



That Covenant Life

March 8th, 2026

Main Passage: 1 Corinthians 7:8–9, 32–35

LEAN IN

This series reminds us that our identity is not based on our relationship status, but on what God says is true about us.

1. Growing up, what messages did you absorb about marriage, divorce, or singleness?
2. How have you seen divorce affect people you love — or your own life?
3. When you hear the word redeemed, what emotions or thoughts come to mind?

Divorce can feel like failure, loss, relief, grief — sometimes all at once.

4. Where have you experienced unexpected pain or disruption in your life story?
5. In hard seasons, do you tend to define yourself by what happened to you?

LOOK UP – Observation, Interpretation, Application (OIA)

Read Together:

Main Passage: 1 Corinthians 7:8–16. Also read: Psalm 34:18, Psalm 147:3, 2 Corinthians 1:3–4

OBSERVATION – What Does the Text Say?

- What instructions does Paul give to:
 - The unmarried or widowed?
 - The married?
 - Those married to an unbelieving spouse?
- What tone do you sense in Paul's writing — harsh, protective, pastoral, corrective?

- What words or phrases stand out to you?
- What do you notice about God’s heart in the Psalms we read?

INTERPRETATION – What Does the Passage Mean?

Paul was writing to a church in a chaotic culture — one where marriage was casual and divorce was easy.

- Why do you think Paul sets such a high standard for marriage?
- What does this passage reveal about God’s design for covenant commitment?
- Why might reconciliation be emphasized before separation?
- What do you learn about God’s character from Psalm 34:18 and Psalm 147:3?

The message reminded us that Scripture can be misunderstood or weaponized when taken out of context.

- Why is it important to understand both truth and compassion when reading difficult passages?
- How do justice and mercy meet in God’s heart?

APPLICATION – What Is My Response?

The message emphasized this truth: Your primary identity is redeemed.

- Where are you tempted to define yourself by your relationship status or past decisions?
- If you are married:
 - What would it look like to “take divorce off the table” in your mindset?
 - What practical step could strengthen your marriage this week?
- If you are divorced:
 - What would seeking healing intentionally look like right now?
 - Where might God want to restore your sense of identity?
- If you are single:
 - How can singleness be lived as a calling rather than a waiting room?

Paul reminds us that obedience sometimes means doing loving actions even when feelings fade.

- Where might you need to choose covenant faithfulness over emotional reaction?

Reflective Questions

Read Psalm 34:18 again: “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

- What does it mean to you that God moves toward the brokenhearted?
- Where do you need to experience God's nearness right now?

The message reminded us:

- God can heal all wounds.
- God can bring good out of tragic experiences.
- God can restore identity beyond failure.
- Do you truly believe God can redeem your story?
- What would it look like to surrender your relational past or present fully to Him?

Prayer Guide (Pray Through Together)

1. Begin with Thanksgiving

- Thank God that our identity is secure in Him.
- Thank Him for being the Father of compassion and the God of all comfort.

2. Move to Confession

- Confess ways we've pursued happiness at all costs rather than faithfulness.
- Confess bitterness, shame, resentment, or self-protection.

3. Pray for Healing

- Pray for restored marriages.
- Pray for wisdom and patience in struggling relationships.
- Pray for healing for those carrying wounds from divorce.

4. Pray for Identity

- Ask God to anchor your identity as redeemed and restored.
- Pray for courage to walk in obedience and peace.

Close by praying the Lord's Prayer together.

STEP OUT – Practice This Week

Choose 2–3 practices this week:

Strengthen the Covenant

If married, schedule intentional time together this week (conversation, prayer, counseling step, or planning a date).

If single, dedicate intentional time to prayer and Scripture, leaning into your calling in this season.

Seek Healing

Consider counseling, coaching, Restore, or trusted spiritual guidance if you are navigating relational pain.

Pray for Your Spouse (or Future Spouse)

If married to a believer or non-believer, pray daily for them by name.
If divorced, pray for peace and healing in co-parenting or ongoing connections.

Speak Identity Over Yourself

Each morning declare:

“I am redeemed. I am a child of God. My past does not define me.”