



Day Three

Listen to the episode. Read the following questions, and write your answers in the box provided.

Reflection: It is not good for man to be alone. Who do you know who's lonely? How are you reaching out to them? If you struggle with loneliness, then pour out your heart to God.

James 4.8a: Draw near to God and He will draw near to you. Ask God to show you a person in your life who is lonely, who needs company. Is God calling you to be a friend to that person? Ask God for guidance. Prayer.

Day Four

Listen to the episode. Read the following question, and write your answers in the box provided.

We are designed for community, and men and women are designed for each other. Do you agree?

Reflection: *Not made out of his head to top him, not out of his feet to be trampled upon by him, but out of his side to be equal with him, under his arm to be protected, and near his heart to be beloved.* Is this an expression of the ideal relationship between man and woman? As you reflect on your most intimate of relationships, how is God speaking to you? Where do you fall short, and need to confess? Where could improvements be made? Do you commit the time necessary to express your love for one another? If there is something wrong in your most important relationship, then commit to do whatever it takes to bring reconciliation. Prayer.



Day Five

Listen to the episode. Read the following questions, and write your answers in the box provided.

For this reason a man leaves his father and mother and is united to his wife, and they will become one flesh. Read Matthew 19.5-6. I Corinthians 6.15-17. Ephesians 5.30-32. Write what God is teaching you through these verses.

Reflection: Are there issues in your marriage, where one or perhaps both have not truly left home, and it's causing conflict in the relationship? What are your priorities within your marriage? Is God challenging you to prioritize your spouse in a way you have not so far? What actions is God calling you to? Ask God for guidance on how to improve your marriage.

For singles: Marriage may be the norm, but being single is NOT a curse. What is God teaching you during these years/months of being on your own? Are you learning to trust God? How does your singleness express the purposes God has for you during this season of your life?

For those divorced: Divorce splits one flesh, and therefore causes pain. If you're still in significant pain, then ask God for healing. Such healing will normally take time. If you harbour bitterness, then confess, and ask God to help you let it go. Ask God to help you forgive.

Prayer.