

Staying in Love
“Cherishing My Spouse”
- selected passages -
April 2, 2017 / Pastor Shawn

I will Stay in Love as I cherish my spouse.

Now that you have purified yourselves by obeying the truth so that you have sincere love for each other, love one another deeply, from the heart.
1 Peter 1:22

◆ **Thalpō (thä'l-pō): cherish; care; “to soften by heart; to keep warm; to hold something dear**

(Ephesians 5:29; 1 Thessalonians 2:7)

**TO GET WHAT I ONCE HAD ,
I MUST DO WHAT I ONCE DID .**

7 Ways I can Cherish My Spouse

1. **Mentally Exalt My Spouse.** (Philippians 4:8)
2. **Delight in My Spouse without comparing My Spouse.**
(Song of Songs 6:9)
3. **Be affectionate with My Spouse** (Song of Songs 2:6)
4. **Celebrate My Spouse’s uniqueness .** (Psalm 139:14-16)
5. **Sacrifice for My Spouse.** (Ephesians 5:25)
6. **Make my Spouse’s dreams come true.**
7. **Make time for my Spouse.**

Discussion Questions

(Use the following questions as a guide for your conversation. Feel free to use them all or select the ones most relevant to your group or will fit within your group’s discussion time.)

1. What’s one idea from the message that really stood out to you? Why did this idea grab your attention?
2. How would you describe/define cherish?
3. Of the seven strategies Pastor Shawn outlined for loving your spouse “deeply,” which one(s) do you need to strengthen? Why?
4. What strategies can you employ to train your mind to think positively about your spouse?
5. What has cherishing your spouse cost you lately? If you can’t think of anything you’ve had to sacrifice, what can you do to sacrifice on their behalf in the next week?
6. What kind of (nonsexual) touch makes your spouse feel cherished? What kind of touch makes you feel cherished? How can you remind yourself to hug or touch your spouse throughout the day?
7. How valuable do you think your spouse feels to you? What can you do to increase their sense of feeling valuable?
8. What lifelong bucket-list items does your spouse have? Which one of them could you begin planning to make come true?