



STUDY GUIDE: February 8, 2026

Message Series: Unwritten
 Message Title: Time, Energy & Attention
 Teaching Pastor: Brian Hughes

Warm-up/Icebreaker: (10 min.)

When you think about the year ahead, what's one word you hope would describe it?

Pray:

Dear God, thank You for meeting us here. You know our stories, our joys, and our struggles—especially in our closest relationships. Give us open hearts, teachable spirits, and the courage to imagine something better where it's needed. Speak to us with grace and truth tonight. In Jesus' name, Amen.

Get Started: (30 min.)

- Growing up, what did you see modeled about marriage—healthy or unhealthy—and how do you think that shaped what you expected?

Read Genesis 2:18, 22–24.

- What stands out to you about God calling something '*not good*'—even in a perfect world?

Matthew 19:4–6.

- Why do you think Jesus goes back to *creation* when asked about divorce?

"No one wants others to know that things aren't going well at home. But for many of us, they're not. The underlying and unspoken assumption is that God got it wrong. A cosmic mistake was made. A Divine miscalculation. The combination of man and woman to make marriage was defective and, in fact, still not good. That kind of thinking is on the right track...but targets the wrong culprit. WE are the culprit, not God. Because here's the truth: God gave us the tools and the instructions. We have simply not availed ourselves of them. But today you can look into the unwritten future and write something new and better." -Pastor Brian Hughes

- Why do you think it's easier to assume something is 'broken' rather than ask whether we're using the tools available to us?

Ephesians 5:21.

- How does mutual submission change the way conflict or power struggles play out in marriage?

Reflect and Commit: (40 min.)

Proverbs 5:18–19.

- What does it look like to 'rejoice' in your marriage at this stage of life?

*“When I’m investing in my marriage, my marriage is getting better - even when I can’t see it. It’s often like putting money every week into my retirement account. If I check it every week, it seems like I’m getting nowhere. But that steady investment, made consistently grows into something strong and formidable. What does this practically look like? Well, you invest in your marriage with **Time, Energy and Attention**. When it comes to time, I want to deliberately invest in my marriage by the day, week, quarter and year.*

Daily - take at least a few minutes every day to talk.

Weekly - go out on a date together.

Quarterly - go away together for 2 nights every 3-4 months.

Yearly - go away by yourselves, at least once every year.

When you map it out, we’re only dedicating a fraction of our time to our marriage. But that small investment, deposited regularly, with consistency, over time returns huge dividends.” -Pastor Brian Hughes.

- When you look at daily, weekly, quarterly, and yearly rhythms, which one tends to get neglected most in your marriage—and what’s one small step you could take to reinvest there?

Read James 1:22 & Psalm 127:1.

- What’s an example of a small, consistent investment you’ve seen pay off over time—in marriage or another area of life?
- What boundaries might protect your marriage without neglecting other responsibilities?
- Why do you think marriage is so central to God’s design for community and society?

Gather prayer requests. (5-10 min.)

Pray:

God, thank You for being a God who doesn’t give up on what You design. For marriages that feel strong, help them grow deeper. For marriages that feel strained or tired, bring hope and new possibilities. Give us wisdom to invest, courage to protect what matters, and grace for every step forward. We trust You with the unwritten pages ahead. It’s in the name of Jesus that we pray, Amen.