



SERMON BASED STUDY GUIDE

Pastor Charlie Riley

Navigating the Seasons of Marriage: Growth and Resilience

OPENING & PRAYER:

In today's message, we explored the concept of the "Four Seasons of Marriage," a metaphorical framework that helps us understand the dynamic nature of relationships. Just as the natural seasons change, so do the seasons of marriage, each bringing its own set of emotions, challenges, and opportunities for growth. We began by acknowledging that relationships, especially marriages, are not static; they evolve and require intentional effort to thrive.

Father, guide us through this study as we learn about relationships. I pray that the relationships in our life are strengthened and honor you. I take ownership over my relationships by putting you first in everything we do. In Jesus' name I pray, Amen.

SCRIPTURE:

*Death and life are in the power of the tongue, And those who love it will eat its fruit. **Proverbs 18:21***

*In everything you do, stay away from complaining and arguing so that no one can speak a word of blame against you. You are to live clean, innocent lives as children of God in a dark world full of people who are crooked and stubborn. Shine out among them like beacon lights, holding out to them the Word of Life. Then when Christ returns, how glad I will be that my work among you was so worthwhile. **Philippians 2:14-16***

GO DEEPER:

Winter, characterized by hurt, anger, and loneliness, is a season where communication breaks down, and couples may feel isolated. Spring brings excitement, joy, and hope, a time for nurturing and planning. Summer is marked by happiness, satisfaction, and connection, where trust and commitment flourish. Fall, however, can bring fear, sadness, and feelings of being unappreciated, often leading to neglect and unresolved issues.

To navigate these seasons effectively, we must first deal with our failures by identifying them, confessing, and seeking forgiveness. This process mirrors our relationship with God, where acknowledging our shortcomings opens the door to healing and transformation. Choosing the right attitude is crucial, as it determines the altitude of our relationships. A positive attitude fosters growth and resilience, while a negative one can lead to stagnation.

Understanding and speaking our partner's love language is another vital strategy. Whether it's words of affirmation, acts of service, or quality time, knowing what makes our partner feel loved strengthens the bond. Additionally, discovering the joy of helping our spouse succeed and being their biggest cheerleader can transform the relationship into a partnership where both individuals thrive.

Finally, being a positive influencer in our relationships means finding the good in every situation and choosing to uplift rather than criticize. By doing so, we not only enhance our relationships but also set a godly example for those around us, including our children and future generations.

LEARNING AND GROWING:

1. In what ways can Philippians 2:14-15 be applied to maintaining a positive influence in relationships, as discussed in the sermon? [\[38:49\]](#)
2. What does the sermon suggest about the importance of being a positive influencer in relationships, and how does this align with biblical teachings? [\[38:49\]](#)
3. According to the sermon, what role does attitude play in the health of a relationship? [\[28:17\]](#)
4. Reflect on your current relationship or marriage. Which season do you feel you are in, and why? How can you apply the strategies discussed to move towards a more positive season? [\[09:20\]](#)
5. Think of a recent situation where you could have been a more positive influence in your relationship. How can you choose to uplift rather than criticize in similar situations in the future? [\[38:49\]](#)

CLOSING PRAYER:

Father, thank you for being the example of what our relationships should aspire to be. I pray for strength as we start to break those negative cycles that try to ruin our families. We know by putting you first, our relationship is stronger. So please bring the right people into our lives and remove the wrong ones. Help me be the example you wish me to be in leading my family, friends, and co-workers. In Jesus' name I pray, Amen.