

Why are we here?

1. To affirm whether you are called to be married or not.

2. To allow the Holy Spirit to reveal what needs to change or be adjusted in your life so that you have the greatest success at marriage or remarriage.

3. To heal from the past, confront your fears and concerns of the present and future.

4. To learn more about yourself and the Lord’s best for you versus your best.

5. To build an accountable group of friends all on the same journey.

Prayer Structure

1. Form groups of no more than 4 people

2. Discuss your answers as a group, allowing everyone to share; take notes to use during the prayer portion

3. Pray out loud *options*

• You can read each other answers you wrote down in the form of prayer

• You can pray for each other in whatever direction

• Everyone can pray for themselves

• One person can pray for everyone

Pray for a Mate guidelines:

• Be on time to end on time.

• Respect privacy and/or boundaries

• If your group finishes praying early, please remain quiet until everyone is done.



FEAR OR NOT TO FEAR

**• ICEBREAKER:** Find someone you don’t know well and share a basic or general fear. [10 minutes]  
**• BIG BOARD:** Write on a big board or have folks share out loud their answers. [10 minutes]  
**• BIG GROUP DISCUSSION/Devotion on the Topic of Fear** [10 minutes]

**• SMALL GROUP 1: Fear of Rejection** [10 minutes]  
**Read/Discuss:** Everyone has been rejection at some point in their lives, from things that happened when you were a kid, teen, young adult till now. From family relationships, school, sports to ex-boyfriend/girlfriends, friends and spouses. Rejection is very hard. And due to this fear of it happening again, it can literally paralyze us from getting to know people, from building even the most basic opposite relationships that could turn into romance and eventual marriage.

If fear of rejection applies to you, share an experience you have had of rejection from the past that you think might be link too today’s fear of rejection in a dating relationship. If this doesn’t apply to you, be willing to pray/intercede on other’s behalf’s.

***Read Psalm 27:10*** *For my father and my mother have forsaken me, but the Lord will take me in.*

***Read Proverbs 29:25*** *Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe.*

**Q: What does God say about rejection?**

[Pray using the guidelines.] [15 minutes]

**• SMALL GROUP 2:** **Fear of the Past** [10 minutes] **Read/Discuss:** Everyone has a past. Some of us have colorful past that the enemy loves to bring up every now and then. He loves to remind you of your past mistakes, loves to lie to you, to tell you of are no value because of your past.

Now granted, some sins do effect the present and you will have to tell your future spouse about it and trust God for acceptance. But some of our sin of our past we are still working on and depending on what it is, someone else may or may not accept—goes back to rejection.

If this applies to you, do you fear anything from your past coming back to haunt you? Are there things in your past that would affect your future marriage? If this doesn’t apply to you, be willing to pray/intercede on other’s behalves.

*Read 1 John 1:9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

*Read Ephesians 4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

**Q: What does God say about our sin?**

[Pray using the guidelines.] [15 minutes]

**• SMALL GROUP 3:** **Fear of Change** [10 minutes] **Read/Discuss:** It’s hard to change, especially as you get older. We like routine. It’s safe and easy to stay where we are. But if you are ever going to get married, you will need to make some changes, adjustments, etc.

If this applies to you, what are some things in your life that might be hard to change…causing some issues with a future spouse. If this doesn’t apply to you, be willing to pray/intercede on other’s behalves.

*Read Isaiah 43:19 See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.*

*Read Romans 12:1-2 Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.*

**Q: What does God say about change?**

[Pray using the guidelines.] [15 minutes]

When you let fear control you versus you control it through Christ: [15 minutes]

* You miss out on all that God wants for you from work to friends to romance to ministry
* You make choices and decisions too quickly
* Your physical, mental, emotional, spiritual heath is affected; your faith is weakened
* You withdraw from life versus stepping forward

**WHAT TO DO?**1. Know where your fear is coming from and the truth in regards to it.   
 *Hebrews 2:14-15 Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death—that is, the devil— and free those who all their lives were held in slavery by their fear of death.*

*Matthew 10:16 "I am sending you out like sheep among wolves. Therefore, be as shrewd as snakes and as innocent as doves.*

2. Go to the Lord and let him know your fears; remember he will never leave or forsake you; he’s got this and you.  
 *Psalm 23:4* *Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*

3. Get counseling when needed; divorce care, griefshare, accountability group

4. Step out in faith; trusting God to help you each step of the way; you have his power.  
 *2 Timothy 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*

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