let the group know that after the prayer, they can ask the person what they saw, heard, sensed or felt after they prayed.

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### 4. Break into partners (2 to 3 people): Have them discuss the following points:

- Read 1 John 1:9 together and discuss
  - Talk with your partner about any past or present stones that you feel you need to remove. Write them down on your Repentance Prayer Notes document.
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Encourage each set of partners to get rid of one of the stones in their heart tank. Have them pray this with each other:

**Lord, I renounce the** *(neg. emotion)* **that I have for** *(name of person)*. **I feel this way because \_\_\_\_.** **I forgive and bless them and choose to give the negative emotions to you.** Some put it in a bag or box or whatever you choose and give it to the Lord. Once you have done that let me know what you see, sense, hear or feel.

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#### **5. Come back to large group and discuss:**

Discuss any stones that God removed with your partner's help and the repentance prayer. Talk with the group about setting up a time to go through a full Repentance Prayer session with someone if needed.

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#### **6. Homework:**

Encourage the group to spend some time this week asking the Lord to reveal to them any past or present stones that they may have in their love tank that need to be removed by God. Have them be filling out the Repentance Prayer Notes document. Continue to encourage them to meditate and obey verses that will help them to overcome these stones.

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#### Teaching Points

- Two different love tank views- traditional love tank and biblical love tank.
  - Traditional love tank is adding positive experiences to add love to the tank and negative experiences drain the love tank. This is a flawed view of the heart tank.
  - Biblical love tank is adding living water to your love tank after removing the past and present stones (negative emotions and sins) to create more capacity to love.
  - The stones can be removed from the heart tank with the repentance prayer. This will allow the heart tank to be filled with living water/ love. It will produce more passion and belief in Jesus and allow us to love and respect our loved ones.
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## Lesson 5 Removing Stones

Negative Emotions	Ephesians 4:31	Repentance	1 John 1:9	Living it Out	Ephesians 4:26-27
	Colossians 3:8				Proverbs 15:1
	1 Peter 5:7				1 John 5:3

### Large Group Discussion:

Read **Ephesians 4:31, Colossians 3:8 & 1 John 1:9**

The order in which we deal with these things makes a difference. We need to deal with the negative emotions first then the sin.

Read **Ephesians 4:26-27**

Why should we remove past and present stones? How do we do this daily?

We need to live this principle out in our lives by getting rid of negative emotions as quickly as possible.

Read **Proverb 15:1**

After giving the negative emotion to the Lord, talk with your loved one about your emotion (do not blame, but talk with love- normal voice tone).

**Break into partners and discuss the following points:**

1. Read 1 John 5:3 together & discuss
2. Commit to getting rid of present stones as quickly as possible. Talk with your partner about using a normal tone when you are angry.

Pray for each other (using the repentance prayer if needed) and be ready to talk about what you discussed with the larger group.

**HW:** Meditate on Romans 14:17 and I Corinthians 4:20. Ask the Lord how to start living the Kingdom of God out in your life.

## Lesson 5 Leader Notes

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1. As a large group- discuss the homework from last week and ask the participants to share. You can also have them share on the verses that they found and have been meditating on. Next have a time of prayer and worship. Discuss as a large group (parts 2 & 3), then break apart into partners (part 4) then come back together in large group to discuss part 5 and homework. End with prayer together.
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### 2. Read Ephesians 4:31, Colossians 3:8 & 1 John 1:9 and Discuss:

Talk with the group about how we prayed last week with the repentance prayer in partners and the release that occurred (the stones that were removed). Explain that there is an importance in how you help people receive this release (remove the stones)- the order of dealing with the negative emotions then the sin. If you deal with the sin first- it is like the Pharisees- they focused on the sin of people. The example of the woman that was caught in adultery and was to be stoned- John 8: 1-11 Most people will feel condemned and reject it. But when you deal with the negative emotion first, you are helping others like Jesus did- with love. Example of Zacchaeus (come down from the tree and I will go to your house today- this was love. Zacchaeus then just gave the sin over to Jesus- I will give back all that I have stolen) Luke 19:1-10.

Ask someone to read **Ephesians 4:26-27**. Ask the group why should they remove past and present stones in their life? Discuss How these stones can be removed with the repentance prayer on a daily basis.

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### 3. Read Proverbs 15:1 and discuss:

After removing the stones, we need to then talk with our loved ones about our emotions. This will help the relationship to grow in love for each other. One of the things that we need to commit to is to talk with our loved ones with love and a normal voice tone. As Proverbs 15:1 says, a gentle answer turns away wrath but a harsh word stirs up anger. We do not want to stir up anger but walk more in the Kingdom of God. In Romans 14:17 and 1 Corinthians 4:20 it says the Kingdom of God is righteousness, peace, joy and power. We also know that God is love, so the Kingdom of God is full of love. This is what we want to live in, not the anger, disappointment, hurt and sin, but righteousness, peace, joy, love and power. How we talk to our loved ones will help us to live out the Kingdom of God and not the kingdom of the world.

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### 4. Break into partners (2 to 3 people): Have them discuss the following points:

- Read 1 John 5:3 together and discuss
- Have the partners commit to getting rid of present stones as quickly as possible. Have them talk about using a normal tone when they are angry.

Have them pray for each other (using the repentance prayer if needed) and be ready to talk about what you discussed with the larger group. Remind the group that God's commands will help us to live more in the Kingdom of God because they are from God himself.

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### 5. Come back to large group and discuss:

Have the group share what was discussed with their partners and what commitments that they will make to keep God's commandments. Remind the group, that if they need to get rid of more stones within their heart tank, they can schedule a full prayer session.

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## 6. Homework:

Encourage the group meditate on Romans 14:17 and 1 Corinthians 4:20 and ask the Lord how to start living out the Kingdom of God within their own life.

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### Teaching Points

- There is importance in the order in which you help people get rid of stones in their heart tank. First the negative emotions and then the sin.
  - It is important to get rid of stones as soon as possible and then talk with our loved ones about our emotions.
  - Each person needs to commit to talking with their loved ones with love and a normal voice tone.
  - We need to commit to living a life of obedience to the Lord by walking in the Kingdom of God (righteousness, peace, joy, love and power).
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## Lesson 6 Adding Water

<b>Knowing Jesus</b>	John 7:38 John 10:10 Ezekiel 36:26-27	<b>Love &amp; Respect</b>	Ephesians 5:21-25 1 Corinthians 1:7 Genesis 2:24	<b>Priorities</b>	Matthew 22:37-39
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### Large Group Discussion:

#### Read **John 7:38 & Ezekiel 36:26-27**

These verses tell us that having a heart of flesh (or having living water) will allow us to better obey His commands. What do you think?

#### Read **Romans 10:9-10**

What is the difference between accepting Jesus as Savior verses accepting Him as Lord? Do you want to do this today?

Some other ways to add water to heart tank:

- Establish right priorities in life (Mat 22:37-39)
- Add love & respect (Eph 5:21-25 - Difference between men and women)
- Appreciate the Differences (Don't try to change the other) - 1Cor 7:7, Prov 10:12
- Be best friends (Communicate -> becoming one - Gen 2:24, Prov 17:17)

#### **Break into partners and discuss the following points:**

1. Read Proverbs 10:12 and discuss
2. Talk with your partner about what love can do in your current relationships.

Pray for each other and be ready to talk about what you discussed with the larger group.

**HW:** Talk with God and see how you can make Him Lord in your life. Find a verse to meditate on to help you with this change in your life.

## Lesson 6 Leader Notes

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1. As a large group- discuss the homework from last week and ask the participants to share. You can also have them share on the verses that they meditated on (Romans 14:17 and 1 Corinthians 4:20).

Next have a time of prayer and worship. Discuss as a large group (parts 2 & 3), then break apart into partners (part 4) then come back together in large group to discuss part 5 and homework. End with prayer together.

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### 2. Read John 7:38 & Ezekiel 36:25-27 and Discuss:

These verses tell us that the removing of the stones/having a heart of flesh and having living water flow will help us to understand more about how this helps us to be able to obey God's commands easily. Ask the group what the difference is between making Jesus our Savior versus making Him Lord. Explain what it means to make Jesus the Lord over our lives- by making Him the ruler over our hearts (obeying Him). When we accept Him as Savior, we are saying that He has saved us, but He wants to be our Lord. In order to do this, we need to remove the stones so that we are able to follow and obey Him – making Him the Lord over our life. Ask the group if they have done this and if not, then ask if they would like to do it right now. If you have anyone who desires to make Jesus Lord, lead them in a prayer to receive Him as Lord!

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### 3. Read all scriptures listed and discuss:

In addition to believing in Jesus, there are other ways to add water to our heart tank. In these verses it tells us of how God should be in the center of our lives/ crating right priorities (to love Him with all our heart, soul and mind- then loving each other). It also shows us how husbands and wives should treat each other. Husbands should love their wives as Christ loves the church and wives should submit to their husbands (respect). This is important to realize that we are different, we are not all the same. In 1 Corinthians 7:7 it shows us that God has gifted us differently, therefore we are different. It is important that we do not try to change each other. Have someone **read Genesis 2:24** and discuss how it says that a husband should leave his mother and father and become one with his wife. Although we are different and should not change each other, we need to become one. This is so important to become one (especially with our spouse). Jesus even prayed for us to be one, like He and the Father are one in John 17:20-21. In order to be one, we have to be transparent with each other- we need to be best friends. This takes transparent communication with each other (which is much easier when we have gotten rid of the stones within our hearts).

1. Establish right priorities 2. Add love & Respect 3. Appreciate the differences (don't change each other) 4. Be transparent with communications (be best friends).

Ask the group how these actions add love and respect to a relationship.

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### 4. Break into partners (2 to 3 people): Have them discuss the following points:

7. Read Proverbs 10:12 together and discuss
8. Talk with your partner about what love can do in your current relationships.

Have them pray with each other over everything that has been discussed in this lesson.

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## 5. Come back to large group and discuss:

Have the group share what was discussed with their partners. Celebrate if anyone in your group decided to make Jesus Lord and encourage them to continue to meditate and obey His Word so that they are allowing Jesus to be Lord every day. Remind the group, that if they need to get rid of more stones within their heart tank, they can schedule a full prayer session.

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## 6. Homework:

Encourage the group to seek God on how to continue to make Jesus Lord in every aspect of their life. Encourage them to pick a verse that will help them in this journey by meditating and obeying.

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### Teaching Points

- Removing the stones in our hearts and adding living waters will help us to better obey God daily.
  - The difference between making Jesus savior and making Him Lord over our life.
  - In order to add water to our relationships, we need to establish right priorities, love, respect, not change each other but appreciate the differences and be unified with each other.
  - Being one, takes communication with transparency. Being best friends.
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# Living Out the



## Lesson 7 Adding Water- Priorities

<b>Gods Priorities</b>	<p>Exodus 20:1-17</p> <p>Matthew 22: 37-39</p>	<b>Family Priorities</b>	<p>Ephesians 5:22-25, 33</p> <p>Titus 2:4</p> <p>1Timothy 3:1-5</p>	<b>Living it Out</b>	<p>Joshua 1:8-9</p> <p>John 13:35</p> <p>John 8:31</p>
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### Large Group Discussion:

Read **Matthew 22:37-39** and discuss:

God has priorities. He gives us His 10 commandments in Exodus 20 and Jesus explains the top commandments in Matthew.

Read **Ephesians 5:22-25 & 33**

Our priorities should look like the solar system. With God being the sun and our marriages being the earth. Our children are like the moon and the laws of God are like laws of nature.



**Break into partners and discuss the following:**

Write out your current priorities in the order that best reflects your life using the Kingdom Marriage handout. Then write out how you would like for your priorities to be & how to make that change.

Pray for each other.

**HW:** Meditate on John 13:35 and John 8:31. Ask the Lord how you can obey these verses within your own life.

## Lesson 7 Leader Notes

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1. As a large group- discuss the homework from last week and ask the participants to share. You can also have them share on the verses that they found that helped them with making Jesus Lord.

Next have a time of prayer and worship. Discuss as a large group (parts 2 & 3), then break apart into partners (part 4) then come back together in large group to discuss part 5 and homework. End with prayer together.

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### 2. Read Matthew 22:37-39 and Discuss:

Talk about the priorities of God. He explains His top two in Matthew 22:37-39. God also gives us the ten commandments in Exodus 20:1-17. We know that God has priorities for us to be prosperous and we need to have our own priorities in alignment with His within our relationships. This is a way to add living water to our love tanks.

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### 3. Read Ephesians 5:22-25, 33 and discuss:

We know that our spouse is a high priority, but how do we fit everything into the correct spot on our priority list? Let's use the solar system as an illustration. When we establish priorities in our life, we need to model it after the solar system. The sun represents God, who is the center of our life. Everything revolves around Him. Our marriages are represented by the earth. The earth rotates around the sun. This is where we will see that a husband loves his wife as Christ loves the church (Ephesians 5:25) and wives will submit to their husbands/ respect them (Ephesians 5:22, 33). We also see the leader over the house will manage everything well (1 Timothy 3:1-5). The moon represents our children, as it rotates around the earth/ parents- not the other way around. They will both rotate around the sun/ God! Our children will learn what to do as we are the example. The laws of God are represented with the laws of nature (ex: gravity & oxygen). When these laws are obeyed the system flows perfectly. We will have prosperity and success (Joshua 1:8-9) When they are not obeyed things will be all messed up. Our ministries, going to church and serving are all parts of God's laws. This also includes making disciples. These need to be a part of our daily lives not just something we do one day a week. The laws of nature are always occurring to keep things operating well, so we need to include serving God and obeying Him daily.

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### 4. Break into partners (2 to 3 people): Have them discuss the following points:

- Have the partners write out their current priorities in the order that best reflects their life using the Kingdom Marriage handout. Then have them write out how they would like for their priorities to be & how to make that change. Have them discuss this with their partner.

Have them pray with each other.

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### 5. Come back to large group and discuss:

Have the group share what was discussed with their partners. Talk with the group about what it means to make God the center of your life. We need to love and obey God in every aspect of our lives. As it states in John 13:35 and John 8:31 that the two marks of a disciple are love and obedience.

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### 6. Homework:

Encourage the group to meditate on John 13:35 and John 8:31. Encourage them to ask the Lord how to live these verses out in their lives.

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## Teaching Points

- God has priorities for us, the ten commandments and the two greatest commandments.
  - We need to have our priorities in alignment with what the bible teaches. Like the solar system.
  - The sun represents God, the earth represents our marriages, the moon our children and the laws of nature represent the laws of God.
  - God needs to be the center, and everything else will fall into place.
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# Living Out the



## Lesson 8 Adding Water- Love & Respect

Repentance	1 John 1:9	Love & Respect	Ephesians 5:22-25, 33	Living it Out	John 13:35 John 8:31
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### Large Group Discussion:

Read **Ephesians 5:22-25 & 33**

Men- like to compete and win

Women – are all about relationships

This is why the Bible says we need to love our wife and respect our husband.

What is the major stumbling block to you loving or respecting your spouse or significant other?

Some ways we can show love and respect:

1. Communicate (talk, talk, talk) about everything
2. Do things that make them feel love
3. Acts of service (do things for each other)
4. Enjoy doing fun things together
5. Edify each other (encouraging words)
6. Wives respect & submit. Husbands love
7. Do not compare spouse to other people
8. Minister & serve the Lord together
9. Don't demand love and respect
10. Care for the people that your spouse cares for (parents, children & family members)

### Break into partners and discuss the following:

Talk with your partner about how you feel love or respect. Discuss what you can do to love or respect better in your relationship.

Pray for each other.

**HW:** Write out the actions that you would like to take to love or respect your spouse/ significant other more.

Find a verse in the bible that supports this thought and meditate on it.

## Lesson 8 Leader Notes

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1. As a large group- discuss the homework from last week and ask the participants to share. You can also have them share on the verses that they found and what the Lord was saying through the verses.

Next have a time of prayer and worship. Discuss as a large group (parts 2 & 3), then break apart into partners (part 4) then come back together in large group to discuss part 5 and homework. End with prayer together.

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### 2. Read Ephesians 5:22-25, 33 and discuss:

Discuss the difference between men and women. Men are all about competing and winning. This is why little boys like guns, sports and cars. Teen boys like video games and getting to the next level or sports. In college the boys are about winning the girl as a girlfriend or even to conquer her sexually. Prior to marriage a man will woo and dine a woman and be very romantic, but after the wedding the romance dies because he has already gotten the girl.

Women are different, in that they are all about the relationships. When they are little they like playing with dolls, in the kitchen and dress up. When they are teenagers they love communicating with their friends on their phones or through social media. In college, they are still desiring relationships with friends and with men, but after the marriage occurs, there is no more romance.

This is why the bible teaches that women need love and men need respect. Sometimes we want the other person to change first so that we can love or respect them. But once we remove the stones in our heart it is easier to obey God's Word and love or respect them even if they do not change.

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### 3. Discuss how we can show love and respect to each other:

- Talk, Talk, and Talk
    - Average 1-2 hours per day (Enjoy talking & listening)
    - Communicate about everything
      - Calendar (monthly, weekly, daily events), finances, roles & responsibilities, Good & bad things
      - There should be no restriction on topics (there should be transparency)
  - Do things that make them feel loved (ex: Flowers, letters, Hugs, Hand-holding and caring for family & friends of loved one)
  - Acts of service like helping around the house, seeing needs that the other has and taking care of them or doing things before you are asked.
  - Enjoy being with each other
    - Do fun things together (ex: fishing, watching movies, hiking or baking)
    - Enjoy daily tasks such as shopping, washing dishes or picking up the mail together
  - Edify each other by using encouraging & comforting words (Thanking them for things they do, joke around and sympathize with each other)
  - Minister and serve others joyfully together
  - Some ways men feel respect:
    - Respect and submit to decisions made.
    - Never saying negative things about him or comparing him to others.
    - Wives should not demand love from husband. Husbands do not demand respect.
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**4. Break into partners (2 to 3 people): Have them discuss the following point:**

- Encourage them to talk with their partner about how they feel love or respect. Discuss what they can do to love or respect better in their relationships.

Have them pray with each other.

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**5. Come back to large group and discuss:**

Have the group share what was discussed with their partners.

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**6. Homework:**

Encourage the group to write out the actions that they would like to take to love or respect their spouse/ significant other more. They can write this out on the Kingdom Marriage handout (on the bottom right section of how to add water to love tank). Have them find a verse in the bible that supports this thought and meditate on it.

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Teaching Points

- Women and men are different.
  - Women need to feel love and men need respect.
  - There are many different ways for men to love women more and for women to respect men more.
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# Living Out the



## Lesson 9 Adding Water- Appreciate the Differences

<b>Spiritual Gifts</b>	1Cor 12:4-11 Eph 4:11-13	<b>Differences</b>	I Corinthians 7:7	<b>Honor &amp; Love</b>	Philippians 2:3-4 Romans 12:10
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### Large Group Discussion:

Read **1Cor 12:4-11, 1Cor 7:7, Eph 4:11** and **discuss:**

We all have different spiritual gifts. These gifts produce different tendencies or characteristics.

What are the differences that you see in you or your significant other?

Before the wedding we appreciate the different gifts, but after we want them to change to be more like us.

How have you responded to the differences in your significant other?

With stones in our heart tank, it is difficult to appreciate the differences, but once removed it is much easier. We do not need to try to change (or demand love/respect from) each other, but to appreciate and honor each other.

**Break into partners and discuss the following points:**

1. The differences in you and your significant other.
2. How can you change how you respond to the differences in the future?

Pray for each other.

**HW:** Find a verse that talks about honoring each other. Meditate and obey what the Lord wants you to do with your significant other.

## Lesson 9 Leader Notes

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1. As a large group- discuss the homework from last week and ask the participants to share. You can also have them share on the verses that they found and what the Lord was saying through the verses.  
Next have a time of prayer and worship. Discuss as a large group (parts 2 & 3), then break apart into partners (part 4) then come back together in large group to discuss part 5 and homework. End with prayer together.

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### 2. Read 1 Corinthians 7:7 and discuss:

We all have different spiritual gifts given to us by the Holy Spirit. Have someone **read 1 Corinthians 12:4-11, & 28 and Ephesians 4:11-13**. Discuss the giftings that are talked about in these verses. With the giftings that are given by the Holy Spirit there are different characteristics or tendencies. A few of examples: with the pastor's gift a person will have a very caring heart towards people, a prophetic gift could have a direct (black and white) personality, while the person with an administrative gift can be organized and task oriented.

Ask the group what difference do they see in themselves and their significant other's giftings.

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### 3. Discuss:

Before the wedding we appreciate or even admire the giftings/ differences that we have with each other. We admire these things because we may not have what others have. After longer periods of time or after the wedding these differences tend to frustrate us or even make us mad with the other person.

Ask the group how they have responded to the differences they notice in their significant other.

When we have stones in our heart tank, it is more difficult to appreciate the differences that we see in our significant others. Once the past and present stones are removed, it is much easier to appreciate these differences.

Testimony from Pastor Seumean:

*I have a habit of responding to text messages quite promptly. I noticed that Kei has a different habit. She often would take a bit of time to respond to most of her text messages. One time when I did not get a timely response regarding a scheduled phone call, I felt a little frustrated and wanted to try to change her.*

*However, a thought came to me, "Seumean, you've been living your ways for 52 years. Kei's been living her ways for 42 years." So instead of accusing or blaming her, I sent her the following text instead: "Kei, I love you, I would like to share that, in general, I feel loved and respected if you are able to answer my texts sooner rather than later. For example, could you let me know if we can talk in the morning? I will understand if you tell me that you need more time or you won't know till later. I want to share this so you know me more. Even if you do not respond sooner, I still love you very much."*

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We do not need to try to change each other, but appreciate and honor each other. Have someone **read Philippians 2:3-4 and Romans 12:10.**

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**4. Break into partners (2 to 3 people): Have them discuss the following points:**

- The differences they see in them and their significant other.
- Have them ask each other how can you change how you respond to the differences in the future?

Have them pray with each other.

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**5. Come back to large group and discuss:**

Have the group share what was discussed with their partners.

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**6. Homework:**

Encourage each person to find a verse that talks about honoring others. Have them meditate and obey the verse. Remember to encourage them to ask the Lord what He wants them to do with their significant other's differences and how they can honor/ love them by appreciating the differences.

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Teaching Points

- We all have different spiritual giftings given to us by the Holy Spirit.
  - Because of the different giftings, we have differences in our characteristics and even different tendencies.
  - Prior to the wedding, we appreciate the differences, but afterward we tend to want to change these differences.
  - We do not need to try to change (or demand love/respect from) the other person, but appreciate and honor them.
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# Living Out the



## Lesson 10 Adding Water- Be Best Friends

Friendship	Proverbs 17:17	Unity	Genesis 2:24 1 Samuel 18:1	Talk it Out	James 5: 16 James 1:19 Proverbs 16:24
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### Large Group Discussion:

#### Read **Proverbs 17:17** and discuss:

Many want to marry someone who loves them. The only issue with that is after marriage, love can fade. In the above verse it says a friend loves at all times.

We need to be best friends, this is the love that will remain. Rate your relationship with your significant other in friendship. (1 being not very good friends to 5 we are the best of friends).

#### What makes a person a best friend?

- Someone you enjoy being with
- Someone you trust, care for and want to please
- Someone who's committed, loves & respects you
- Someone you can pray with & play with
- Someone you share heart with (i.e. Being transparent with the good & the bad)
  - Being transparent is the act of becoming one

Which area of communication would you like to grow in?

#### Break into partners and discuss the following points:

1. The areas where you are strong in your friendship with your significant other.
2. The areas that you can grow in friendship with your significant other & steps to take to grow the friendship.

Pray for each other.

**HW:** Write out the ways that you want to better communicate with your significant other. Find a verse that correlates, meditate and obey that verse.

## Lesson 10 Leader Notes

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1. As a large group- discuss the homework from last week and ask the participants to share. You can also have them share on the verses that they found and what the Lord was saying through the verses.

Next have a time of prayer and worship. Discuss as a large group (parts 2 & 3), then break apart into partners (part 4) then come back together in large group to discuss part 5 and homework. End with prayer together.

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### 2. Read Proverbs 17:17 and discuss:

Many Christians who are looking for someone to marry, want to have that person love the Lord and love them. The issue is that after marriage (or a longer time if not married) the love often will fade. Discuss that in Proverbs 17:17 it says that a friend loves at all times. In any relationship, where our spouse or friend becomes our best friend, the love will remain (not fade).

We need to be best friends. When your significant other is your best friend the love will remain and you will become one (unified).

Have the group individually rate their relationship with their significant other (dealing with being best friends). 1 being not very good friends to 5 being the best of friends. Discuss this as a group.

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### 3. Discuss:

What makes a best friend?

- Someone you enjoy being with
- Someone you trust & care for
- Someone you want to please
- Someone who's committed to you (who's there for you)
- Someone you love & respect
- Someone you pray & play together
- Someone you share heart with (i.e. Being transparent about the good & the bad)

When you are transparent with your significant other, not only will you become best friends, but you will also become unified- ONE. Have someone **read Genesis 2:24 and 1 Samuel 18:1**. (Genesis refers to marriage and 1 Samuel refers to friendship) Discuss the unity in these verses. Transparency means being able to share deep things from the heart. It all starts with communication. In order to be completely transparent, you will have to communicate about everything:

- Schedule
  - Finances
  - Viewpoints of personal issues
  - Feelings, thoughts (good and bad)
  - Family
  - Challenges and joys of life
  - Spiritual things including the Word, church or ministry
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### 4. Break into partners (2 to 3 people): Have them discuss the following points:

- Have the partners share the areas where they are strong in your friendship with their significant other.
  - Then have them talk about the areas that they can grow in friendship with their significant other & steps to take to grow the friendship
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Have them pray with each other.

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**5. Come back to large group and discuss:**

Have the group share what was discussed with their partners.

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**6. Homework:**

Encourage each person to write out the ways that they want to better communicate with their significant other. Have them all find a verse that correlates, meditate and obey that verse.

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Teaching Points

- Many people want to marry someone who loves God and loves them, but this kind of love can fade.
  - We need to be best friends with our significant other, so that the love will not fade.
  - There are many aspects to being a best friend (enjoy doing fun things, trust, care, commitment etc.)
  - One of the most important things to have is transparent communication.
  - When you are able to be transparent and communicate about everything, it will create unity.
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# Living Out the



## Lesson 11 Turning our Hearts to our Children

<b>Turning our Hearts</b>	Malachi 4:5-6 Matthew 6:21	<b>Love &amp; Enjoy</b>	Titus 2:4 1 Peter 4:8 Matthew 19:13-15	<b>Teach them obedience</b>	Ephesians 6:1-3 Joshua 1:8-9
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### Large Group Discussion:

#### Read Matthew 6:21 and discuss

If we turn our hearts to our children, it means we have to treasure them.

What does it mean to treasure them?

#### Read Titus 2:4 and Ephesians 6:1-3 and discuss

Why would teaching our children to obey and honor us help them be successful in life?

Remember the solar system example used in lesson 6, this helps us to understand how we can help our children to obey by keeping God at the center of our life.

#### Break into partners and discuss the following points:

1. How does a family live this out (keeping God at the center with obedience)?
2. What are some of the challenges in spending time as a family and teaching our children to obey?

Pray for each other.

**HW:** Meditate and obey 1 Peter 4:8. Share the testimony of these lessons with someone you know that needs to see these principles lived out in their family.

## Lesson 11 Leader Notes

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1. As a large group- discuss the homework from last week and ask the participants to share. You can also have them share on the verses that they found and what the Lord was saying through the verses.

Next have a time of prayer and worship. Discuss as a large group (parts 2 & 3), then break apart into partners (part 4) then come back together in large group to discuss part 5 and homework. End with prayer together.

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### **2. Read Matthew 6:21 and discuss:**

Talk about this scripture. Discuss with the group how our treasure is where our heart will be. If we are to turn our hearts to our children, it means that we need to reassure them. Ask the group what it means to treasure their children. Discuss that most parents love their children and want what is best for them. However, sometimes, what we think is best, may not always be God's best for them. Discuss that some parents believe that as long as their children have a good education and grow up to make lots of money that this is what is best for their children. Ask the group is this always true? Why or why not?

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### **3. Read Titus 2:4 and Ephesians 6:1-3 and discuss:**

According to the Bible, discuss that there are things that will help your children live a successful and prosperous life. These things include loving them and enjoy being with them. Ask the group why would teaching our children to obey and honor us help them be successful in life?

We also need to help our children to obey. In Ephesians 6:1-3 it tells us that when children obey parents and the Lord, things will go well and they will live a successful and prosperous life. Remind the group of the solar system illustration that was discussed in lesson 6. (Sun being God, earth being our marriages and the moon being our children) When our children obey the parents (the moon will revolve around the earth) this is the way that it will work best. If the children do not revolve/ obey their parents then things will be out of whack. Some parents live their lives around their children (this would mean that the earth revolves around the moon). This is not the way that God intended. Obeying God means that we keep Him at the center of our lives. When we, as parents, keep God at the center, and teach our children to obey us: they will learn how to keep God at the center and in turn will have success and prosperity.

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### **4. Break into partners (2 to 3 people): Have them discuss the following points:**

- Have them discuss how does a family live this out (keeping God at the center with obedience)?
- They can also discuss together some of the challenges in spending time as a family and teaching their children to obey?

Have them pray with each other.

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### **5. Come back to large group and discuss:**

Have the group share what was discussed with their partners. Ask the group what are some actions that they can take to live these principles out.

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## 6. Homework:

Encourage each person to meditate and obey 1 Peter 4:8. Talk with them about sharing the testimony of these lessons with someone they know that needs to see these principles lived out in their family.

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### Teaching Points

- Where your treasure is your heart will be
  - We need to treasure our children by loving them and enjoy being with them
  - We also need to help our children to obey us and the Lord
  - As we, as a married couple, keep God at the center of our life, our children will learn to obey and keep God at the center of their life.
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# Living Out the



## Lesson 12 Turning our Hearts to our Children (part 2)

Turning our Hearts	Malachi 4:5-6 Matthew 6:21	Love & Enjoy	Titus 2:4 1 Peter 4:8 Matthew 19:13-15	Train them	Ephesians 6:4 Proverbs 22:6 Ephesians 2:10
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### Large Group Discussion:

#### Read Ephesians 6:4 and discuss

What are some ways that parents provoke their children?

- Not keeping our promises
- Arguing with one another
- Yell at them
- Compare them to others
- Don't live what we teach them

#### Read Proverbs 22:6 and Ephesians 2:10 discuss

Parents can focus on the physical and financial goals for their children but also need to focus on the spiritual goals.

- What are their spiritual gifts?
- What did God create them for?
- How can I help them get there?

#### Break into partners and discuss the following points:

1. What are the challenges that you have as a parent in not provoking your children?
2. What are some things you can do today that will help you change this?

Pray for each other.

**HW:** Meditate on Romans 14:17 & 1 Corinthians 4:20 about the Kingdom. Ask the Lord for this Kingdom life, kingdom marriage/relationships, and kingdom family.

## Lesson 12 Leader Notes

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1. As a large group- discuss the homework from last week and ask the participants to share. You can also have them share on the verses that they found and what the Lord was saying through the verses.

Next have a time of prayer and worship. Discuss as a large group (parts 2 & 3), then break apart into partners (part 4) then come back together in large group to discuss part 5 and homework. End with prayer together.

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### **2. Read Ephesians 6:4 and discuss:**

Talk about this scripture. Ask the group what are some ways that parents provoke their children to anger. Discuss that there are many times as parents we provoke our children to anger. Discuss some of the examples: not keeping our promises, arguing with one another, yelling at them (even when they are at fault), comparing them to other people and when we do not live out what we try to tell them to do.

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### **3. Read Proverbs 22:6 and Ephesians 2:10 discuss:**

According to the Bible, it also tells us that we need to train our children towards God's great work and plan for their life. Describe how parents can often focus on the physical and financial goals for their children, but often forget to focus on the spiritual goals with their children. Some of the things that we can focus on with our children include: helping them understand their spiritual gifts, knowing what God has created them for and helping them get there.

Discuss with the group what would happen if a child is loved, obeys God/parents, lives in a peaceful environment, knows what God's calling is for his/her life and lives this calling out? How would this affect the entire family?

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### **4. Break into partners (2 to 3 people): Have them discuss the following points:**

- Have them discuss some of the challenges that they may have in provoking their children.
- Tell them to talk with their partner about some things that they can do today to make these changes.

Have them pray with each other.

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### **5. Come back to large group and discuss:**

Have the group share what was discussed with their partners. Discuss that God wants to release His Kingdom of righteousness, peace, joy, love and power in our midst. Discuss what it would be like if each of us is experiencing it with our spouse, children and our entire family. Ask the group if they want it, if so then declare it together and strive to walk it out.

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### **6. Homework:**

Encourage each person to meditate on Romans 14:17 and 1 Corinthians 4:20 about the Kingdom. Ask the Lord for this Kingdom life, Kingdom marriage/ relationships and Kingdom family.

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## Teaching Points

- The Bible says that we do should not provoke our children to anger.
  - There are many ways that we do this including: not keeping our promises, arguing, yelling, comparing and not doing what we teach them to do.
  - We need to focus on the spiritual goals for our children.
  - God wants to release His Kingdom in our midst. This can impact every member of our family. Declare it today.
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