

An illustration of a man and a woman sitting on a swing set. They are positioned in the center-right of the frame, facing away from the viewer towards a sunset. The woman is on the left, wearing a pink dress and purple boots. The man is on the right, wearing a dark blue sweater and a pink scarf. They are both holding onto the swing's ropes. The background features a large, bright yellow sun low on the horizon, casting a warm glow over a landscape of rolling hills and a body of water. The sky is a mix of pink and purple, with a few white birds flying. On the left side, there is a large, stylized tree with dark blue foliage. The overall style is flat and modern, with a limited color palette.

# REFLECTING on THE YEAR

MONTHLY MARRIAGE WORKSHOP  
MONTH 10 / WEEK 3

JEFF & ALYSSA BETHKE

# WEEK 3

## HARD TIMES AND GROWTH

One thing that can be easy to do is to stuff down hard or difficult things in a box to never be opened or looked at again the minute you get out of the season or situation. But hard things or suffering shape us way more than the easy days. They make us into who we are, and usually, we can look back and be grateful for their influence, even if it was hard to go through at the moment. There, of course, are things that never felt like they had a 'purpose' per se a death of a loved one or a huge trial in marriage. That's different than just looking at what you learned or how it shaped you once you've got some distance on it.

This week we would like you to do the same as last week but with a different focus...the hard parts. Please offer each other extra grace and even pray before you chat about the below questions as to not step on any relational landmines. We would like it to be a sweet time of reflection and God's grace in your story.

1. What would you say was the hardest moment last year? Why?

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2. Have you learned anything or did it change you in any way?

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3. Where did you feel like God showed up the biggest last year?

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4. Look for patterns this last year. Was God teaching you or nudging you towards a particular theme of growth?

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5. What is one area in your spouse that you actually saw the most growth and are proud of them?

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6. What was something new you did or implemented that seemed to work, and you are glad you did? (i.e., date night once a month, not having a phone in the bedroom, etc.)

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7. Where did God surprise you this year?

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8. What did you do this year that will benefit you 50 years from now?

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