

PARE IT DOWN

Discipline helps us focus on essentials by getting rid of the things that hold us back. Spiritually speaking, we let go of anything that hinders us from growing to be more like Christ.

You're in charge of an expedition to climb Mount Everest, and you're deciding the most important items to bring. You can carry only 8 of the things on the following list. Check which 8 items you think are the most important to bring.

- | | | |
|--|---|--|
| <input type="checkbox"/> A PIANO | <input type="checkbox"/> PAJAMAS | <input type="checkbox"/> FLARES |
| <input type="checkbox"/> LAPTOP | <input type="checkbox"/> CONTACT LENSES | <input type="checkbox"/> RUBBER TIRES |
| <input type="checkbox"/> GRANOLA | <input type="checkbox"/> BATTERIES | <input type="checkbox"/> TOILET PAPER |
| <input type="checkbox"/> COFFEE MAKER | <input type="checkbox"/> PAPER TOWELS | <input type="checkbox"/> A NOVEL |
| <input type="checkbox"/> FIRST-AID KIT | <input type="checkbox"/> A TENT | <input type="checkbox"/> CAST-IRON SKILLET |
| <input type="checkbox"/> CLIMBING ROPE | <input type="checkbox"/> CLIMBING SHOES | <input type="checkbox"/> SATELLITE RADIO |
| <input type="checkbox"/> CAR KEYS | | <input type="checkbox"/> FROZEN MEATBALLS |
| <input type="checkbox"/> LANTERN | | <input type="checkbox"/> A PENCIL |
| <input type="checkbox"/> BEANS | | <input type="checkbox"/> PHONE CHARGER |



GIFTS OR GARBAGE?

God is the Creator of all good things, including our sexuality. But sin can twist any good thing into something bad.

Below is a list of five other gifts created by God. How can we use them for good? How can these things be used sinfully?

	GOOD USE	BAD USE
INTELLIGENCE		
HUMOR		
FOOD		
SPEECH		
FRIENDS		

MARRIAGE IS . . .

Look up each passage and mark what it teaches about marriage.

GENESIS 2:24

- A man and women become united or “one flesh.”
- A person can remarry after their spouse has died.
- Animals can’t get married.

PROVERBS 18:22

- A bride must wear a white dress.
- Every person should marry.
- God approves of marriage and calls it good.

EXODUS 20:14, 17

- Parents should arrange marriages for their children.
- You shouldn’t desire, or engage in sexual activity, with someone who isn’t your spouse.
- A couple should live with their parents the first year they are married.

MATTHEW 19:5–6

- People shouldn’t separate what God joins in marriage.
- A married couple should exchange rings to symbolize their vow.
- People can’t marry more than one spouse at once.

In your own words, what is marriage?

QUESTIONS?

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COUPLES IN THE BIBLE

The examples of marriage in Scripture aren't always ideal, but many teach us what to avoid. Read each passage and answer the questions.

JOB 2:7–10

- What advice did Job's wife give him? (v. 9) _____

- How could she have responded in a godly way? _____

GENESIS 3:8–13

- What did both Adam and Eve do when God questioned them (vv. 12-13)? _____

- What was the right thing to do? _____

GENESIS 27:5–13; 41

- Look back at Genesis 25:28. Who was Rebekah's favorite son? _____

- What did she do to get him Jacob's blessing (27:8–10; 13)? _____

- What were the consequences of her actions (v. 41)? _____

MATTHEW 1:18–25

- How did Joseph initially respond to Mary's pregnancy (v. 19)? _____

- What did he do after his dream (vv. 24–25)? _____

- Why do you think he treated Mary this way? _____
