



8 Keys to a Better Life - Week 3

January 21, 2024

PROVERBS READING PLAN

Find a rhythm in God's word this week! Follow this plan on your own or with your group!

<https://www.sb.church/proverbs>

INSPIRATION

"Deep in his heart, every man longs for a battle to fight,
an adventure to live, and a beauty to rescue."

— John Eldredge, *Wild at Heart: Discovering the Secret of a Man's Soul*

"That longing in the heart of a woman to share life together as a great adventure—that comes straight from the heart of God, who also longs for this. He does not want to be an option in our lives. He does not want to be an appendage, a tagalong. Neither does any woman."

Stasi Eldredge (2013). *Becoming Myself: Embracing God's Dream of You*, p.98, David C Cook

ICE BREAKER

- What adventures have you had or would like to have with God? (i.e., What is your idea of serving God?)
 - How do you interpret Nebraska's State motto, "The Good Life"? What do you think "good" means in that motto?
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DEEP DIVE

The Good Life

Read Proverbs 21:19

Notice that Solomon says "better." He doesn't say it's the "best" option. Husbands, what do you think the "best" option might be? Does this work both ways? (i.e., who or what is the target of the quarreling and complaining?) Other Bible translations have "angry" (NKJV), "fretful" (ESV,



NRSV), and “nagging” (NIV) for “complaining” (NLT, as Mark used in his message). How might one of these translations influence your answer?

The Source of Quarreling

“[Solomon] should know [about living with a quarreling wife]—he gave in—so much so that he lost his way, even all the women in his harem could not satisfy him.”

Read James 4:1–3.

What does James say is the cause of quarreling? Who gets the blame for quarreling? What are the risks to our relationships if we find ourselves quarreling too much? Mark says that Solomon “gave in.” What are some ways you could address a quarreling, complaining spouse without “giving in”?

A Perfect Example

Read Philippians 2:5–7, John 2:1–11

Solomon was rich, but Jesus had access to so much more than Solomon. How does the fully-God-fully-human Jesus handle the great “wealth” and privilege he has available to him? What do you think the servants who got the water were thinking when they realized it had been turned into wine? How can we imitate Jesus’s attitude?

Excerpt from Mark’s Message

Guys, if you want to become more attractive – work on serving.

Gals, if you want to become more attractive – work on serving.

If you want to see a miracle happen in your marriage – work on serving.

Marriage Tips

Read Matthew 6:21

Mark had four tips for marriage: 1) Make your relationship a priority; 2) Praise each other in public; 3) Build trust; 4) Be honest with yourself right now.

Which one of these speaks most directly to your own heart or situation? Can you give some examples of how you can make these things happen in your own marriage? If you need some outside help with your marriage, the church staff or your small group leader can help point you in the right direction.



Additional Study

If you have time during your Small Group or you want to study more about the message topic, read and consider the following passages:

- 1 Corinthians 7
- 1 Corinthians 13
- Romans 12:9–21
- Song of Solomon (aka Song of Songs or Canticles)

NEXT STEPS

1. How are you going to apply the lessons learned in the message this week?
2. What can you do to encourage someone in your group to take their next step?

PRAYER

1. After sharing prayer requests, pray for the person on your right. Pray for that person throughout the week.
2. Is there someone in your group that could use a prayerful reminder that God is present in their lives?