

26th April Being Intentional - Growing Together

Takeaways

Rumbi & Muchada have been married 23 years and have three children. After moving to the UK from Zimbabwe as newly-weds they felt like they were thrown into the deep end and faced challenges in their marriage for the first 16 years!

They have found help along the way from other couples who have modelled to them good marriage.

They found FamilyLife's Together resource an invaluable help to them.

"It's easy just to coast along, take each other for granted and get set in selfish ways, Together has helped us see things from each other's point of view"

Rhea & Cavell have been married 3 years and have a young baby. They made an intentional decision when they switched from being good friends to being in a relationship to being married. Intentionality has marked their relationship.

They have found help from an older, wiser couple who modelled to them ways to continue this intentionality. They have found Together a really helpful way to address different areas of their relationship, in particular, how to resolve conflict well and speedily.

They have then been challenged to help others in the way that was modelled to them. The set up [You, Me, then We](#) - a marriage coaching enterprise.

The foundation for their relationship has been God's word as revealed in the Bible.

Jonny & Ellie have been married 7 years and have two young boys. They decided from when they were engaged that they wanted others to walk the journey with them and not do marriage in isolation.

Having been in a Together group as newly-weds, they have revisited the lessons they learned at the key stages in their marriage, appreciating that they have changed along the way. They value others asking them the difficult questions and processing those changes together.

They have had to be intentional in putting each other first and understanding each other's point of view. There's always a reason *not* to be intentional and then you get stuck on ruts.

A verse in the Bible says: "We loved because he first loved us" (1 John 4:19). Jonny & Ellie say this has been foundational for them, being able to love each other well because they come from a position of being loved first by God.

Questions for you to discuss together:

- How can we be more intentional in our relationship?
- Is there a mature couple we can involve in our relationship, to help us along the way and to ask us those questions to help develop and grow us? Someone who can model good marriage to us?
- In what ways do we take each other for granted?
- Are there any selfish habits we have become set in?
- In what ways would you like to see your relationship develop?
- What have been some of the key stages in our relationship where we have experienced change? How have our needs and priorities changed? What can we do as a couple to adjust to these changes?
- Consider being part of a Together group.

For more information on Together, visit the [Together website](#).

If you would like to be part of, or lead a Together group, please email us on info@familylifeuk.org