



Virtual Small Group Study
SESSION 3: TO CHEER & TO CHERISH
Facilitators' Guide

Learning Objectives: By the end of this session, couples will have:

1. Identified the top needs of men and women.
2. Affirmed each other as women share specific ways how to respect/cheer their husbands and as husbands share how to love/cherish their wives.
3. Listed at least one or two specific action steps on how to cheer/cherish their spouse to start applying this week.

I. Preliminaries

- A. Welcome them warmly to the 3rd session; build rapport
- B. Share briefly and quickly the ground rules: S.A.F.E.R: Share nothing that would embarrass your spouse; Anything shared in the group stays in the group; Be mindful of the time limit for sharing.

II. Review:

- A. "How have you been applying the principles you've learned from our last 2 sessions so far? Any victories or challenges you have experienced? (allow 1 - 2 to share)
- B. "Would anyone like to share his/her **"I will"** experience on Resolving Conflict? *How about your Moments Together time? How did it go? (Allow some to share).*

III. Interaction /Discussion Time:

- A. **About the video:** "What did you like about the video?" (Refer to Session 1 how to facilitate this portion.)
- B. **Discuss the following:** Men and women are different. We are wired completely different with different needs, and we bring differences in our marriages. But God uses our differences to help complete us and help us grow. We need then, to recognize the differences between men and women and their top real needs in order to address them according to God's design. **Eph. 5:33 says, "However, each one of you (husbands) also must LOVE his wife as he loves himself, and the wife must RESPECT her husband".**



1. **For the Husbands:** Dave Wilson mentioned that men are wired to be respected, so they go where they are respected. Every husband needs a wife who respects him. *“There is no more powerful attitude that a wife can have towards her husband than respect.” (B. Rainey)*

- Husbands, any comment about the above statements? How would you confirm the said statements? Please share your personal experience.
- What makes you feel respected or disrespected by your wife? How do you usually respond when you feel disrespected?

2. **a. For the Wives:** Wives are called to respect their husbands.

- What does it mean to you personally to respect your husband?

One way to show respect to your husband is to **cheer him on – to encourage** (*build confidence*) **and admire** (*inspire and energize*) him. **He longs for you to be his cheerleader.**

- How are you as your husband’s cheerleader? What are some ways that you do to show that you are a cheer leader to him, that you respect him?

b. As a wife, you have the power to create or destroy your relationship with your husband (Ps. 14:1). It’s either you build him up, or you tear him down. Dave and Ann Wilson talked about the **3 top cheers** wives can do to show respect to their husbands:

- a. Notice him (*the good things he does and who he is*).
- b. Speak life to him (words that build up)
- c. Desire him sexually (Sex is tied to respect)

(Note: Husbands you can share your thoughts here or you may affirm your wife.):

- **Wives:** Which one/s do you do best? Share what are some ways you usually do it and how does it affect him?
- Which one needs improvement? How do you plan to improve it?

3. **For husbands (and wives):** Eph. 5:33 – *“...each one of you (husbands) also must love his wife as he loves himself...”* Husbands are called to LOVE their wives.

- **Husbands:** What does it mean for a man to love & cherish his wife? What are some ways you can show & let your wife feel that you cherish her? Pls. share.

- **Wives:** What makes you feel the most loved or cherished by your husband?
- **Husbands:** (*Wives can share your thoughts or you may affirm your husbands too.*) Of the 4 T's to Cherish your wife: **Time** (*pursue her*), **Taaaaaalk** (*listen, connect, don't fix*), **Touch** (*non-sexual touch*), and **Truth** (*lead her to Jesus*), what has impacted you the most? Why?
- **Husbands:** Which one /s do you do best? Which one/s would you like to improve? In what ways?

iv. *Specific Application:*



As you reflect on today's topic of Respect and Love, what is your biggest takeaway or realization? Why?

What is your "I will" this week? **Ex:** "I will make it a habit to **speak life** to my hubby, by appreciating him for at least 2 things, before we go to sleep everyday starting tomorrow. "I will _____."

(**Facilitators**, you may ask a few to share if there is still time. Otherwise, encourage them to write their "I will" statements on their **Specific Application "I will" Chart** and start them this week. Encourage them to do **The Moments Together**. Make sure to review what happened to their action plans during the next meeting.)

v. *Moments Together: (Connect horizontally and vertically).*



As a couple, you are highly encouraged to take time (make a date) and discuss the questions together this week and come up with additional specific action points for your application. This is also the best time for you to go VERTICAL by ending your time praying together as a couple 🙏

Wrap-up: Go back to the big group (*for announcements, closing prayer & group picture taking*)

/spm 😊 - 8/20, Davao City