



**MEN'S
LEADERSHIP
DEVELOPMENT
GROUPS**

SESSION 5 | HOMEWORK

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MONTHLY BOOK YOU AND ME FOREVER

- The goal of the Learning Guides is to help members read with greater intentionality and application.
- Four parts of the Learning Guides include:
 - > a brief summary of the book
 - > key insights
 - > personal application
 - > key quotes

READ SACRED RYTHEMS CHAPTER 5

BIBLE

BIBLE PASSAGE | Acts 1-8

MEMORY VERSE | Acts 2:38

PRAYER | God, in what ways do you hope I experience more life?

- Be prepared to quote the first memory verse. You will be called on to recite these verses, including the keyword and the reference. Spend time each month meditating on the verse, reading the context for the verse, and praying the monthly prayer.

ASSIGNMENT ALL MEN :: LOVE LANGUAGES

If you and your spouse know your “love languages,” skip to the last bullet point.

- Go to www.5lovelanguages.com to fill out the assessment. It takes about five minutes and will give you an overview of your love language.
- If you are married, ask your wife to do the same.
- Do at least one extra thing for your wife that aligns with her love language.

ASSIGNMENT MARRIED MEN :: LOOKING FOR WHAT IS GOOD

- When you’re working on your marriage, it’s easy to start tossing out a bunch of compliments. But praise is only powerful when it’s based on something real. Something observed. Something that actually happened, proving what you’re saying is true. This month, you’re going to do a quick recall of your wife’s character traits, back them up with real-life examples and share them with her.

From the list below, circle three items you think are characteristic of your wife. If there are more than three, still circle just three. (You can circle another three if you choose to do this exercise again.) If you’re having difficulty coming up with three, feel free to define

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the word characteristic loosely. Even if you recall only one instance when your wife displayed this characteristic, circle it.

Loving	Careful	Dependable	Practical	Athletic	Lively
Vulnerable	Loyal	Creative	Funny	Rich	Graceful
Sensitive	Reserved	Nurturing	Considerate	Cheerful	Caring
Committed	Truthful	Imaginative	Witty	Calm	Responsible
Brave	Shy	Warm	Affectionate	Coordinated	Tender
Involved	Strong	Fun	Relaxed	A great wife	Exciting
Intelligent	Receptive	Attractive	Organized	A great parent	Flexible
Expressive	Energetic	Kind	Beautiful	A great friend	Full of plans
Thoughtful	Reliable	Interesting	Resourceful	Elegant	Understanding
Active	Sexy	Gentle	Assertive	Playful	Adventurous
Generous	Sweet	Supportive	Gracious	Protective	Silly

For three of the items you circled (only three . . . at one time), think of an actual incident illustrating this characteristic of your wife. Write the characteristic and the incident in your journal as follows:

1. Characteristic:

Incident:

2. Characteristic:

Incident:

3. Characteristic:

Incident:

Now, pick a good moment with your wife, when she's 'with you' and open to you, and share your list. Let her know how much you appreciate her and the characteristics God built into her.

Come to your group ready to share what happened.

*Adapted from Gottman, John; Nan Silver (2002-02-04). The Seven Principles for Making Marriage Work. Random House, Inc