

Spiritual Union Activities

Word:



1. **Bible Devotion Survey** (page 2): We each take in the scriptures differently. By understanding how your spouse processes scripture, you can better minister to the other through the Word.
2. **Speaking the Gospel** (page 5): There is no other message more encouraging than the Gospel. When we speak the Gospel into the lives of our spouses, we encourage them in the truest sense.

Worship:



1. **Worship through Playlists** (page 10): Let your spouse in on your personal worship moments from the week. Take turns playing favorite hymns and spiritual songs from your playlist.



2. **Beholding His Glory** (page 11): Worship can be understood as turning our face toward God. How do you turn your face toward Him?

Prayer:



1. Make a **Prayer Jar** (page 12): Often the many things for which we should pray overwhelm us. Create a prayer jar. During your prayer time together, pull out prayer slips and pray accordingly.



2. **Bible-Inspired Prayer** (page 13): Praying together can become mundane, routine and shallow. We fall into patterns and make overused and vague requests. Enliven the content of our prayers by using Bible prayers to fuel our prayer life as a couple.

Service:



1. **Serving Together** (page 17): You and your spouse have been uniquely created, gifted and molded by God. Together you serve God out of the overlap of your design.



2. **Home –The Mission Field** (page 20): Brainstorm ways your home can be a mission field. Who could be potentially ministered to by being invited into your home? *Acts 18:26*

Fellowship:



1. **Story Telling** (page 21): Mankind has, for centuries, benefited from the telling and hearing of stories. Bonfires and front porches have been the stage for many stories and the forging of relationships. Make connections with your family, friends, church and neighborhood by telling stories.



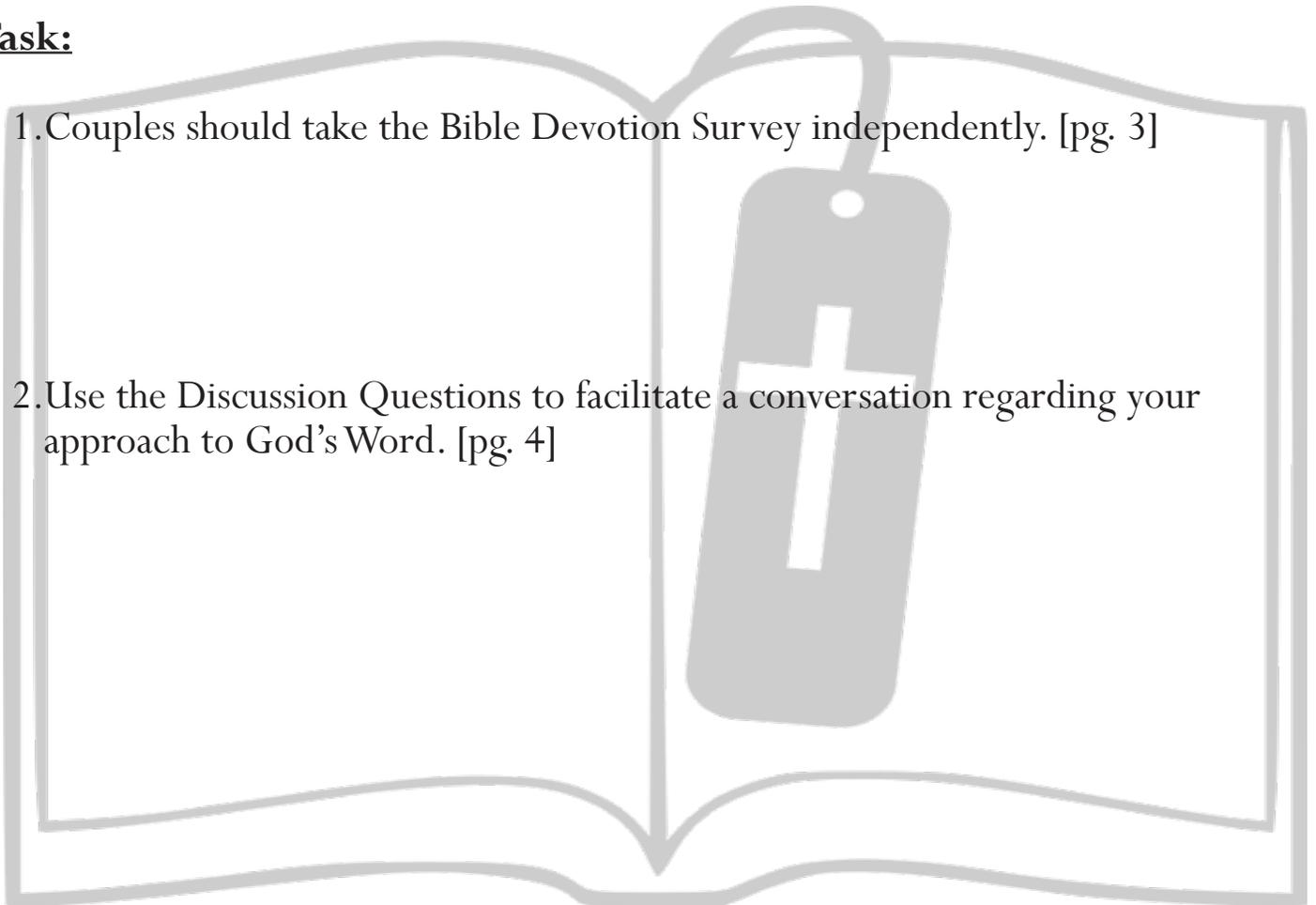
2. **Learn about Each Other** (page 22): We seldom ask the simple questions in order to learn more about our spouses. Here are a few ideas to help you get started.

Spiritual Union Activities: **Bible Devotional Survey**

We each read the Bible differently. By understanding how your spouse processes the Scriptures, you can better minister to the other through the Word.

Task:

1. Couples should take the Bible Devotion Survey independently. [pg. 3]
2. Use the Discussion Questions to facilitate a conversation regarding your approach to God's Word. [pg. 4]



Spiritual Union Activities: Bible Devotional Survey

Directions: Imagine the time you spend in the Word at home. Circle the response that best matches your experience.

1. Which most closely matches your personal approach to the scriptures?

A walk in a garden.

A walk in a library.

2. Which most commonly matches your personal pursuit in the scriptures?

Be fed.

Be led.

3. Which are you most likely to memorize?

Passages

Verses

4. When you read the Bible and feel you got “nothing out of it,” it was because....

I was not “moved” by it.

I did not understand it.

5. Which thought is paramount while you read the Bible?

What is the Spirit saying?

What is the Word saying?

6. I prefer...

Meditating on the Word.

Studying the Word.

7. Which is more important to you?

Knowing what the Word says.

Understanding what the Word says.

8. I want to learn the Bible to aid my...

Worship of God.

Understanding of God.

Spiritual Union Activities: Bible Devotional Survey

Discussion Questions

Directions: Use the following prompts to facilitate a conversation between you and your spouse regarding God's Word.

If you marked more responses in the first column you might approach the scriptures in a "Spirit" centric way. If you marked more responses in the second column you might approach the Scriptures in a "Word" centric way. Both are beautiful. Each should learn from the other.

1. Regarding your approach to God's Word, in what ways do you think alike?
2. Regarding your approach to God's Word, in what ways do you think differently?
3. Choose one difference and share your unique perspectives and practice.
4. Choose one difference in which you would like to grow. How can your spouse help you?
5. Choose one similarity in which you would like to grow. How can you help one another grow in this area?

There is no other message more encouraging than the Gospel. When we speak the Gospel into the lives of our spouses, we encourage them in the truest sense.

Task:

1. Review Gospel-rich Bible texts.
2. Create a notes file on your phone for Gospel messages.
3. Text Gospel encouragements to your spouse.

Spiritual Union Activities: **Speaking The Gospel**

Gospel Rich Bible Texts

When you speak the Gospel to your spouse, you not only reaffirm God's view of them, but you adopt that same view.

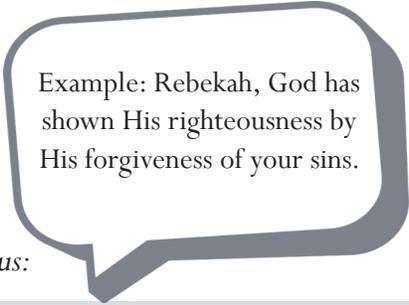
Romans 3:23-26

23 *For all have sinned, and come short of the glory of God;*

24 *Being justified freely by his grace through the redemption that is in Christ Jesus:*

25 *Whom God hath set forth to be a propitiation through faith in his blood, to declare his righteousness for the remission of sins that are past, through the forbearance of God;*

26 *To declare, I say, at this time his righteousness: that he might be just, and the justifier of him which believeth in Jesus.*

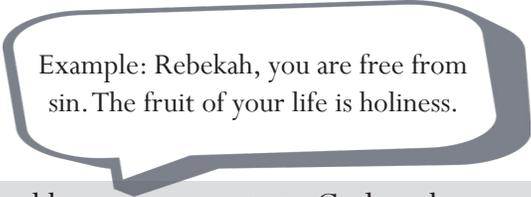


Example: Rebekah, God has shown His righteousness by His forgiveness of your sins.

Romans 6:22-23

22 *But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.*

23 *For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.*



Example: Rebekah, you are free from sin. The fruit of your life is holiness.

Romans 8:1-2

1 *There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.*

2 *For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.*

Spiritual Union Activities: **Speaking The Gospel**

2 Corinthians 3:2-6

2 Ye are our epistle written in our hearts, known and read of all men:

3 Forasmuch as ye are manifestly declared to be the epistle of Christ ministered by us, written not with ink, but with the Spirit of the living God; not in tables of stone, but in fleshy tables of the heart.

4 And such trust have we through Christ to God-ward:

5 Not that we are sufficient of ourselves to think any thing as of ourselves; but our sufficiency is of God;

6 Who also hath made us able ministers of the new testament; not of the letter, but of the spirit: for the letter killeth, but the spirit giveth life.

2 Corinthians 5:17-21

17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

18 And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation;

19 To wit, that God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation.

20 Now then we are ambassadors for Christ, as though God did beseech you by us: we pray you in Christ's stead, be ye reconciled to God.

21 For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.

Ephesians 2:1-14

1 And you hath he quickened, who were dead in trespasses and sins;

2 Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience:

3 Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.

4 But God, who is rich in mercy, for his great love wherewith he loved us,

5 Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)

6 And hath raised us up together, and made us sit together in heavenly places in Christ Jesus:

Spiritual Union Activities: **Speaking The Gospel**

7 *That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus.*

8 *For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:*

9 *Not of works, lest any man should boast.*

10 *For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.*

11 *Wherefore remember, that ye being in time past Gentiles in the flesh, who are called Uncircumcision by that which is called the Circumcision in the flesh made by hands;*

12 *That at that time ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world:*

13 *But now in Christ Jesus ye who sometimes were far off are made nigh by the blood of Christ.*

14 *For he is our peace, who hath made both one, and hath broken down the middle wall of partition between us;*

Colossians 1:13-23

13 *Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:*

14 *In whom we have redemption through his blood, even the forgiveness of sins:*

15 *Who is the image of the invisible God, the firstborn of every creature:*

16 *For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him:*

17 *And he is before all things, and by him all things consist.*

18 *And he is the head of the body, the church: who is the beginning, the firstborn from the dead; that in all things he might have the preeminence.*

19 *For it pleased the Father that in him should all fulness dwell;*

20 *And, having made peace through the blood of his cross, by him to reconcile all things unto himself; by him, I say, whether they be things in earth, or things in heaven.*

21 *And you, that were sometime alienated and enemies in your mind by wicked works, yet now hath he reconciled*

22 *In the body of his flesh through death, to present you holy and unblameable and unreprouable in his sight:*

23 *If ye continue in the faith grounded and settled, and be not moved away from the hope of the gospel, which ye have heard, and which was preached to every creature which is under heaven; whereof I Paul am made a minister;*

Spiritual Union Activities: **Speaking The Gospel**

Ephesians 1:3-8

3 Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ:

4 According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love:

5 Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will,

6 To the praise of the glory of his grace, wherein he hath made us accepted in the beloved.

7 In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;

8 Wherein he hath abounded toward us in all wisdom and prudence;

1 Peter 1:2-9

2 Elect according to the foreknowledge of God the Father, through sanctification of the Spirit, unto obedience and sprinkling of the blood of Jesus Christ: Grace unto you, and peace, be multiplied.

3 Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead,

4 To an inheritance incorruptible, and undefiled, and that fadeth not away, reserved in heaven for you,

5 Who are kept by the power of God through faith unto salvation ready to be revealed in the last time.

6 Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations:

7 That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ:

8 Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory:

9 Receiving the end of your faith, even the salvation of your souls.

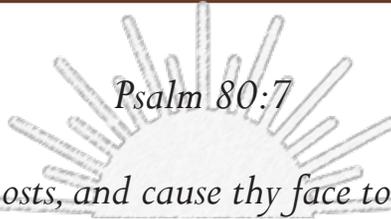
Spiritual Union Activities: **Worship Through Playlists**

Let your spouse in on your personal worship playlist.

Task:

1. Take turns playing (or sharing the lyrics from) favorite hymns and spiritual songs from your playlist.
2. Before you share the song, introduce it by explaining its significance or what is most moving to you.

Spiritual Union Activities: **Beholding God's Glory**



Psalm 80:7

7 Turn us again, O God of hosts, and cause thy face to shine; and we shall be saved.

Worship can be understood as turning our face toward God. How do you turn your face toward Him?

Task:

1. Share with your spouse what helps you “turn your face” toward God.
(Example: Getting together with believers. Spending time alone in nature.)

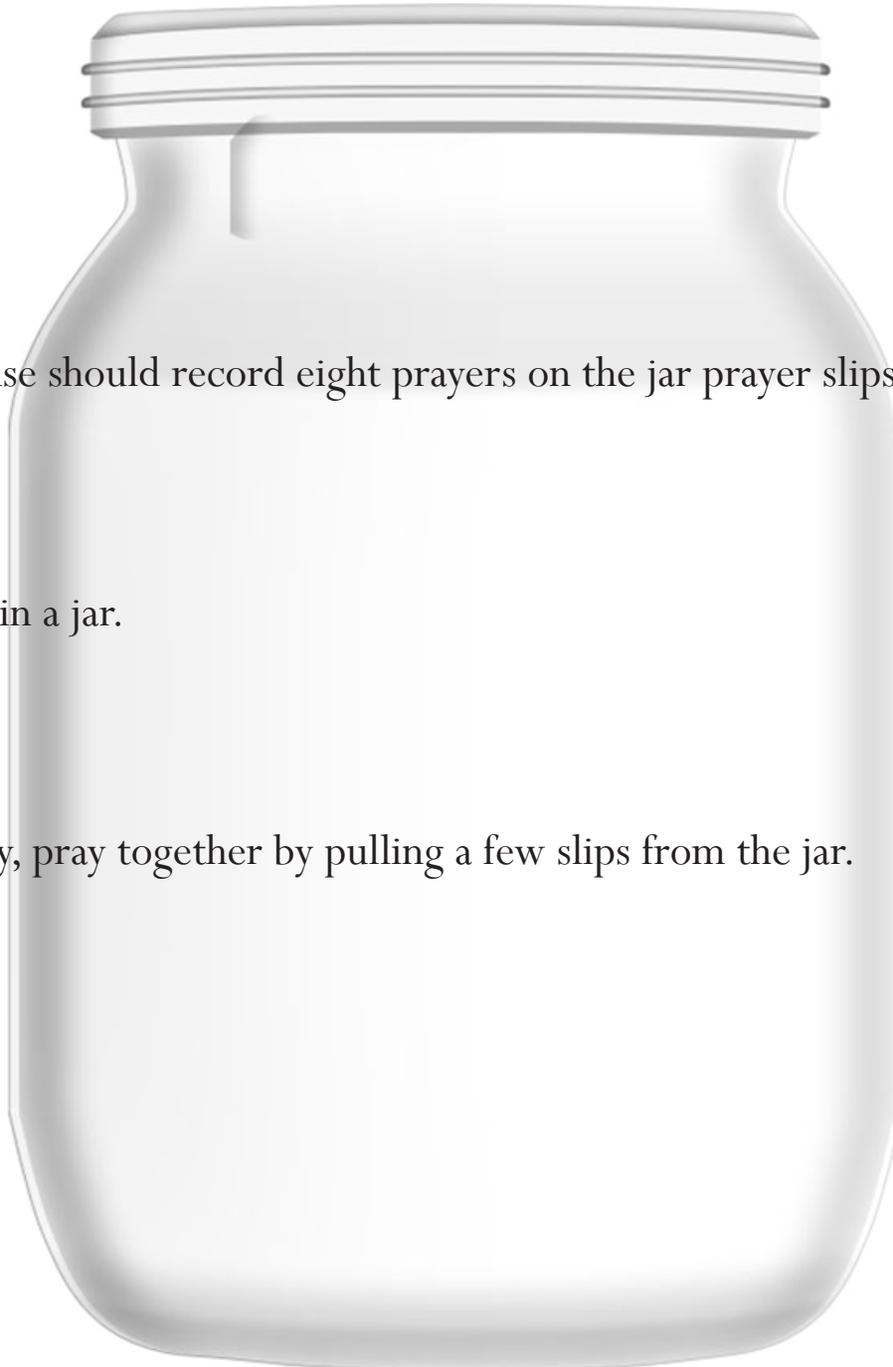
2. In what ways can you encourage your spouse’s “turning” toward God?

Spiritual Union Activities: **Make A Prayer Jar**

Often the many things for which we should pray overwhelm us. Furthermore, we might be surprised to learn what prayers lay heavy on our spouse's hearts. Create a prayer jar. During your prayer time together, pull out prayer slips and pray accordingly.

Task:

1. Each spouse should record eight prayers on the jar prayer slips.
2. Put them in a jar.
3. Once a day, pray together by pulling a few slips from the jar.

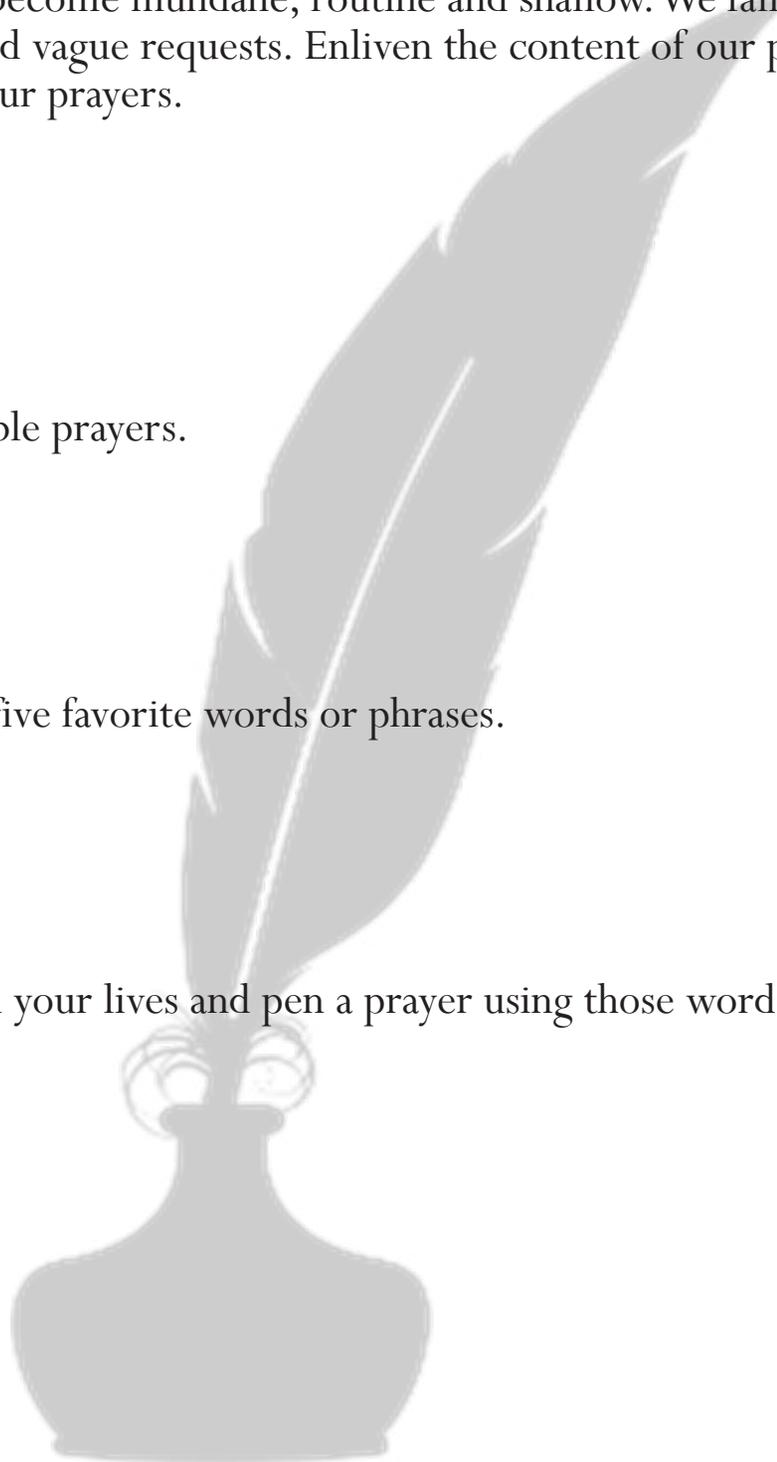


Spiritual Union Activities: **Bible Inspired Prayer**

Praying together can become mundane, routine and shallow. We fall into patterns and make overused and vague requests. Enliven the content of our prayers by using Bible prayers to fuel our prayers.

Task:

1. Review some Bible prayers.
2. Underline your five favorite words or phrases.
3. Select an issue in your lives and pen a prayer using those words and phrases.



Spiritual Union Activities: Bible Inspired Prayer

Bible Prayers

John 17:13-26

Example:
“...may my children find their
life joy in Christ.”

13 *And now come I to thee; and these things I speak in the world, that they might have my joy fulfilled in themselves.*

14 *I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world.*

15 *I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil.*

16 *They are not of the world, even as I am not of the world.*

17 *Sanctify them through thy truth: thy word is truth.*

18 *As thou hast sent me into the world, even so have I also sent them into the world.*

19 *And for their sakes I sanctify myself, that they also might be sanctified through the truth.*

20 *Neither pray I for these alone, but for them also which shall believe on me through their word;*

21 *That they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us: that the world may believe that thou hast sent me.*

22 *And the glory which thou gavest me I have given them; that they may be one, even as we are one:*

23 *I in them, and thou in me, that they may be made perfect in one; and that the world may know that thou hast sent me, and hast loved them, as thou hast loved me.*

24 *Father, I will that they also, whom thou hast given me, be with me where I am; that they may behold my glory, which thou hast given me: for thou lovedst me before the foundation of the world.*

25 *O righteous Father, the world hath not known thee: but I have known thee, and these have known that thou hast sent me.*

26 *And I have declared unto them thy name, and will declare it: that the love wherewith thou hast loved me may be in them, and I in them.*

Example:
“...Give us the same love for each other as
Thy Father’s love has been for the Son.”

Spiritual Union Activities: Bible Inspired Prayer

Colossians 1:9-14

9 For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding;

10 That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God;

11 Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness;

12 Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light:

13 Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:

14 In whom we have redemption through his blood, even the forgiveness of sins:

Philippians 1:3-5, 9-11

3 I thank my God upon every remembrance of you,

4 Always in every prayer of mine for you all making request with joy,

5 For your fellowship in the gospel from the first day until now;

9 And this I pray, that your love may abound yet more and more in knowledge and in all judgment;

10 That ye may approve things that are excellent; that ye may be sincere and without offence till the day of Christ;

11 Being filled with the fruits of righteousness, which are by Jesus Christ, unto the glory and praise of God.

Spiritual Union Activities: Bible Inspired Prayer

Philemon 4-6

4 I thank my God, making mention of thee always in my prayers,

5 Hearing of thy love and faith, which thou hast toward the Lord Jesus, and toward all saints;

6 That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus.

Titus 3:3-7

3 For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful, and hating one another.

4 But after that the kindness and love of God our Saviour toward man appeared,

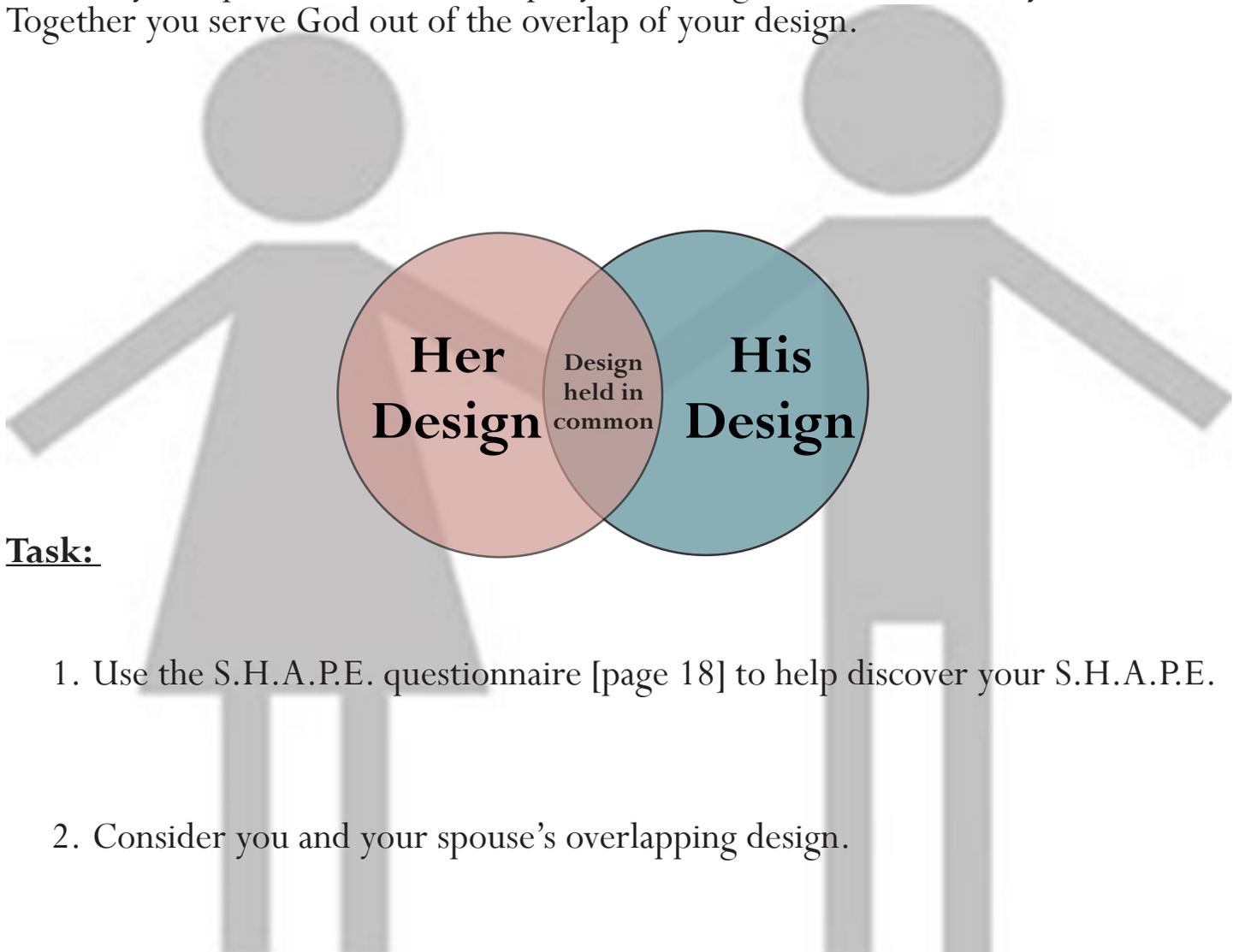
5 Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost;

6 Which he shed on us abundantly through Jesus Christ our Saviour;

7 That being justified by his grace, we should be made heirs according to the hope of eternal life.

Spiritual Union Activities: **Serving Together**

You and your spouse have been uniquely created, gifted and molded by God. Together you serve God out of the overlap of your design.



Task:

1. Use the S.H.A.P.E. questionnaire [page 18] to help discover your S.H.A.P.E.
2. Consider you and your spouse's overlapping design.
3. What opportunities can you engage in or create that would allow you to serve together?
4. What drag prohibits service? How can this drag be counteracted?

Spiritual Union Activities: **Serving Together**

Identifying Your S.H.A.P.E.

Spiritual Gifts:

Circle 1-3 spiritual gifts God has given you from the list below. How do you see God using the gifts He has given you?

Administration	Discernment	Teaching
Hospitality	Mercy	Giving
Knowledge	Encouragement	Wisdom
Communication	Evangelism	Helping
Leadership	Faith	

Heart/Desires:

Directions: Answer the following three questions.

1. What needs are you most drawn to assist with?
2. What do you enjoy doing?
3. What are you passionate about?

Abilities:

Circle 2-4 abilities God has given you from the list below.

Adapting – The ability to adjust, change, alter, modify

Administering – The ability to govern, run, rule

Analyzing – The ability to examine, investigate, probe, evaluate

Communicating – The ability to share, convey, impart

Connecting – The ability to link together, involve, relate

Consulting – The ability to advise, discuss, confer

Cooking – The ability to prepare, serve, feed, cater

Coordination – The ability to organize, match, harmonize

Decorating – The ability to beautify, enhance, adorn

Designing – The ability to draw, create, picture, outline

Developing – The ability to expand, grow, advance, increase

Encouraging – The ability to cheer, inspire, support

Facilitating – The ability to help, aid, assist, make possible

Forecasting – The ability to predict, calculate, see trends, patterns, and themes

Implementing – The ability to apply, execute, make happen

Improving – The ability to better, enhance, further, enrich

Influencing – The ability to affect, sway, shape, change

Landscaping – The ability to garden, plant, improve

Leading – The ability to pave the way, direct, excel, win

Learning – The ability to study, gather, understand, improve, expand self

Mentoring – The ability to advise, guide, teach

Motivating – The ability to provoke, induce, prompt

Organizing – The ability to simplify, arrange, fix, classify, coordinate

Performing – The ability to sing, speak, play an instrument

Persevering – The ability to see things to completion, persisting at something until it is finished.

Pioneering – The ability to bring about something new, groundbreaking, original

Repairing – The ability to fix, mend, restore, heal

Researching – The ability to seek, gather, examine, study

Serving – The ability to help, assist, fulfill

Shopping – The ability to collect, or obtain things, getting the highest quality for the best price.

Strategizing – The ability to think ahead, calculate, scheme

Teaching – The ability to interpret, decode, explain, speak

Traveling – The ability to journey, visit, explore

Visualizing – The ability to picture, imagine, envision, dream, conceptualize

Welcoming – The ability to entertain, greet, embrace, make comfortable

Writing – The ability to compose, create, record

Spiritual Union Activities: **Serving Together**

Personality:

Personality is not good or bad; it just is. Answer the questions below to help you think about the personality God has given you.

1. Do you prefer getting something done or interacting with someone?
2. Do you prefer more structure or less structure?
3. What aspects of your personality help you in your various roles? What aspects can make features of your roles more difficult?

Experiences:

1. What are some common experiences you have had which others can likely relate to and might help you serve others?
2. What have you learned through your experiences in life?

Adapted from S.H.A.P.E.: finding and fulfilling your unique purpose for life (Zondervan, 2006). Adapted by Apostolic Christian Counseling and Family Services (www.accounseling.org). Can be freely copied and redistributed. Not to be sold.

Spiritual Union Activities: Home- The Mission Field

“When Priscilla and Aquila heard him (Apollos) they invited him to their home and explained to him the way of God more perfectly.”

Acts 18:26

Task:

Who could potentially be ministered to by being invited into your home?

Create your list here:

1.

2.

3.

4.

5.



welcome

Are there other ways or opportunities to use your marriage to minister to others?

Create that list here:

1.

2.

3.

4.

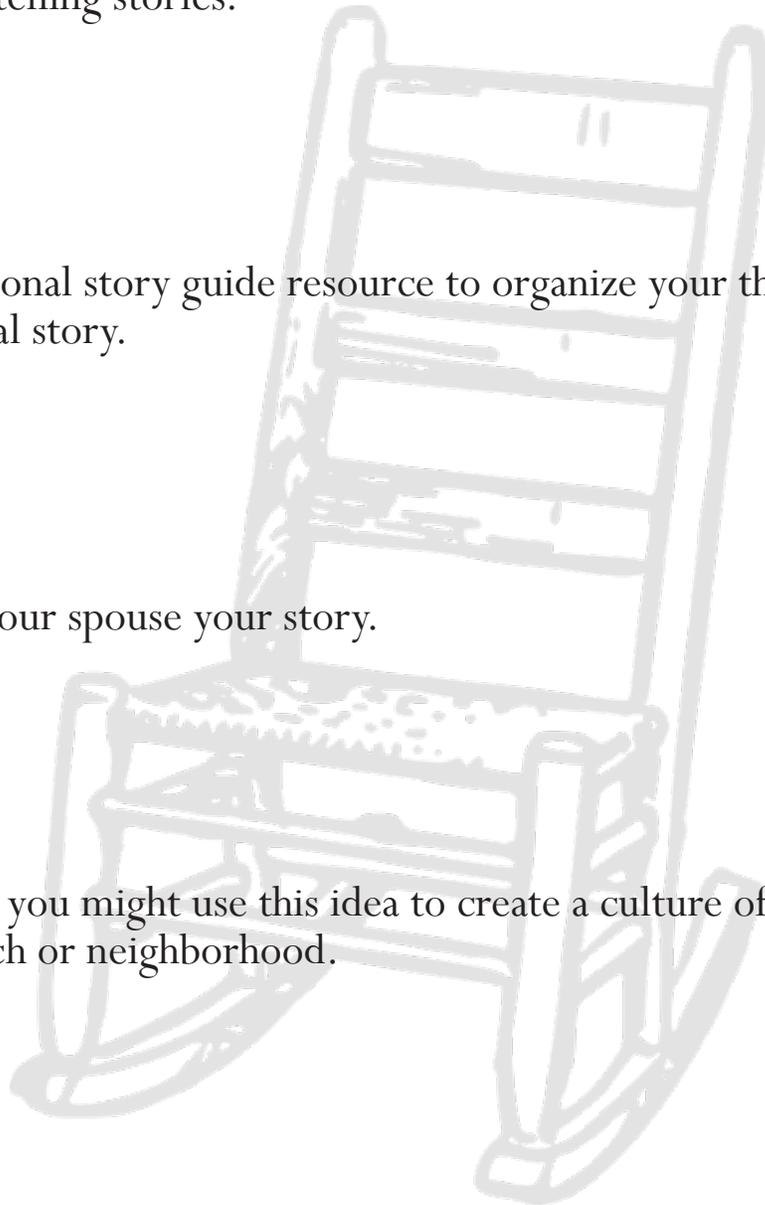
5.

Spiritual Union Activities: **Story Telling**

Mankind has, for centuries, benefited from the telling and hearing of stories. Bonfires and front porches have been the stage for many stories and the forging of relationships. Make connections with your spouse, family, friends, church and neighborhood by telling stories.

Task:

1. Use the personal story guide resource to organize your thoughts regarding your personal story.
2. Share with your spouse your story.
3. Discuss how you might use this idea to create a culture of fellowship in your family, church or neighborhood.

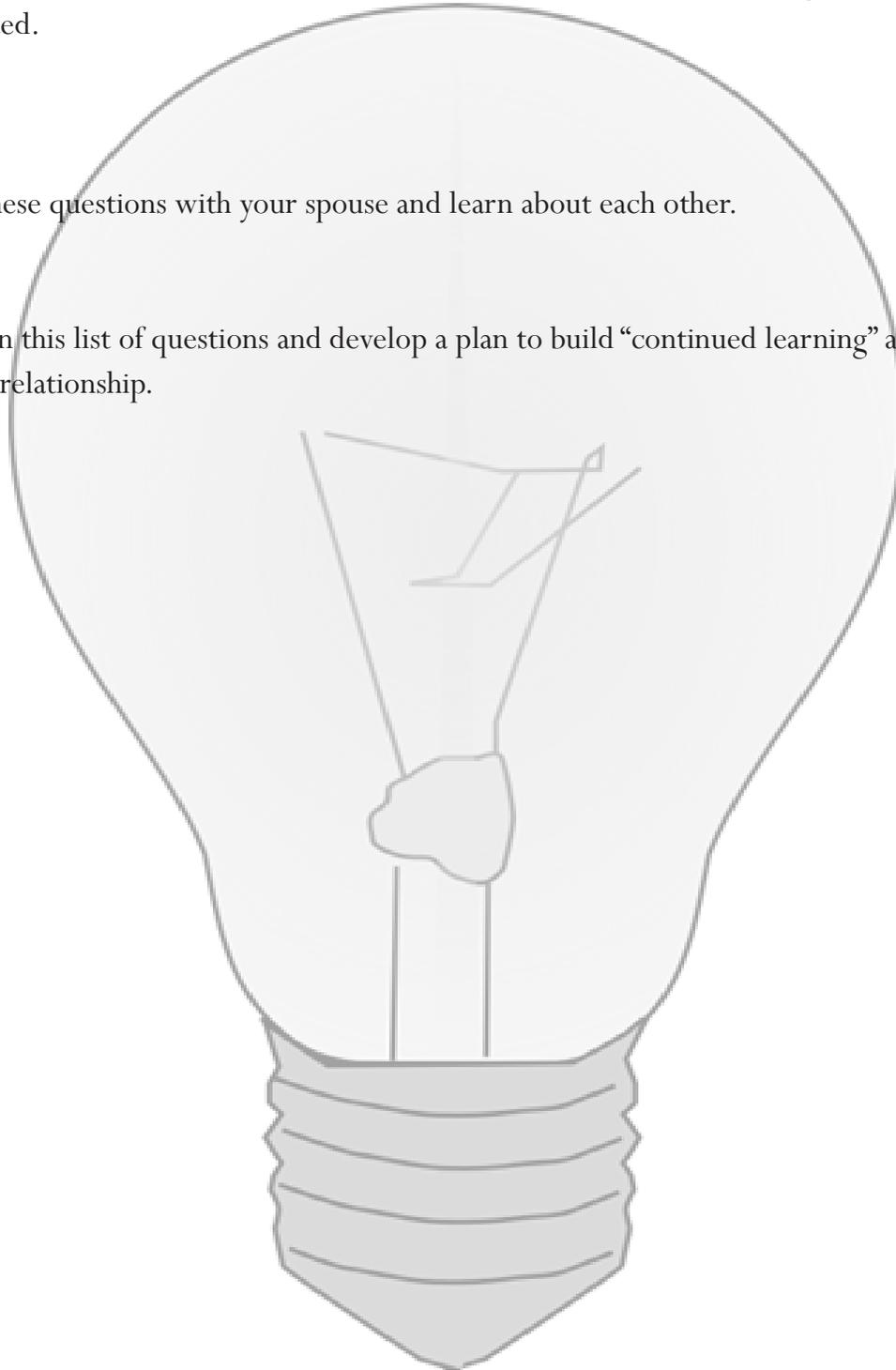


Spiritual Union Activities: **Learn About Each Other**

We seldom ask simple questions in order to learn more about our spouses. See page 23 for a few ideas to help you get started.

Task:

1. Discuss these questions with your spouse and learn about each other.
2. Build upon this list of questions and develop a plan to build “continued learning” about your spouse into your relationship.



Spiritual Union Activities: Learn About Each Other

Possible Questions:

- What is your favorite quote from the last month?
- What caused you to laugh the hardest in the last month?
- What book or author most influenced you? Why?
- Who is your favorite relative? Why?
- To which family member were you closest as a child?
- What career choice appealed to you as a child?
- What caused you private sorrow recently?
- What was the most dramatic event in your childhood or youth?
- What achievements have brought you the greatest satisfaction?
- What are your three favorite leisure activities?
- If you could fix something by snapping your fingers, what would that be right now?
- What do you consider your most attractive and unattractive physical features?
- What has been the biggest disappointment in your life?
- Do you have any regrets at this point in your life? Share one or two.
- What were the major turning points in your life?
- What do you consider your major successes?
- What major goals do you have?
- What do you look forward to next week? Next year?
- Share some “mountain-top” experiences you’ve had with Christ.
- Describe your relationship with the Lord currently. Where can I help you grow?