



Small Group Study

Laugh Your Way America! LLC®
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LAUGH YOUR WAY to a BETTER MARRIAGE™ SMALL GROUP STUDY
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HOW TO USE THIS STUDY GUIDE

This study guide contains a series of questions for discussion that follow video clips taken from Mark Gungor's weekend seminar, Laugh Your Way to a Better Marriage™. It can be used by individual couples or as a small group study to strengthen, improve and enrich marriages. It's also a perfect follow-up study to a Laugh Your Way to a Better Marriage™ event.

The 32 video clips, while varying in length, are divided in twelve sessions. Scripture references and discussion questions are listed for all clips. Each session includes a prayer that couples or leaders can use in closing.

Session lengths will vary depending on the size of your group and the amount of discussion generated. Allow between 60-90 minutes per meeting. You may find that your group has extended discussions and that it will take longer to complete the entire study. Adjust the sessions according to the needs of your group.

This study is designed so that the group leaders use the study guide with DVDs to conduct the group and each person or each couple has a study guide to take notes and write their answers in. This workbook is copyrighted and may not be reproduced.

IMPORTANT NOTE IN REGARD TO SESSIONS 4 AND 8-10

A portion of the Laugh Your Way to a Better Marriage™ small group study is devoted to the sexual relationship side of marriage. We recommend that group leaders preview this section of the study to see if it is a good fit for your group. Some groups may decide to skip this section. Others may want to watch the clips together, but save the discussion questions for couples to go through together at home in a more private setting. There may be some groups that feel they can proceed through these sections as written. Feel free to handle this portion as you deem appropriate.

ATTENTION SMALL GROUP LEADERS!

Please take a few minutes to register your small group with us. We will have record of all of the small groups using this study and will be able to notify you of updates or other small group materials as they become available. When you register, we will send you a FREE DVD to use with your group which contains additional information from Mark to answer questions which may arise during your discussions.

Please go to www.laughyourway.com and under the "Resources" menu, click on "Small Groups" to register.

INTRODUCTION

It takes wisdom to have a good family, and it takes understanding to make it strong. It takes knowledge to fill a home with rare and beautiful treasures. Wise people have great power, and those with knowledge have great strength. Proverbs 24:3-5 (NCV)

Marriage is wonderful, complicated, fulfilling, stressful, exhilarating and a hundred other things...sometimes all at the same time! There are times of intense joy and times of great frustration. Husbands and wives experience many ups and downs and highs and lows during the process of growing together in their marriage. Often times the difficulties and struggles that arise seem daunting and couples feel as if they are the only ones this happens to. The challenges seem overwhelming.

In his Laugh Your Way to a Better Marriage™ seminar, Mark Gungor takes on some of the most common areas of challenge that married couples face. He uses humor to unravel the complexities of marriage and reveals biblical truths to help husbands and wives gain the knowledge and understanding needed to build a healthier, stronger and more fulfilling marriage. They discover that they are not the only ones who have issues and that they are not alone!

SESSION 1 - What's Normal?

CLIP 1: TROUBLE (4:40)

The Bible is clear that problems are a part of marriage; why then, do couples get upset when they experience trouble?

What are some of the unrealistic expectations husbands and wives can have of their marriage and each other?

How do you and your spouse handle the “positive” and the “pooh” in your marriage? What do you think your “positive to pooh” ratio is?

SCRIPTURE REFERENCES:

Proverbs 14:4

Where there are no oxen, the manger is empty, but from the strength of an ox comes abundant harvest. (NIV)

Ecclesiastes 4:9-12

Two people can accomplish more than twice as much as one; they get a better return for their labor. ¹⁰If one person falls, the other can reach out and help. But people who are alone when they fall are in real trouble. ¹¹And on a cold night, two under the same blanket can gain warmth from each other. But how can one be warm alone? ¹²A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken. (NLT)

1 Corinthians 7:1

Now for the matters you wrote about: It is good for a man not to marry. (NIV)

*Two
people can
accomplish
more than
twice as much
as one; they
get a better
return for their
labor.*

Ecclesiastes 4:9

1 Corinthians 7:28

But those who marry will face many troubles in this life, and I want to spare you this.
(NIV)

NOTES:

CLIP 2: STEREOTYPES (2:11)

What are some of the stereotypes about men and women that are common in our culture today?

In what ways do you and your spouse fit the standard male/female stereotypes?

In what ways are you different from those stereotypes?

What are some problems that you have experienced in your marriage in regard to stereotypes?

SCRIPTURE REFERENCES:**Proverbs 3:13-18**

¹³Happy is the person who finds wisdom and gains understanding. ¹⁴For the profit of wisdom is better than silver, and her wages are better than gold. ¹⁵Wisdom is more precious than rubies; nothing you desire can compare with her. ¹⁶She offers you life in her right hand, and riches and honor in her left. ¹⁷She will guide you down delightful paths; all her ways are satisfying. ¹⁸Wisdom is a tree of life to those who embrace her; happy are those who hold her tightly. (NLT)

*I pray that
your love for
each other will
overflow more
and more,
and that
you will keep
on growing
in your
knowledge and
understanding.*

Philippians 1:9

Philippians 1:9

I pray that your love for each other will overflow more and more, and that you will keep on growing in your knowledge and understanding. (NLT)

NOTES:

CLIP 3: CULTURAL PERCEPTIONS (2:28)

In general, our culture's perception of marriage is that it's a "life-sucking" institution. How is this reflected in the world around us?

In what ways is marriage portrayed as "life-giving"?

Statistics show that married people live longer, are healthier, wealthier, happier, and have better sex. Why do you think this is true?

How does the media feed the myth that single people are the ones who "have it made" and that married people are often miserable?

SCRIPTURE REFERENCES:

Genesis 2:18-24

¹⁸ The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him." ¹⁹ Now the LORD God had formed out of the ground all the beasts of the field and all the birds of the air. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. ²⁰ So the man gave names to all the livestock, the birds of the air and all the beasts of the field. But for Adam no suitable helper was found. ²¹ So the LORD God

*He who finds
a wife finds a
good thing,
and gets favor
from the Lord.*

Proverbs 18:22

caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and closed up the place with flesh. ²² Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man. ²³ The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man." ²⁴ For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. (NIV)

Proverbs 18:22

He who finds a wife finds a good thing, and gets favor from the Lord. (NLT)

Proverbs 19:14

Parents can provide their sons with an inheritance of houses and wealth, but only the LORD can give an understanding wife. (NLT)

Proverbs 27:17

As iron sharpens iron, so people can improve each other. (NCV)

Proverbs 31:11-12

¹¹ Her husband can trust her, and she will greatly enrich his life. ¹² She will not hinder him but help him all her life. (NLT)

NOTES: