

Anatomy Shuffle

Purpose:

Use tangible games to generate meaningful spiritual conversations.

Scripture:

1 Corinthians 12:12

“Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ.

Instructions:

1. *Read the scripture and introduce the activity.*
2. *Ask couples to make a large circle. Have spouses face each other, men on the outside of the circle and women on the inside.*
3. *When the activity begins, tell the men to walk clockwise and women to walk counterclockwise.*
4. *Once couples begin walking, call out a body part. Couples must race to find their spouse and connect with the body part called. Once couples have reunited, ask them questions to debrief before resetting for the next round.*

Round 1:

Back to Back: When was the last time your spouse had had your back?

Round 2:

Toe to Toe: Why is your spouse "toe"tally awesome?

Round 3:

Eyelash to Eyelash: Tell your spouse gifts you see in them.

Round 4:

Hand to Hand: How has your spouse been a helping hand?

Round 5:

Cheek to Cheek: Wisper to your spouse something you enjoy romantically.

Debrief:

Just as God uses the many parts of our bodies to unify you and your spouse, God uses our many gifts to make up and unify the church. When you connect, encourage, play, and enjoy your spouse God is glorified! God uses the gift of marriage to serve, connect, encourage your community. May couples connect with God and each other.

How is the Lord leading you to connect and serve your community?

Hey Cool, Me Too!

Purpose:

As a group identify gifts of God that people enjoy. The group will connect in their common interests.

Ex: Sunrises, Chick-fil-A, the book of Romans, the Ocean...

Scripture:

James 1:17

“Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.”

Instructions:

1. *Read the scripture and introduce the activity.*
2. *Create a circle with spots on the ground, 1 spot should be different than the others. Depending on the size of the group there can be one spot per person or one spot per couple.*
3. *Have group members stand on a spot. The person standing on the different spot will be “it”.*
4. *Whoever is “it” will say the phrase “Hi we are _(Name)_ and _(Name)_ and we like to _(something they enjoy)_” or “Hi I am_(Name)_ and I like to _(something they enjoy)_”*
5. *Once the “it” announces other group members who also enjoy that thing enthusiastically shout “Hey Cool, Me Too!!” and change spots with other people with that interest. After people move spots there should be a new person who is “it”.*
6. *Repeat the game until everyone has had the chance to introduce themselves and share an interest of theirs.*

Debrief:

The group leader should ask meaningful questions to group members about their interests. Find every opportunity to highlight their interest as a gift of God and speak of the Lord’s love for the participant.

Trek & Talk

Purpose:

Create space for couples to walk in step with each other in the way of the Lord. Lead couples to delight in God and connect with each other in nature.

Scripture:

Psalm 1: 1-3

“Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not withers whatever they do prospers.”

Instructions:

1. Read the scripture and introduce the activity.
2. Provide a specific time and place for couples to go on a walk together. Couples can walk freely to a destination they choose, or the leader can give them a location to walk independently and meet together as a group. If a group is hiking on trail or path, stagger the start time of couples walking so that couples walk by themselves and not in a group.
3. Give the couples these discussion prompts:
 - While you walk with your spouse, take a moment to walk, breathe, and observe.
 1. What direction are you walking? How are you communicating where you are going?
 2. What is my pace? Am I on pace with my spouse? Am I walking faster or slower?
 3. How do I feel? Am I tired or energetic? Why?
 - While you are walking talk about:
 1. Affirm your spouse in the ways they encourage you to walk in the way of the Lord.
 2. Reflect in the ways you delight in the Lord together.
 3. Ask each other “Where is the Lord leading us?”

Debrief:

As a group debrief the experience.

1. Read the scripture and pray.
2. Ask the group to share their experience
 - What did God teach you?
 - When you started walking, what did you notice? How was your pace? How did you communicate where you wanted to go?
 - What was it like affirming your spouse?
 - How do you delight in the Lord together?
 - In life where is the Lord leading you?

Family Crest: Mission Statement

Purpose:

Create an environment where couples can write a marriage mission statement.

Scripture:

Proverbs 16:3

“Commit to the Lord whatever you do, and he will establish your plans.”

Instructions:

1. *Talk about the importance of having a marriage mission statement. A marriage mission statement can be used as a filter to make discussions ensuring that your life is aligned with the Lord's calling.*
2. *Ask couples to write a one sentence mission statement.*
3. *Give them a few moments to find scripture to support their mission statement.*
4. *Give the group 5 – 10 minutes to fill their crest with 6 supporting distinctives that support their mission statement. The distinctives will answer “How will you live out the mission statement?”*
5. *After everyone has finished, share mission statements with the group.*

Debrief:

The group leader should ask meaningful questions to group members about their callings and convictions. Find every opportunity to highlight God's scripture and truth while encouraging group members.