



# the basics

# The Group Experience

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We believe you would get more out of this series by going through it in a group setting. That's why we've developed this guidebook and instructions for gathering a group.

It's really simple, and we have all the tools and tips to make it easy for you. In a group setting, you will have the chance to dive deeper into the study topics and hear stories from real people from our church family, as well as short teachings from Dr. John Van Epp and Dr. Morgan Cutlip. Together, you'll answer questions and discuss the content further.

We believe the group experience will greatly enrich the [#relationshipgoals](#) teaching series for you, and we strongly encourage you to give it a try.





## How to Use This Guidebook

This book has **all the information you'll need**, including a table of contents, introductory information, a study for each week and appendices. Just take the time before your first meeting to get familiar with the whole thing.

**Use the guidebook as a guide, not a straightjacket.** If the group responds to the lesson in an unexpected but honest way, go with that. If you think of a better question than the next one in the lesson, ask it. Take to heart the insights included in the Frequently Asked Questions pages.

If you approach each meeting with **prayer and a little preparation**, you will find this guidebook easy to use. Before each week, take the time to review that week's session. Make notes that will help you as you facilitate your group.



## ♡ *Sermon Notes*

Use this space to take notes during the Weekend Service.

## ♡ *Group Experience*

The **#relationshipgoals** group experience is where the elements of this series come together. During our group time, we'll discuss what we learned from the **#relationshipgoals** sermons at Northview.

We'll watch videos with engaging content by Dr. John Van Epp and Dr. Morgan Cutlip, followed by group discussion.

Being part of a group has its advantages. You'll learn from one another and be able to pray for the others in your group as you grow in your relationship. You'll probably find that you're not alone in your relationship challenges and will be able to celebrate together when you see changes based on newly acquired relationship goals.

These books are customized for groups of married couples and groups of singles. You'll get the most out of the experience when you're able to share your relationship experiences with others in the same stage of life.

**Enjoy your group!**

# #relationshipgrowth



We are so glad you are willing to take time out of your busy schedules to talk about your relationship! This is good practice for having regular couple huddles. We will eventually provide specific steps for your huddles. Each week you will be working on answering questions that help strengthen the skills needed to have positive and life-changing huddles throughout your marriage.

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married section

## Add some spark

Give an unexpected bundle of daisies  
for no reason. #NVgoals

**Here are a few suggestions for how to make the most out of your huddles:**



First, try to find a time when you have few to no distractions. **Turn off your phones or put them in the other room.** Also, find a time when the children will not be around ... when you two are able to focus on each other.



**Next, know that these questions are designed to take only about 30-45 minutes.** You can certainly take longer if you wish, but each week you only need about half an hour to sit together and go through this valuable time of deepening your relationship.



**It is important to approach this time together with a positive attitude.** The questions are designed to help you grow closer. However, do not use them as a springboard to air all your grievances. Remember, it is normal to experience some fluctuations in your marriage relationship, but you are coming together to help realign any of your imbalances. **So, pray for grace and kindness, and be willing to take just one step at a time rather than trying to fix everything at once.**



And, if you feel comfortable, **begin each of these huddles with a brief prayer.** If you are not in the habit of praying out loud with each other, try a 30-second prayer in which each of you prays just 15 seconds for your marriage, your spouse, your children (if you have kids), and for God to bless your time talking together with grace, understanding and love.

