



A. Welcome to the Conference

1. Thank you for being here: "This is a Dream Come True"
2. The Conference atmosphere and dress will be *very casual!*
3. Please, mark your name on everything—including yourself (i.e., name tag).
4. "Watch out for 'overload,'" stand up, stretch, visit rest rooms, and the snack table as needed.
5. Please, ask questions as they come to your mind.
6. I will bring three things to this Training Conference:
 - (1) Education
 - (2) Reading
 - (3) Experience
7. A word about the Conference:
 - Confidentiality is at a maximum
 - Honesty is at a premium
 - Curiosity is at a minimum
 - Compassion is at a maximum

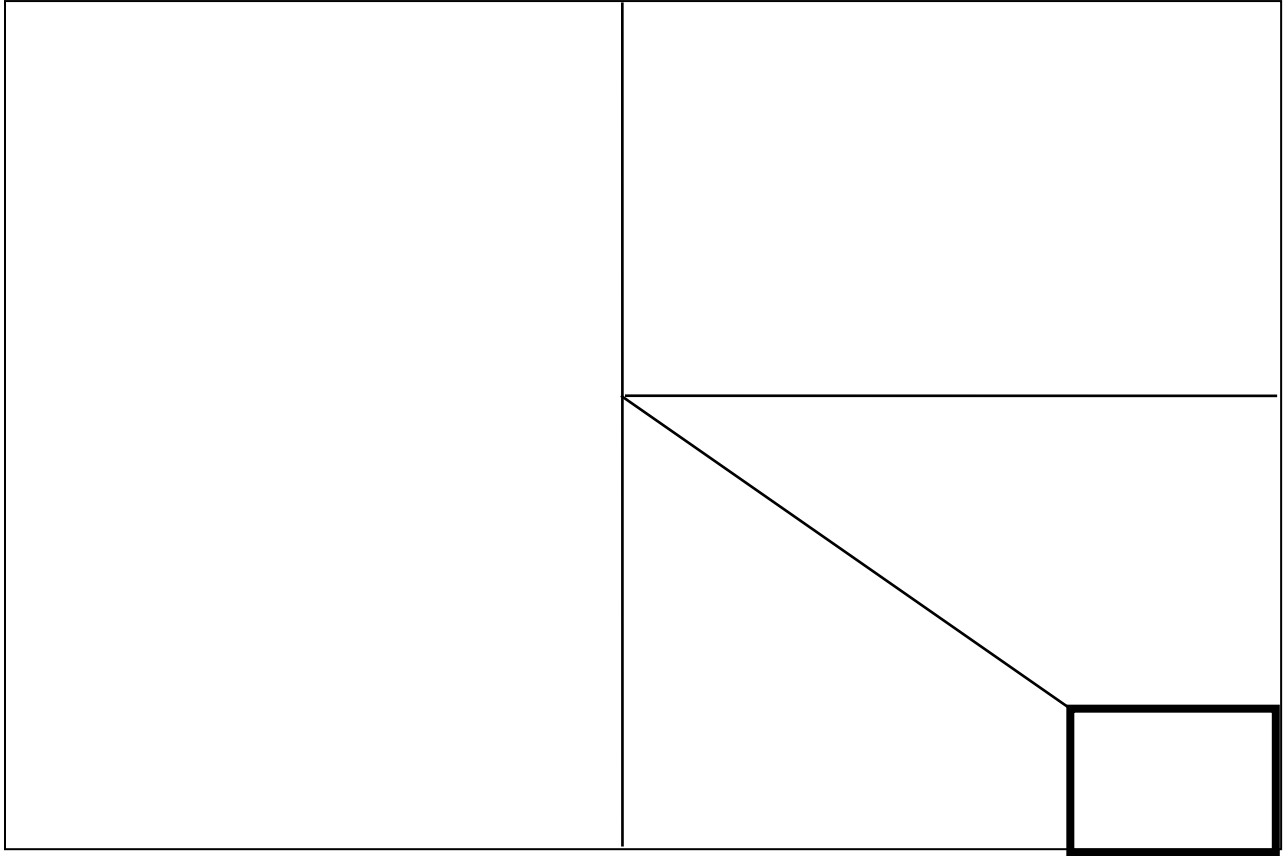
B. What makes a Triumphant Marriage?

1. You need two people who are skilled and committed to meeting each other's needs.
2. You need two people who are skilled and committed to good communication.
3. You need two people who are skilled and committed to resolving conflict.
4. You need two people who understand their biblical roles in marriage.
5. You need two people who are absolutely committed to each other for life.
6. You need God's protection and hand of blessing.
7. You need two people who have a workable game plan to facilitate all of the above.

The first, the greatest, and the most sacred institution known to man is that of the home. In the sovereignty and wisdom of God it was the home that was first created and divinely intended to become the cornerstone of all life."

- J. Taylor

C. The Latest Statistics on Marriage



- 1 in 5 marriages: The husband dominates
- 1 in 5 marriages: The wife dominates
- 2.5 in 5 marriages: There is a power struggle between husband and wife
- .5 in marriages: “Roles” are understood and beneficial

1 Corinthians 11:3 (NIV) ⁻³ *Now I want you to realize that the head of every man is Christ, and the head of the woman is man, and the head of Christ is God.*

- Husband is the head of the home—the provider, protector, rescuer, and spiritual leader.
- Wife is the heart of the home—care-taker, cheerleader, prayer warrior, and “watchman.”

Ephesians 5:21 (NIV) ⁻²¹ *Submit to one another out of reverence for Christ. ...*

- Divorce:
 - First marriage: *There is a 40% chance of divorce*
 - Second marriage: *There is a 60% chance of divorce*
 - Third marriage: *There is a 78% chance of divorce*
 - Fourth marriage: *There is a 92% chance of divorce*
 - Fifth marriage: *There is a 98% chance of divorce*
 - Sixth marriage: *There is a .0003% chance of survival of the marriage until the death of a spouse*
- Year the Divorce takes place:
 - Year 7, followed by year 3, followed by year 1, followed by year 21, followed by year 27...8...5...2...44.



Communication In Marriage

Section D

1. Important Communication Techniques:

1. McDonalds (a.k.a. Vernacular repetition)

- “This is what I hear you saying . . .” (e.g. repeating what you think you hear.)

2. Oreo Cookie (a.k.a. Circumscribed analysis)

- Complement + Criticism (without saying, “but,” “however,” etc.) + complement

3. Word Pictures (a.k.a. Illustrative verbalization)

- Word pictures are stories, events, and experiences which are taken from your spouse’s history and/or experiences that aroused a specific emotion. You relate their experiences and how they felt to a present situation in your own life currently.

A. Simple Word Pictures use present day metaphors to “brighten up” and “illustrate” your communication.

B. Complex Word Pictures take real-life experiences from another person’s life and ties the emotions associated with that experience to present happenings and/or concerns.

4. Active Listening

- Using non-verbals (e.g. head nods, eye contact, touching, body language, etc)
- Using verbals (e.g. “mmm,” “I see,” “uh huh,” etc.)

5. Salt Blocks

- “**Never** speak to someone about an important matter until you have created with that person deep desire to hear what you are going to say.”
- In the same way salt makes us thirsty, good introductions to speaking make our listeners want to hear what we have to say.
- Use stories that are interesting and appeal to feelings to prepare the listener to listen.
- Remember, “Guilt (e.g., nagging, griping, etc.) never motivates . . . for very long!”

2. News Flash: *Men are different from Women* (and it affects communication)

We view the world differently: Men see life as being compartmentalized; women see life as being connected.

We process information differently: Men generally prefer to process information internally; women generally process information externally.

We have different communication goals: Men communicate for problem solving, focusing on information; women communicate for understating, focusing on feelings.

We have different ways of problem solving: Some are (1) *watchers* while others are (2) *doers*; some are (3) *thinkers* while others are (4) *feelers*.

We feel loved and are supported in different ways when we interact: Some like words of affirmation, some like quality time, some like touch, some like gifts, and others acts of service.

3. Overcoming Barriers to Communication:

- A. Learn his/her interest
- B. Ask his/her advice
- C. Schedule dates/retreats/"talking vacations"
- D. Share a book
- E. Remember, an apology is the strong form of communication.
- F. Meet sexual needs ("Scheduling is a big 'fad' right now.")
- G. Pray together.
- H. Rate your feelings (e.g., 1 to 1 scale)
- I. Use the following questions when you communicate:
 - *As I listen to you I sense that you are feeling _____, is that right? [See next page]*
 - *What do you want me to be for you? (Counselor, listener, problem solver...)*
 - *What can at least two things I can do to help ease the load?*
 - *How can I be a better husband/wife for you in this?*
 - *How can I remove your sense of loneliness right now?*
 - *How can I pray for you right now?*
 - *Tell me how you are feeling about this, I really want to know?*
 - *Who can I kill for you in this matter?*

✉ **A Word about Connecting in Communication: "Emotions are the key!"**

THE SECRET: "When people express emotions, the only proper, initial response is to respond to them emotionally!" (Hint: Match the emotion!)



The Emotional Cup Illustration:











































What's Filling Your Emotional Cup?

ANGER? GUILT? FEAR?
(CRITICISM? FALSE GUILT?
(CONDEMNATION? STRESS?

What's spilling out of your Emotional Cup?

Physical Complaints? Criticism?
Impatience? Anger?
Emotional Numbness? Controlling Behaviors?

- [illegible]

					
Afraid	Angry	Anxious	Apologetic	Ashamed	Bored
					
Confused	Depressed	Disappointed	Disgusted	Embarrassed	Enraged
					
Frustrated	Grateful	Grieving	Guilty	Happy	Hopeful
					
Hurt	Insecure	Insignificant	Jealous	Joyful	Lonely
					
Loved	Misunderstood	Nervous	Overwhelmed	Pressured	Regretful
					
Rejected	Relieved	Resentful	Sad	Sympathetic	Unappreciated
					
Unimportant	Unloved	Used	Violated	Vulnerable	Worried

Understanding Important "Behaviors" in Communication

PROTECTING BEHAVIORS:

Indicating a response to a "threat"

Excessive talking
 Silence
 Big or abstract words
 Speaking on a cliché level
 Overly critical attitude
 Speaking for the other person
 Belittling the other person
 Changing the subject
 Yelling
 Nagging
 Avoiding eye contact
 Suppressing anger
 Pretending sleep when the other is talking
 TV absorption
 Pretending not to hear
 Mechanical affection
 Facing the other direction when talking
 Daydreaming
 Denial
 Refusing to think or talk about a problem
 Rationalizing or making excuses
 Peace at any price
 Sarcasm
 Interrupting

PROCESSING BEHAVIORS:

Indicating a response to "security"

Attending posture
 Eye Contact
 Active listening traits
 "I" statements vs. "You" statements
 Reflective response
 Express feelings
 No assumptions
 Receptive
 Clarifying
 Caring attitude
 Staying involved
 Laughter
 Tears of joy
 Physical touch
 Transparency
 Warmth

VERY IMPORTANT:

***If you sense a threat,
 remove it; If you sense
security, exalt it.***



Discussion Starters/Questions

What have I done that made you feel loved?

What one thing would you like me to do that would make you feel more loved?

What have I done that made you feel respected?

What one thing could I do that would make you feel more respected?

What could I do to make you feel more understood? ...secure? ...honored? ...cherished?

What attribute or quality would you like me to develop?

What attribute or quality would you like me to help you develop?

What mutual goals would you like to see us accomplish?



Words of Love and Thanks

How I thank God for you.

He has been good to both of us.

You have made my life better than I ever dreamed it would be.

I have grown and changed and deepened because of my life with you.

I am a better person because of your love in my life.

You have brought laughter, joy and happiness to my world.

You have opened my eyes to things I never saw before you.

You have opened my heart to things I never felt before you.

Even though it hasn't always been easy to love you, I'm glad I married you.

Even though it hasn't always been easy to love me, I'm glad you married me.

Thank you for loving me. I love you very much.



Promises to Keep

I promise to accept you as you are, not who I might change you into.

I promise to love and respect you as my best friend.

I promise to meet your needs in every way I can.

I promise to encourage you to be free of the bondage and baggage of our past.

*I promise to be your biggest fan, to praise you, encourage you, lift you up,
pray for you, cheer you on, and celebrate your victories.*

*I promise to care for you when you are sick, comfort you when you hurt,
and whatever else happens to us, keep on loving you.*

I promise this for the rest of my life.



"Eight Steps to Great Communication"

Source: Dr. Kevin Leman, Making Children Mind without Losing Yours

1. Think before you speak.
2. Stress the positive.
3. When you have to deal with the negative, do it in a positive, matter-of-fact way.
4. Take time with your child.
5. Always be aware that you don't have to like what your child does, but you should always communicate that you love him/her and care about them.
6. When you "blow it" with your children, ask their forgiveness.
7. Keep in mind that results aren't always evident over the short term.
8. Ask for God's guidance daily, in your own life as well as in the lives of your children.

4. The Five Love Languages

- The goal for every person is to discover what “relationship language” they speak.
 - Most people “speak” the same love languages they want “spoken” to.

♂ ♀

_____ • **Physical touch** (e.g. non-sexual, romantic, affectionate touching offered many ways)

_____ • **Words of Affirmation** (e.g. verbally praising, encouraging, and loving each other)

_____ • **Quality time** (e.g. committing to and maintaining both quantity and quality time with each other)

_____ • **Gifts** (e.g. sending flowers, love notes, presents, gift certificates, to express love)

_____ • **Acts of Service** (e.g. cleaning the house, taking your mates responsibilities, helping, serving)



5. The Importance of “TRUST” in communication:

- ***“Trust is NOT the goal of a relationship, it is the result of three goals being met!”***

1. Predictability

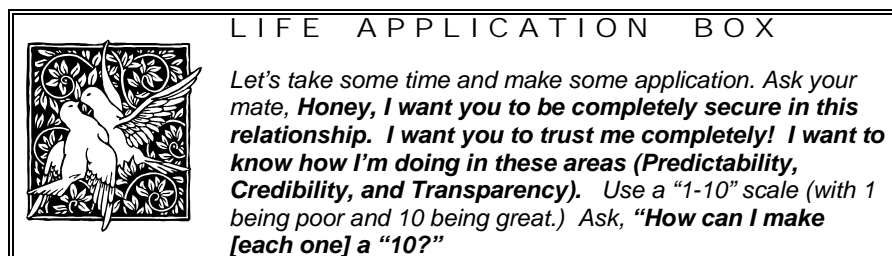
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2. Credibility

= TRUST

+

3. Transparency

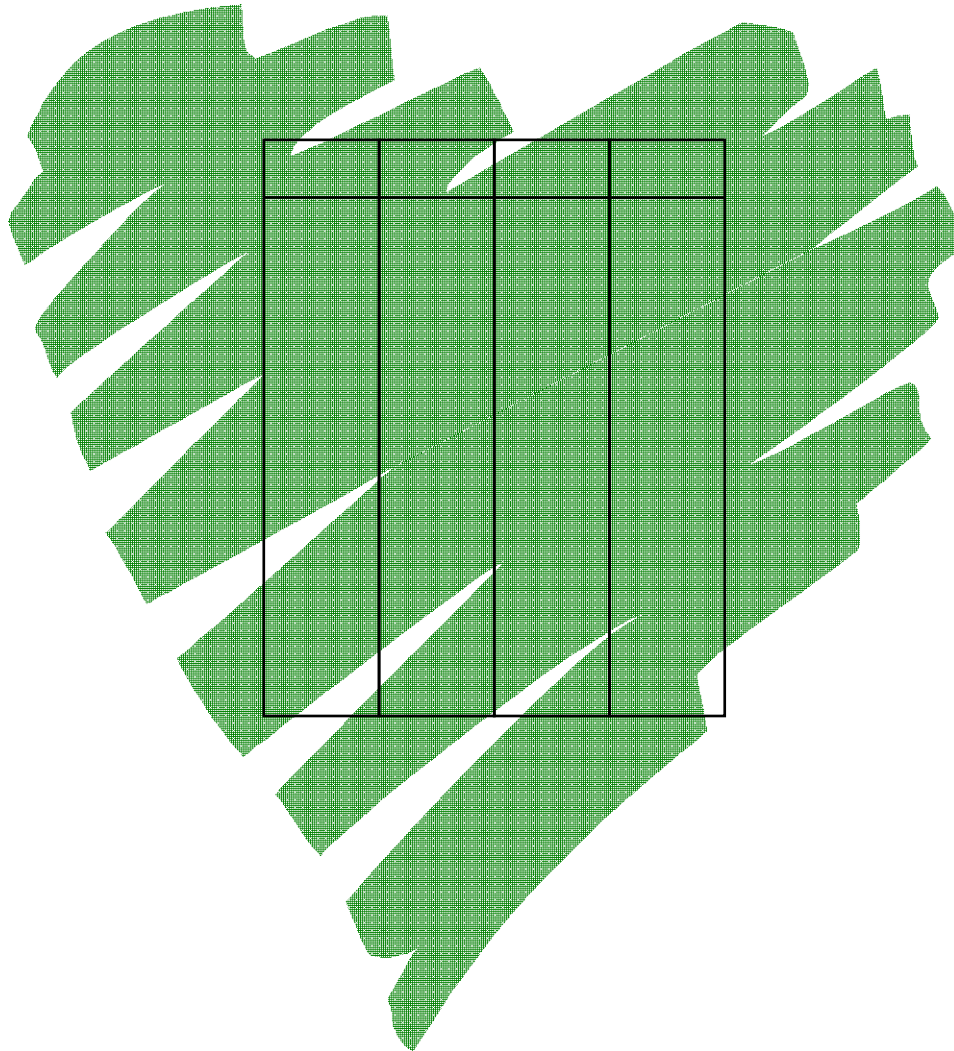




Need Meeting In Marriage

Section E

1. The Important Principle of “The Love Bank”



“This is reality, you meet the needs of your mate’s life, or in time somebody else will.”

– JKT

“Need Meeting”	Man	Woman
In One Word	To be <u>Respected</u>	To be <u>Loved</u>
In Three Phrases	Significance Sexual Fulfillment Sincere Praise (i.e. honor)	Security Intimate Communication Sincere Praise (i.e. honor)
In Many Words	Affection Conversation Intimate Communication Honesty & Openness Respect Honor Financial Support Security Admiration Sincere Praise Family Commitment Sexual Fulfillment Recreational Companionship Attractive Spouse Domestic Support Quality Time Trust Approval Encouragement Sympathy Religious Commitment _____	
“Need Meeting” is the <u>outcome we seek</u> (in them) to communicate, “I love you.”		

“Love Languages”	For the Man and the Woman
Physical touch	Nonsexual, romantic, affectionate touching offered in many ways.
Words of affirmation	Verbal/written praising, encouraging, and loving your mate via words.
Quality Time	Committing to and maintaining both quantity and quality time.
Gifts	Sending flowers, “love gifts”, presents, gift certificates to express love.
Acts of Service	Doing or taking your mates responsibilities to express love to them.
<i>“Love Languages” are the <u>means we use</u> (to them) to communicate, “I love you.”</i>	

**God created us with a need to relate intimately
 with Himself and mate—we need each other and God.”**
 - Don McMinn, Ph.D.

Contrary to popular belief, love is actually a reflection of how much we ‘honor’ another person—for at its core genuine love is a decision, not a feeling ... without a doubt, the concept of ‘honor’ is the single most important principle we know of for building healthy relationships. We ‘honor’ our mates by meeting emotional and physical needs in their lives.”
 - Gary Smalley, Ph.D.

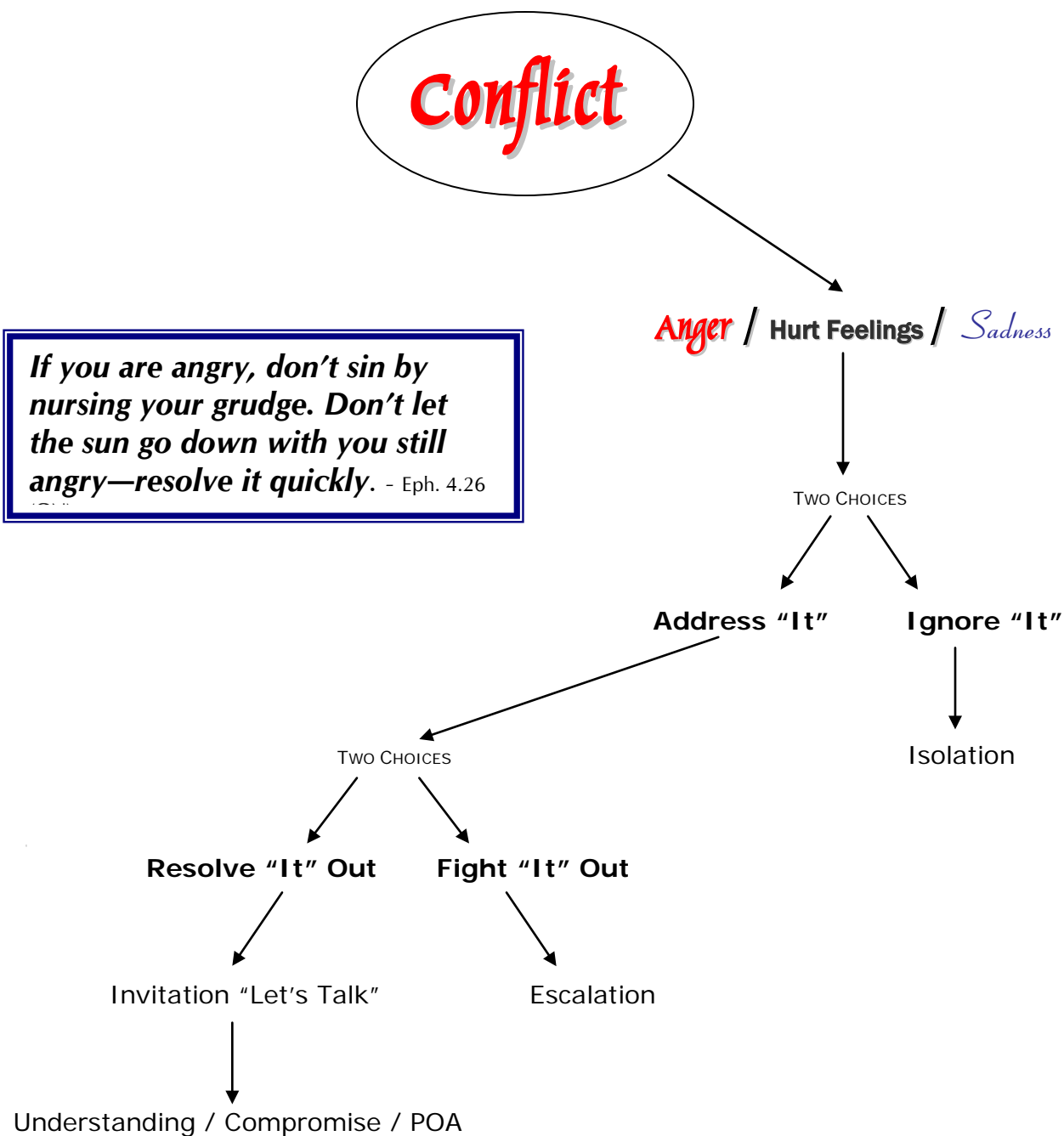
Developing the Good Game Plan (Information Gathering)

"Need Meeting" Communication Section		
Inquiries	Husband	Wife
Is this true for you?	I need to be respected? <input type="checkbox"/> Yes <input type="checkbox"/> No	I need to be loved? <input type="checkbox"/> Yes <input type="checkbox"/> No
Does this seem to fit for you?	Significance Sexual Fulfillment <input type="checkbox"/> Yes <input type="checkbox"/> No Sincere Praise (i.e. honor)	Security Intimate Communication <input type="checkbox"/> Yes <input type="checkbox"/> No Sincere Praise (i.e. honor)
What are the "biggies for you"? Though all may be significant, mark the biggest ones in regards to what you feel are your "biggest needs" at this time.	<input type="checkbox"/> Affection <input type="checkbox"/> Conversation <input type="checkbox"/> Intimate Communication <input type="checkbox"/> Honesty & Openness <input type="checkbox"/> Financial Support <input type="checkbox"/> Security <input type="checkbox"/> Admiration <input type="checkbox"/> Sincere Praise <input type="checkbox"/> Family Commitment <input type="checkbox"/> Sexual Fulfillment <input type="checkbox"/> Recreational Companionship <input type="checkbox"/> Attractive Spouse <input type="checkbox"/> Domestic Support <input type="checkbox"/> Quality Time <input type="checkbox"/> Trust <input type="checkbox"/> Approval <input type="checkbox"/> Encouragement Sympathy <input type="checkbox"/> Religious Commitment <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Affection <input type="checkbox"/> Conversation <input type="checkbox"/> Intimate Communication <input type="checkbox"/> Honesty & Openness <input type="checkbox"/> Financial Support <input type="checkbox"/> Security <input type="checkbox"/> Admiration <input type="checkbox"/> Sincere Praise <input type="checkbox"/> Family Commitment <input type="checkbox"/> Sexual Fulfillment <input type="checkbox"/> Recreational Companionship <input type="checkbox"/> Attractive Spouse <input type="checkbox"/> Domestic Support <input type="checkbox"/> Quality Time <input type="checkbox"/> Trust <input type="checkbox"/> Approval <input type="checkbox"/> Encouragement Sympathy <input type="checkbox"/> Religious Commitment <input type="checkbox"/> _____ <input type="checkbox"/> _____
"Love Languages" Communication Section		
What "language" best communicates to you that you are loved by your mate	<input type="checkbox"/> Physical Touch <input type="checkbox"/> Words of Affirmation <input type="checkbox"/> Quality Time <input type="checkbox"/> Gifts <input type="checkbox"/> Acts of Service	<input type="checkbox"/> Physical Touch <input type="checkbox"/> Words of Affirmation <input type="checkbox"/> Quality Time <input type="checkbox"/> Gifts <input type="checkbox"/> Acts of Service

Conflict Management In Marriage

Section F

CONFLICT MANAGEMENT MODEL (SIMPLE)



I. Three Reasons for Conflict in Marriage:

1. Common (i.e., everyday) Misunderstandings

- A. Reality: Every couple experiences "Simple" conflict--everyday
- B. Quote: *"Don't try to be right, try to do what's right!"*
- C. Know how to resolve "Simple Misunderstandings" (See below)
- D. A simple apology may be all that's needed.

Making a Good Apology

- A. *Identify what happened that caused the hurt.*
- B. *Identify the feeling you caused in your mate.*
- C. *Identify how that made you feel.*
- D. *Say, "I am sorry _____, that caused you to feel _____ and me to feel _____. Will you forgive me?"*

10 Steps to resolving "Simple Misunderstandings"

1. Schedule a specific date, time and place for a family meeting within the next week.
2. Define the problem or issue of disagreement.
3. Begin by answering this question for yourself: ***"How did I contribute to the problem?"*** (POINT: You analyze you; let your mate analyze your mate)
"Steps to Reopening a Person's Spirit" (by Gary Smalley)
 - Become soft and tender with the person.
 - Understand, as much as possible, what the other person has gone through (remember, listen to what is said; do not react to the words used.)
 - Acknowledge that the person is hurting, and be sure to admit any wrong in provoking anger.
 - Touch the other person gently.
 - Seek Forgiveness—and wait for a response.
4. List "solutions" you have used in the past that were not successful.
5. Brainstorm; list all possible solutions.
6. Discuss and evaluate these possible solutions.
7. Agree on one solution to try.
8. Agree how each person will work toward this solution.
9. Set-up another meeting; discuss your progress.
10. Reward each other as you each contribute toward the solution.

Reasons Couples Fight (in order of frequency)

Source: John Gottmann Study

1. Finances, 2. In-Laws, 3. Kids, 4. Sex, 5. General Marital dissatisfaction,
6. Schedules, 7. Friends, 8. "House projects", 9. Kid's Homework & 10. Alcohol.

"Remember, if you get into a fight, and one person wins—you both lose!"

-J. Taylor

2. Creeping Separateness

A. Point: “At the heart of ‘creeping separateness’ is an unmet need(s).”

B. Prioritize “need meeting” ➤

Affection, conversation, intimate communication, honesty & openness, financial support, security, admiration, sincere praise, family commitment, sexual fulfillment, recreational companionship, attractive spouse, domestic support, time, trust, religious commitment, etc.

- What are your mate’s most important needs?”

- What are you doing to meet them?

- What are your mate’s “love languages?”

Physical touch (e.g. non-sexual, romantic, affectionate touching offered many ways)

Words of Affirmation (e.g. verbally praising, encouraging, and loving each other)

Quality time (e.g. committing to and maintaining both quantity and quality time)

Gifts (e.g. sending flowers, love notes, presents, gift certificates, to express love)

Acts of Service (e.g. cleaning the house, taking your mates responsibilities, helping, serving)

C. The battleground is the calendar and the “to-do list”

- **The Calendar**

- “Dialog daily, date weekly, depart monthly”

Weekly escapes become your communication connectors

Monthly experiences become your companionship keepers

Yearly extravaganzas become your shared memory makers

- **The “to-do list”**

- “If you don’t plan it well...it won’t happen at all!”

- Make your plan **M**easurable, **A**ttainable, **P**ersonal, and **S**pecific.

- Develop your plans with “needs” and “Love Languages” in mind.

3. Creeping Resentment

A. Question: “What growing resentment am I carrying toward my mate?”

B. Prioritize this matter. (“You deal with it or it will deal with you!”)

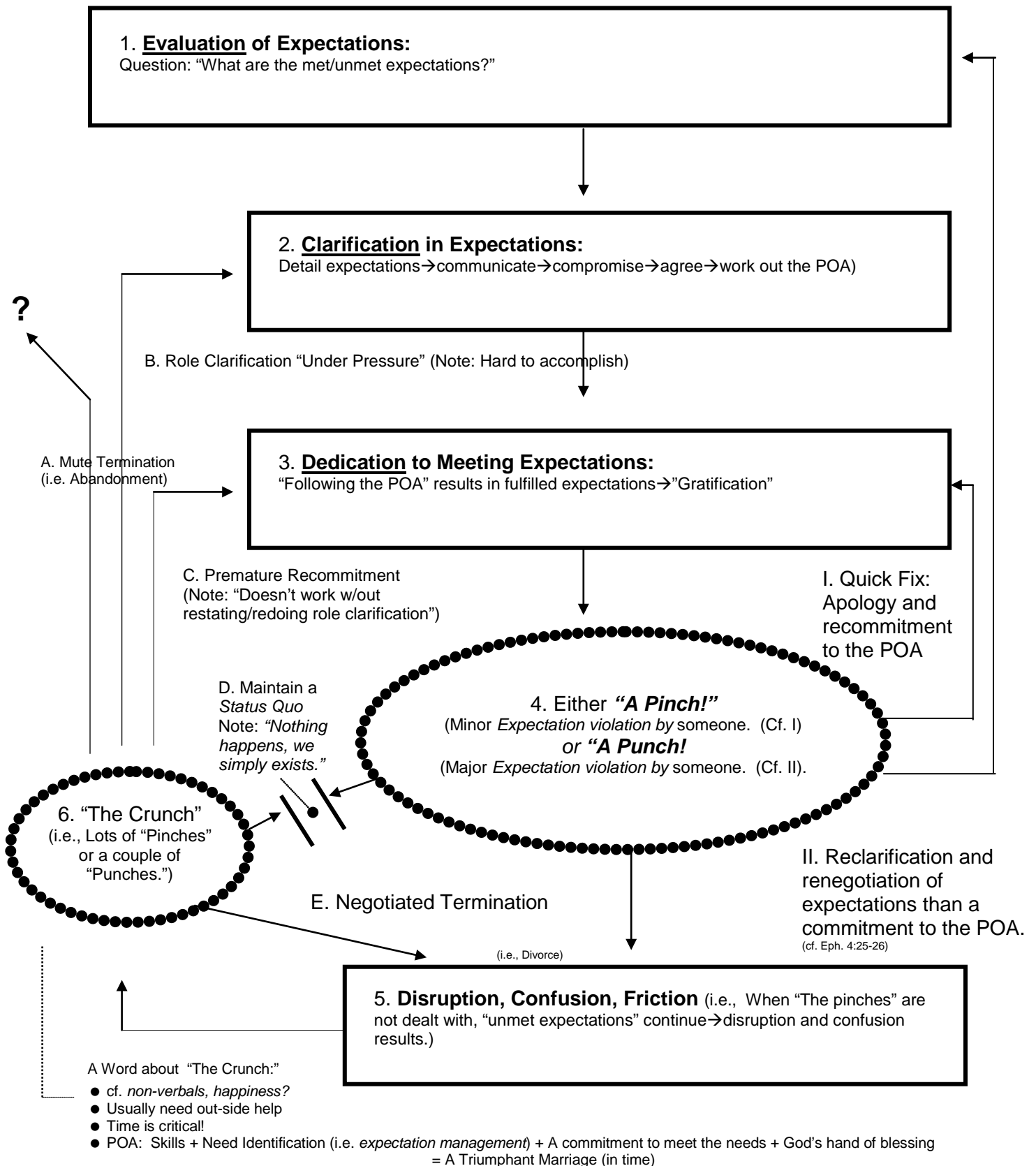
C. Communicate your resentment during a teachable moment in a safe place.

D. Seek a resolution/POA you both can live with. (See next page.)

E. Seek mutually agreed upon outside help, if needed.

Primary Source: Everett Anthony, Church Growth Consultant, SBC (Adapted by Dr. Joe K. Taylor, Senior Pastor, South Reno Baptist Church, Reno, NV)

"At the heart of every conflict is an unmet need and/or an unmet expectation!"





Personality Types

Section G

Positional Power

"The more you use it the more you lose it."

Personal Power

"The more you use it the more you have of it."

D: Lion

Goal:

I: Otter

Goal:

S: Golden Retriever

Goal:

C: Beaver

Goal:

AN OVERVIEW OF THE FOUR PERSONALITY TYPES

D

Choleric – “Lions”

The Extrovert • The Doer • The Optimist
Goal: *“Whatever his/her personal goal is.”*

Powerful Choleric’s Emotions:

Born leader
Dynamic and active
Compulsive need for change
Must correct wrongs
Strong willed and decisive
Unemotional
Not easily discouraged
Independent and self-sufficient
Exudes confidence
Can run or fix anything

Powerful Choleric as a parent:

Exerts sound leadership
Establishes goals
Motivates family to action
Knows the right answer
Organizes household

Powerful Cholerics at Work:

Goal oriented
Sees the whole picture
Organizes well
Seeks practical solutions
Moves quickly to action
Delegates work
Insists on production
Reaches the goal—“at all costs”
Stimulates activity
Thrives on opposition

Powerful Choleric as a Friend:

Has little need for friends
Will work for group activity
Will lead and organize
Is usually right
Excels in emergencies

I

Sanguine – “Otters”

The Extrovert • The Talker • The Optimist
Goal: *“People”*

Popular Sanguine’s Emotions:

Appealing personality
Talkative, storyteller
Life of the party
Good sense of humor
Memory for “color” (vs. facts)
Physically holds on to listener
Emotional and demonstrative
Enthusiastic and expressive
Cheerful and bubbling over
Curious
Good on stage
Wide-eyed and innocent
Lives in the present
Changeable disposition
Sincere at heart
Always a child

Popular Sanguine as a parent:

Makes home fun
Is liked by children’s friends
Turns disaster into humor
Is the circus master

Popular Sanguine at work:

Volunteers for jobs
Thinks up new activities
Looks great on the surface
Creative and colorful
Has energy and enthusiasm
Starts in a flashy way
Inspires others to join in
Charms others to work

Popular Sanguine as a friend:

Makes friends easily
Loves people
Thrives on compliments
Seems exciting
Enviied by others
Doesn’t hold grudges
Apologizes quickly
Prevents dull moments
Likes spontaneous activities

S

Phlegmatic – “Golden Retrievers”

The Introvert • The Watcher • The Pessimist
Goal: *“Security”*

Peaceful Phlegmatic’s Emotions:

Low-key personality
Easygoing and relaxed
Calm, cool and collected
Consistent life
Quiet but witty
Sympathetic and kind
Keeps emotions hidden
Happily reconciled to life
All-purpose driven

Peaceful Phlegmatic as a parent:

Makes a good parent
Takes time for the children
Is not in a hurry
Can take the good with the bad
Doesn’t get upset easily

Peaceful Phlegmatic at Work:

Competent and steady
Peaceful and agreeable
Has administrative ability
Mediates problems
Avoids conflicts
Good under pressure
Finds the easy way

Peaceful Phlegmatic as a friend:

Easy to get along with
Pleasant and enjoyable
Unoffensive
Good listener
Dry since of humor
Enjoys watching people
Has many friends
Has compassion and concern

C

Melancholy – “Beavers”

The Introvert • The Analyzer • The Pessimist
Goal: *“Quality Control”*

Perfect Melancholy’s Emotions:

Deep and thoughtful
Genius prone
Talented and creative
May be artistic/musical
Philosophical and poetic
Appreciative of beauty
Sensitive to others (underdogs)
Self-sacrificing
Conscientious
Idealistic

Perfect Melancholy as a parent:

Sets high standards
Wants everything done right
Keeps home in good order
Picks up after children
Sacrifices own will for others
Encourages scholarship and talent.

Perfect Melancholy at work:

Schedule oriented
Perfectionist, high standards
Detail conscious
Persistent and thorough
Orderly and organized
Neat and tidy
Economical
Sees the problems
Finds creative solutions
Needs to finish what is started
Likes charts, graphs, figures, lists, lists, Lists

Perfect Melancholy as a friends:

Makes friends cautiously Content to stay in background
Avoids causing attention
Faithful and devoted
Will listen to complaints
Can solve others’ problems
Deep concern for other people
Moved to tears with compassion
Seeks ideal mate

AN OVERVIEW OF STRENGTHS, WEAKNESSES, & POAs



Choleric – “Lions”

The Extrovert • The Doer • The Optimist
Goal: “*Whatever his/her personal goal is.*”

A. “Cholerics are Compulsive Workers”

1. Learn to relax
2. Read “When I relax I feel Guilty” (David C. Cook)
3. Take the Pressure off others
4. Plan leisure activity (“You can relax and not feel guilty.”)

B. “Cholerics must be in control”

5. Respond appropriately to others in leadership
6. Don’t look down on “the dummies”
7. Stop manipulating

C. “Cholerics don’t know how to handle people”

8. Practice patience
9. Keep advice until asked
10. Tone down your approach
11. Stop arguing and causing trouble

D. “Cholerics are right but unpopular”

12. Learn to apologize
13. Admit you have some faults

How to get along with a Choleric:

- Recognize they are born leaders
- Insist on two-way communications
- Know they don’t mean to hurt
- Don’t push your luck
- Try to divide areas of responsibility
- Realize they are “compassionate” but can’t express it
- Know they are always “right”
- They want to “rescue;” so let them



Sanguine – “Otters”

The Extrovert • The Talker • The Optimist
Goal: “*People*”

A. “Sanguines talk too much”

1. Talk half as much as before
2. Don’t try to “top” another’s story
3. Condense your comments
4. Stop exaggerating

B. Sanguines are “self-centered”

5. Be sensitive to other people’s interests
6. Learn to listen
7. Pay attention to names
8. Write things down
9. Don’t forget the children
10. Put others first
11. Reach for maturity
12. Remember, you can’t “rescue” everybody

C. “Sanguines are disorganized”

13. Pull your life together ... organizationally
14. Stop losing things

How to get along with a sanguine:

- Recognize their difficulty in accomplishing tasks
- Realize they talk without thinking first
- Realize they like variety and flexibility
- Help them to keep from accepting more than they can do
- Don’t expect them to remember appointments or be on time
- Praise them for everything they accomplish
- Remember they are not “detailed” people
- Bring them presents: *they like new toys*
- Accept that they make fun out of what would be embarrassing to others
- Realize “they mean well”



Phlegmatic – “Golden Retrievers”

The Introvert • The Watcher • The Pessimist
Goal: “*Security*”

A. “Phlegmatics are not exciting”

1. Try to get enthused
2. Don’t “bring down” others who are excited about something
3. Learn to “praise” those around you—they need it!

B. “Phlegmatics resist change”

4. Try something new; break your routine

C. Phlegmatics can seem “lazy” and “wishy-washy”

5. Learn to accept responsibility for your life
6. Don’t procrastinate
7. Motivate yourself/set realistic goals (i.e., POAs)
8. Practice making decisions
9. Learn to say “no”

D. “Phlegmatics have a quiet “will of iron”

10. Learn to communicate your feelings

How to get along with a Phlegmatic:

- Realize they need direct motivation and direction
- Help them set goals and make rewards
- Don’t expect enthusiasm or praise
- Realize that putting things off is their form of control
- Force them to make decisions
- Don’t heap all the blame on them (it’s probably not their fault)
- Encourage them not to procrastinate
- Realize they need weekly “personal recovery time”



Melancholy – “Beavers”

The Introvert • The Analyzer • The Pessimist
Goal: “*Quality Control*”

A. “Melancholies are easily depressed”

1. Realize no one likes gloomy people
2. Don’t look for trouble
3. Don’t get hurt so easily
4. Look for the Positives
5. Read “Blow Away the Black Clouds” (Harvest House)

B. “Melancholies are prone to low self-images”

6. Search out the source for your insecurities
7. Listen for evidences of “false humility” (It’s really “low self-image”)

C. “Melancholies Procrastinate”

8. Get the “right (not perfect) things” before starting
9. Don’t spend so much time planning

D. “Perfect melancholies Put Unrealistic Demands on Others”

10. Relax your standards
11. Not everything in life can be perfect, so relax

How to get along with a Melancholy:

- Know that they are very sensitive and get hurt easily
- Realize they are programmed with a pessimistic attitude
- Learn to deal with depression:
 - Watch for signs of depression (Emotionally/ Physically)
 - Realize they need help—be tender (Provide for the rescue)
 - Don’t try to “jolly them up”
 - Encourage them to “express their feelings”
 - Never tell them their problems are stupid
- Compliment them sincerely and lovingly
- Accept that they like it “quiet” sometimes
- Realize they need daily “personal recovery time”
- Realize that neatness is a necessity
- Help them not to become slaves to the family

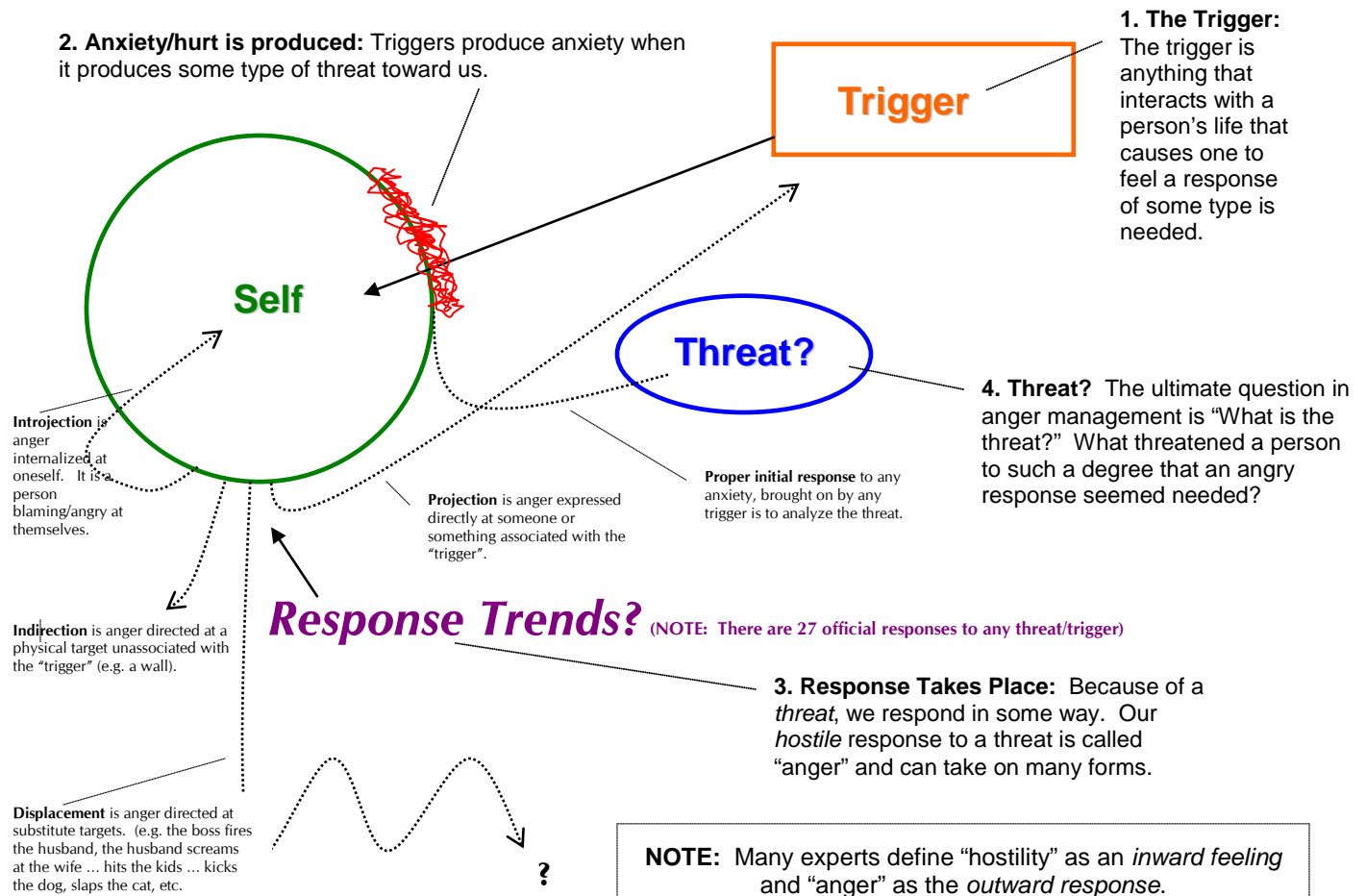
Anger Management

Section H

Anger is the emotional component of anxiety or hurt, which a person feels in the face of any threat (both real and perceived) which elicits from that person (either consciously or subconsciously) an aggressive response toward the threat. The response (either directly or indirectly) to a threat is called *anger*.

Anger Management/Threat Model

Adapted from Dr. Andrew D. Lester, Ph.D. (Clinical Psychologist)



Summary: When any person, object, comment, event, etc., (called a "trigger") interacts with a person (i.e., **Self**) in such a way that it causes "**anxiety**". If this anxiety is to such a degree that a need within that person to "**respond**" intensifies, this response is called "anger". Though there are many ways to respond to "**triggers**" (i.e., directly, indirectly, displaced, projected, etc.), the proper, initial response to any trigger that produces a **threat** is to verify (a) the root cause of the threat and (b) legitimacy of that threat and (c) an appropriate moral response to that threat.

Understanding Anger Management

Summary Statements about Anger

1. Females generally express *fear* not *anger*, males generally express *anger*, not *fear*.
2. We respond to *threat* initially at a “subconscious level.” Our background, personal history to specific threats, personality traits, age, gender, etc., all affect our response to any threat.
3. There are three types of threats:
 - i. Physical – (e.g., traffic, bills, robber, people, objects, report, any life threatening situation, etc.)
 - ii. Emotional – (e.g., jealousy, not being needed/loved/respected, relation dysfunctions, etc.)
 - iii. Psychological/Mental – (e.g., falsely perceived threats, wounded self value, “soul injuries”)
4. In good anger management, one will address the threat—not the trigger.
5. We can reduce our anger by (a) reducing the number of “triggers” that threaten us or by (b) addressing the “threats” caused by the triggers—or (c) both.
6. Not all anger is bad. (It is said of Jesus that He got “angry, but sinned not.”)
7. Any serious process by which a person seeks to understand their anger must involve answering the following questions:
 - What are the triggers?
 - What are the inappropriate response patterns to those triggers?
 - What are the appropriate response options to those triggers?
 - What is the root threat?
 - What can be done to alleviate the *root threat*, if appropriate? (Remember, some triggers may cause legitimate feelings of threats.)
 - How can either triggers be reduced and/or appropriate responses to those triggers be selected?
 - How does one's personality and personal history play a role in this process?
 - Is there a “sin issue” associated with this person's anger?
8. Ultimately, a good *plan of attack* must be developed to manage anger in a person's life based on a good understanding of these questions (see # 7). Depending on the severity, a professional counselor, physician, trusted friend, and/or pastor may all help a person develop a good plan for managing and understanding their anger. There are also many resources (i.e., books, web sites, etc.) available today regarding of Anger Management.

[NOTE: APPENDIX A in this packet allows one to document their “Anger History”. It is located on page 8.]

*A fool gives full vent to his anger,
but a wise man keeps himself under control.*

—Proverbs 29:11 (NIV)

"Remember, if you get into a fight, and one person wins--you both lose!"

-J. Taylor



"The Big Three"

Top Reasons for Divorce in Marriage

Section I

Reason Number One: FINANCES

See the document titled "Financial Discussion Packet"
in your CONFERENCE MATERIAL ENVELOPE.

THE PLAN: TAKE OFF THE TITHE, TAXES AND SOCIAL SECURITY FIRST!
THEN, 10% TO RETIREMENT; 70% TO LIVING EXPENSES; 20% DEBT AND FUTURE PLANNING

- Life's meaning is not to be found in possessions (Luke 12:15)
- God can be trusted to meet all our needs if we put Him first (Matthew 6:33)
- Giving is a vital part of our stewardship (2 Corinthians 9:8-9 and Ephesians 4:28)
- We are stewards of all we possess—our family and our money (Matthew 25:14-30)
- A Thought: *Tithing is keeping 90% of all that God gives you.*

Practical Implications:

1. In marriage, it is no longer "my money" and "your money" but "our money."
2. Unity is the issue: Decide together what God wants you to do about your money.
3. Agree now that no major purchases will be made without consulting the other person.
4. Develop a good budget—it is a great tool for communication and help promote good stewardship.
5. "Shop...don't just "buy."
6. Avoid the woe's of credit buying...it will kill you.
7. Live will within your means.
8. Agree upon who will keep the books.
9. Develop an "In Case of Death File" (e.g., Will, Power of Attorney, Medical Directives, and life insurance.)
10. Remember what it really important..."It's not the money."



LIFE APPLICATION BOX

Let's take some time and make some application. Try to summarize in a few words (to your mate) where you think you are as a family in the area of stewardship. What might be some important goals you need to make as a family?

Reason Number Two: **IN-LAWS / OUT-LAWS**

“For this cause a man shall leave his father and his mother,
and shall cleave to his wife;
and they shall become one flesh.
And the man and his wife were both naked and were not ashamed.”
- Genesis 2:24-25

1. LEAVE: Your first responsibility is to establish *independence from the parents*.
2. CLEAVE: Your second responsibility is to *establish commitment to one another*.
3. BECOME ONE FLESH: You must also establish *intimacy with each other*.
4. NAKED AND NOT ASHAMED: You must set a goal to become *transparent with each other*.

Reason Number Three: **AFFAIRS**

1. There is Hope: “*Love covers a multitude of sins*”
2. Go back and “start all over”
3. General confession *without detailed specifics* is important
4. Burn (or at least “get ride of”) the evidence—together!
5. Break ALL contact with the other person.
6. Develop accountability with a *neutral* third person.
7. Get into a good counseling program—*this is a must!*
8. Renew your wedding vows.
9. Plan on one full year for a *general* recovery.

What causes divorce: (Top 10 reasons* in the U.S. according to a GGBTS Ph.D. Dissertation/Study)

1. Financial
2. “In-laws”
3. Moral failures (Adultery)
4. Alcohol
5. Anger/Emotional Abuse
6. Anger/Physical abuse
7. Abandonment
8. Different sexual expectations
9. Boredom
10. Other issues

* “Lack of communication” was included in each item

“The reasons are endless, but in reality there is only one—a refusal (for some reason) on the part of either husband or wife, or both, to carry out their “vow” in marriage.”



SEXUALITY AND ROMANCE

Section J

❧ “Sex is the nail on which problems hang in marriage!” ❧

What Does The Bible Say About Sexuality?

1. God is the Author of Sex.

Genesis 1:27 (NIV) ⁻²⁷ So God created man in his own image, in the image of God he created him; male and female he created them.

2. The Purposes of Sex are manifold.

A. Procreation (having babies)

Genesis 1:28 (NIV) ⁻²⁸ God blessed them and said to them, “Be fruitful and increase in number; ...

B. Companionship

Genesis 2:18 (NIV) ⁻¹⁸ The Lord God said, “It is not good for the man to be alone. I will make a helper suitable for him.” ⁻²⁴ For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.

C. Pleasure

Genesis 18:12 (NIV) ⁻¹² So Sarah laughed to herself as she thought, “After I am worn out and my master is old, will I now have this pleasure?”

Song of Solomon 7:1-10 (NIV) ⁻¹ How beautiful your sandaled feet, O prince’s daughter! Your graceful legs are like jewels, the work of a craftsman’s hands. ⁻² Your navel is a rounded goblet that never lacks blended wine. Your waist is a mound of wheat encircled by lilies. ⁻³ Your breasts are like two fawns, twins of a gazelle. ⁻⁴ Your neck is like an ivory tower. Your eyes are the pools of Heshbon by the gate of Bath Rabbim. Your nose is like the tower of Lebanon looking toward Damascus. ⁻⁵ Your head crowns you like Mount Carmel. Your hair is like royal tapestry; the king is held captive by its tresses. ⁻⁶ How beautiful you are and how pleasing, O love, with your delights! ⁻⁷ Your stature is like that of the palm, and your breasts like clusters of fruit. ⁻⁸ I said, “I will climb the palm tree; I will take hold of its fruit.” May your breasts be like the clusters of the vine, the fragrance of your breath like apples, ⁻⁹ and your mouth like the best wine. May the wine go straight to my lover, flowing gently over lips and teeth. ⁻¹⁰ I belong to my lover, and his desire is for me.

D. For Meeting Physical and Emotional Needs

1 Corinthians 7:1-5 (NIV) - ¹ Now for the matters you wrote about: It is good for a man not to marry. ² But since there is so much immorality, each man should have his own wife, and each woman her own husband. ³ The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. ⁴ The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. ⁵ Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

E. To honor God

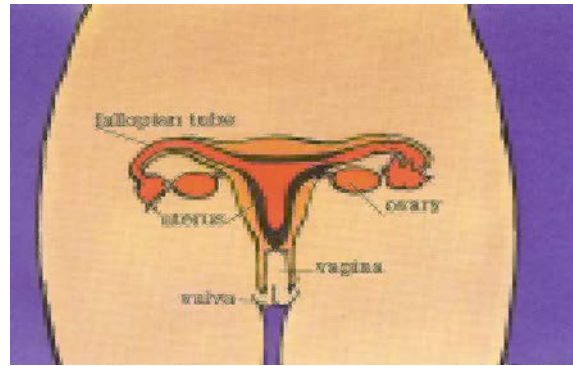
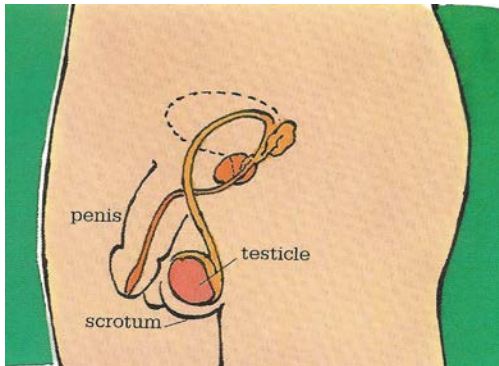
Hebrews 13:4 (NIV) - ⁴ Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

B. Differences in Sexuality (Chart):

	MEN	WOMEN
Orientation	Physical Compartmentalized Physical oneness Variety Sex is high priority	Relational Wholistic Emotional oneness Security Other priorities may be higher
Stimulation	Sight Fragrance Body-centered	Touch & attitudes Actions & words Person-centered
Needs	Respect Admiration Physically needed Not to be put down	Understanding Love Emotionally needed Time
Sexual Response	A cyclical Quick excitement Initiates (usually) Difficult to distract More "electrical" than "chemical"	Cyclical Slow excitement Responder (usually) Easily distracted More "chemical" than "electrical"
Orgasm	Focused toward self Shorter, more intense Physically-oriented Orgasm usually needed for satisfaction	Focused toward oneness Longer, more in depth Emotionally-oriented Satisfaction possible without orgasm
Summary	"Men are like microwave ovens"	"Women are like crock pots"
Observation	"10 Seconds"	"10 Points"

C. Little know “truths” about Sexuality:

It may be too hot to write down, but take mental notes anyway!



D. Romance-the Missing Jewel in Marriage

“So in everything, do to others what you would have them do to you.”
- Matthew 7:12

Both men and women need romance to keep their marriage energized and exciting; both long to feel valued and worthy of attention. At the heart of romance is “honor.”

20 Ways To “Romance” Your Mate (THE LOST JEWEL IN MARRIAGE):

1. Create a personalized poster	11. Create a stack of “Gift Certificates” with <i>all kinds of rewards</i>
2. Have lunch delivered to his/her workplace/home	12. Concoct a surprise weekend getaway
3. Prepare a living room cinema for your mate	13. Compose Post-it® praises and place them everywhere
4. Read up on one of his/her favorite hobbies/interests & plan an “event”	14. Have a glamorous picture taken or a kids/family picture
5. Liven up his/her next business trip with “love notes, presents, etc.”	15. Make a prayer journal for your mate
6. Plan a bigger business trip surprise— <i>yourself!</i>	16. Wake him/her with a backrub
7. Send him/her a greeting card every day for a week	17. Praise him/her in public
8. Give him/her a day off	18. Send flowers/gifts for no reason with a “love note” attached
9. Join him/her in a hobby	19. Surprise them with a “Romance Trip”
10. Liven up a meal—restaurant style	20. Do a “Marriage Growth Covenant” with them

Books:

Courtship After Marriage, by Zig Ziglar (Oliver-Nelson Books)

52 Dates for You and Your Mate, by Dave and Claudia Arp (Thomas Nelson)

Web Sites:

www.theromantic.com - Contains creative ideas, advice, and resources on love and romance. Offers a free weekly e-mail newsletter called “Romantic Tip of the Week.” (Caution: This is a secular site.)

www.familylife.com - Offers a “his and hers” romantic tip of the day that can be viewed on the web site or received as a free daily e-mail.

www.affectionategifts.com - Includes ideas for romantic gifts in a variety of price ranges.

The Best Sex (Survey) Ever!

Ever wondered how your sex life compares to that of other readers? Sure, you have! So read on.

By Cindy Crosby

The Basics

How satisfied are you with your sex life?

Very satisfied	30%
Satisfied	33%
Neutral	15%
Dissatisfied	17%
Very dissatisfied	5%

* 63 percent have a good sex life!

If you're not satisfied, why?

Our busy schedule	38%
Sexual inhibitions/dysfunction	62%
Stress	50%
Kids	38%
Marriage troubles	15%
Illness (me or spouse)	13%

* Our sexual relationships are heavily influenced by other relationships. Only 20 percent of our readers with children living at home are "very satisfied" with their sex life, compared to 42 percent of those with no children, and 45 percent of those with kids living away from home.

How often do you have sex?

Once a day	5%
2 or more times a week	33%
Once a week	18%
2-3 times a month	21%
Once a month	9%
A few times a year	7%
Sex? What's that?	7%

How satisfied are you with that frequency?

Very satisfied	19%
Satisfied	36%
Neutral	20%
Dissatisfied	20%
Very dissatisfied	5%

How satisfied is your spouse with that frequency?

Very satisfied	16%
Satisfied	38%
Neutral	17%
Dissatisfied	22%
Very dissatisfied	7%

If you could change it?

Make it more frequent!	58%
Don't change it	40%
Less frequent	2%

* A higher frequency of good sex seems to be good for us.

"More frequent sex in the relationship and more frequent orgasm for the female partner strongly increase emotional satisfaction and physical pleasure."—*Edward O. Laumann and Robert T. Michael, authors of Sex, Love, and Health in America*

Secrets of the O

Any inability to achieve orgasm?

Yes, me	14%
Yes, my spouse	13%
Yes, both	8%
No	65%

How did you both deal with it? And if so, was that way successful?

Discussed it together	76%
It helped ...	68%
Took prescription remedies (i.e. Viagra)	29%
It helped ...	46%
Sought professional help	18%
It helped ...	16%
Took non-prescription remedies	6%
It helped ...	3%

Sex Talk

How often do you and your spouse talk together about sex?

More than once a month	48%
Once a month	14%
A few times a year	25%
Once a year	7%
Never	6%

* When we talk about sex with our spouse, our chances for marital satisfaction improve.

Fifty-eight percent of readers who are "very satisfied" with their **marriage** talk with their spouse about sex more than once a month.

Seventy-one percent of readers who are "very satisfied" with their **sex life** talk with their spouse about sex more than once a month.

Sex and the Church

How often does your pastor address sexuality or sexual temptation?

Several times a year	28%
Once or twice a year	36%
Less than once a year	19%
Never	7%
Don't really know	6%
New to our church	4%

Do you want to hear more or less on sexual issues from your pastor?

More	46%
Same	42%
Less	1%
Don't Know	11%

* "Our culture is out of control sexually, and the church has a great opportunity to talk frankly and kindly about how we live as believers in such a culture"—*Jenel Williams Paris, author of Birth Control for Christians*

Does your church offer an accountability group for sexual issues?

Yes	20%
No	60%
Don't Know	20%

On the Wild Side

Do you and your spouse have oral sex?

Did once	5%
Did more than once	38%
Do regularly	40%
Have not done at all	17%

Do you and your spouse have anal sex?

Did once	11%
Did more than once	11%
Do regularly	1%
Have not done at all	77%

Do you and your spouse use pornography?

Did once	10%
Did more than once	15%
Do regularly	1%
Have not done at all	74%

Do you and your spouse use sex "toys"?

Did once	5%
Did more than once	10%
Do regularly	8%
Have not done at all	77%

* MP doesn't condone these activities but seeks to reflect readers' lives.

"The Bible explicitly calls some practices wrong. But some churches propagate false guilt about practices the Bible is neutral on: masturbation within the couple's lovemaking, oral sex, sex with the lights on. False guilt has no basis in biblical fact, perpetuates shame, and damages the marriage for years." —*Shay Roop, author of For Women Only: God's Design for Female Sexuality and Intimacy*

Sexual Temptations

Do you have a close friend of the opposite sex?

Yes	18%
No, but I did in the past	23%
No	59%

If no, is this a conscious choice to avoid potential emotional/sexual temptation?

Yes	53%
No	47%

Have you ever fantasized about someone other than your spouse?

Once	10%
More than once	57%
No	33%

Do you talk to your spouse about any sexual temptations you experience?

Yes	10%
Sometimes	24%
No	66%

Have you ever committed adultery?

Yes, once	6%
Yes, more than once	4%
No	90%

If yes, why?

Physical attraction	63%
Emotional attraction	48%
Marital dissatisfaction	48%
I was seduced	19%

Did your spouse find out?

I voluntarily confessed	44%
I was found out	16%
No	40%

If yes, what eventually happened?

Marriage improved	87%
Other marriage difficulties	17%
Separation	13%
Nothing	13%
Divorce	10%
Lost job	3%

*"People who have had affairs and worked through them have had to do some serious soul searching and dealing with issues they have long denied.

"But when they do, they can get real and honest with their partner for the first time in their married life." —*Shay Roop, Christian counselor and sex therapist*

Do you have someone—other than your spouse—with whom you can discuss sexual temptations?

Yes	50%
No	50%

Was he or she helpful?

Yes	96%
No	4%

Have you ever sought professional help for marital or sexual issues?

Yes	35%
No	65%

Really Personal Info**How satisfied are you in your marriage?**

Very satisfied	57%
Satisfied	28%
Neutral	9%
Dissatisfied	4%
Very dissatisfied	2%

* Eighty-five percent of you like your marriage!

How often do you and your spouse argue about sex?

More than once a month	5%
Once a month	7%
A few times a year	29%
Once a year	14%
Never	45%

Ever done anything sexually that made you feel guilty or ashamed?

Yes	20%
No	80%

If yes, how did you handle the guilt?

Prayed about it	67%
Sought biblical answers	31%
Sought counseling	16%
Stopped the practice	58%
Talked with my spouse	67%
Have done nothing about it	2%

Cindy Crosby, an MP regular contributor, is author of By Willoway Brook: Exploring the Landscape of Prayer (Paraclete Press). Copyright © 2004 by the author or Christianity Today International/Marriage Partnership magazine. Winter 2004, Vol. 21, No. 4, Page 48.

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Strategy Planning

Putting it all Together

Section K

VERY IMPORTANT: In marriage, the practical battleground is the calendar and the "to-do list!"

Calendar: "Dialog daily, date weekly, depart monthly"

Weekly escapes become your communication connectors

Monthly experiences become your companionship keepers

Yearly extravaganza become your shared memory makers

- You need a "Family Conference" every week.
- You need a night every week for a "date night"
- You need a night every week for a "family night"
- You also need "bulk" mate time and/or family time every month or so.

The "To-do List": "Plan your work and work your plan"

Make your plan **M**easurable, **A**ttainable, **P**ersonal, **S**pecific.

Develop your plans with "needs" and "love languages" in mind.

Godly Communication in marriage must be planned—THE FAMILY CONFERENCE

NOTE: Each family needs a specific time each week to hold a family conference. Children may also be included, depending on age, at the conclusion of the family conference to communicate important family activities, problem solving, and goals.

Family Conference Agenda

- A. Appreciation:** Give specific and sincere compliments to one another—this is very important to begin the Family Conference this way.
- B. Calendar Coordination:** What's happening and what do we want to happen during the next week? Specifically, when will family night and date night happen?
- C. Discuss Family Goals:** How are "we" doing financially, how about household chores, projects, vacation plans, etc.
- D. Parenting Plan:** Discuss discipline issues, family times, children's responsibilities and behavior. Discuss each child by name.
- E. Listening Times:** Share stresses, dreams, insights and concerns. Listen without judging. Don't argue. Focus on "love languages" and "need meeting".
- F. Pray time:** End the Family Conference with prayer for each other.

Our Marriage "Game Plan" Work Area

General Game Plan

1. Our Family Conference will be _____.
2. Our Date Night will be _____.
3. Our Family Night will be _____.
4. Our next romantic "get away" will be _____.
5. Our next family "get away" will be _____.
6. Our devotional time will be _____.

Individual Game Plan

As the husband, I will commit to being the primary "need meeter" in my wife's life by

As the wife, I will commit to being the primary "need meeter" in my husband's life by

- | | |
|----|----|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |
| 6. | 6. |

Family Game Plan

As the family, we will seek to be the best family we can be via the following goals:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Other Issues that Need Addressing

- | | |
|----|------|
| 1. | POA: |
| 2. | POA: |
| 3. | POA: |
| 4. | POA: |
| 5. | POA: |
| 6. | POA: |

Other Issues that Need Addressing

- 1.
- 2.
- 3.
- 4.



CHRISTIAN MARRIAGE AND THE HOME

A DETAILED LOOK AT THE BIBLICAL MATERIAL Section L

A DETAILED LOOK AT THE BIBLICAL MATERIAL REGARDING WIVES

STUDY VERSE SECTION - Ephesians 5:21-24, NIV - ²¹ **Submit** *Hupotassō* (Gk: ὑποτάσσω) *hupo* means “under”, *tasso* means “to arrange”. In the active voice (i.e., military meaning), it would mean to “come under command”. “Submit” here is used in the middle voice (i.e., architectural meaning) and means “to come together for a purpose”—order and unity is the focus. (NOTE: Many scholars believe the active voice would *require* submission while middle voice would *request* submission); **to one another**, both husbands and wives, **out of reverence** *Phobos* (GK: φόβος) gives us our English word *phobia* and means a “fear” or “dread” **for Christ**. I believe Paul used such strong language because of what the status of the home and women had become in those days; ²² **Wives** *Gynē* (Gk: γυνή) means “female”, the word used here (Gk: γυναῖκες) means “one who takes a name”, **submit** this word does appear in the Greek in verse 22, it is literally rendered, “Wives, to your husbands, as to the Lord” **to your husbands as** not meaning “submit exactly as you submit to Christ” but meaning “submit in the same spirit” as **to the Lord**. ²³ **For the husband is the head** lit., “source” [see top of other side] **of the wife as** a word that can be translated “but”—showing a contrast, **Christ is the head** i.e., source **of the church, his body, of which he alone is the Savior**. ²⁴ **Now as the church submits to Christ, so also wives should** in similar fashion, **submit to their husbands in everything**.

This scripture could be rendered this way:

“Because of our understanding of God, husbands and wives will mutually come together for a divine purpose. Because Christ gave Himself for the church—as only He could, the church responded in submission. Likewise, because the husband gives himself to the wife to protect her and provide for her, the wife needs to respond to her husband with supportive submission and respect—as only she can.” –Eph 5:21-24, TCV

A. An important word about “source” (to husbands)

In Ephesians 5, a critical word is translated “head” (“...the husband is *head* of the wife”). “Headness”, in this passage, is akin to being “the source” (biblical/historical understanding) and not about being “the boss” (Western/corporate understanding). Think of the *headwaters* of a river providing *the source* of the water that makes up that river. A wonderful biblical picture of “source” is found in Genesis 2:18-20:

Genesis 2:18-25, NIV - ¹⁸ The Lord God said, “It is not good for the man to be alone. I will make a helper עֵזֶר (ē-zēr), lit., “one who fills a void” suitable for him.” ... ²⁰ no suitable helper was found [for Adam]. ²¹ So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man’s ribs and closed up the place with flesh. ²² Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man. ²³ The man said, “This is now bone of my bones and flesh of my flesh; she shall be called ‘woman,’ for she was taken out of man.” ²⁴ For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. ²⁵ The man and his wife were both naked, and they felt no shame.

- Q: Why she’s here? A: You need her! v. 18
- Q: Where she came from? A: God gave her to you! v. 22
- Q: How you are to react? A: This is “bone of my bone!” v. 23-24

B. Practical Application: “A Word to Wives”

1. Before you take his name (i.e., the husband), you need to take His name (i.e., The Savior).
2. As long as you look to your husband to meet your deepest needs, you'll be frustrated perpetually—God meets the deepest of needs.
3. Great is the day, wife, when you realize that ever since the Garden of Eden, males have been missing something—*you!*
4. The relationship between the husband and wife is one governed by unselfish love, where both—*sacrificially*—meet the needs of each other. Husbands, a wife is not a slave, child, or roommate.
5. Eph. 5 does not suggest that women are inferior to men, or that all women must be in subjection to all men.
6. Submission (i.e., respect) is a response to trust.
7. The practical application for this passage is found in v. 33.

Ephesians 5:33, NIV - ³³ *However, [husbands] must **love** his wife as he loves himself, and the wife must **respect** her husband.*

8. Showing “respect” is a divine calling to a wife that honors God.
9. Let's Make it Simple: The Role of a Godly Wife—the *Heart* of the Home:
 - Mold and nurture the kids—*in the Lord!*
 - Manage the household
 - Meet the needs of the husband
 - Model Christ's spirit in the home



A DETAILED LOOK AT THE BIBLICAL MATERIAL REGARDING HUSBANDS

STUDY VERSE SECTION - Ephesians 5:21, 25-33, NIV - ²¹ **Submit** Hupotassō (Gk: ὑποτάσσω) *hupo* means “under”, *tasso* means “to arrange”. “Submit” here is used in the middle voice (i.e., architectural meaning) and means “to come together for a purpose”—order and unity is the focus; **to one another**, both husbands and wives, **out of reverence** Phobos (GK: φόβω) gives us our English word *phobia* and means a “fear” or “dread” **for Christ**. I believe Paul used such strong language because of what the status of the home and women had become in those days—a radical *change of direction* was taking place theologically/socially ... ²⁵ **Husbands** come together with your wives for a divine purpose this way, **love** (Gk: ἀγαπά) “a self-sacrificing love”—this type love is administered both sacrificially and unconditionally in a continuous way (present imperative); **your wives**, *How? just as Christ loved the church and gave himself up* to the point of death **for her** ²⁶ **to make her holy** lit., sanctify—“to make holy, to set apart”, **cleansing her by the washing with water through the word**, ²⁷ **and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless**. ²⁸ **In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself**. ²⁹ **After all, no one ever hated his own body, but he feeds and cares for it** lit., “warms it, fosters with tender care”, **just as Christ does the church**—³⁰ **for we are members of his body**. ³¹ **For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh**.³² **This is a profound mystery—but I am talking about Christ and the church** Pont: The home is the church in miniature. ³³ **However** here is a application of this passage, **each one of you husbands also must love his wife as he loves himself, and the wife must respect her husband**, the word “husband” means vine-dresser and it most closely associated with our concept of a *gardener*—one who cares for a plant.

A. An important word about a husbands “love”

It is a Sacrificing Love

Ephesians 5:25, NLT - ²⁵ *For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her ...*

It is a Sanctifying Love

Ephesians 5:26-27, NLT - ²⁶ *to make her holy and clean, washed by the cleansing of God’s word.* ²⁷ *He did this to present her to himself as a glorious church without a spot or wrinkle or any other blemish. Instead, she will be holy and without fault.*

It is a Satisfying Love

Ephesians 5:28-33, NLT - ²⁸ *In the same way, husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself.* ²⁹ *No one hates his own body but feeds and cares for it, just as Christ cares for the church.* ³⁰ *And we are members of his body.* ³¹ *As the Scriptures say, “A man leaves his father and mother and is joined to his wife, and the two are united into one.”* ³² *This is a great mystery, but it is an illustration of the way Christ and the church are one.* ³³ *So again I say, each man must love his wife as he loves himself ...*

B. Practical Application: "A Word to Husbands"

1. The relationship between the husband and wife is one governed by unselfish love, where both—*sacrificially*—meet the needs of each other.
2. The word "husband" means *gardener*. It is you that *waters* and *cares for* the wife—you are her *need meeter*. (Observation: A wife's needs are generally security, intimate communication, and sincere praise.) Whatever they are, YOU MUST KNOW AND MEET YOUR WIFE'S NEEDS! (Your calendars/"To-do list" are the battlegrounds.)
3. "Headship" means that you, as husband, are the protector, provider, and pastor (spiritual leader) in your home.
4. "Trust" is the result of predictability, credibility, and transparency. *Make sure you are all three!*
5. Effective husbands know their wife's *love language*: Is your wife's *love language* ☐ Physical touch; ☐ Words of affirmation; ☐ Quality time; ☐ Gifts; and/or ☐ Acts of Service.
6. The practical application for this passage is found in v. 33. "*husbands ... love your wife...*" as Christ loved the church.
7. You make sure that you "*Dialog daily, date weekly, depart monthly—together*" with your wife.
8. Let's Make it Simple: The Role of a Godly Husband—the *Head* of the Home:
 - Provider for the home
 - Protector of the home
 - Primary "need meeter" for the wife
 - Primary significance of the husband should come from the home—not the job.

"Remember, the husband needs respect and the wife needs love!"



A DETAILED LOOK AT THE BIBLICAL MATERIAL REGARDING CHILDREN

STUDY VERSE SECTION - Ephesians 6:1-4, NIV – *Children* lit., (One who found) “life in the womb”, *obey* lit., to hear and do, it speaks of recognizing the authority of *your parents* lit., “one who gives life” *in the Lord*—it is right to obey ... *in the Lord, for this is right.* ² “*Honor* lit., “place a high value on something” *your father and mother*”—*which is the first commandment with a promise*— ³ “*that* conditional phrase—Here’s the deal, kids: If you will do something for God—Honor and obey your parents, God says he will do something for you: (1) *it may go well with you and* (2) *that you may enjoy long life on the earth.*” ⁴ *Fathers* formal language used to address the home—both mother’s and fathers, *do not exasperate* lit., to drain life from (we get our word *distress* from this word) *your children; instead, bring them up* lit., “nourish to maturity” *in the training* also translated *discipline*, lit., “train by way of commands”, this word focuses on helping the child to *do what is right* *and instruction* lit., “correct with words”, this word focuses on *correcting what is wrong* in the child’s life based on the instructions *of the Lord*.

A Brief Word to Parents:

Ephesians 6:4, NIV - ⁴ *Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.*

- **Encourage** (don’t take “life” from them)
- **Discipline** (so they know what is *right*)
- **Instruct** (so they will know what is *wrong*)

A WORD TO ALL KIDS ABOUT YOUR HOME:

God wants to make a deal with

WRITE YOUR FIRST NAME IN THIS BLANK

Ephesians 6:1-3, MSG - ¹ *Children, do what your parents tell you. This is only right.* ² “*Honor your father and mother*” *is the first commandment that has a promise attached to it, namely,* ³ “*so you will live well and have a long life.*”

If you will...

1. Obey your parents
2. Honor your parents

God will let you...

- A. Live a good life.
- B. Live a long life.

Children, obey your parents because you belong to the Lord, for this is the right thing to do. ² “*Honor your father and mother.*” *This is the first commandment with a promise:* ³ *If you honor your father and mother, “things will go well for you, and you will have a long life on the earth.”*

- Ephesians 6:1-3, NLT

A LOOK AT ADDITIONAL BIBLICAL MATERIAL REGARDING THE CHRISTIAN FAMILY

THE FAMILY	
<i>Founded on ...</i>	<i>Based on ...</i>
Divine Creation	Genesis 1:27-28, NIV - ²⁷ So God created man in his own image, in the image of God he created him; male and female he created them. ²⁸ God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground."
Marriage	Matthew 19:6, NIV - ⁶ So they are no longer two, but one. Therefore what God has joined together, let man not separate."
Monogamy	Exodus 20:14, NIV - ¹⁴ "You shall not commit adultery.
Unity of Parents	Exodus 20:12, NIV - ¹² "Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.
Headship of Husband	1 Corinthians 11:3-7, NIV - ³ Now I want you to realize that the head of every man is Christ, and the head of the woman is man, and the head of Christ is God.
Subordination of Children	Ephesians 6:1-4, NIV - Children, obey your parents in the Lord, for this is right. ² "Honor your father and mother"—which is the first commandment with a promise— ³ "that it may go well with you and that you may enjoy long life on the earth." ⁴ Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.
Common Concern	Luke 16:27-28, NIV - ²⁷ "He answered, 'Then I beg you, father, send Lazarus to my father's house, ²⁸ for I have five brothers. Let him warn them, so that they will not also come to this place of torment.'
THE HUSBAND	
<i>Plan Concerning...</i>	<i>Based on...</i>
One flesh	Matthew 19:5-6, NIV - ⁵ and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? ⁶ So they are no longer two, but one. Therefore what God has joined together, let man not separate."
Until Death	Romans 7:2-3, NIV - ² For example, by law a married woman is bound to her husband as long as he is alive, but if her husband dies, she is released from the law of marriage. ³ So then, if she marries another man while her husband is still alive, she is called an adulteress. But if her husband dies, she is released from that law and is not an adulteress, even though she marries another man.
Rights of	1 Corinthians 7:1-5, NIV - Now for the matters you wrote about: It is good for a man not to marry. ² But since there is so much immorality, each man should have his own wife, and each woman her own husband. ³ The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. ⁴ The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. ⁵ Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.
Sanctified by wife	1 Corinthians 7:14-16, NIV - ¹⁴ For the unbelieving husband has been sanctified through his wife, and the unbelieving wife has been sanctified through her believing husband. Otherwise your children would be unclean, but as it is, they are holy. ¹⁵ But if the unbeliever leaves, let him do so. A believing man or woman is not bound in such circumstances; God has called us to live in peace. ¹⁶ How do you know, wife, whether you will save your husband? Or, how do you know, husband, whether you will save your wife?
<i>Duties of...(toward the wife)</i>	<i>Based on...</i>
Love	Ephesians 5:25-33, NIV - ²⁵ Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶ to make her holy, cleansing her by the washing with water through the word, ²⁷ and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. ²⁸ In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ²⁹ After all, no one ever hated his

	own body, but he feeds and cares for it, just as Christ does the church— ³⁰ for we are members of his body. ³¹ “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” ³² This is a profound mystery—but I am talking about Christ and the church. ³³ However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.
Live with for life	Matthew 19:3-9, NIV - ³ Some Pharisees came to him to test him. They asked, “Is it lawful for a man to divorce his wife for any and every reason?” ⁴ “Haven’t you read,” he replied, “that at the beginning the Creator ‘made them male and female,’ ⁵ and said, ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh’? ⁶ So they are no longer two, but one. Therefore what God has joined together, let man not separate.” ⁷ “Why then,” they asked, “did Moses command that a man give his wife a certificate of divorce and send her away?” ⁸ Jesus replied, “Moses permitted you to divorce your wives because your hearts were hard. But it was not this way from the beginning. ⁹ I tell you that anyone who divorces his wife, except for marital unfaithfulness, and marries another woman commits adultery.”
Be faithful	Malachi 2:14-15, NIV - ¹⁴ You ask, “Why?” It is because the Lord is acting as the witness between you and the wife of your youth, because you have broken faith with her, though she is your partner, the wife of your marriage covenant. ¹⁵ Has not the Lord made them one? In flesh and spirit they are his. And why one? Because he was seeking godly offspring. So guard yourself in your spirit, and do not break faith with the wife of your youth.
Be satisfied with	Proverbs 5:18-19, NIV - ¹⁸ May your fountain be blessed, and may you rejoice in the wife of your youth. ¹⁹ A loving doe, a graceful deer— may her breasts satisfy you always, may you ever be captivated by her love.
Honor	1 Peter 3:5, NIV - ⁵ For this is the way the holy women of the past who put their hope in God used to make themselves beautiful. They were submissive to their own husbands,
Provide for	1 Timothy 5:8, NIV - ⁸ If anyone does not provide for his relatives, and especially for his immediate family, he has denied the faith and is worse than an unbeliever.
Not Divorce	1 Corinthians 7:11, NIV - ¹¹ But if she does, she must remain unmarried or else be reconciled to her husband. And a husband must not divorce his wife.
<h2>THE WIFE</h2>	
Described as...	Based on...
“A helper”	Genesis 2:18-20, NIV - ¹⁸ The Lord God said, “It is not good for the man to be alone. I will make a helper suitable for him.” ¹⁹ Now the Lord God had formed out of the ground all the beasts of the field and all the birds of the air. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. ²⁰ So the man gave names to all the livestock, the birds of the air and all the beasts of the field. But for Adam no suitable helper was found...
“The husband’s crown”	Proverbs 12:4, NIV - ⁴ A wife of noble character is her husband’s crown, but a disgraceful wife is like decay in his bones.
“A good thing”	Proverbs 18:22, NIV - ²² He who finds a wife finds what is good and receives favor from the Lord.
“The wife of your youth”	Malachi 2:14-15, NIV - ¹⁴ You ask, “Why?” It is because the Lord is acting as the witness between you and the wife of your youth, because you have broken faith with her, though she is your partner, the wife of your marriage covenant. ¹⁵ Has not the Lord made them one? In flesh and spirit they are his. And why one? Because he was seeking godly offspring. So guard yourself in your spirit, and do not break faith with the wife of your youth.
“Your companion”	Malachi 2:14, NIV - ¹⁴ You ask, “Why?” It is because the Lord is acting as the witness between you and the wife of your youth, because you have broken faith with her, though she is your partner, the wife of your marriage covenant.
Duties of...(toward the husband)	Based on...
Submit to Husband	1 Peter 3:5-6, NIV - ⁵ For this is the way the holy women of the past who put their hope in God used to make themselves beautiful. They were submissive to their own husbands, ⁶ like Sarah, who obeyed Abraham and called him her master. You are her daughters if you do what is right and do not give way to fear.
Reverence for her husband	Ephesians 5:33, NIV - ³³ However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

Love her husband	Titus 2:4, NIV - ⁴ Then they can train the younger women to love their husbands and children,
Be trustworthy	Proverbs 31:11-12, NIV - ¹¹ Her husband has full confidence in her and lacks nothing of value. ¹² She brings him good, not harm, all the days of her life.
Over her children	Titus 2:4, NIV - ⁴ Then they can train the younger women to love their husbands and children...
Be faithful/chaste	Titus 2:5, NIV - ⁵ to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.
Be a homemaker	Titus 2:5, NIV - ⁵ to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.
Be exclusive	Proverbs 5:15-17, 20, NIV - ¹⁵ Drink water from your own cistern, running water from your own well. ¹⁶ Should your springs overflow in the streets, your streams of water in the public squares? ¹⁷ Let them be yours alone, never to be shared with strangers... ²⁰ Why be captivated, my son, by an adulteress? Why embrace the bosom of another man's wife?
Be satisfying	Proverbs 5:18-19, NIV - ¹⁸ May your fountain be blessed, and may you rejoice in the wife of your youth. ¹⁹ A loving doe, a graceful deer— may her breasts satisfy you always, may you ever be captivated by her love.

THE CHILDREN

Should...	Based on...
Obey God	Deuteronomy 30:2, NIV - ² and when you and your children return to the Lord your God and obey him with all your heart and with all your soul according to everything I command you today,
Fear God	Proverbs 24:21, NIV - ²¹ Fear the Lord and the king, my son, and do not join with the rebellious...
Remember God	Ecclesiastes 12:1, NIV - ¹ Remember your Creator in the days of your youth, before the days of trouble come and the years approach when you will say, "I find no pleasure in them"...
Honor parents	Exodus 20:12, NIV - ¹² "Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.
Obey parents	Ephesians 6:1, NIV - Children, obey your parents in the Lord, for this is right.
Attend to parents teachings	Proverbs 1:8-9, NIV - ⁸ Listen, my son, to your father's instruction and do not forsake your mother's teaching. ⁹ They will be a garland to grace your head and a chain to adorn your neck.
Take care of parents	1 Timothy 5:4, NIV - ⁴ But if a widow has children or grandchildren, these should learn first of all to put their religion into practice by caring for their own family and so repaying their parents and grandparents, for this is pleasing to God.
Honor the aged	1 Peter 5:5, NIV - ⁵ Young men, in the same way be submissive to those who are older. All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but gives grace to the humble."

DIVORCE

Is hated by God	Malachi 2:16, NIV - ¹⁶ "I hate divorce," says the Lord God of Israel.
Reconciliation encouraged	1 Corinthians 7:10-17, NIV - ¹⁰ To the married I give this command (not I, but the Lord): A wife must not separate from her husband. ¹¹ But if she does, she must remain unmarried or else be reconciled to her husband. And a husband must not divorce his wife. ¹² To the rest I say this (I, not the Lord): If any brother has a wife who is not a believer and she is willing to live with him, he must not divorce her. ¹³ And if a woman has a husband who is not a believer and he is willing to live with her, she must not divorce him. ¹⁴ For the unbelieving husband has been sanctified through his wife, and the unbelieving wife has been sanctified through her believing husband. Otherwise your children would be unclean, but as it is, they are holy. ¹⁵ But if the unbeliever leaves, let him do so. A believing man or woman is not bound in such circumstances; God has called us to live in peace. ¹⁶ How do you know, wife, whether you will save your husband? Or, how do you know, husband, whether you will save your wife? ¹⁷ Nevertheless, each one should retain the place in life that the Lord assigned to him and to which God has called him. This is the rule I lay down in all the churches.

<p>May be allowed for <u>adultery</u>*</p>	<p>Matthew 19:3-9, NIV - ³ Some Pharisees came to him to test him. They asked, "Is it lawful for a man to divorce his wife for any and every reason?" ⁴ "Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,' ⁵ and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? ⁶ So they are no longer two, but one. Therefore what God has joined together, let man not separate." ⁷ "Why then," they asked, "did Moses command that a man give his wife a certificate of divorce and send her away?" ⁸ Jesus replied, "Moses permitted you to divorce your wives because your hearts were hard. But it was not this way from the beginning. ⁹ I tell you that anyone who divorces his wife, except for marital unfaithfulness, and marries another woman commits adultery."</p>
<p>May be allowed for <u>abandonment</u>*</p>	<p>1 Corinthians 7:15, NIV - ¹⁵ But if the unbeliever leaves, let him do so. A believing man or woman is not bound in such circumstances; God has called us to live in peace.</p> <p>*NOTE: Please understand that Jesus is not commanding you to divorce if your spouse meets one of these two instances. As a Christian, you must forgive him/her and you may decide not to divorce. In other words, divorce is not an "automatic." Adultery may be grounds for divorce, but sin is always grounds for forgiveness.</p>
<p>Any exceptions? **</p>	<p>Matthew 18:15-18, NIV - ¹⁵ "If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. ¹⁶ But if he will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.' ¹⁷ If he refuses to listen to them, tell it to the church; and if he refuses to listen even to the church, treat him as you would a pagan or a tax collector. ¹⁸ "I tell you the truth, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.</p> <p>*NOTE: This "exception" is going out on a limb. In extremely, extremely rare cases, it may be that 'hardness of heart' <u>might</u> be a third instance for divorce. It would be important that the biblical prescriptions of confrontation are observed and absolutely observed and that <u>all</u> efforts are made to reconcile the marriage. It is <u>strongly</u> suggested that your pastor and church leadership be consulted prior to selecting this "exception" for divorce.</p>



Reaffirming Total Commitment to One Another

Section O

Philippians 2:3-4 [A passage written to the married] - ³ *Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself*; ⁴ *do not merely look out for your own personal interests, but also for the interests of [the] other*.

1. Guard against “selfish independence” (The goal of marriage is “unselfish interdependence”)
2. Commit to being the primary *need-meeter* in your mate’s life—*no matter what!*
3. “*Lay down your life for your mate!*” - Dr. Roy Fish
4. Seek to be characterized by predictability, credibility, and transparency—they impart *trust*.
5. Develop *rituals* that say, “I love you and will be yours forever!”



Writing a Family Covenant

Section P

Definitions

Covenant: A covenant is an agreement on the part of two or more individuals regarding growth goals for their relationship. These growth items should obey the "MAPS Rule" even though the covenant will be general in nature. The covenant that you will write is a formal (written out) covenant. Forms will be provided for the writing of this covenant. The purpose of a covenant is to set goals from growth. (See examples.)

Contract: A contract is different from a covenant. The purpose of a contract is to solve or prevent problems. Contracts are very specific in nature (e.g. see "Automobile Contract," Video Lecture Notes, p. 38.) The writing of a contract about a certain area of your home might be included on a Family Covenant. Items on a contract should also obey the "MAPS Rule."

Creed: A creed is a different device altogether from a covenant or contract. Though creeds should follow the "MAPS Rule," all other similarity stops there. Covenants and contracts are agreements between two or more people. Creeds put limits, restrictions, and/or guidelines (laws) on other people. Creeds are not necessarily bad. (e.g. curfews, guidelines for talking to parents, taking a bath, or leaving home.) Developing certain "Creedal Statements" might be a goal item on a Family Covenant.

Summary of Different Agreements

Type of Agreement	"MAPS Rule"	Actors	Purpose of Agreement	Relationship
Covenant	<input checked="" type="checkbox"/>	Everyone	Growth Goals	Voluntary
Contract	<input checked="" type="checkbox"/>	Part/Everyone	Specific Behavior	Negotiated
Creed	<input checked="" type="checkbox"/>	Part	Specific Behavior	Forced

"MAPS Rule":

Each item on the Family Covenant (contract, and/or creed) must obey the MAPS Rule. The Maps Rule is a four step requirement based on an acrostic of the word "maps." Each item on your covenant must meet all of the following requirements or you will never reach your goals.

Measurable Every item must be able to be measured. Keep your item worded in such a way that anyone could "test" and see if the item was kept.

Attainable Set goals that are realistic within the time frame that you have.

Personal Set goals for your family only. Only people that sign the covenant should be involved in the growth goals.

Specific Don't use general wording. Use specific descriptions, processes, and/or goals. You can do something specific, you won't do something general.

Examples of Bad "Covenant Growth Items:"

- * Our family will love each other more.
- * Our family will spend more time together.
- * Our family will read the Bible together.
- * Our family will stop fighting.
- * Our family will take a "Family Vacation."
- * Mom and Dad will spend more time with the children.
- * Son will start obeying all the rules.
- * Sister will start doing all the dishes.
- * All Family members will start helping with the yard work.

Examples of Good "Covenant Growth Items:"

- * As a family, we will make every Thursday Night a "Family Night."
- * Complete the "Need Meeting Work Sheet" as a couple.
- * Complete the "Interview Packet" as a couple.
- * Develop a "family budget."
- * Subscribe to the "romantic email suggestions."
- * Attend the "TMC Small Group Bible Studies."
- * Plan a "romantic Weekend Get-a-way"
- * Mom and Dad will read two books about "marriage" before Christmas.
- * Mom and Dad will read one book about "raising teenagers" by the end of the month.
- * Mom and Dad will attend four of the eight "Gary Smalley Specialty Seminars."
- * Mom and Dad will get up 15 minutes earlier and read one chapter together out of the Bible, three times a week.
- * Our Family will designate every Sunday Night, 9:00 p.m. as "Family Forum" to discuss how our covenant is going. The meeting shall last 30 minutes.
- * Mom and Dad will attend one weekend marriage conference before Christmas 200__.
- * Our Family will attend the "Family Day - Meyers-Briggs Indicator Type" Retreat on Saturday, Nov. __, 200__.
- * Our family will develop a Written (or informal) Contract on the following items: automobile, dating, house rules, telephone use, dishes, school work, education, helping cook supper, taking out the trash, washing the cars, partying, weekends, extra activities.
- * Mom and Dad will walk each night, (M-W-F) for 30 minutes, beginning at 9:30 p.m.
- * Our family will develop a contract for Church Attendance.
- * Our family will check out the video on "Hidden Keys to Successful Parenting" by Gary Smalley and watch them together.
- * Our family will develop a contract for a Family Vacation where every member participates in their "ten."
- * Our family will subscribe to: (e.g. James Dobson Newsletter, Media Update, and YouthWorker.)
- * Our family shall develop a covenant about Family Times.
- * Our family shall enlist "???" to help keep us accountable to this covenant.
- * Our family shall buy a "???" for the family to use during family times.
- * Our family shall develop a contract regarding an "official family hobby."
- * Our family shall attend one "stress management course" on "???"
- * Our family will assimilate a "family picture album."
- * Our family will memorize one verse a week for one month. The verses are....
- * Our family will covenant together to visit "Grandmother and Grandfather" every other week on Thursdays at 5:00 (before supper).
- * Our family will adopt a "good deed" each week. A final decision made by Sunday/5:00 PM
- * Daughter and son will participate in _____ activity at church each week.

❧ *Family Covenant* ❧

*We, believing that the first, the greatest and the most sacred institution known to man is that of the home; and, believing that in the sovereignty and wisdom of God, it was the home, not the state or the school or even the church, that was first created and divinely intended to become the cornerstone of all of life,
do hereby enter into covenant with one another regarding the following items:*

1.

2.

3.

4.

5.

6.

*Signed this day, _____ by all members of this home, thus,
Answering the Call of God for our Family:*

This Family Covenant shall be in effect until/completed _____.



In order that this Covenant be fulfilled, we hereby ask

*to hold us accountable to complete
these important goals for our home.*



Conclusion: Getting God's Hand of Favor in Your Marriage

Section Q

1. Give Jesus Christ **first place** in your marriage.

Matthew 6:33, NLT - ³³ *Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.*

2. Attend Church weekly as a couple.

Hebrews 10:25, NASB95 - ²⁵ *... not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near.*

3. Concentrate on your role in marriage.

Ephesians 5:21-33, NASB95 - ²¹ *and be subject to one another in the fear of Christ.* ²² *Wives, be subject to your own husbands, as to the Lord. ...* ²⁵ *Husbands, love your wives, just as Christ also loved the church and gave Himself up for her...* ³¹ *For this reason a man shall leave his father and mother and shall be joined to his wife, and the two shall become one flesh.* ³² *This mystery is great; but I am speaking with reference to Christ and the church.* ³³ *Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband.*

4. Make sure your words to each other are kind and godly.

Proverbs 13:3, NASB95 - ³ *The one who guards his mouth preserves his life; The one who opens wide his lips comes to ruin.*

Proverbs 25:11, NASB95 - ¹¹ *Like apples of gold in settings of silver is a [kind] word spoken in right circumstances.*

5. Pray daily for each other.

Ephesians 6:18, NASB95 - ¹⁸ *With all prayer and petition pray at all times in the Spirit, ...*

6. Focus on meeting each others needs.

Philippians 2:3-4, NCV - ³ *When you do things, do not let selfishness or pride be your guide. Instead, be humble and give more honor to others than to yourselves.* ⁴ *Do not be interested only in your own life, but be interested in the lives of others.*

7. Never try to get back at your spouse.

1 Thessalonians 5:15, NCV - ¹⁵ *Be sure that no one pays back wrong for wrong, but always try to do what is good for each other ...*

8. Decide to make the Lord "first" in your finances.

2 Corinthians 9:10-11, NLT - ¹⁰ *For God is the one who provides seed for the farmer and then bread to eat. In the same way, he will provide and increase your resources and then produce a great harvest of generosity in you.* ¹¹ *Yes, you will be enriched in every way so that you can always be generous. And when we take your gifts to those who need them, they will thank God.*

9. **NEVER** consider divorce an option.

1 Corinthians 7:10-11, NLT - ¹⁰ *But for those who are married, I have a command that comes not from me, but from the Lord. A wife must not leave her husband.* ¹¹ *... And the husband must not leave his wife.*

10. Review this material **weekly** for the next 90 days!

APPENDIX

SCRIPTURE REFERENCE GUIDE ON:
DIVORCE AND REMARRIAGE
AND BEING MARRIED TO A NON-BELIEVER

COACHING AS A THIRD PARTY TO HURTING COUPLES

HEALING EMOTIONAL HURTS

25 WAYS TO SPIRITUALLY LEAD YOUR WIFE

BIBLICAL FOUNDATION FOR THE HOME

FIFTEEN TRAITS OF A HEALTHY FAMILY

ROMANCE

CHILDREN

A FINAL DEVOTIONAL THOUGHT

CONFLICT RESOLUTION WORKSHEET

An Important Word

If you or someone close to you is contemplating divorce, I encourage you to study this PASTOR'S GUIDE SHEET for yourself. Study it very carefully. I submit that for the believer in Christ, the most important question before anyone in a marital crisis is this: *God, what do you want me to do in this situation?* Before the Lord, develop your own personal conviction on divorce, derived from an intellectually honest study of God's Holy Word. The effects of divorce are far-reaching, the pain of divorce is deep, and the prevention of divorce is worthy of our most valiant efforts. Sometimes divorce is inevitable and, at times, even permitted biblically. It is my sincere prayer that whatever painful circumstances you find yourself in, that you will lean on God more than you ever have for wisdom, healing, and direction. May this PASTOR'S GUIDE SHEET be the first step in your healing process. Keep your faith in God strong and may God be with you. - JKT

Some Initial Summary Statements about Divorce

1. God hates divorce.

Malachi 2:16, NIV - ¹⁶ *"I hate divorce," says the Lord God of Israel..."*

Malachi 2:16, MSG - ¹⁶ *"I hate divorce," says the God of Israel. God-of-the-Angel-Armies says, "I hate the violent dismembering of the 'one flesh' of marriage." So watch yourselves. Don't let your guard down. Don't cheat.*

2. There are two, clear biblical grounds for divorce.

A. Adultery

Matthew 5:32, NIV - ³² *But I tell you that anyone who divorces his wife, except for marital unfaithfulness (here in present tense in the Greek, it points to an on-going sin), causes her to become an adulteress, and anyone who marries the divorced woman commits adultery.*

B. Abandonment

1 Corinthians 7:15, NIV - ¹⁵ *But if the unbeliever leaves, let him do so. A believing man or woman is not bound in such circumstances; God has called us to live in peace.*

3. There is only one "reason" for divorce.

The reasons for divorce are endless, but in reality, there is only one—a refusal (for some reason) on the part of either the husband, or the wife, or both to carry out their "vows" of marriage.

Malachi 2:15, NLT - ¹⁵ *Didn't the Lord make you one with your wife? In body and spirit you are his. And what does God want? Godly children from your union. So guard your heart; remain loyal to the wife of your youth.*

4. "On-going" adultery *may* be grounds for divorce, but confessed sin is always grounds for forgiveness.

Ephesians 4:32, NIV - ³² *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

5. "How" you make a decision is as big as "what" you decide.

("Use your head and not your heart!" - JKT)

Proverbs 21:5, NIV - ⁵ *... haste leads to poverty.*

6. The big question for the believer: "God, what do you want?"

What does the Scripture Teach about Divorce?

Detailed Study Verse Section - Matthew 5:31-32, NIV - ³¹ *It has been said*, important note: Jesus is speaking primarily to His disciples, that is why it seems like He is talking “just to men”; in reality, this whole sermon applies to men and women; **‘Anyone who divorces his wife must give her a certificate of divorce.’** In Deuteronomy 24:1-4ff, Moses reluctantly permitted divorce. Moses actually improved on the situation in his day by insisting that men at least give their ex-wives, who were viewed more as property, written proof that the marriage had dissolved. ³² **But I tell you that anyone who divorces** our English word “divorced” comes from the Latin meaning “to amputate”; the Greek word here means “to break or tear off” **his wife, except for ongoing marital unfaithfulness, causes her to become an adulteress** (an aorist infinitive, passive voice Gk idiom) the subject is acted upon; in other words, one mate has “forced” the other to *defile the bed* against their wishes, **and anyone who marries the divorced** present tense, indicates an ongoing (non biblical grounds) sin “cutting off” **woman commits adultery** (indictive voice—its done to oneself) or sins as well. Summary statement: Based on the original text, I strongly believe this verse means that, although God’s plan is that two people remain married until death separates them, those who divorce and remarry, in effect, do commit adultery. However, they don’t live in adultery. Therefore, God forbid that we should say, “All manner of sin is forgiven all men except for one: divorce.” That’s not what Jesus said. He said, “All manner of sin is forgiven all men except the blasphemy of the Holy Spirit—the rejection of Jesus Christ” (see Matthew 12:31). “Divorce” and “adultery” both are missing God’s original and perfect plan for anyone. It is one thing to sin (miss the mark) once and another to live, day after day, missing God’s plan for you.

Matthew 5:31-32, MSG - ³¹ *“Remember the Scripture that says, ‘Whoever divorces his wife, let him do it legally, giving her divorce papers and her legal rights’”* ³² *Too many of you are using that as a cover for selfishness and whim, pretending to be righteous just because you are ‘legal.’ Please, no more pretending. If you divorce your wife, you’re responsible for making her an adulteress (unless she has already made herself that by sexual promiscuity). And if you marry such a divorced adulteress, you’re automatically an adulterer yourself. You can’t use legal cover to mask a moral failure.*

1. Does the Bible give any grounds for divorce?

Yes? In two instances, Scripture teaches that divorce may be permissible.

(1) **Adultery—Sexual unfaithfulness of one’s spouse**

Matthew 5:32 (NIV) - *But I tell you that anyone who divorces his wife, except for marital unfaithfulness, causes her to become an adulteress, and anyone who marries the divorced woman commits adultery.*

Matthew 19:9 (NIV) - *I tell you that anyone who divorces his wife, except for marital unfaithfulness, and marries another woman commits adultery.*

(2) **Abandonment by an unbelieving spouse**

1 Corinthians 7:15 (NIV) - *But if the unbeliever leaves, let him do so. A believing man or woman is not bound in such circumstances; God has called us to live in peace.*

NOTE: Please understand that Jesus is not commanding you to divorce if your spouse meets one of these two instances. As a Christian, you must forgive him/her and you may decide not to divorce. In other words, divorce is not an “automatic.” **Adultery may be grounds for divorce, but sin is always grounds for forgiveness.**

2. Besides my spouse committing adultery or my unbelieving spouse deserting me, under what other circumstances may I file for a divorce?

These are the only two reasons clearly stated in scripture.

3. What about physical abuse? Is that grounds for divorce?

Some biblical scholars would say no and others would say yes—depending on the circumstances. All would agree that you should remove yourself from the situation and seek protection until your spouse has repented. I would place *severe* abuse (either emotional or physical) under the category of abandonment. If it is ongoing and will not stop, get out! Get to a safe place. Once your mind has cleared, you will be in a better situation to determine God's will in this matter. To be clear, if the abuse will not stop, I believe you have biblical grounds to dissolve the marriage.

4. May a divorced person remarry?

Yes, if you were divorced because your spouse would not repent of his/her ongoing sexual infidelity or of abandoning you.

5. What if I am divorced before I was a Christian, married someone else, and then became a Christian? Should I divorce my second spouse and go back to my first spouse, if he or she hasn't remarried?

No, Scripture teaches you should make the best of the marriage you're in now. (c.f., Deut. 24:1-4)

6. If I don't love my spouse anymore, isn't it wrong to remain married, even though I have no biblical grounds for divorce?

It's wrong to go against the Word of God. It is also wrong to not work on a bad marriage. "Feelings" of love will follow obedience in this area.

Q & A about Divorce

1. What are the consequences of divorce?

A few personal thoughts:

- A. It creates severe economic difficulties.
- B. It creates an "unprotected" mate (especially the woman).
- C. It plagues one's conscience.
- D. It sets a precedent for your children to someday divorce their spouses.
- E. It increases the probability of ongoing relationship failures.
- F. It increases the chance of entering into a non-biblical marriage.
- G. It creates a loneliness that can lead to sin.
- H. Children of divorced parents deal with *divided loyalty issues*.
- I. Emotional health is affected negatively by all involved.
- J. Physical health is affected negatively by all involved.
- K. Psychological health is affected negatively by all involved.
- L. Complex feelings will arise (fear, anger, disappointment, uncertainty, guilt, loneliness, etc.)
- M. You may take yourself out from under the hand of God's blessings.
- N. Personal schedules will be greatly impacted.
- O. The legal system will be involved and will make the most important decisions for you.

- P. Banking, insurances, medical directives, wills, estates, trusts, and more will be affected.
- Q. Titles, family heirlooms, possessions, real estates, and joint property will need to be divided.
- R. Children's schedules and living arrangements will need to be adjusted (most likely by the court).
- S. Family, friends, work, and children's schools will need to be notified.
- T. Lawyers will need to be secured—this involves expense and energy.
- U. "Dual roles" will be taken on by both mates (you will take over roles previously done by your mate)
- V. Friends and family members will "choose sides" and that structure will change in your lives.
- W. A significant move and/or change in lifestyle is most probable.
- X. Counselors will need to be secured to help all involved, "process" the divorce.
- Y. A detailed process for recovery must be developed.
- Z. There will be many, many, many unanswered questions.

2. What causes divorce?

Top 10 reasons* in the U.S. according to a GGBTS Ph.D. Dissertation/Study

1. Financial
2. "In-laws"
3. Moral failures (Adultery)
4. Alcohol
5. Anger/Emotional Abuse
6. Anger/Physical abuse
7. Abandonment
8. Different sexual expectations
9. Boredom
10. Other issues

* "Lack of communication" was included in each item

"The reasons are endless, but in reality there is only one—a refusal (for some reason) on the part of the husband, the wife, or both, to carry out their "vows" in marriage."

3. What are the most important insights for those considering divorce?

A. Use you *head* and not your *heart*! There are many, many intense feelings involved in the troubled marriage considering divorce. It is difficult, but absolutely necessary, to acknowledge and "vent" feelings in a way that is safe. It is equally necessary to base decisions based on the Word of God and facts and not the intense feelings of the moments. Feelings may linger for some time but they will lessen over time.

B. Recommit yourself to Christ. Divorce is perhaps the biggest storm most people will face in a lifetime. I say to people, "It will take a miracle for this marriage to work out!" I say that knowing that my God is in the miracle business. The only thing God knows to do is the miraculous—He alone is in the miracle business. The marriage that survives will be the marriage that plugs into the power of God. VERY IMPORTANT: Don't lose your faith! Spend time with God everyday. Listen to good, Christian music and read material that will encourage you. Ask good Christian friends to cheer you on to "stay on course". Keep the faith and give this battle your most noble, courageous, God-honoring effort.

C. Get into a good counseling program! When a marriage becomes so difficult that divorce is considered, it is time to secure a good marriage counselor. It will cost you some money and it will cost you time and effort but it will be well worth it. Seldom does a distressed marriage succeed without third party intervention. Find a qualified, Christian marriage counselor by talking to your pastor or looking in the Yellow Pages. You may be able to find out more on the internet. Just find one and give them the responsibility of helping repair the relationship. VERY IMPORTANT: Your counselor can only help people that want to be helped. Take an open spirit into the counseling process. Give the counselor time to “get up to speed” on your situation. Your problems didn’t come up over night and they won’t go away over night. If a counselor just doesn’t work out, get another one. When it comes to your counseling process, don’t try to be right, and try to do what’s right! Fix your marriage!

D. Do not “problem-solve” outside of the counseling process or a third, neutral party. So many problems (finances, conflict resolution, schedules, communication styles, idle time, computer time, drinking, drug use, purchasing habits, sex, even simple interactions, etc.) can blow up because a couple that was very sensitive to one another tried to problem solve an issue that soon got out-of-control and blown way out of proportion. VERY IMPORTANT: Your counselor will help you set good, healthy boundaries in the areas of finances, fighting, managing realistic expectations, schedules, etc. Use a “time out” policy when things even begin to get heated. Work on “the issues” with the counselor present! Also, choose your battle very carefully! Some things matter; some do not! Be careful what you say. Everyone’s nerves are very sensitive right now. “If in doubt, don’t say it!”

E. Keep the influences in your life in check! The Bible says, “Bad company corrupts good morals!” (1 Corinthians 15:33). Many things influence our lives—TV, internet, music, media, what we read, friends, co-workers, pastors, teachers, mentors, our children, our neighbors, the events of our past, the fears of our future, the music we listen to, the magazine we pick up waiting for an appointment, etc. Some “things” will encourage you to do what is right and others will not. Surround yourself with those people and those activities that encourage you to do what is right.

F. The path of forgiveness is the path of recovery. The grace of God must abound and the strength to forgive must come from God. The goal of any troubled marriage is to *catch the wave* of momentum at some point. My experience is that this “wave” is many times a spiritual event. Again, stay close to God and discern His “call” for you. Sometimes, only the call of God will keep you where you need to be.

G. Give the healing process your most intense effort! If a marriage fails, I believe those that heal and process the quickest are those who gave the most effort in the healing process. They worked hard trying to solve their marriage and therefore can walk away knowing they did everything they could to save it. I say, “Give me two people who are willing to do anything they can to make their marriage work and they generally make it.” They don’t just survive, but they thrive in time. They become a bright light to God’s grace and mercy. They have a triumphant marriage—it really can happen.

Q & A about the Biblical Material

1. If your divorce isn’t final yet:

1 Corinthians 7:10-11 (NIV) - ¹⁰ *To the married I give this command (not I, but the Lord): A wife must not separate from her husband. ¹¹ But if she does, she must remain unmarried or else be reconciled to her husband. And a husband must not divorce his wife.*

Proverbs 21:5 (NIV) - *The plans of the diligent lead to profit as surely as haste leads to poverty.*

Note: It is contrary to God’s will to initiate divorce unless you have biblical grounds.

2. If you are divorced and not yet remarried, and your divorce wasn't biblically allowed:

As I understand Scripture, you are not biblically allowed to remarry [at this time.] (That would be adultery. c.f., Mark 10:11)

3. Selected Scriptures on the subject of divorce:

Malachi 2:16 (NIV) - "I hate divorce," says the LORD God of Israel, "and I hate a man's covering himself with violence as well as with his garment," says the LORD Almighty. So guard yourself in your spirit, and do not break faith.

Matthew 5:31, 32 (NIV) - ³¹ "It has been said, 'Anyone who divorces his wife must give her a certificate of divorce.'³² But I tell you that anyone who divorces his wife, except for marital unfaithfulness, causes her to become an adulteress, and anyone who marries the divorced woman commits adultery.

Matthew 18:15-18 (NIV) - ¹⁵ "If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. ¹⁶ But if he will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.'¹⁷ If he refuses to listen to them, tell it to the church; and if he refuses to listen even to the church, treat him as you would a pagan or a tax collector. ¹⁸ "I tell you the truth, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

NOTE: I am going out on a limb at this time. In extremely, extremely rare cases, I feel that 'hardness of heart' might be a third instance for divorce. It would be important that the biblical prescriptions of confrontation are observed and absolutely all efforts are made to reconcile the marriage. - JKT

Matthew 19:4-6 (NIV) - ⁴ "Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,'⁵ and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'?⁶ So they are no longer two, but one. Therefore what God has joined together, let man not separate."

Romans 7:1-3 (NIV) - ¹ Do you not know, brothers—for I am speaking to men who know the law—that the law has authority over a man only as long as he lives? ² For example, by law a married woman is bound to her husband as long as he is alive, but if her husband dies, she is released from the law of marriage. ³ So then, if she marries another man while her husband is still alive, she is called an adulteress. But if her husband dies, she is released from that law and is not an adulteress, even though she marries another man.

Romans 12:18 (NIV) - If it is possible, as far as it depends on you, live at peace with everyone.

1 Corinthians 7:1-40 (NIV) - ¹ Now for the matters you wrote about: It is good for a man not to marry. ² But since there is so much immorality, each man should have his own wife, and each woman her own husband. ³ The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. ⁴ The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. ⁵ Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control. ⁶ I say this as a concession, not as a command. ⁷ I wish that all men were as I am. But each man has his own gift from God; one has this gift, another has that. ⁸ Now to the unmarried and the widows I say: It is good for them to stay unmarried, as I am. ⁹ But if they cannot control themselves, they should marry, for it is better to marry than to burn with passion. ¹⁰ To the married I give this command (not I, but the Lord): A wife must not separate from her husband. ¹¹ But if she does, she must remain unmarried or else be reconciled to her husband. And a husband must not divorce his wife. ¹² To the rest I say this (I, not the Lord): If any brother has a wife who is not a believer and she is willing to live with him, he must not divorce her. ¹³ And if a woman has a husband who is not a believer and he is willing to live with her, she must not divorce him. ¹⁴ For the unbelieving husband has been sanctified through his wife, and the unbelieving wife has been sanctified through her believing husband. Otherwise your children would be unclean, but as it is, they are holy. ¹⁵

But if the unbeliever leaves, let him do so. A believing man or woman is not bound in such circumstances; God has called us to live in peace. ¹⁶ How do you know, wife, whether you will save your husband? Or, how do you know, husband, whether you will save your wife? ¹⁷ Nevertheless, each one should retain the place in life that the Lord assigned to him and to which God has called him. This is the rule I lay down in all the churches. ¹⁸ Was a man already circumcised when he was called? He should not become uncircumcised. Was a man uncircumcised when he was called? He should not be circumcised. ¹⁹ Circumcision is nothing and uncircumcision is nothing. Keeping God's commands is what counts. ²⁰ Each one should remain in the situation which he was in when God called him. ²¹ Were you a slave when you were called? Don't let it trouble you—although if you can gain your freedom, do so. ²² For he who was a slave when he was called by the Lord is the Lord's freedman; similarly, he who was a free man when he was called is Christ's slave. ²³ You were bought at a price; do not become slaves of men. ²⁴ Brothers, each man, as responsible to God, should remain in the situation God called him to. ²⁵ Now about virgins: I have no command from the Lord, but I give a judgment as one who by the Lord's mercy is trustworthy. ²⁶ Because of the present crisis, I think that it is good for you to remain as you are. ²⁷ Are you married? Do not seek a divorce. Are you unmarried? Do not look for a wife. ²⁸ But if you do marry, you have not sinned; and if a virgin marries, she has not sinned. But those who marry will face many troubles in this life, and I want to spare you this. ²⁹ What I mean, brothers, is that the time is short. From now on those who have wives should live as if they had none; ³⁰ those who mourn, as if they did not; those who are happy, as if they were not; those who buy something, as if it were not theirs to keep; ³¹ those who use the things of the world, as if not engrossed in them. For this world in its present form is passing away. ³² I would like you to be free from concern. An unmarried man is concerned about the Lord's affairs—how he can please the Lord. ³³ But a married man is concerned about the affairs of this world—how he can please his wife— ³⁴ and his interests are divided. An unmarried woman or virgin is concerned about the Lord's affairs: Her aim is to be devoted to the Lord in both body and spirit. But a married woman is concerned about the affairs of this world—how she can please her husband. ³⁵ I am saying this for your own good, not to restrict you, but that you may live in a right way in undivided devotion to the Lord. ³⁶ If anyone thinks he is acting improperly toward the virgin he is engaged to, and if she is getting along in years and he feels he ought to marry, he should do as he wants. He is not sinning. They should get married. ³⁷ But the man who has settled the matter in his own mind, who is under no compulsion but has control over his own will, and who has made up his mind not to marry the virgin—this man also does the right thing. ³⁸ So then, he who marries the virgin does right, but he who does not marry her does even better. ³⁹ A woman is bound to her husband as long as he lives. But if her husband dies, she is free to marry anyone she wishes, but he must belong to the Lord. ⁴⁰ In my judgment, she is happier if she stays as she is—and I think that I too have the Spirit of God.

4. If you are considering marrying an unbeliever realize what the Bible says about that:

2 Corinthians 6:14-16 (NIV) - ¹⁴ Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? ¹⁵ What harmony is there between Christ and Belial? What does a believer have in common with an unbeliever? ¹⁶ What agreement is there between the temple of God and idols? For we are the temple of the living God. As God has said: "I will live with them and walk among them, and I will be their God, and they will be my people."

"Talking Points" for Those Trying to Survive Divorce

1. Get a good attorney.

It may be a simple statement but here it is: *Two people who can't live together in a peaceful manner probably can't terminate a marriage in a peaceful way, either.* Few couples have truly amicable resolutions to their marriage without legal intervention. Will it cost you? Yes! Is it right? I believe so. You are dissolving a legal relationship and the legal system needs to be involved. The courts are foreign territory to most of us. A good attorney will help represent you in a fair way and then guide you through the official process. Your (ex) mate may "give you their word" but remember, they "gave you their word" (via a wedding vow) and didn't keep that either. Secure an attorney.

2. Develop a healthy support system of friends and resources.

Divorce is a painful conflict that continues long after the judge pronounces the termination of the marriage. Bickering and legal battles become the norm for some. Years may pass before a true sense of “it’s over” becomes a reality. You will need your God, your pastor, your church, your good friends, and encouraging resources like books and support groups to weather this extended storm.

3. Learn to grieve in a healthy way.

The pain of divorce is much like the pain of bereavement—for many people, its worse. It will do you well to enroll in a good grief management program. Read good books about grief. Attend a seminar. Join a support group. Manage your grief or it will manage you. It’s okay to hurt when you are hurt.

4. Strongly consider getting into a good counseling or recovery program.

There will be lots of toxic emotions that divorce will stir up. Many feelings of anger, bitterness, hostility, grief, doubt, uncertainty, loss, fear, dread, etc. will need to be understood and managed. You may need help processing this event.

6. Determine that this event will not define your whole life.

Will divorce always be a part of your story? Yes, but don’t let it be the whole story. We serve a God who brings “good out of bad” (Romans 8:28). Allow God to honor your wounds and bring good out of this bad. No one can say for certain what your future holds but God promises that He will be the God of all comfort and a strong refuge for you. Let Him rescue you and complete His story in your life. When all is completed, you will say, “This is good.”

7. Though this marriage is over, parenting continues.

As established earlier, divorce inevitably has negative consequences for everyone involved—especially the children. They will need help processing this catastrophic event for them. Consider counseling. Do not use the children to pit parent against parent. Assure them that YOU love them. Do not speak against their other parent—you’ll lose in the long run. Do not attempt to purchase the children’s loyalty. Do not ask them to “spy” for you. Do tune into your child’s communication patterns. What are they saying? Let them talk. Stay as active as you can in your child’s life. Hold them, touch them, and care for them. They are wounded also but they do not have the mental or spiritual capacity to deal with this situation like an adult. They are children who will have to grow up must faster than planned. Pray for wisdom, guidance, and strength to carry you into this new phase of your parental role in their lives.

8. Be slow to remarry

Avoid making any major decisions—especially about relationships. Please go slow, pray often, and seek premarital counseling early in any future, significant relationship. You will be different as a result of a divorce. Let the “processing” of this event have time to be completed in your life. Any quick decision is probably a wrong decision. Give this matter to God. Let Him provide in His time.

9. Don’t walk away from God—you’ll need Him to get through this storm!

Notes/Questions:

Welcome to the “Third Party” Club

Developed by Dr. Joe K. Taylor, Senior Pastor, South Reno Baptist Church

Coaching Agenda Those Wanting to Help a Hurting Couple

Thank you for your interest in and love for your friends. Your efforts will be “worth it.”

1. Please see your role in their lives in three ways:
 - A. Encouragers (All the time)
 - B. Prayer Warriors (Daily)
 - C. Accountability Partner (Only once a week. We don’t want to “wear them down.”)
2. A Word about **Encouraging**
 - A. Your Friend(s) are wounded right now ... more than you know!
 - B. Find creative ways to encourage him/her (e.g. Notes, calls, cards, emails, voice mails, etc.)
 - C. Please remember that Confidentiality is very important. (Be discreet.)
3. A Word about Being a **Prayer Warrior**
 - A. Set a time everyday to pray for your friend.
 - B. Remember: “This is a spiritual battle!”
 - C. If a couple is working together as the “third party,” please pray together.
 - D. Pray for restoration and reconciliation.
 - E. Please remember that Confidentiality is very important.
4. A Word about **Accountability**
 - A. Try not to “visit” with your partner about “specifics.”
 - B. If you feel there is a “grouse discrepancy” in their “stories,” contact the Pastor Joe first.
 - C. Remember, you are not the counselor, please refrain from “giving advice.”
 - D. You need to set a specific time and place and ask only the following questions:

Begin by saying, “I want to talk to you about your life and the situation we are trying to recover from. Because I love you, I want to ask you some questions:”

- i. What is going on right now in your life that God is not pleased with?
- ii. Have you talked or had any contact with “the other person” at all?
- iii. Have you had any contact with any other person that is inappropriate?
- iv. Have you been consistent in your “quiet times” with God this week?
- v. Have you prayed everyday for your mate?
- vi. Have you been intimate with you husband/wife? Any fights?
- vii. Is there anything going on in your life I need to know about?
- viii. Have you lied to me about anything we have talked about?

- E. “Remember, we encourage everyday, we hold the friend to accountability once a week.”
 - F. *Please remember that Confidentiality is very important. Please do not “discuss” this matter with your mate in any detail and only if they too function as an official “third party” encourager.*
 - G. NEVER approach your friend in public and talk to them about this matter! This is a private matter only. You don’t want to “wear them out.” (And remember, guilt never motivates for long!)
5. *If the couple is seeing Pastor Joe for the counseling, a “Relationship Covenant” will be established. You will get a copy of it. You can also check the persons/couples progress on the covenant during the “Once-a-week” accountability time.*
6. *If you need to contact Pastor Joe, please call him at the Church Office at (775) 827-3227.*
7. *Again, thank you so much for your prayers and support for your dear friend(s).*

HEALING EMOTIONAL HURTS THROUGH CONFESSION AND FORGIVENESS

TMC Work Sheet

*"Put away all bitterness and anger and be kind, tender-hearted,
forgiving each other..." Ephesians 4:31, 32*

1. ALONE, list ways in which I have hurt my spouse and our marriage.

Examples: Selfish, critical, negative, insensitive, disrespectful, verbally abusive, unsupportive, ungrateful, unfaithful, wrong priorities, rejecting, unforgiving (specific hurtful events, fights, arguments, or scenes may need confession). Use extra paper as needed!

2. CONFESS to God and receive his forgiveness.

1 John 1:9 If we confess our sins, he is faithful and just and will purify us from all unrighteousness."

Example: "God, I have deeply hurt you and my spouse by my _____. These are very wrong and I ask you to forgive me. Thank you for doing so and I ask you to change me into the kind of person I need to be. AMEN."

3. TOGETHER share your lists and request forgiveness.

James 5:16 "Confess your sins to each other and pray for each other so that you may be healed."

Example: "I've seen that I've hurt you deeply by being _____. I have been wrong. Will you forgive me? (The word "wrong" is much better than "sorry" since confession means agreeing with God, and God has said these behaviors and attitudes are wrong.)

Response: "I forgive you." (Remember: forgiveness is a choice, not primarily a feeling! The question is not if I feel like forgiving, but if I will forgive. Will you release the hurt, and let it go... then new feelings will come!)

Other: "Are there other major hurts that I've not seen that need my apology? Please share them with me so I can confess them and seek your forgiveness."

Next: Spouse shares her list and seeks forgiveness.

4. EXCHANGE LISTS and tear them up.

Philippians 3:13 "...forgetting what lies behind and pressing forward to what lies ahead..."

Start the forgetting process with a focus on this new memory of forgiveness as lists are exchanged and destroyed. (Some people burn or bury them.)

Additional suggestions: Hold hands and pray (even if silently), thanking God for his forgiving you, changing you, and healing your marriage.

5. A NEW HABIT.

Ephesians 4:26, 27 "Do not let the sun go down when you are still angry, and do not let the devil get a foothold."

Confession to God and others we hurt along with forgiving others who have hurt us must become a daily habit if intimacy is to be maintained.

25 WAYS TO SPIRITUALLY LEAD YOUR WIFE

1. Pray daily with her. Bless her out loud in this prayer.
2. Write a love letter that she'd like to receive.
3. Discover her top three needs and over the next 12 months go all out to meet them.
4. Buy her a rose, take her in your arms, hold her face gently, look into her eyes and say "I'd marry you all over again!"
5. Take her on a weekend get-away regularly.
6. Read the scriptures to her. Share what Christ teaches you in your quiet times.
7. Replace the "D" word with the "C" word (Divorce = D, Commitment = C)
8. Court her. Date her regularly.
9. Remain faithful to her with your mind, your eyes, and your life.
10. Fulfill your marriage covenant. Love her with "nail scarred" hands.
11. Have a family time at least one night a week.
12. Use circumstances to teach your children to trust God.
13. Protect your family from evil.
14. Restrain your teenager's passion.
15. Set spiritual goals for your children.
16. Protect your wife aggressively from your children's words and looks.
17. Catch your kids doing things right and praise them.
18. Date your daughters.
19. Inspect what you expect from your wife. Should any of this come from your walk with Christ? Are any of the daily tasks things that you could do to lighten her load?
20. Do a Proverbs breakfast study with your kids and teens.
21. Hug and kiss your sons and daughters.
22. Ask your children for forgiveness when you fail them.
23. Pray with your children daily and individually.
24. Call them to a spiritual mission to do what God wants to do with their life.
25. Persevere and don't quit.

Mutual Responsibility	Biblical Text (NASB)
1. Forsake all others	Ephesians 5:31 - For this cause a man shall leave his father and mother, and shall cleave to his wife; and the two shall become one flesh.
2. Provide mutual sexual satisfaction	1 Corinthians 7:3-5 - ³ Let the husband fulfill his duty to his wife, and likewise also the wife to her husband. ⁴ The wife does not have authority over her own body, but the husband does; and likewise also the husband does not have authority over his own body, but the wife does. ⁵ Stop depriving one another, except by agreement for a time that you may devote yourselves to prayer, and come together again lest Satan tempt you because of your lack of self-control.
3. Remaining faithful	1 Corinthians 7:10-11 - ¹⁰ But to the married I give instructions, not I, but the Lord, that the wife should not leave her husband ¹¹ (but if she does leave, let her remain unmarried, or else be reconciled to her husband), and that the husband should not send his wife away.
4. Submission	Ephesians 5:21 [Wives and Husbands] ... be subject to one another in the fear of Christ.

Husband's responsibility to wife	Biblical Text (NASB)
1. Respect the Wife	1 Peter 3:7 - You husbands likewise, live with your wives in an understanding way, as with a weaker vessel, since she is a woman; and grant her honor as a fellow heir of the grace of life, so that your prayers may not be hindered.
2. Love the Wife	Ephesians 5:25-33 - ²⁵ Husbands, love your wives, just as Christ also loved the church and gave Himself up for her; ²⁶ that He might sanctify her, having cleansed her by the washing of water with the word, ²⁷ that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she should be holy and blameless. ²⁸ So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; ²⁹ for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church, ³⁰ because we are members of His body. ³¹ For this cause a man shall leave his father and mother, and shall cleave to his wife; and the two shall become one flesh. ³² This mystery is great; but I am speaking with reference to Christ and the church. ³³ Nevertheless let each individual among you also love his own wife even as himself; and let the wife see to it that she respect her husband. Colossians 3:19 - Husbands, love your wives, and do not be embittered against them.
3. To regard them as themselves	Genesis 2:23 - And the man said, "This is now bone of my bones, And flesh of my flesh; She shall be called Woman, Because she was taken out of Man." Matthew 19:5 - ... and said, 'For this cause a man shall leave his father and mother, and shall cleave to his wife; and the two shall become one flesh'?
4. To be faithful to them	Proverbs 5:19 - As a loving hind and a graceful doe, Let her breasts satisfy you at all times; Be exhilarated always with her love. Malachi 2:14, 15 - ¹⁴ "Yet you say, 'For what reason?' Because the Lord has been a witness between you and the wife of your youth,

	against whom you have dealt treacherously, though she is your companion and your wife by covenant. ¹⁵ “But not one has done so who has a remnant of the Spirit. And what did that one do while he was seeking a godly offspring? Take heed then, to your spirit, and let no one deal treacherously against the wife of your youth.
5. To dwell with them for life	Genesis 2:24 - For this cause a man shall leave his father and his mother, and shall cleave to his wife; and they shall become one flesh. Matthew 19:3-9 - ³ And some Pharisees came to Him, testing Him, and saying, “Is it lawful for a man to divorce his wife for any cause at all?” ⁴ And He answered and said, “Have you not read, that He who created them from the beginning made them male and female, ⁵ and said, ‘For this cause a man shall leave his father and mother, and shall cleave to his wife; and the two shall become one flesh’? ⁶ “Consequently they are no longer two, but one flesh. What therefore God has joined together, let no man separate.” ⁷ They *said to Him, “Why then did Moses command to give her a certificate of divorce and send her away?” ⁸ He *said to them, “Because of your hardness of heart, Moses permitted you to divorce your wives; but from the beginning it has not been this way. ⁹ “And I say to you, whoever divorces his wife, except for immorality, and marries another woman commits adultery.”
6. To comfort them	1 Samuel 1:8 - Then Elkanah her husband said to her, “Hannah, why do you weep and why do you not eat and why is your heart sad? Am I not better to you than ten sons?”
7. To consult with them	Genesis 31:4-7 - ⁴ So Jacob sent and called Rachel and Leah to his flock in the field, ⁵ and said to them, “I see your father’s attitude, that it is not friendly toward me as formerly, but the God of my father has been with me. ⁶ “And you know that I have served your father with all my strength. ⁷ “Yet your father has cheated me and changed my wages ten times; however, God did not allow him to hurt me.
8. Not to leave them, though wife may not be a Christian	1 Corinthians 7:11, 12, 14, 16 - ¹¹ (but if she does leave, let her remain unmarried, or else be reconciled to her husband), and that the husband should not send his wife away. ¹² But to the rest I say, not the Lord, that if any brother has a wife who is an unbeliever, and she consents to live with him, let him not send her away. ¹⁴ For the unbelieving husband is sanctified through his wife, and the unbelieving wife is sanctified through her believing husband; for otherwise your children are unclean, but now they are holy. ¹⁶ For how do you know, O wife, whether you will save your husband? Or how do you know, O husband, whether you will save your wife?

Wife’s responsibility to Husband	Biblical Text (NASB)
1. Love the husband	Titus 2:4 - ... that they may encourage the young women to love their husbands, to love their children, ...
2. Show respect to the husband	Ephesians 5:33 - Nevertheless let each individual among you also love his own wife even as himself; and let the wife see to it that she respect her husband.
3. Be faithful to them	1 Corinthians 7:3-5, 10 - ³ Let the husband fulfill his duty to his wife, and likewise also the wife to her husband. ⁴ The wife does not have authority over her own body, but the husband does; and likewise also the husband does not have authority over his own body, but the wife does. ⁵ Stop depriving one another, except by agreement for a time that you may devote yourselves to prayer, and come together again lest Satan tempt you because of your lack of self-control. ¹⁰ But to the married I give instructions, not I, but the Lord, that the wife should not

	leave her husband.
4. To be subject to your husband	<p>Genesis 3:16 - To the woman He said, "I will greatly multiply Your pain in childbirth, In pain you shall bring forth children; Yet your desire shall be for your husband, And he shall rule over you."</p> <p>Ephesians 5:22, 24 - 22 Wives, be subject to your own husbands, as to the Lord. 24 But as the church is subject to Christ, so also the wives ought to be to their husbands in everything.</p> <p>1 Peter 3:1 - 1 In the same way, you wives, be submissive to your own husbands so that even if any of them are disobedient to the word, they may be won without a word by the behavior of their wives ...</p>
5. To remain with them for life	<p>Romans 7:2-3 - ² For the married woman is bound by law to her husband while he is living; but if her husband dies, she is released from the law concerning the husband. ³ So then if, while her husband is living, she is joined to another man, she shall be called an adulteress; but if her husband dies, she is free from the law, so that she is not an adulteress, though she is joined to another man.</p>

Notes:

Fifteen Traits of a Healthy Family

Source: *Traits of a Healthy Family*, ©2003 by Dolores Curran, Winston Press, Minneapolis

- | | | | |
|-----|--|-----------------------------------|-----------------------------------|
| 1. | The family communicates and listens. | <input type="checkbox"/> Strength | <input type="checkbox"/> Weakness |
| 2. | The family affirms and supports one another. | <input type="checkbox"/> Strength | <input type="checkbox"/> Weakness |
| 3. | The family teaches respect for others. | <input type="checkbox"/> Strength | <input type="checkbox"/> Weakness |
| 4. | The family develops a sense of trust. | <input type="checkbox"/> Strength | <input type="checkbox"/> Weakness |
| 5. | The family has a sense of play and humor. | <input type="checkbox"/> Strength | <input type="checkbox"/> Weakness |
| 6. | The family exhibits a sense of shared responsibility. | <input type="checkbox"/> Strength | <input type="checkbox"/> Weakness |
| 7. | The family teaches a sense of right and wrong. | <input type="checkbox"/> Strength | <input type="checkbox"/> Weakness |
| 8. | The family maintains rituals and traditions. | <input type="checkbox"/> Strength | <input type="checkbox"/> Weakness |
| 9. | The family has a balance of interaction among members. | <input type="checkbox"/> Strength | <input type="checkbox"/> Weakness |
| 10. | The family has a shared religious core. | <input type="checkbox"/> Strength | <input type="checkbox"/> Weakness |
| 11. | The family respects the privacy of one another. | <input type="checkbox"/> Strength | <input type="checkbox"/> Weakness |
| 12. | The family values service to others. | <input type="checkbox"/> Strength | <input type="checkbox"/> Weakness |
| 13. | The family values table time and conversation. | <input type="checkbox"/> Strength | <input type="checkbox"/> Weakness |
| 14. | The family shares leisure time. | <input type="checkbox"/> Strength | <input type="checkbox"/> Weakness |
| 15. | The family admits to and seeks help with problems. | <input type="checkbox"/> Strength | <input type="checkbox"/> Weakness |



LIFE APPLICATION BOX

Let's take some time and make some application. Check the two items you do the best and one item you are most poor in and communicate your opinion using "an Oreo." HINT: Use a good word picture and remember to do a lot of touching.

A Word About Romance—The Missing Jewel of Marriage

“So in everything, do to others what you would have them do to you.”

- Matthew 7:12

“You will get out of marriage what you put into marriage.”

- Pastor Joe

Both men and women need romance to keep their marriage energized and exciting; both long to feel valued and worthy of attention. At the heart of romance is “honor.”

20 Ways To “Romance” Your Mate:

1. Create a personal “romance” card/love note	11. Create a stack of “Gift Certificates” with <i>all kinds of rewards</i> ”
2. Have lunch delivered to his/her workplace/home	12. Concoct a surprise a weekend getaway
3. Prepare a living room cinema for your mate	13. Compose Post-it® praises and place them everywhere
4. Read up on one of his/her favorite hobbies/interests & plan an “event”	14. Have a glamorous picture taken or a kids/family picture
5. Liven up his/her next business trip with “love notes, presents, etc.”	15. Make a prayer journal for your mate
6. Plan a bigger business trip surprise— <i>yourself!</i>	16. Wake him/her with a backrub
7. Send him/her a greeting card every day for a week	17. Praise him/her in public
8. Give him/her a day off	18. Send flowers/gifts for no reason with a “love note” attached
9. Join him/her in a hobby	19. Surprise them with a “Romance Trip”
10. Liven up a meal—restaurant style	20. Do a “Marriage Growth Covenant” with them

Books:

The Love Dare, which is associated with the movie, “Fire Proof”.

Courtship After Marriage, by Zig Ziglar (Oliver-Nelson Books)

52 Dates for You and Your Mate, by Dave and Claudia Arp (Thomas Nelson)

Web Sites:

www.theromantic.com - Contains creative ideas, advice, and resources on love and romance. Offers a free weekly e-mail newsletter called “Romantic Tip of the Week.” (Caution: This is a secular site.)

www.familylife.com - Offers a “his and hers” romantic tip of the day that can be viewed on the web site or received as a free daily e-mail.

www.affectionategifts.com - Includes ideas for romantic gifts in a variety of price ranges.

DIALOG DAILY
DATE WEEKLY
DEPART MONTHLY

A Devotional Thought

Genesis 2:1-25 (NASB) - ¹ Thus the heavens and the earth were completed, and all their hosts. ² And by the seventh day God completed His work which He had done; and He rested on the seventh day from all His work which He had done. ³ Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made. ⁴ This is the account of the heavens and the earth when they were created, in the day that the Lord God made earth and heaven. ⁵ Now no shrub of the field was yet in the earth, and no plant of the field had yet sprouted, for the Lord God had not sent rain upon the earth; and there was no man to cultivate the ground. ⁶ But a mist used to rise from the earth and water the whole surface of the ground. ⁷ Then the Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being. ⁸ And the Lord God planted a garden toward the east, in Eden; and there He placed the man whom He had formed. ⁹ And out of the ground the Lord God caused to grow every tree that is pleasing to the sight and good for food; the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil.

¹⁰ Now a river flowed out of Eden to water the garden; and from there it divided and became four rivers. ¹¹ The name of the first is Pishon; it flows around the whole land of Havilah, where there is gold. ¹² And the gold of that land is good; the bdellium and the onyx stone are there. ¹³ And the name of the second river is Gihon; it flows around the whole land of Cush. ¹⁴ And the name of the third river is Tigris; it flows east of Assyria. And the fourth river is the Euphrates. ¹⁵ Then the Lord God took the man and put him into the Garden of Eden to cultivate it and keep it. ¹⁶ And the Lord God commanded the man, saying, "From any tree of the garden you may eat freely; ¹⁷ but from the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you shall surely die."

¹⁸ Then the Lord God said, "It is not good for the man to be alone; I will make him a helper suitable for him." ¹⁹ And out of the ground the Lord God formed every beast of the field and every bird of the sky, and brought them to the man to see what he would call them; and whatever the man called a living creature, that was its name. ²⁰ And the man gave names to all the cattle, and to the birds of the sky, and to every beast of the field, but for Adam there was not found a helper suitable for him. ²¹ So the Lord God caused a deep sleep to fall upon the man, and he slept; then He took one of his ribs, and closed up the flesh at that place. ²² And the Lord God fashioned into a woman the rib which He had taken from the man, and brought her to the man. ²³ And the man said,

"This is now bone of my bones,
And flesh of my flesh;
She shall be called Woman,
Because she was taken out of Man."

²⁴ For this cause a man shall leave his father and his mother, and shall cleave to his wife; and they shall become one flesh. ²⁵ And the man and his wife were both naked and were not ashamed.

Notice what Adams had:

- A. A Perfect Environment
- B. Unlimited Possessions
- C. An Exalted Position
- D. _____

But, what was God's declaration? "It is not good ..."

Conclusion:

- A. God created us with a need to relate intimately both with himself and with others and particularly our mates.
- B. We are to remove the loneliness in each other's lives!

Conflict Resolution Work Sheet _____

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Questions/Comments Page

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