

## MARRIAGE EXERCISE #8 - HUMILITY

### CHOOSE TO LOSE

#### Rationale

Men don't like to be wrong. It triggers a fight or flight response in us. Learning to lose is critical if we're to improve our marriages, because 'losing' is really silly in the big picture of things.

#### Challenge Assignment

Think about some area of your marriage where you and your wife disagree. Some task she thinks you should do, but you haven't given in. Maybe it's a purchase . . . you can afford it but you've held back, either out of stubbornness or pride. Or maybe it's some activity she thinks would be fun but you've resisted.

Willingly choose to give in. Tell your wife you're putting what she wants ahead of what you want. Don't do it begrudgingly. Don't trade. Don't 'throw it up to her' after you've done it. This isn't a martyr exercise . . . it's a love and selflessness assignment.

Come to the group ready to share what you chose to lose and what happened as a result.

\*Adapted from *The Love Dare*, Alex and Stephen Kendrick, (2009-06-12). (p. 59). B&H Publishing Group. Kindle Edition.

#### Debrief

We men tend to be competitive if not stubborn. We don't like to lose or give in. But our homework assignment was to choose to lose something to your wife. Encourage the guys to share what they choose to lose and what happened when they gave it up for their wife? Continue the discussion until everyone has the opportunity to share. The goal is for everyone to experience a little piece of sacrificial love in their marriage.