



Introduction

We are really excited that you are participating in the Laugh Your Way to a Better Marriage series. Marriage is something that touches us all and is a great thing, if you do it the right way. If you do it the wrong way, it can be very painful to say the least. Our goal is to build up your marriage or, if you are single, to prepare you for your future and help you with your relationships in the present. This study is not a verse by verse bible study but does use biblical principles to teach us how to be more successful in marriage. God's word shows us the best possible plan for a thriving marriage. A lot of people just try to survive, but God wants us to thrive. The hope and prayer of this study is to equip us to thrive in the area of marriage. Many people say laughter is the best medicine. If that is true, the next six weeks will be just what the doctor ordered.

New to a group

If you are new to this Home Team group thing, we are very excited you are here. We want you to sit back, relax, and enjoy. We want you to feel comfortable to share but if you do not want to share that is fine. Our goal is for you to laugh, learn, and meet some new people. We are excited you are here.

Old to a Group

If you are not new to your Home Team we are very excited you have decided to be apart of this series. We hope that this study energizes your marriage and brings back a focus that you may have been lacking. We do want to encourage you to make sure the new people in your group have a great time through the six weeks. We want your hospitality and food; **do not forget the food**, to be something that they will not forget.

Please visit www.westlink.org/marriage

As you go through the study please visit our web site and go to the Laugh Your Way to a Better Marriage area to get weekly challenges, write on the blog, get free supporting resources, and much more. The website is also a place where you can go to get help for you and your marriage. We want to support you in any way we can.



Meet Mark Gungor

Mark Gungor is the pastor of Celebration Church in Wisconsin and the CEO of Laugh Your Way America. Mark and his wife Debbie have been married for over 34 years and have two grown children and three grandchildren. Mark design Laugh Your Way to a Better Marriage for people who do not like marriage seminars or studies. Mark's ability to blend humor and truth reaches men and woman alike in a way that their marriages can be transformed. Mark says, "Our secular culture over-romanticizes marriage and our Christian culture over-spiritualizes it. The reality is that relationships between men and women are very down to earth. Laugh Your Way to a Better is about helping couples get it right, get along, have fun and achieve a successful marriage."



Support Information

This study deals with real issues that all of us struggle with at one level or another. If you or someone in your group needs prayer or needs to talk with someone, please use the contact information below or visit www.westlink.org.

Rodney Elliott
Director of Small Groups

rodney.elliott@westlink.org

316-722-8020

WCC Counseling Center

www.westlink.org

316-722-8020



Study Guide Instructions

This study guide is to help our leaders facilitate group discussion. The goal is for your group to explore the ideas and concepts that will be presented but to also encourage your group to talk about personal successes, struggles, and overall experiences. Our hope is that as we laugh we will also learn and bond as a group.

Melting the Ice

This section of each session is designed to help groups relax and get to know each other better. If this section will not work in your group because of group size, feel free to create something on your own, or skip ahead to Play Clip.

Play Clip

Each session consists of several short clips of Mark Gungor presenting his seminar. Please preview each clip before your group meeting so you are familiar with the material. Oh yeah, they are really funny.

Group Questions

After each clip, there are one to two questions designed to get your group to discuss the clip. If your group does not want to share immediately, just be patient and work your way through the study. The questions are simply a tool to get discussion started. If you can not get to all of them or your group goes in another direction, do not panic, let the Holy Spirit lead.

Scripture References

The scripture references are a supplement to the study. The intent is not to read every scripture reference in the group meeting. Please use them as it works best for your group.

Sexual Content

There are sections in this study that deal with the marriage sexual relationship. Please preview all sessions, but especially these sessions, before your group meeting. These clips will have a red letter warning in this study guide so you can quickly identify them.

Notes/Prayer Requests

We have provided a blank page at the end of each session to take notes and write down the prayer requests of your group each week. The way you would like to handle prayer is completely up to the leader. If you have questions about prayer in your group please visit the Laugh Your Way page at www.westlink.org for tips.



Table of Contents	Page
Week 1: What's Normal? Men's Brains/ Woman's Brains	5
Week 2: Few versus Many and the Formula for Success	8
Week 3: Teach an Old Dog New Tricks	10
Week 4: The Princess and the Warrior/ Sex: The Mind Game	13
Week 5: Sex: What Matters/ The #1 Key to Incredible Sex	16
Week 6: Score!/ Starting Over...Again	19



Week 1: What's Normal? Men's Brains/ Woman's Brains

Melting the Ice

What is your name and who is your favorite stand up comedian?

Play Clip 1: Trouble (4:40)

Group Question

What are some of the expectations that men and woman bring into marriage that are unreasonable?

Scripture References: Proverbs 14:4, Ecclesiastes 4:9-12, 1 Corinthians 7:1, 1 Corinthians 7:28

Play Clip 2: Stereotypes (2:11)

Group Discussion

In what ways are you the stereotypical man or woman?

Scripture References: Proverbs 3:13-18, Philippians 1:9

Play Clip 3: Cultural Perceptions (2:28)

Group Discussion

How does our culture portray married people and single people and how have you bought into these perceptions?

Scripture References: Genesis 2:18-24, Proverbs 18:22, Proverbs 19:14, Proverbs 27:17, Proverbs 31:11-12



Play Clip 4: Relational Physics (1:35)

Group Discussion

The National Center for Health Statistics found that of new marriages in the United States 33% will end in divorce in 10 years and 43% will end in divorce in 15 years. What laws of relational physics do you feel most people are breaking in our culture?

Scripture References: Proverbs 3:13, Proverbs 4:5-7

Play Clip 5: Boxes versus Wires (7:51)

Group Discussion

What conflicts can be explained by the Boxes (Nothing Box) versus Wires concepts?

Scripture References: Proverbs 1:5, Proverbs 20:5

Play Clip 6: Handling the Stress (5:18)

Group Discussion

Keeping in mind the different ways men and women handle stress, what can you do differently to better support your spouse?

Scripture References: Psalm 49:3, Proverbs 2:2,

Play Clip 7: RAM/Details (3:06)

Group Discussion

How do the differences between men and women surrounding details create conflict?

Scripture References: Proverbs 9:6, Proverbs 18:15

Visit www.westlink.org/marriage for more



Week 1 Notes/Prayer Needs:



Week 2: Few versus Many and the Formula for Success

Melting the Ice

Describe your strangest date?

Play Clip 8: Words (5:51)

Group Question

What are some examples of ways that you speak a different language than your spouse?

Scripture References: Psalm 49:3, Proverbs 2:2, Proverbs 18:4, Proverbs 17:27

Play Clip 9: Single Tasking vs. Multi-Tasking (16:48)

Group Discussion

How could you improve your communication with your spouse by recognizing the differences between single tasking vs. multi-tasking?

Scripture References: Proverbs 19:20, Philippians 2:2

Play Clip 10: Smiley Face (12:48) *Sexual Content Warning, please review.*

Group Discussion

How does the smiley face/ heart diagram demonstrate God's perfect balance and desire for a healthy marriage relationship?

Scripture References: Proverbs 27:19, 1 Corinthians 7:3

Visit www.westlink.org/marriage for more



Week 2 Notes/Prayer Needs:



Week 3: Teach an Old Dog New Tricks

Melting the Ice

What is your most annoying habit?

Play Clip 11: Give and Take (5:05)

Group Discussion

What false romantic fantasies do you think are most often brought into a marriage?

Scripture References: Proverbs 11:17, Proverbs 11:24, Proverbs 11:25, Ecclesiastes 11:1

Play Clip 12: Ask More than Once (8:55)

Group Discussion

What is the biggest hurdle for woman about asking more than once?

Scripture References: Proverbs 15:1, Proverbs 25:15

Play Clip 13: Ask the Right Way (1:10)

Group Discussion

How do you respond to insults when they are used to try to get you to do something?

Scripture References: Proverbs 12:18, Proverbs 16:24, Proverbs 18:21



Play Clip 14: Train Him (5:31)

Group Discussion

Men, how does appreciation motivate you? Woman, how do unexpected acts of kindness make you feel?

Scripture References: Proverbs 9:9, Proverbs 15:23, Proverbs 16:23

Play Clip 15: Barter (5:32)

Group Discussion

How does the idea of bartering for things in a relationship appeal or not appeal to you?

Scripture References: Proverbs 12:14, Proverbs 16:23

Play Clip 16: Conditional Relationships (7:29)

Group Discussion

Why do good, strong relationships demand good, strong conditions?

Scripture References: Matthew 6:15, John 3:16, James 4

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Week 3 Notes/Prayer Needs:



Week 4: The Princess and the Warrior/ Sex: The Mind Game

Melting the Ice

What is your favorite movie that would be classified as a romantic comedy? What is your favorite action/adventure movie?

Play Clip 17: Self-Esteem

Group Discussion

How do you believe the culture has impacted our view of beauty and impacted a woman's self-esteem?

Scripture References: Proverbs 15:13, Song of Solomon 7:1-6

Play Clip 18: Go Back for the Girl (10:59)

Group Discussion

Describe situations you have seen in marriages where the man did not go back for the girl. What does a real man who goes back for the girl look like?

Scripture References: Proverbs 13:10, Proverbs 13:12, Proverbs 13:16, Proverbs 19:22

Play Clip 19: Sex: The Mind Game *Sexual Content Warning. Please review.*

Group Discussion

What did Mark share in this clip that was something that made sense but maybe you had not thought of before?

Scripture References: 1 Corinthians 7:3-5, Hebrews 13:4



Play Clip 20: Focus on the Girl (1:06) *Sexual Content Warning. Please review.*

Group Discussion

Why is focusing on the woman in a physical relationship so important?

Scripture References: Proverbs 5:18-19, Song of Solomon 7:10-13

Play Clip 21: Romance (7:13) *Sexual Content Warning. Please review.*

Group Discussion

How has pornography in our culture damaged the view of romance in a sexual relationship?

Why are the issues of desire and who initiates so frustrating?

Scripture References: Song of Solomon 4:10, Ephesians 5:25-28

Visit www.westlink.org/marriage for more



Week 4 Notes/Prayer Needs:



Week 5: Sex: What Matters/ The #1 Key to Incredible Sex

Melting the Ice

What is your dream vacation destination?

Play Clip 22: Foreplay (4:39) Sexual Content Warning. Please review.

Group Discussion

How are Mark's ideas about how to climb the palm tree different from our cultures view of foreplay?

Scripture References: Song of Solomon 4:15-16, Song of Solomon 7:6-9

Play Clip 23: Time (6:45) Sexual Content Warning. Please review

Group Discussion

What are some reasons why men view the idea of time differently than women?

Scripture References: Song of Solomon 2:16-17, Song of Solomon 4:1-7

Play Clip 24: Privacy (6:36) Sexual Content Warning. Please review

Group Discussion

How does everything change when kids enter the picture and what adjustments must couples make to stay connected to one another?

Scripture References: Song of Solomon 7:11-12



Play Clip 25: Exclusivity and Lust (17:23) *Sexual Content Warning. Please review*

Group Discussion

Why is exclusivity and fighting all of the lust based temptations in our society a key to experiencing the great sex that God intended?

Why is it important to talk about lust, pornography, and masturbation with our teenagers?

Scripture References: Proverbs 4:23, Song of Solomon 7:10

Play Clip 26: Scientific Formula for the Best Possible Sex (17:37)

Sexual Content Warning. Please review

Group Discussion

Why is Mark's formula so rejected by experts? Why is God's plan for great sex ignored in our culture?

Scripture References: Proverbs 6:27-28, Proverbs 9:17-18

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Week 5 Notes/Prayer Needs:



Week 6: Score! / Starting Over...Again

Melting the Ice

What is your favorite new vocabulary word or phrase that Mark has used in the study? Why?

Play Clip 27: Scoring Points Men (11:19)

Group Discussion

How do the differences in the way men and women score points affect a marriage relationship?

Scripture References: Proverbs 11:17, Ecclesiastes 9:9

Play Clip 28: Scoring Points Women (4:29)

Group Discussion

Why is it so damaging to a man when his wife is not his number one fan?

Scripture References: Ephesians 5:22, 1 Thessalonians 5:11

Play Clip 29: Reset Button (8:36)

Group Discussion

Mark said we have a reset button. What is that reset button and how does it work?

Scripture References: Proverbs 19:11, Philippians 2:2, 1 Peter 4:8



Play Clip 30: Forgiveness (2:45)

Group Discussion

What is true forgiveness and how has lack of forgiveness caused pain in your life?

Scripture References: Matthew 6:9-15, Matthew 18:32-35, Mark 11:25

Play Clip 31: Bathsheba (3:34)

Group Discussion

What does the story of Bathsheba tell you about the power of the reset button and how can that transform our marriages?

Scripture References: 2 Samuel 11 & 12

Play Clip 32: Pushing the Reset Button (2:47)

Optional: While watching the DVD, stand facing your spouse, and repeat the words to each other as Mark reads them.

Group Discussion

Are there things in your marriage where you need to press the reset button and forgive? What do you need to do to forgive your spouse?

Scripture References: Matthew 18:21-22, Romans 12:17-18, 1 Corinthians 13:5, 2 Corinthians 13:11, Galatians 5:15

Visit www.westlink.org/marriage for more



Week 6 Notes/Prayer Needs:



Thank You for joining a Home Team for the Laugh Your Way to a Better Marriage series. We hope this was a great experience for you and that you will decide to make this Home Team thing a permanent thing going forward. We were not created to go through life alone; we were created to go through life with others by our side. If this group will not be a possibility going forward and you would like to be in a group, maybe on another night, please contact us or find all the information on Home Teams at www.westlink.org.

Tiffany Blaske

tiffany.blaske@westlink.org

316-722-8020