



One Verse To Change Your Marriage | Shawn Johnson | 05.31.2026
Weekly Study

SHARE

As group members settle in, take a few minutes to check in with everyone and see how their lives are going. Share an exciting story from this week, your highs and lows, an answered prayer, or something you're struggling with. If someone is really struggling, rally the group around them and take a few moments to pray over them.

- Share a praise from last week and a prayer for this week.**

GROW

From the very beginning, God designed us for relationships. Some bring us incredible joy, encouragement, and purpose. Others can be complicated, messy, frustrating, or even painful. Whether it's a spouse, a close friend, a parent, a sibling, a coworker, or someone you're dating, our lives are deeply shaped by the people around us. No matter our age or stage of life, we all desire to be known, loved, supported, and connected to others.

As we shift into the summer season, we have the unique opportunity to take a fresh look at the relationships that matter most. Not simply to evaluate their health, but to intentionally invest in them. Healthy relationships rarely happen by accident. They are built through humility, sacrifice, forgiveness, intentionality, and a willingness to put others before ourselves.

In this new series, Summer Lovin', we'll explore God's design for relationships and discover how our connection with Him shapes the way we interact with everyone around us. Because the strength of our relationships is often tied to the health of our relationship with God. As we grow closer to Jesus, we become more capable of loving others with patience, grace, faithfulness, and selflessness. This summer, let's allow God to strengthen not only our relationships, but also the kind of people we are becoming within them.

Read John 13:34-35, Philippians 2:3-4, Ecclesiastes 4:9-10

- What stuck out to you from this week's message?**

- When you think about the healthiest relationship in your life, what qualities make it healthy?**

- How has your relationship with God shaped the way you approach your relationships with others?**

- Who has had the greatest positive influence on the way you approach relationships, and what did they teach you?**

- What relationship has challenged you the most, and what has God taught you through it?**

MOVE

This week, we're kicking off the series by looking at one of the most important relationships many of us will ever have: marriage. But whether you're married, engaged, dating, hoping to be married someday, or currently single, Shawn shared a powerful reminder that applies to all of us. Healthy, Christ-centered relationships are not built by demanding our own way, keeping score, or trying to change the other person. Instead, they are cultivated as we allow Jesus to transform our own hearts first.

Drawing from Ephesians 5:21, Shawn challenged us to embrace a lifestyle of mutual service, surrender, and sacrifice—putting the needs of others before our own out of reverence for Christ.

As we grow closer to Jesus and learn to love the way He loves, we create space for trust, unity, and flourishing to take root in our relationships. Ultimately, the goal isn't simply to find the right person or improve our relationships—it's to become the kind of person through whom the love of Christ can be clearly seen and experienced by others.

Read Ephesians 5:21, John 15:5, 1 Corinthians 13:4-8

- Ephesians 5:21 calls believers to "submit to one another out of reverence for Christ." What comes to mind when you hear the word "submission," and how has your understanding of that word changed over time?**
- How have you seen selfishness, pride, or the desire to be "right" create tension in your relationships?**
- If someone closest to you were describing what it's like to be in a relationship with you, what do you think they would say?**
- If Jesus were inviting you to take one next step toward healthier, more Christ-centered relationships this week, what do you think that step would be?**
- Imagine your relationships one year from now. What would you hope is different, stronger, healthier, or more Christ-centered than it is today?**

NEXT STEP

As we talk about loving others through service, surrender, and sacrifice, remember that biblical love is more than something we believe—it's something we practice. That's why we want to encourage you to participate in the 21-Day Love Your Neighbor Challenge.

This challenge is designed to strengthen your faith, ignite your spirit, and help you mobilize your gifts and live on mission by turning ordinary, everyday moments into extraordinary opportunities to love those around you.

You can do the challenge on your own, with your family, or alongside your Life Group. Throughout June, look for opportunities to put your faith into action and share the love of Christ in practical ways. You never know how God might use one small act of kindness to make a lasting impact.

Visit <https://www.redrockchurch.com/love-your-neighbor/> to participate.