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ONE FAMILY.
UNDER GOD.

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FAMILYLIFE® COUPLES DISCUSSION QUESTIONS

Service to country is a wonderful thing, but it often pulls soldiers away from their families. Whether you're in the military or not, are there good things outside of your home pulling you apart in your relationship(s) at home? Talk together about how you can put those things in balance so they don't threaten your marriage.

Military families often deal with separation because of lengthy deployments. What do you take for granted in each other that you would miss if you were apart for an extended time? Tell your spouse what you would miss if it was the last time you'd see each other for a while, or maybe ever.

As the troops went out on daily missions in the movie, they had to be constantly attentive to potential enemy attacks. The Bible tells us to be constantly watchful because Satan is always on the prowl looking for someone to destroy (1 Peter 5:8). How attentive are you about the spiritual warfare that may be targeted against your family and relationships? Talk about how you can be more alert to threats.

On the basketball court, Michael tells Darren that his marriage is none of the chaplain's business. Yet isolation on the battlefield or in the home makes you more vulnerable to attack. Do you have friends or family who are watching out for your marriage? If not, who can you be honest with? Or who can you come alongside to help them fight isolation, the natural enemy of marriage?

In any marriage, there is a natural drift toward isolation. If you're not intentional with each other, it's easy to grow apart. That's an even greater likelihood when one spouse serves in the military or travels often for work, because the daily responsibilities of husband and wife can be so strikingly different. What are some things you can enjoy doing together to keep you connected?

Both Darren and Heather devoted themselves to caring for others who were hurting, yet they neglected to share with each other what they were going through personally. Have you been facing battles that you haven't told your spouse about? What can you share right now that will help you face your individual battles as a team?

Chaplain Rodgers tells Darren, "I'm not sure there is faith without some doubt." Talk honestly with each other about doubts you may have about your faith. Commit to pray regularly for each other in that area of faith.

As the three wives struggle to find God's goodness in the midst of their trials, Tonya talks about how Michael's experiences brought him back to his family. "And if that's not evidence of a good God working here, bringing us something better through pain, I don't know what is." If you're going through difficult times as a couple, consider how God might be using it to bring something greater to your marriage. Talk about it, then thank God together in faith for what He's doing that you can't see.

In the Chaplain's office, Darren and Heather are told that one way to heal their relationship is to replace thoughts with pleasant memories from their past. "Remind one another of what you had before you try to build something new." Take a few minutes to remind each other of pleasant times together, the things that attracted you to each other. Remind each other that you still care.

As Heather begins to discover Darren's pain, she prays, "Oh, God. I'm hurting. But so is the man that I love. Please forgive me for judging what I don't understand. And for leaning on him when I should be leaning on you." Is there an issue you're having with each other that you don't understand, or something your spouse doesn't understand about you? Talk about that together, and commit to communicate more with each other than to assume the worst about each other.