



DISCIPLESHIP COUNSELING—LEVEL Two
“Marriage and Family”
Winter 2015

Please note:

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I. THE BIBLICAL BASIS FOR MARRIAGE

In order for couples to have a lifetime of satisfaction, joy, and spiritual intimacy in marriage, they must be committed to having the following basis for their marriage.

A. The Preeminence of God

To build their marriage upon a biblical basis, couples must be committed to the preeminence of God in their marriage.

1. Biblical commands

- a) Col. 1:18—In all things Christ has the preeminence, including marriage.
- b) Matt. 6:33—Even in marriage, we are to seek first the kingdom of God.

2. Ways to make God preeminent

- a) Look to God for direction in all of life (Ps. 119:160)
- b) Follow God's will (James 1:22–25)
- c) Desire to please God in all (2 Cor. 5:9)
- d) Love God's Word and desire to read, understand, and obey it
- e) Pray together
- f) Love Christ's church
- g) Eliminate things that dishonor God (Col. 3:5–9)
- h) Make personal holiness, not happiness and pleasure, the central theme in how you make decisions
- i) Possibly meet together with a few other godly couples who are pursuing the same goal

B. The Purposes of Marriage

To build their marriage upon a biblical basis, a couple must be committed to fulfill God's purposes for marriage.

1. Common reasons people get married
 - a) To escape
 - b) To gain social status
 - c) To have legalized and guilt-free sexual gratification
 - d) To gain a housekeeper or fix-it person
 - e) To gain a sense of self-worth
 - f) Economic reasons
 - g) Desire a caretaker
 - h) Children
 - i) Partner is attractive and makes them feel good
 - j) Many people desire marriage to get a bargain, to become happier, to feel more fulfilled, or to fill a void in their own lives.

2. Biblical purposes
 - a) **PURPOSE 1—Companionship** (Gen. 2:18a; Prov. 2:17; 1 Pet. 3:7)
 - (1) What this doesn't mean:
 - (a) Uniformity—Loss of identity or individuality.
 - (b) Clone—No differences (Rom. 12—Church is one, yet many parts)
 - (2) What this does mean:
 - (a) Unity—Comprehensive, yet without constriction
 - (b) Partnership—Complete in every area of life
 - (c) Sacrifice—Commitment to sharing all of life together
 - (3) What do they share together?
 - (a) Cognitive/Intellectual
 - i) Thoughts and ideas
 - ii) All that each one learns
 - iii) Insights, reasons in decision-making
 - iv) Opinions on various matters
 - v) Study, discussion of the issues of life

(b) Desires/Feelings (Rom. 12:15; 1 Cor. 12:25)

- i) Joys and sorrows
- ii) Grief and pain through the trials of life

(c) Social Relationships

- i) Developing close friendships with the same people
- ii) Common recreational activities
- iii) Develop interest in each other's personal hobbies
- iv) Extending hospitality to other people

(d) Work

- i) Communicate about work related activities
- ii) Home projects
- iii) Difficulties related to work
- iv) Rejoice with one another's accomplishments
- v) Prayer about work

(e) Spiritual Life (1 Pet. 3:7)

- i) Praying together
- ii) Reading and studying God's Word
- iii) Discussing spiritual problems and truths
- iv) Common convictions and views
- v) Local church involvement
- vi) Serving Christ in common ministries
- vii) Discuss what God is teaching you
- viii) Exhortation and encouragement
- ix) Testimony for Christ
- x) Raising up children
- xi) Counseling one another about personal sins
- xii) Confessing sins to one another
- xiii) Seeking and granting of forgiveness

(f) Aspirational

- i) Unity in goals (2 Cor. 5:9, Amos 3:2; Phil. 2:2)

- ii) Unity in desires regarding the marriage relationship
 - (aa) Family
 - (bb) Spiritual growth and service
 - (cc) Children
 - (dd) Finances
 - (ee) Occupational, educational, recreational
 - (ff) Overall future

- b) **PURPOSE 2—Assistance** (Gen. 2:15, 18)
 - 1. Difficulties and Trials
 - (a) Prov. 17:17—Can count on each other in adversity
 - (b) Eccles. 4:9–12 –Lifting one another up
 - (c) 1 Thess. 5:11—Build up the other

 - a) **PURPOSE 3—Characterization** of God's relationship to His people and Christ's relationship to His church (Eph. 5:22–32)

 - b) **PURPOSE 4 – Sexual Union** (Gen. 1:27-28a; 2:24c; 1 Cor. 7:3-5; Heb. 13:4)
 - 1. Physical and Sexual (Prov. 5; 1 Cor. 7)
 - a) Concern for well being
 - b) Seeking to understand and adapt to one another's physical strengths and weaknesses
 - c) Demonstrating affection in mutually satisfying ways
 - d) Yielding to one another in expressing physical affection as long as it does not violate God's Word
 - e) Dealing biblically with problems related to sexual relationship

 - c) **PURPOSE 5 – Ministry/Fruit** (Eph. 4:12; 2 Pet. 1:8 – same as one who is single)

C. The Priority of Marriage

To build their marriage upon a biblical basis, a couple must be committed to giving their marriage priority over every other human relationship.

1. Two Steps to Making the Marriage Relationship the Priority

- a) **STEP 1—God says children must leave their parents** (Gen. 2:24; Matt. 19:5; Eph. 5:31)

- b) **STEP 2—God says the man must cleave to a wife** (not "wife and parents")

NOTE: Results → God says the two will become one flesh

2. What Does it Mean to Leave and Cleave?

a) It does not mean:

- (1) Break off all relations

- (2) Bear no responsibility (1 Tim. 5:8)

- (3) Abandon family

- (4) Geographic distancing

b) It does mean:

- (1) Leave behind a dependency relationship (emotional, financial)

- (2) Leave behind your parents' temporary God-given authority over you

- (3) Leave behind parent-centered and -controlled manner of living

- (4) Leave behind the dependence upon parents' approval

- (5) Leave behind parents as chief confidantes

- (6) Leave behind family's ideas about family structure and functioning
- (7) Cleave to peer-relationship with parents
- (8) Cleave to full responsibility for life and decisions
- (9) Cleave to viewing parents as advisors
- (10) Cleave to biblical standards for life and family living
- (11) Cleave to your mate's opinions, insights and concerns as most important

D. **The Purity of Marriage**

To build their marriage upon a biblical basis, a couple must be committed to God's standard of purity for their marriage.

1. Biblical commands
 - a) Heb. 13:4—Marriage held in honor...undefiled
 - b) Ex. 20:14—You shall not commit adultery.
 - c) 1 Pet. 3:1-2—Wife is to be pure and chaste
 - d) Prov. 5:15-20—Keep away from someone else's mate
2. Involves commitment in several areas:
 - a) Purity in behavior
 - b) Purity in affections
 - c) Purity in thoughts
 - d) Prov. 7—Young man is led away to immorality. These patterns, leading to fornication, adultery, or immorality of any kind, have a definite progression (Anatomy of an Affair, Dr. Wayne Mack).
 - (1) Emotional readiness

- (2) Growing awareness of a particular person
- (3) Time spent thinking about the attractiveness of the other person
- (4) Innocent meeting
- (5) Time spent comparing the other person with present mate
- (6) Time spent thinking about the negative, unpleasant aspect of their present situation – that they are unhappy and unfulfilled
- (7) Intentional meeting—Engineering circumstances so it appears unintentional
- (8) Public lingering
- (9) Private lingering
- (10) Time spent dwelling on how good the other person makes them feel
- (11) More frequent meetings for apparently legitimate purposes
- (12) Pleasurable isolation
- (13) Affectionate embracing
- (14) Thinking nothing is wrong, rationalization, justification
- (15) Passionate embracing
- (16) Sexual encounter
- (17) Deviousness, deceitfulness, covert meetings
- (18) Struggle with conscience, vacillation (guilt, blame–shifting, etc.)
- (19) Living double life, keeping up appearances
- (20) Mate, or other significant person finds out and they are confronted
- (21) Initially, they may deny it and condemn the other person for being suspicious
- (22) Eventually, if they continue in the affair, they are forced to admit what is happening...at which point they often do one of the following:
 - (a) Decide to continue, yet remain married to present mates for the sake of children, etc.
 - (b) Decide to repent and seek help
 - (c) Decide to divorce present mate thinking that it will bring them the happiness they are seeking

E. The Permanence of Marriage

To build their marriage upon a biblical basis, a couple must be committed to the permanence of marriage according to God's design.

1. Matt. 19:5-6—Man should not separate what God has joined
2. Prov. 5:19—Husband and wife should be satisfied with each other at all times
3. Gen. 2:24—God's view is not to cleave as long as the good times roll, or as long as there are no major conflicts
4. Mal. 2:13-16—God's hatred of divorce (unbiblical) and its consequences

F. Marriage and Family Counseling

1. Whose Responsibility Is It?
 - a) Every parent's responsibility – Ephesians 6:4
 - b) Every husband and wife's responsibility – Ephesians 5:25-27; Proverbs 31:10-31; Genesis 2:18
 - c) Every elder's responsibility – Ephesians 4:11-12; 1 Peter 5:1-4
 - d) Every Christian's responsibility – Galatians 6:1-2; Romans 15:14
2. What Kinds of Marriage and Family Counseling Should the Church Provide?
 - a) Ongoing counsel
 - (1) Regular teaching ministries
 - (2) Making good resources available
 - (3) Encouraging family development through the way the church activities are scheduled
 - (4) Through modeling of church leaders
 - (5) Restricted Christian service involvement
 - (6) Spontaneous efforts of fellow Christians

b) Special care through structured counseling

(1) Preventive or preparatory – Acts 20:28-31; Matt. 20; 2 Peter 2

(2) Remedial or corrective – Gal. 6:1-2; 1 Thess. 5:14; James 5:20;
Luke 17:1-10

II. PREMARITAL COUNSELING

Introduction

A. Benefits

1. Preparation

- a) The Church involves worship and ministry – Ephesians 4:11-12
- b) Marriage involves worship and ministry – Ephesians 5:22-33
- c) Premarital Counseling prepares for worship and ministry
 - (1) Important issues that need to be discussed and handled
 - (2) Biblical principles relating to the major areas of marriage
 - (3) Accurate view of each other and expectations
 - (4) Seriousness of marriage
 - (5) Preeminence of Christ and worship
 - (6) Problems and conflicts they will have
 - (7) Tools to help in days and years ahead
 - (8) Good relational patterns are worked on and developed
 - (9) Seeking help from their pastor or discipler couple

2. Correction

- a) Correction is needed in the Christian life – Ephesians 4:11-12 (cf. 2 Tim. 3:16-17)

b) Premarital counseling provides an opportunity to correct:

- (1) Personal problems
- (2) Erroneous concepts
- (3) Relationship problems

3. Protection

a) Pastors/elders are shepherds who are responsible to help guard and protect (Acts 20:28-31).

b) Premarital counseling protects by:

- (1) Preventing many ill-advised marriages from occurring.
- (2) Preventing many divorces from occurring.
- (3) Preventing many problems from becoming serious.
- (4) Giving people the tools to use.
- (5) Establishing a discipleship relationship with a godly couple who provide wisdom, encouragement, instruction, admonition, practical help.

SEVERAL IMPORTANT QUESTIONS THAT EVERY COUNSELOR SHOULD PRESENT TO A COUPLE AS THEY CONSIDER MARRIAGE:

1. If they marry, will they be equally or unequally yoked (2 Corinthians 6:14-16)?
2. Is the couple expecting marriage to satisfy their deepest needs and desires (Philippians 1:21, 4:10-13; Jeremiah 17:5-8)? Will marriage be their source of joy and happiness?
3. Does either have complicating entanglements from past marriages or relationships (1 Corinthians 7:10-16; Romans 7:2,3)?
4. Do both of them have the desire for marriage or has God given one or both of them the gift of singleness (Matthew 19:1-12; 1 Corinthians 7:1-9, 17-40)?
5. Do each of the individuals wanting to get married have a track record of solving problems biblically?
 - a. Do they know how to solve problems biblically? Have they learned basic biblical skills for resolving problems?
 - b. Do they actually obey what the Bible teaches regarding solving problems biblically? What is their usual pattern for addressing problems?
6. Do they both understand what biblical forgiveness involves and do they actually practice it in their relationship and with other people?
7. Are they aware of and realistic about their own weaknesses and the weaknesses of each other and are they committed to changing the areas of weakness in their life?
8. Are both headed in the same direction in life?
 - a. Are their philosophies of life compatible?
 - b. Do they have similar goals and aspirations and purposes for living?
 - c. Are both of them willing to leave their mothers and fathers? Do they agree on what their relationship with their parents after marriage will be?
 - d. Do they have compatible lifestyles?
 - e. Are their expectations for marriage and life compatible? Are their concepts of marriage compatible?
 - f. Are they basically agreed in their theology?
 - g. Are their desires for church involvement (kind and level) compatible?
 - h. Do they agree on what the role of the husband and wife should be?
9. What do mature godly people who are biblically wise about marriage and who know the couple well think of their relationship (Proverbs 15:22; Romans 15:14)?
10. Does each candidate for marriage really want to marry this particular person? Are both willing and eager to marry each other just as they are?

c) Jer. 3:6–10; 31:31-32

d) Mal. 2:13–16

2. New Testament

a) Matt. 5:31–32

b) Matt. 19:3–12

c) Mark 10:2–12 and Luke 16:18

d) 1 Cor. 7

D. Proposals Regarding the Scriptural Teaching on Divorce and Remarriage (also see Appendix 1)

1. Because of the sacredness of marriage and the seriousness of covenant vows, all biblical means should be exhausted to keep any marriage together (cf. 1 Cor. 7:12; 1 Pet. 3:1–2; Matt. 18:15–17).
2. If sexual immorality, other sin, or even separation occur in a marriage, but reconciliation to a monogamous, cohabitant relationship is possible, then the faithful partner should forgive and reconcile (cf. Luke 17:3–4; Matt. 5:23–24). Reconciliation after divorce should be the fruit of repentance when two *believers* have been divorced (cf. Mal. 2:13–16; Matt. 5:32). Full reconciliation is not possible when one partner remains an unbeliever (cf. 2 Cor. 6:14ff; 1 Cor. 7:39).
3. If the unbeliever leaves the marital relationship permanently but is not willing to file for divorce, perhaps because of lifestyle, irresponsibility, or to avoid monetary obligations, then the believer is in an impossible situation of having legal and moral obligations that he or she cannot fulfill. Because “the brother or sister is not under bondage in such cases” (1 Cor. 7:15) and is therefore no longer obligated to remain married, the believer may file for divorce without fearing the displeasure of God.
4. When one partner resists all means of reconciliation and refuses to maintain a monogamous, cohabitant relationship (through unrepentant sexual sin or desertion), then the faithful spouse cannot fulfill his or her covenant obligations and is released from the moral responsibility to do so (cf. Jer. 3:6–10; Matt. 5:32; 1 Cor. 7:15). When that marriage bond is severed through divorce, the faithful spouse is then free to marry another Christian (cf. 1 Cor. 7:8–9, 27–28).
5. One married and divorced prior to his identification with Christ and the church should be considered to be “abiding in that condition in which he was called,” meaning that he is free to remain single or marry another believer (1 Cor. 7:20, 24; cf. 2 Cor. 5:16–17).
6. In cases where an unbiblical divorce has taken place in a single person's past, then the leaders of the church should help that person to repent and “unscramble the egg” according to biblical principles (cf. Heb. 13:17; Matt. 18:18). If true repentance has taken place and no reconciliation is possible with the former spouse, then the forgiven believer could pursue another relationship under the supervision of the church leadership.
7. In cases where a married person has divorced and remarried unbiblically, the answer is confession and repentance and then continuing in his current marriage according to biblical principles. He is bound to the obligations of the covenant made with the new spouse.
8. Remarriage is permitted for the faithful partner only when the divorce was on biblical grounds. In fact, the purpose for a biblical divorce is to make clear

that the faithful partner is free to remarry, but only in the Lord (Rom. 7:1-3; I Cor. 7:3).

E. Practical Situations from *The Christian Counselor's Casebook*

1. Case #2, pg. 4
2. Case #38, pg. 76
3. Case #40, pg. 80
4. Case #50, pg. 100
5. Case #53, pg. 106

F. Procedures to Follow in Various Situations

1. **SITUATION ONE—Both partners are professing believers**

- a) Is the offender repentant?
 - (1) If not, follow the Matt. 18 procedure of church discipline
 - (2) If still no response, the offender is then to be treated as an unbeliever.

- b) If the offender is repentant, is the offended person ready to restore?
 - (1) If not, consider God's attitude towards divorce.
 - (2) Consider benefits of reunion and difficulties caused by divorce.
 - (3) Consider God's example of forgiveness and God's power to heal.

- c) If the offended person is ready to restore, follow discipleship of reconciliation and recommitment. It is very helpful to enter into counseling.

- d) If divorce for continuing immorality ends the marriage, remarriage is possible. The prohibition applies in divorces where such immorality is not involved.

2. **SITUATION TWO—One partner is an unbeliever**

- a) Is the unbeliever willing to remain and to be reconciled and restored? To be reunited in peace? To forsake immorality?
- b) If so, steps for reconciliation and recommitment should be followed and biblical counseling should be pursued.

- c) If not, the believer is not bound and divorce is permissible.
- d) Remarriage is permissible also—the believer is not bound, but free.

3. SITUATION THREE—Both partners are unbelievers

- a) Although this is not directly addressed in Scripture, scriptural marriage principles would apply.
- b) The basic need of this marriage is salvation in Christ for both partners: evangelism.
- c) Are both partners willing to reconcile?
- d) If so, follow steps of reconciliation and recommitment as much as unbelievers can.
- e) If not, the offended spouse has grounds for divorce if desired.

IV. HUSBANDS WHO ARE LIKE CHRIST

A. A Christ-like husband is a LOVER.

“Husbands, love your wives, just as Christ also loved the church and gave Himself up for her” (Eph. 5:25ff)

1. Love Defined

a) Popular views

b) Biblical view

2. Love Described

a) As Christ loved the church

(1) In principle:

(a) Initiatory

“We love, because He first loved us.” *1 John 4:19*

(b) Sacrificial

“Husbands, love your wives, just as Christ also loved the church and gave Himself up for her” *Eph. 5:25*

(c) Humble

“Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself; do not merely look out for your own personal interests, but also for the interests of others.” *Phil. 2:3–4*

(d) Volitional

“You did not choose Me, but I chose you, and appointed you, that you should go and bear fruit, and that your fruit should remain, that whatever you ask of the Father in My name, He may give to you.”
John 15:16

(e) Contra-conditional

“But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.” *Rom. 5:8*

(f) Eternal and Committed

“Nor height, nor depth, nor any other created thing, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.” *Rom. 8:39*

(g) Forgiving

“Bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.” *Col. 3:13*

(h) Purifying and Constructive

“That He might sanctify her, having cleansed her by the washing of water with the word, 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.” *Eph. 5:26–27*

(i) Practical

“Little children, let us not love with word or with tongue, but in deed and truth.” *1 John 3:18*

(2) In actual practice: Christ loved us in ways we can understand

(a) Telling her (verbal & non-verbal)

- (b) Appreciating her
 - i) praising her generously
 - ii) for her character qualities as well as for what you receive from her
- (c) Making time for her—requires scheduling
- (d) Communicating
 - i) listening to her to hear what she says
 - ii) not assuming that she can read your mind
- (e) Sharing
 - i) Share every area of your life with her
 - ii) Treat her as a complete partner
- (f) Providing for her (Eph. 5:29; 1 Tim. 5:8)
- (g) Promoting her growth and development
- (h) Treating her as priority—Your love for her should supersede all other loves in your life (except love for God)
- (i) Initiating love—You don't wait, but take the lead

“When there is not enough love in the marriage, one place for a husband to look—in the mirror.” - Wayne Mack
- (j) As you love yourself

“So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church.” *Eph. 5:28–29*
- (k) Includes cherishing and nourishing

B. A Christ-like husband is a LEARNER.

“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.” *1 Pet. 3:7*

1. The Command—Our culture says you can't understand a woman. Yet God says not only that you can, but that you must.

a) Takes time—If God says to do it, you have the time; you must prioritize it

b) Takes effort

(1) Study godly women in the Bible

(2) Study your wife continuously

2. The Result

3. The Effect—Your wife's problem is your problem. If it's important to her, it must be to you as well

C. A Christ-like husband is a SERVANT-LEADER.

1. What Godly Leadership is Not

a) A dictatorship – Matt. 20:25 - Pagans exercise dominion and want to control.

- (1) He doesn't demand submission.
- (2) His home is not his castle.
- (3) He doesn't expect his wife to serve him.
- (4) He doesn't force his wife to accept his opinion or preference.

b) Making all the decisions

- (1) Not enough time to make all of them
- (2) Not his responsibility to make them alone—He's a team leader
- (3) He needs her insights.
- (4) She will be his best counselor.
- (5) He will listen to his wife but check out what she says with the Word of God.

c) Following your wife

- (1) 1 Cor. 11:3,7-9—“But I want you to understand that Christ is the head of every man, and the man is the head of a woman, and God is the head of Christ. For a man ought not to have his head covered, since he is the image and glory of God; but the woman is the glory of man. For man does not originate from woman, but woman from man; for indeed man was not created for the woman's sake, but woman for the man's sake.”
- (2) Eph. 5:23—God did not intend for the husband to follow his wife's lead but vice-versa.

2. What Godly Leadership Is

“Biblical headship is a divine calling of a husband to take primary responsibility for Christlike servant leadership, protection, and provision in the home.”¹

a) Christ's example

- (1) Husbands should want their wives to be excited about their plans.
- (2) He doesn't drive her (“Cowboy”), but leads her (“Shepherd”). “My sheep hear My voice, and I know them, and they follow Me.” *John 10:27*
- (3) Phil. 2:5-8
- (4) John 4:34; 6:38; 1 Cor. 11:3
- (5) Luke 22:26
- (6) John 13:5ff

b) Practically

- (1) Other-oriented = his concern is for her needs and desires
- (2) Goal-oriented = he knows where he is leading his wife and family
- (3) Sets an example of control—Phil. 4:9; Prov. 23:26
- (4) Solves problems biblically = solution-oriented
- (5) Instructs not as her father but as a team leader

¹ John Piper, “A Vision of Biblical Complementarity: Manhood and Womanhood Defined According to the Bible,” in *Recovering Biblical Manhood and Womanhood: A Response to Evangelical Feminism*, eds. John Piper and Wayne Grudem (Wheaton: Crossway Books, 1991), 52-53.

- (6) Motivates—helps her grow in her walk with the Lord and in her God-given responsibilities
- (7) Coaching—encouraging her as he comes alongside of her
- (8) Managing—1 Tim. 3:4,5,12—sees his wife as his team mate
- (9) Pleasantness—Eccles. 9:9—He lives joyfully with his wife, and he is fun to live with and have around

D. Supplemental Material

1. Jay Adams
 - a) *Christian Living in the Home* (Grand Rapids: Baker, 1972)
 - b) *From Forgiven to Forgiving* (Wheaton: Victor, 1989)
 - c) *How to Overcome Evil* (Phillipsburg: Presbyterian & Reformed, 1977)
 - d) “What Do You Do When Your Marriage Goes Sour” (Pamphlet). Available on the Internet at [<http://www.ginesys.com/hbrpc/sourmarr.htm>]
2. R. Kent Hughes, *Disciplines of a Godly Man* (Wheaton: Crossway, 1991).
3. Wayne Mack
 - a) *Homework Manual for Biblical Living*, Volumes 1 & 2 (Phillipsburg: Presbyterian & Reformed, 1979–1980).
 - b) *Strengthening Your Marriage* (Phillipsburg: Presbyterian & Reformed, 1977).
 - c) *Your Family God’s Way* (Phillipsburg: Presbyterian & Reformed, 1991).
4. John MacArthur, Jr., *The Family* (Chicago: Moody, 1982).
5. John Piper and Wayne A. Grudem, eds., *Recovering Biblical Manhood and Womanhood: A Response to Evangelical Feminism* (Wheaton: Crossway, 1991).

6. Stuart W. Scott, *The Exemplary Husband* (Bemidji, MN: Focus Publishing, Inc., 2000).
 - *The Exemplary Husband Study Guide* (Bemidji, MN: Focus Publishing, Inc., 2000).
 - *The Exemplary Husband Teacher's Guide* (Bemidji, MN: Focus Publishing, Inc., 2000).

7. Donald S. Whitney, *Spiritual Disciplines for the Christian Life* (Colorado Springs: NavPress, 1991).

V. WIVES WHO ARE LIKE THE CHURCH

Introduction

1. The present problem concerning the wife's role — This doctrine is disliked for at least these two reasons:

a) Sinful rebelliousness of the human heart to authority

b) People misunderstand what the headship of the husband means and misunderstand what submission of the wife means. For example:

(1) People think the wife will be relegated to do all the dirty work

(2) People think that if the wife submits, she is doomed to a life of misery and unfulfillment.

(3) People think that true fulfillment and happiness is found in being free to do whatever you want to do.

2. In contrast, we find the biblical picture of the wife's role (Eph. 5:22-24)

A. She is an **HONORER** (through loving submission) – Eph. 5:33, cf. 5:22

“But as the church is subject to Christ, so also the wives ought to be to their husbands in everything.” *Eph. 5:24*

“...and let the wife see to it that she respect (fear, honor) her husband.” *Eph. 5:33*

“...being subject to their own husbands that the Word of God may not be dishonored.” *Titus 2:5*

1. What Submission Is Not

a) Isn't to be equated with putting the husband in the place of Christ.

(1) Colossians 1:18 - “He is also head of the body, the church; and He is the beginning, the first-born from the dead; so that He Himself might come to have first place in everything.”

(2) 1 Peter 2:13

(3) 1 John 5:21

b) Submission isn't to be equated with giving up independent thought and becoming intellectually stagnant.

(1) Colossians 3:16 - "Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God."

(2) Judges 13:21-23

(3) Proverbs 31:26

(4) Proverbs 1:8

c) Submission isn't giving up all efforts to influence her husband.

(1) 1 Peter 3:1-2 - "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, as they observe your chaste and respectful behavior."

(2) Proverbs 31:26

(3) Spiritual weapons to influence her husband:

(a) Armor of God – Eph. 6:10-18

(b) Prayer

(c) Godly friends – Prov. 27:5-6

(d) Quietness, purity, fear of God – 1 Pet. 3:1-2

(e) Overcome evil with good – Rom. 12:17-21

(f) Soft answer – Prov. 15:1; 25:15

- (g) Speaking the truth in love – Eph. 4:15
 - (h) Reproving him – Matt. 18:16
 - (i) Patience – Eccl. 10:4; Prov. 15:18
 - (j) Church discipline – Matt. 18:17
 - (k) There is no authority but God – Rom. 13:1ff
 - (l) Sweetness of speech, godly appeal
Prov. 16:21 – The appeal process
 - i) Right motive
 - ii) Respectful forms of communication
 - iii) Appeal should consider using other means to achieve the husband's stated objective or desires
 - iv) As long as you don't violate God's Word
 - v) Proper time
 - vi) Attempted only once
 - vii) Spirit of submission
- d) Isn't to be equated with giving in to every demand of the husband
- (1) Biblical support
 - (a) “But Peter and the apostles answered and said, ‘We must obey God rather than men.’” *Acts 5:29*
 - (b) Ex. 1:17
 - (c) Dan. 3
 - (2) A wife should refuse to submit to her husband when he:
 - (a) Forbids her to go to church – Heb. 10:25
 - (b) Forbids her from talking to the children about the Lord - Eph. 6:1-4; Prov. 1:8
 - (c) Asks her to commit immorality - I Cor. 6:20
 - (d) Asks her to lie or cheat - Eph. 4:25; Prov. 6:17

- (e) Forbids her to reprove him (Christian) when he is sinning - Gal 6:1
 - (f) Asks her to cover up for him - Eph. 5:11-12; Prov. 6:19
 - (g) Asks her to violate her conscience (Rom. 14)
- e) Submission isn't the same as being fearful or timid.
- (1) Proverbs 29:25 – “The fear of man brings a snare, but he who trusts in the Lord will be exalted.”
 - (2) 1 Peter 3:6
 - (a) “Fear” may mean:
 - i) refusing to submit because my husband will take advantage of me
 - ii) submitting because I'm afraid of the consequences if I don't do as he says
 - (b) A woman should be motivated to submit because she trusts God (Prov. 3:5-6).
 - (c) When we say women should trust God and submit without fear, we don't mean that a woman should do nothing to protect herself from an unreasonable husband.
- f) Submission isn't letting her gifts lie dormant and becoming immobile.
- (1) “An excellent wife, who can find? For her worth is far above jewels.” Prov. 31:10ff
 - (2) Romans 12:6ff
 - (3) 1 Peter 4:10
- g) Submission isn't believing her husband is infallible.
- (1) Luke 2:51 - “And He went down with them, and came to Nazareth; and He continued in subjection to them; and His mother treasured all these things in her heart.”
 - (2) Hebrews 13:17

- h) Submission isn't based on a wife's inferiority to her husband.
 - (1) Galatians 3:28 - "There is neither Jew nor Greek, there is neither slave nor free man, there is neither male nor female; for you are all one in Christ Jesus."
 - (2) 1 Cor. 11:3
 - (3) Gen. 1:26-27; 2:23

2. What Submission Is

a) Biblical definition of the word

- (1) The word submission is a translation of two Greek words *hupo*=under; *tasso*=to place, order or station; together mean - to arrange or place yourself in order under
- (2) "Submission is a divine calling of the wife to honor, affirm, and nurture her husband's leadership and to help carry it through according to her gifts."²

b) Submission is God's way (perfect, all wise, all loving) of attaining and maintaining function and order in the home.

- (1) True in government – Rom. 13:1
- (2) True in the church – 1 Tim. 3 & 1 Pet. 5
- (3) Also true in the home – Eph. 5; 1 Cor. 11:3

c) Submission is a way of life for all believers

- (1) Eph. 6:1 – children
- (2) 1 Pet. 5:5-6 - young people
- (3) Eph. 6 & Col. 3 - 4 - for employers and employees
- (4) Rom. 13 - all people
- (5) James 4 - all believers to God
- (6) Heb. 13:17 - all believers
- (7) Eph. 5:22 – wives
- (8) Eph. 5:21 - all believers in different ways – Phil. 2:3,4; Prov. 15:1ff.

² Piper, 53.

- d) Submission includes reverence and dedication toward her husband.
 - (1) Functioning as her husband's teammate
 - (2) Means that she does all she can to help her husband look good as leader
 - (3) Genesis 2:18 - husband's helper
 - (4) Not based on his worthiness but upon his God-given role - Eph. 5:24

- e) The wife's submission is a spiritual matter for a wife in three senses
 - (1) Ephesians 5:22 – “as unto the Lord” = the manner
 - (2) Ephesians 5:24, 32 – “as the church is subject to Christ” = the model
 - (3) Ephesians 5:18 – “Be filled with the Spirit,…” = the means

- f) Submission is a personal matter – Ephesians 5:22

- g) Submission is a comprehensive matter
 - (1) Ephesians 5:22 - as to the Lord
 - (2) Ephesians 5:24 - in everything (except sin)

- h) Submission is a volitional matter: you must choose to be submissive.
 - (1) Gen. 22 - God commanded Abraham
 - (2) Phil. 2:8; Matt. 26:36-44 — Jesus didn't go to the Cross because He felt like going
 - (3) Psalm 34:1; Psalm 57:7 — Psalmist determined to praise God...
 - (4) Ephesians 5:22 — A command to submit

- i) Submission is a practical matter.
 - (1) Actions — 1 Peter 3:1-2; Proverbs 31:10-12; Genesis 2:18
 - (2) Attitudes — Ephesians 5:33; I Peter 3:1-6; Proverbs 21:9,19; Proverbs 31:10-12, 12:4, 14:1; 2 Cor. 5:9
 - (3) Submission is not always “fair.” 1 Pet. 2:19-23

B. She is a **HELPER** (through faithful companionship)

“Then the Lord God said, “It is not good for the man to be alone; I will make him a helper suitable for him.” Gen. 2:18

- 1. She complements her husband as his companion.
- 2. She uses her many gifts and abilities to assist her husband. – Prov. 31:10-31
- 3. She finds fulfillment in helping her husband in his service for God. 1 Cor. 11:7-9
 - a) Communicating in submission.
 - b) Showing confidence in his decisions - I Cor. 13:4-8
 - c) Being grateful to him - Rom. 13:7
 - d) Maintaining a good spiritual life - I Pet. 2:2
 - e) Offering suggestions, advice, and corrections when needed in a loving fashion – Prov. 31:26

C. She is a qualified **HOMEMAKER** (through active service)

- 1. In home ministry (Titus 2:4-5; Prov. 1:8; Eph. 6:1)
 - a) Walking with God

- b) Walking and working with her husband
- c) Walking and working with her children (if any)
- d) The biblical word - *oikourgos* - *oikos* = home; *ergon* = work or employment.
- e) The home is the sphere in which she fulfills her God-given responsibilities.

2. Outside-home ministry (Prov. 31)

- a) Ministry
- b) Evangelism
- c) Employment (qualified)

3. Proverbs 31 Model

- a) She makes the home a safe place – Prov. 31:10-31
- b) She is trustworthy and dependable – Prov. 31:11-12
- c) She is organized and productive – Prov. 31:13-14
- d) She is enterprising – Prov. 31:16-19
- e) She is generous as a neighbor – Prov. 31:20
- f) She is a teacher – Prov. 31:25-26
- g) She is blessed as a mother – Prov. 31:27-31

E. For Further Study

1. Key verses to study

- a) 1 Cor. 7:1-34
- b) 1 Cor. 11:1-12
- c) 1 Tim. 2:9-15
- d) 1 Tim. 3:11

- e) 1 Tim. 5:8,14
- f) Titus 2:3-5
- g) 1 Pet. 3:1-6

2. Helpful supplemental material

- a) Linda Dillow, *Creative Counterpart* (Nashville: Nelson, 1986).
- b) John MacArthur, Jr., *Divine Design* (Wheaton: Victor Books, 1994).
- c) John MacArthur, Jr., *The Family* (Chicago: Moody Press, 1982).
- d) Martha Peace, *The Excellent Wife: A Biblical Perspective* (Bemidji, MN: Focus, 1995).
 - *The Excellent Wife Study Guide* (Bemidji, MN: Focus, 1995).
 - *The Excellent Wife Teacher's Guide* (Bemidji, MN: Focus, 1995).
- e) Martha Peace, *Becoming a Titus 2 Woman* (Bemidji, MN: Focus, 1997).

VI. BIBLICAL PRINCIPLES OF COMMUNICATION

A. Introduction

1. The greatest cause of trouble in marriage is:
 - a) Ultimately – selfishness
 - b) Functionally - poor communication

2. A basic axiom:

Wherever you find people who are experiencing harmonious relationships, you will find people who are communicating effectively; and wherever you find people who are experiencing severe difficulties in their relationship, you will find people who are not communicating effectively.

 - a) Prov. 11:9, 11
 - b) Prov. 12:18
 - c) Prov. 18:21
 - d) James 3

3. What happens in a marriage relationship when husbands and wives don't communicate effectively?
 - a) The relationship is superficial and shallow.
 - b) Boredom sets in.
 - c) Wise decision making is thwarted
 - d) Issues remain unclear.
 - e) Wrong ideas are uncorrected.
 - f) Disagreements turn into conflicts.
 - g) Conflicts remain unresolved.

h) One spouse may seek out someone else to communicate with

B. The Definition of Communication (Mack):

1. A process of sharing information with another person in such a way that the sender's message is understood in the way he intended it to be understood.
2. The art of conveying information and meaning in order to come to a common understanding.
3. A process of sharing information with another person in such a way that the people involved are mutually strengthened, enriched, and encouraged, and thus experience harmony, unity, and emotional closeness.

Good communication from God's perspective is sending a message that is holy, purposeful, clear, and timely.

C. Four Helpful Principles of Communication (Eph. 4:25-32)

1. **PRINCIPLE 1 – Be honest** (Eph. 4:25)

a) Speak

- (1) A Greek imperative (i.e., a command): "You speak."
- (2) Why? People cannot read our minds.
- (3) Clamming up is not an option for the Christian. This includes avoiding and evading.

b) Speak truth.

- (1) The verb is present tense - continuous action. (also see Eph. 4:15; Col. 3:9)
- (2) Honesty is more than not lying. Other examples of dishonesty include:
 - (a) Exaggeration
 - (b) Evasion
 - (c) Half-truth

- c) Speak truth lovingly (Eph. 4:15)
 - (1) Be concerned with what you say.
 - (2) Be concerned with how you say it.
 - (3) Be concerned with how much you say.
 - (4) Be concerned with when you say it.

- d) Become a skilled listener.

2. **PRINCIPLE 2 – Keep current** (vv. 26,27).

- a) Failure in attempting to solve each day's problems quickly is sin. Don't carry them over into tomorrow. (See Matt. 6:34)

- b) Failure to solve problems quickly:
 - (1) Opens way to resentment, hatred, and bitterness
 - (2) Distorts subsequent problems
 - (3) Endangers the sexual relationship
 - (4) Sets the stage for spiritual discouragement

- c) Questions to ask before bringing up an issue:
 - (1) Prov. 18:13,15
 - (2) Prov. 27:6; Matt. 12:34b
 - (3) Matt. 7:1-5
 - (4) Eph. 4:15; Prov. 15:1
 - (5) Prov. 15:23b; 25:11
 - (6) Prov. 3:5; Phil. 4:6,7; I Thes. 5:17

3. **PRINCIPLE 3 – Attack the Problem, not the Person** (vv. 29,30).

a) “Unwholesome word”

- (1) Words that tear down
- (2) Words that bypass the conflict
- (3) Words that grieve the Holy Spirit

b) Edifying words

- (1) Words that edify or build up
- (2) Words that deal with what the person says or does
- (3) Words that help reach a solution

4. **PRINCIPLE 4 – Act, don’t react** (vv. 31,32).

a) Reactions (v. 31)

- (1) Attitudes and actions that must be put off:
 - (a) Bitterness
 - (b) Wrath
 - (c) Anger
 - (d) Clamor
 - (e) Slander
 - (f) Malice

(2) The natural tendency of our sin nature is to be defensive about dealing with our own sins (shift blame, run, react, etc.).

b) Actions (v. 32)

(1) Attitudes and actions that must be put on:

- (a) Kindness
- (b) Tender-heartedness
- (c) Forgiveness

(2) It is only through God's Spirit that we can learn to be this way.

c) Conflicts are resolved when we act and don't react.

D. Homework Assignments for Communication – The Conference Table (See Appendix 2, pp. 98-99)

1. What It Is

- a) A homework assignment designed to help people develop effective, biblical communication patterns
- b) A strategy for helping people put off the old sinful ways of communicating and putting on the new, biblical way of communicating
- c) A forum for discussing and resolving conflicts and problems in a constructive way

2. Rationale

- a) We have an inborn capacity for developing habits.
- b) Because we are born sinners, many of the habit patterns we developed were unbiblical.

- c) These sinful patterns need to be changed because they are:
 - (1) Displeasing to God
 - (2) Harmful to the person
 - (3) Hurtful to that person's relationships with other people

- d) To change these unbiblical habit patterns requires:
 - (1) The new birth and all of its results and benefits
 - (2) An awareness and acknowledgment of wrong habit patterns
 - (3) An understanding of and desire for the development of biblical habit patterns
 - (4) Actually practicing the new behavior pattern until it becomes a habit – Hebrews 5:13-14, Ephesians 4:22-24, and II Timothy 3:16 delineate the biblical process by which change occurs.

- e) The conference table is one way to facilitate the practice of proper communication patterns.

3. Arrangements

- a) Time – agreeable to everyone; least likelihood of interruption; not at worst physically
- b) Place – preferably not some place with bad associations

4. Rules

- a) Participants – everyone involved
- b) Leadership
- c) Secretary – writes down day and time, topics, solutions, steps to be taken, topics not solved
- d) Communication rules of Ephesians 4:25-32

5. Procedure

- a) Ephesians 4:25-32
- b) Prayer
- c) Initially deal with day's concerns

- d) If none, with most recent
- e) Everyone takes turn
- f) Problems only at conference table
- g) Problems discussed with view to solution

6. Length

- a) Each session - at least 15 minutes, no more than 30
- b) If no solution, put off until next time.
- c) If still no solution after several tries, seek godly counsel.

VII. CONFLICT RESOLUTION: THE BIBLICAL PATH TO PEACE

A. Exactly What Is a Conflict?

1. Literally = Strike, fight against

2. A General Definition:

Conflict is when both parties sin against one another (in their communication and/or their actions) and are then in opposition to one another.

B. What Does God Think of Conflict?

1. It is grievous (Matt. 5:21-22).

2. He wants His children to have no part in it.

3. He wants His children to pursue peace (Rom. 12:18, 14:19; Eph. 4:1,3).

4. He wants His children to avoid needlessly or sinfully offending someone (1 Cor. 10:31-32).

5. He wants His children to love, pray for, and do good to those who sin against them (Mt. 5:44-45; Rom. 12:21).

C. Where Do Conflicts Come From?

1. Differences

2. Offenses

3. Pride and the Flesh (Gal. 5:19-21; Jas. 4:1-3)

Thoughts that lead to conflict:	Thoughts that avoid conflict:
That's ridiculous!	She may have a point.
I <i>will</i> have my way!	I don't have to have my way.
How dare she/ he!	I need to pray for her/ him.
I will not be treated this way!	How can I return good to him/ her?

D. Benefits of Differences and Disagreements

1. They can encourage us to search the Scriptures (Ps. 119:71-72).
2. They can help us think carefully about how and what we think or what we believe (Prov. 15:28).
3. They can help us work harder at communicating effectively (Eph. 4:25).
4. They can produce maturity and endurance (Jas. 1:2-5).
5. They can help us sharpen one another (Prov. 27:17).
6. They can strengthen our faith in the truth that God is working all things together for good (Rom. 8:28-29).
7. They give us opportunity to practice servanthood and preferring one another (Phil. 2:2-3).
8. They give us opportunity to love and glorify God (1 Cor. 10:31-32).

E. How Do We Avoid Conflicts?

1. Some Sinful Ways to Avoid Conflict

- a. Just keep quiet (cf. Eccl. 3:7b; Eph. 4:29-31; Col. 3:19).
- b. Stay away from one another (cf. John 15:12; 1 Pet. 4:8)
- c. Change the subject (cf. Prov. 12:22; Prov. 24:28)
- d. Hide information, sins, or bitterness (cf. Prov. 24:8).

2. Some God-honoring Ways to Avoid Conflict

- a. Seek to know your spouse well, appreciate him/her and understand his/her perspective (1 Peter 3:7).
- b. Gather plenty of data before speaking (Proverbs 18:13, 17).
- c. Pray, study and think about the issue before speaking, if possible (Proverbs 15:28).
- d. Demonstrate and/or communicate your love and care at the time of disagreement (Romans 12:9-10).
- e. Listen more than you speak, but do speak.
- f. In matters of sin, approach your spouse in love (Ephesians 4:15).
- g. In matters of preference, prefer your spouse (Romans 12:10).
- h. In matters of wisdom and conscience, suggest searching the Scriptures and getting godly counsel (Proverbs 11:14; 2 Timothy 2:15).

- i. Refuse to sin in your communication (Proverbs 8:6-8).
- j. Be more interested in God's glory and the other's good, rather than having your own way, or being right (Joshua 22:5; Romans 15:2).
- k. Give a gentle and caring answer to their angry words (Proverbs 15:1).

F. Resolving Conflicts

1. Some Sinful Ways to Resolve Conflicts

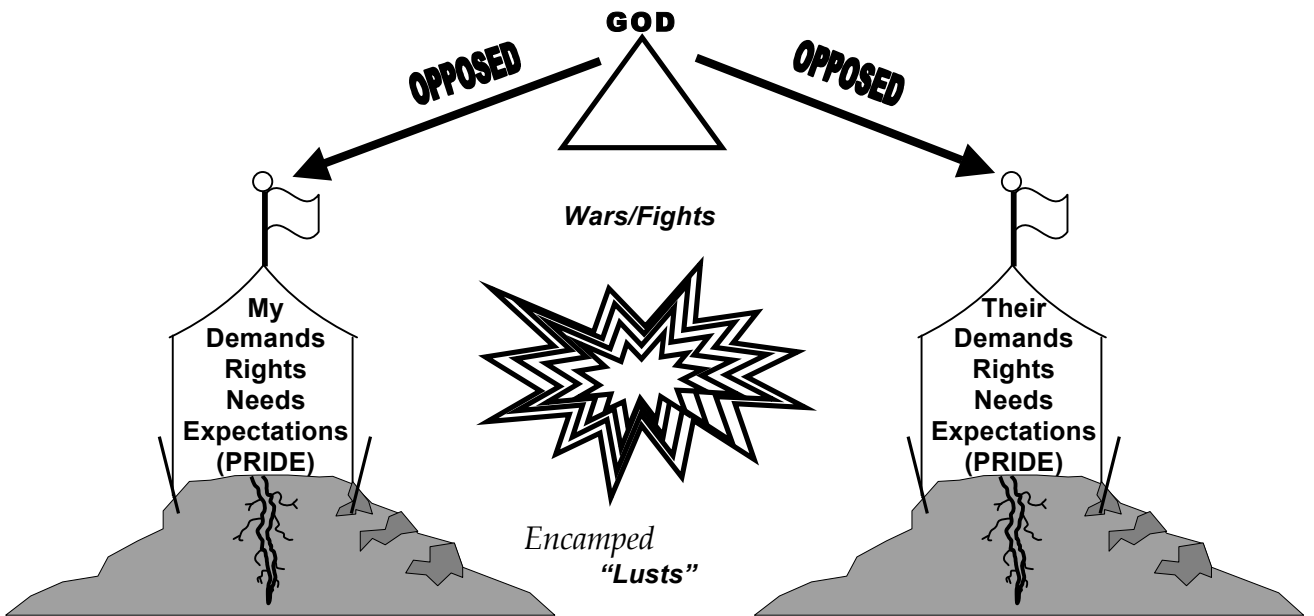
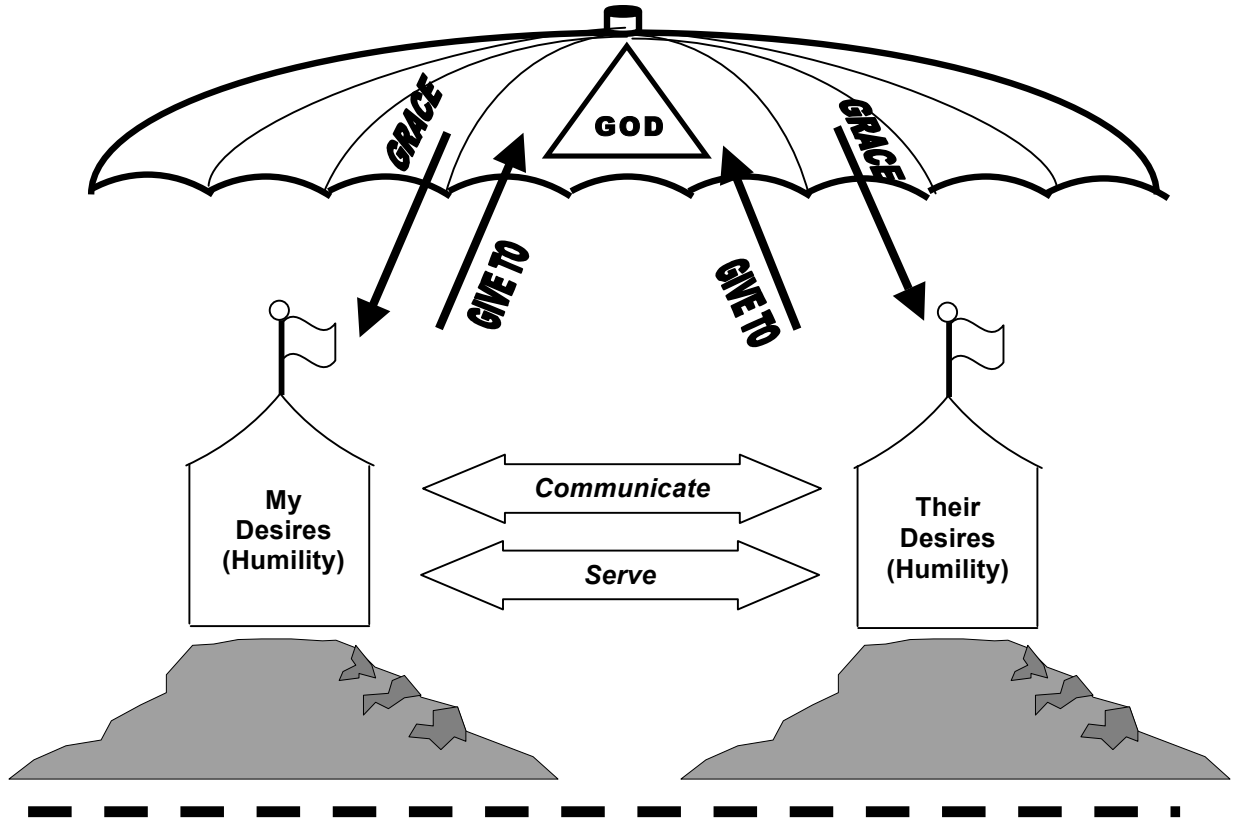
- a. Let time heal it (cf. Mt. 5:23-24; Eph. 4:26).
- b. Try to bury it.
- c. Pretend it never happened (cf. Phil. 4:8a).
- d. Wait for the other person to initiate the resolution process (cf. Matt. 5:23-24).
- e. Punish the other person until they change and take all the blame (cf. Gal. 6:1; Rom. 12:9-20).

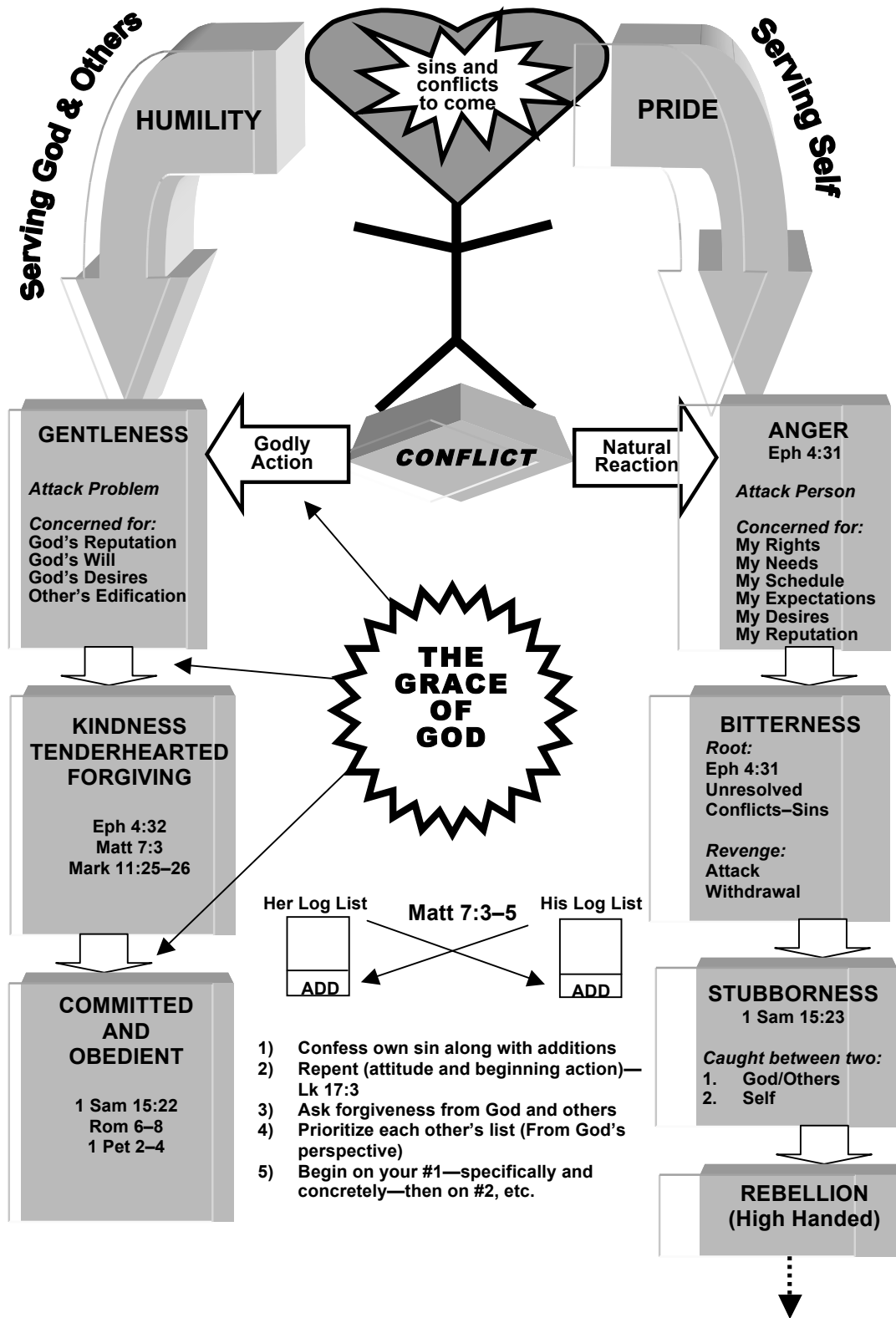
2. A Biblical Way to Resolve Conflict

- a. Confess any sin that you are aware of to God (Ps. 139:23-24; 1 John 1:9-10).
- b. Go to your spouse, ask forgiveness for each thing you did specifically and discuss your plan not to do those things again (Eph. 4:32; James 5:16).
- c. Express a desire to resolve the conflict fully and decide together when the best time to do that would be (Prov. 15:28).

- d. Come together at the appointed time.
- e. Pray together for God's wisdom, self-control, and speech (Prov. 16:32; Jas. 1:5).
- f. Review God's rules of communication (Eph. 4:15, 26-32).
- g. Each one should take a turn to confess any sin that has not been confessed (to God and spouse), and ask forgiveness (Eph. 4:32; Jas. 5:16; 1 Jn. 1:9).
- h. Begin discussing the issues that precipitated the conflict.
- i. Decide what you can agree upon (each takes a turn).
- j. Decide what you do not agree upon (each takes a turn).
- k. Decide what kind of issue(s) you are dealing with (each offers input).
 - (1) Preference
 - (2) Sin
 - (3) Conscience
 - (4) Wisdom
- l. Decide on specific steps to resolve the issue (each offers input).
- m. Together, begin carrying out the appropriate steps to resolve the issue.
- n. Decide if and when you need to discuss the issue again.
- o. End your time together with prayer and an expression of love.

TWO RESPONSES TO CONFLICT JAMES 4:1-10





VIII. BIBLICAL PRINCIPLES OF PHYSICAL INTIMACY

- A. Sex in marriage is pure and holy.
 1. Created by God before sin
 2. Still called honorable after Fall
 3. Any other view is sinful.
 - Do you view sexual relations in marriage to be as holy as...
 - Praying?
 - Reading the Bible?
 - Preaching?
 - Giving?
 - Teaching a Sunday School class?
- . B. Sex is not the basis of marriage. Marriage is not first and foremost a physical union.
 1. Jesus settled this issue.
 2. Unity in marriage is more than sex.
 3. But it is still very important.
- C. The primary goal of sexual relationship is giving – providing sexual satisfaction for one's spouse.
 1. Taught by 1 Cor. 7:3 - "Let the husband fulfill his duty to his wife, and likewise also the wife to her husband."
 - a) Context
 - b) "*fulfill*" – is a command to give fully, completely, without reluctance, hesitation, or inhibition
 - c) "*duty*" – a responsibility with the idea of doing good to the other person
 - d) Wife has the same command.

2. Taught by definition of love – GIVING.
 - a) Giving to get can be selfish.
 - b) Greatest pleasure is giving.
May or may not include climax.
3. How do I know what pleases my mate? Talk about it.

D. God has created both husband and wife with equal ability to satisfy each other.

1 Cor. 7:4 - “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.”

1. “*Authority*” – means control
2. Both husband and wife have the same command. Wife is also to be aggressive in the sexual relationship.
3. What about different levels of desire?
 - a) God’s Word teaches you to sexually satisfy your mate, not to focus on your own level of desire.
 - b) To refuse to aggressively use your body to sexually satisfy your mate is rebellion against God.
4. Sexual relationships are to be equal and reciprocal.

E. Pleasure in sex is not sinful and forbidden but rather assured and encouraged (Prov. 5:18-19).

1. Delight in the person.
 - a) “*wife*” – principle applies to either mate
 - b) “*loving hind and graceful doe*”

c) Picture the pleasantness of your mate.

2. Delight in the sexual relationship.

a) “*breasts*” – signifies sex

b) Restricted to marriage

c) “*satisfy*” – thirst quenched

- Completely satisfied

d) “*exhilarated*” – intoxicated

- Overwhelmed with satisfaction

e) 1 Cor. 7:3-4 – Each is to provide this kind of satisfaction for each other. And it is to be considered a delightful task.

F. Sexual relations are to be regular and continuous.

1 Cor. 7:5 – “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.”

1. “*Depriving*” – failure to “fulfill duty” for selfish reasons

2. Abstinence is by mutual consent.

Guidelines for refraining:

a) Both agree

b) Specific period of time

c) Specific reason

d) Terminated by sexual relations

3. Frequency of sex

a) Enough to satisfy each other (1 Cor. 7:4, Prov. 5:19)

b) Enough to avoid temptation (1 Cor. 7:5)

c) Be considerate of each other (Phil. 2:3-4)

4. Limitation on sexual activity

- a) Unselfish love must be the motive (1 Cor. 13:4-7).
- b) Must be based on mutual agreement (Phil. 2:1-4).
- c) Apply the principle of mutual authority (1 Cor. 7:2-5)
- d) Do not cause your spouse to violate his/her conscience (Rom. 14:23).
- e) Self-control in between – No self-fulfillment

IX. BIBLICAL STEWARDSHIP IN MARRIAGE (**PRIORITIES AND FINANCES**)

A. The Stewardship Principle

1. God Owns and Has Control Over All Things (Ps. 24:1; Col. 1:16).
2. God Entrusts What He Owns to Those Whom He Chooses (1 Cor. 4:7).
3. God Requires Faithfulness, and Will Hold Us Accountable (Rom. 14:12; 1 Cor. 3:13-14, 4:2).
4. A Working Definition:
Managing, maintaining, and making the most of all God has entrusted to us for the furtherance of His interests, as we look forward to future reward.

B. What Has God Entrusted to You?

1. Futility's Remedy
 - a) God intends for every believer to be fruitful (2 Pet. 1:8).
 - b) Uselessness, however, leads to futility (Eccl. 2:10-11).
 - c) Align your goals in life and marriage with God's (2 Cor. 5:9).
2. A Bit of Hope
 - a) God will help us learn faithfulness (Heb. 4:14-16; Ps. 27:4-5, 8-9).
 - (1) Acknowledge in humility that you cannot do it on our own (John 15:5).
 - (2) Ask God to teach you and help you carry out His will.
 - b) At the same time, we must prayerfully do our part.
 - (1) Rid yourself of any hindrances.
 - (2) Actively pursue faithfulness.

C. Putting Off the Hindrances to Faithfulness

“That, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit” (Ephesians 4:22)

Put Off...

1. Pride (Prov. 18:12).
2. Selfishness (Phil. 2:3-4).
3. Idolatry (1 John 5:21).
4. Laziness (Prov. 13:4).
5. Irresponsibility (Prov. 25:19).
6. Man-pleasing (Gal. 1:10).

D. Steps Towards Faithfulness

“And put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth” (Ephesians 4:24).

Put On...

1. Repentance (Ps. 139:23-24).
2. Study (Ps. 119:9-11).
3. Prayer (Ps. 12:1-2)
4. Renewing Your Mind (Rom. 12:2a)
5. Planning (Rom. 13:12-14)
6. Accountability (Gal. 6:1-2)

E. Time and Money

1. Stewardship of Time

a) Convictions

a) Practical Suggestions

2. Stewardship of Finances

a) Convictions

b) Practical Suggestions

APPENDIX 1**HOMEWORK ASSIGNMENTS FOR COUNSELING/DISCIPLESHP**

The purpose of this appendix is to provide several homework assignments that may be used in pre-marital counseling, marriage counseling, and even in discipleship. The assignments are formatted in such a way that they can be photo-copied for easy distribution.

50 QUESTIONS TO ASK YOUR WIFE

1. What are your 5 favorite foods with the most favorite first?
2. What are your 5 favorite kinds of meals with the most favorite first?
3. What are your 5 favorite desserts with the most favorite first?
4. What are your 5 favorite restaurants with the most favorite first?
5. What is your favorite color?
6. What are your 5 favorite hobbies with the most favorite as first?
7. What are your 5 favorite recreations with the most favorite as first?
8. What are your 5 favorite sources of reading with the most favorite as first?
9. What gifts do you like?
10. What is your favorite book/s of the Bible? Why?
11. What is your favorite verse/s of the Bible? Why?
12. What is your favorite song?
13. What makes you the most fulfilled or happiest as a woman?
14. What makes you the most fulfilled or happiest as a wife?
15. What makes you the most fulfilled or happiest as a mother?
16. What makes you saddest as a woman?
17. What makes you saddest as a wife?
18. What makes you saddest as a mother?
19. What do you fear the most?
20. What other fears do you have?
21. What do you look forward to the most?
22. How much sleep do you need?
23. What are your skills?
24. What is your spiritual gift?
25. What are your weaknesses?
26. What things (personal, home, car, etc.) need repairing?
27. With what chores and responsibilities do you like my help?
28. What caresses do you enjoy the most?
29. What caresses do you enjoy the least?
30. What action of mine provides you the greatest sexual pleasure?
31. What other things stimulate you sexually?

32. At what times do you need assurance of my love the most?
33. How can that love be shown?
34. What can I do that will make it easier to discuss and work on areas or problems that are uncomfortable to you?
35. What concerns do you have that I do not seem interested in?
36. What things do I do that irritate you?
37. What desires do you have that we haven't discussed?
38. What do you enjoy doing with me, with the most enjoyable as first?
39. What things can I do that show my appreciation of you?
40. What varying desires (spiritual, physical, intellectual, social, appreciation, recreational, protection, etc.) would you like me to provide?
41. In what ways would you like me to protect you (physically, spiritually, socially)?
42. In what ways would you like me to sacrifice for you?
43. What things are first in my life? As you look at me what do you see, not what I am.
44. What implied or unspoken desires and wishes of yours would you like for me to fulfill?
45. What concerns and interests of yours would you like me to support?
46. How much time would be good for us to spend together each day?
47. In helping family members to use their skills and develop their abilities, what motivating factors would be helpful for me to use?
48. What can I do that provides the greatest comfort and encouragement for you when you are hurt, fearful, anxious or worried?
49. What personal habits do I have that you would like changed?
50. What ways demonstrate to you that you are a very important person who is as important or more important than I am?

50 QUESTIONS TO ASK YOUR HUSBAND

1. What are your 5 favorite foods with the most favorite first?
2. What are your 5 favorite kinds of meals with the most favorite first?
3. What are your 5 favorite desserts with the most favorite first?
4. What are your 5 favorite restaurants with the most favorite first?
5. What is your favorite color?
6. What are your 5 favorite hobbies with the most favorite as first?
7. What are your 5 favorite recreations with the most favorite as first?
8. What are your 5 favorite sources of reading with the most favorite as first?
9. What gifts do you like?
10. What is your favorite book/s of the Bible? Why?
11. What is your favorite verse/s of the Bible? Why?
12. What is your favorite song?
13. What makes you the most fulfilled or happiest as a man?
14. What makes you the most fulfilled or happiest as a husband?
15. What makes you the most fulfilled or happiest as a father?
16. What makes you saddest as a man?
17. What makes you saddest as a husband?
18. What makes you saddest as a father?
19. What do you fear the most?
20. What other fears do you have?
21. What do you look forward to the most?
22. How much sleep do you need?
23. What are your skills?
24. What is your spiritual gift?
25. What are your weaknesses?
26. What things (personal, home, etc.) need mending?
27. With what chores and responsibilities do you like my help?
28. What caresses do you enjoy the most?
29. What caresses do you enjoy the least?
30. What action of mine provides you the greatest sexual pleasure?
31. What other things stimulate you sexually?

32. At what times do you need assurance of my love the most?
33. How can that love be shown?
34. What can I do that will make it easier to discuss and work on areas or problems that are uncomfortable to you?
35. What concerns do you have that I do not seem interested in?
36. What things do I do that irritate you?
37. What desires do you have that we haven't discussed?
38. What do you enjoy doing with me, with the most enjoyable as first?
39. What things can I do that show my appreciation of you?
40. What varying desires (spiritual, physical, intellectual, social, appreciation, recreational, protection, etc.) would you like me to provide?
41. In what ways would you like me to protect you (physically, spiritually, socially)?
42. In what ways would you like me to sacrifice for you?
43. What things are first in my life? As you look at me what do you see, not what I am.
44. What implied or unspoken desires and wishes of yours would you like for me to fulfill?
45. What concerns and interests of yours would you like me to support?
46. How much time would be good for us to spend together each day?
47. In helping family members to use their skills and develop their abilities, what motivating factors would be helpful for me to use?
48. What can I do that provides the greatest comfort and encouragement for you when you are hurt, fearful, anxious or worried?
49. What personal habits do I have that you would like changed?
50. What ways demonstrate to you that you are a very important person who is as important or more important than I am?

WAYS A HUSBAND MAY EXPRESS LOVE TO HIS WIFE***How to Convince Your Wife You Love Her***

Evaluate the way you express love to your wife. Circle the ways you are neglecting. Ask your wife to go over the list and put a check mark in front of the ways she would like you to express love. Ask her to add other things to the list.

You may express love to your wife by—

1. Functioning as the loving leader of your home.
2. Frequently telling her you love her.
3. Giving her a regular amount of money to spend in any way she chooses.
4. Leading family devotions regularly.
5. Smiling and being cheerful when you come home from work.
6. Helping her wash and dry the dishes at least twice a week.
7. Taking care of the children for at least three hours every week so that she has free time to do whatever she wants.
8. Taking her out for dinner or to do something fun at least once a week.
9. Doing the "fix-it" jobs she wants done around the house.
10. Greeting her when you come home with a smile, a hug, a kiss, and an "Am I glad to see you. I really missed you today."
11. Giving her a lingering kiss.
12. Patting her on the shoulder or fanny or holding her hand or caressing her frequently.
13. Being willing to talk to her about her concerns and not belittle her for having those concerns.
14. Looking at her with an adoring expression.
15. Sitting close to her.
16. Rubbing her back or...
17. Shaving or taking a bath or brushing your teeth before you have sex relations.
18. Wearing her favorite after-shave lotion.
19. Writing love notes or letters to her.
20. Letting her know you appreciate her and what you appreciate about her. Do this often and for things that are sometimes taken for granted.
21. Doing the dishes while she relaxes or takes a bubble bath.

22. Fulfilling her implied or unspoken desires and wishes as well as the specific requests she makes of you. Anticipating what she might desire and surprising her by doing it before she asks.
23. Playing with her; sharing her hobbies and recreational preferences enthusiastically; including her in yours.
24. Seeking to set a good example before the children.
25. Talking about her favorably to the children when she can hear you and when she cannot.
26. Bragging about her good points as a wife in every other area to others; letting her know you are proud to have her as your wife.
27. Maintaining your own spiritual life through Bible study, prayer, regular church attendance and fellowship with God's people.
28. Handling your affairs decently and in order; structuring your time and using it wisely.
29. Making plans prayerfully and carefully.
30. Asking her advice when you have problems or decisions to make.
31. Following her advice unless to do so would violate biblical principles.
32. Fulfilling your responsibilities.
33. Being sober, but not somber, about life.
34. Having a realistic, biblical, positive attitude toward life.
35. Discussing plans with your wife before you make decisions, and when the plans are made sharing them fully with your wife, giving reasons for making the decisions you did.
36. Thanking her in creative ways for her attempts to please you.
37. Asking forgiveness often and saying, "I was wrong and will try to change."
38. Actually changing where and when you should.
39. Sharing your insights, reading, good experiences with her.
40. Planning for a mini-honeymoon, where the two of you can do whatever you want to do.
41. Giving a low whistle or some other expression of admiration when she wears a new dress or your favorite negligee or...
42. Gently brushing her leg under the table.
43. Being reasonably happy to go shopping with her.
44. Relating what happened at work or whatever you did apart from her.
45. Reminiscing about the early days of your marriage.
46. Expressing appreciation for her parents and relatives.

47. Taking her out to breakfast.
48. Agreeing with her about getting a new dress or some other item.
49. Thanking her when she supports your decisions and cooperates enthusiastically. Especially make it a matter of celebration when she supports and helps enthusiastically at times when you know she doesn't fully agree.
50. Asking her to have sexual relations with you and seeking to be especially solicitous of her desires. Express gratitude when she tries to please you.
51. Buying gifts for her.
52. Remembering anniversaries and other events that are special to her.
53. Watching the TV program or going where she wants to go instead of doing what you want to do. Do it cheerfully and enthusiastically.
54. Being cooperative and appreciative when she holds you, caresses or kisses you.
55. Being cooperative when she tries to arouse you and desires to have sexual relations. Never make fun of her for expressing her desires.
56. Running errands gladly.
57. Ministering to her with a greater sensitivity when she is ill.
58. Being willing to see things from her point of view.
59. Being lovingly honest with her—no backdoor messages—no withholding of the truth that may hinder your present or future relationship.
60. Indicating you want to be alone with her and talk or just lie in each other's arms.
61. Refusing to "cop out" or "blow up" or attack or blameshift or withdraw or exaggerate when she seeks to make constructive suggestions or discuss problems.
62. Giving her your undivided attention when she talks to you.
63. Cheerfully staying up past your bedtime to solve a problem or share her burdens.
64. Getting up in the middle of the night to take care of the children so that she may continue to sleep.
65. Holding her close while expressing tangible and vocal love when she is hurt, discouraged, weary, or burdened.
66. Planning vacations and trips with her.
67. Sometimes helping her yourself instead of telling the children to "help mommy."
68. Being eager to share a good joke or some other interesting information you have learned.
69. Joining with her in a team ministry in the church.
70. Doing a Bible study or research project together.
71. Establishing a family budget.
72. Keeping yourself attractive and clean.

73. Being cooperative, helpful, as a co–host when you have people in for dinner or fellowship.
74. Asking her to pray with you about something.
75. Spending time with the children in play, study, and communication.
76. Acknowledging that there are some specific areas or ways in which you need to improve.
77. Refusing to disagree with her in the presence of others.
78. Cooperating with her in establishing family goals and then in fulfilling them.
79. Being available and eager to fulfill her desires whenever and wherever possible and proper.
80. Beginning each day with cheerfulness and tangible expressions of affections.
81. Planning to spend some time alone with her for sharing and communicating every day.
82. Remembering to tell her when you must work late.
83. Refusing to work late on a regular basis.
84. Taking care of the yard work properly.
85. Helping the children with their homework.
86. Refusing to compare her unfavorably with other people.
87. Handling money wisely.
88. Not allowing work, church, or recreational activities to keep you from fulfilling marriage or family responsibilities.
89. Trying to find things to do with her.
90. Being willing to go out or stay home with her.
91. Being polite, courteous, and mannerly with her.
92. Refusing to be overly dependent on your parents or friends.
93. Developing mutual friends.
94. Providing adequate hospitalization insurance.
95. Trying to the level of your ability to provide housing and some support for your family in case you should die or become handicapped.
96. Being on time.
97. Going to school meetings with her.
98. Letting her sleep in once in a while by getting the children breakfast and, if possible, off to school.
99. Frequently giving in to her and allowing her to have her own way unless to do so would be sinful.

100. Putting children to bed at night.
101. Being gentle and tender and holding her before and after sexual relations.
102. Not nit-picking and finding fault, and giving the impression that you expect her to be perfect.

Adapted from:

Wayne A. Mack, *A Homework Manual for Biblical Living*, volume II (P&R Publishing, 1980).

WAYS A WIFE MAY EXPRESS LOVE TO HER HUSBAND

How to Convince Your Husband You Love Him

Evaluate the way you express love to your husband. Go over the list and circle the ways you are neglecting. Ask your husband to go over the list and put a check mark in front of the ways he would like you to express love. Ask him to add other things to the list.

You may express love to your husband by—

1. Greeting him at the door when he comes home with a smile, a hug, a kiss and an, "Am I glad to see you. I really missed you today."
2. Having a cup of coffee or tea ready for him when he comes home.
3. Giving him a lingering kiss.
4. Letting him know you like to be with him and making arrangements so that you can spend time with him without giving the impression that you really should or would rather be doing something else.
5. Being willing to talk to him about his concerns and not belittling him for having these concerns.
6. Supporting him and cooperating with him enthusiastically and positively when he has made a decision.
7. Showing your love by flirting with him.
8. Seeking to arouse him and sometimes being the aggressor or leader in sex relations.
9. Asking him to have sex relations more than he would expect you.
10. Expressing yourself demonstratively when having sexual relations.
11. Caressing him.
12. Looking at him with an adoring expression.
13. Sitting close to him.
14. Holding his hand.
15. Rubbing his back or...
16. Wearing his favorite nightgown or dress or perfume or...
17. Expressing your love in words or notes.
18. Letting him know how much you appreciate him and what you appreciate about him. Do this often and for things that are sometimes taken for granted.
19. Frequently fulfilling his wishes and desires as well as the specific requests he makes of you. Try to anticipate what he might desire or wish and surprise him by doing it before he asks.

20. Playing with him (tennis, golf, party games, etc.); sharing his hobbies and interests.
21. Enthusiastically cooperating with him and sharing with him in devotions and prayer; seeking to set a good example to the children concerning their attitude toward devotions and prayer.
22. Maintaining your own spiritual life through regular Bible study and prayer.
23. Handling your affairs decently and in order; structuring your time and using it wisely.
24. Being willing to face and solve problems even if it requires discomfort, change, and much effort.
25. Fulfilling your responsibilities.
26. Asking him for his advice and seeking to follow it.
27. Being ready to leave at the appointed time.
28. Standing with him and supporting him in his attempts to raise your children for God.
29. Thanking him in creative ways for his attempt to please you.
30. Asking for forgiveness and saying, "I was wrong and will try to change."
31. Actually changing where you should be.
32. Working with him on his projects or...
33. Reading the literature he asks you to read and sharing your insights.
34. Letting him know when he has tough decisions to make (and even when they are not so tough) that you really believe he will choose the right thing and that you will wholeheartedly support him in whatever decision he makes, provided the decision does not violate clearly revealed biblical principle; being his best cheerleader and fan club.
35. Buying gifts for him.
36. Watching football or other sporting events with him and trying to really manifest an interest.
37. Keeping the house neat and clean.
38. Cooking creatively and faithfully.
39. Having devotions with the children when he is not able to be there.
40. Maintaining his disciplinary rules when he is not present.
41. Being appreciative and cooperative when he holds you, caresses or kisses you.
42. Lovingly giving him your input when you think he is in error.
43. Offering constructive suggestions when you think he could improve or become more productive. Don't push or preach or do this in such a way that you belittle

him, but seek positive and non-threatening ways to help him become more fully the man God wants him to be.

44. Running errands gladly.
45. Seeking to complete, not compete, with him; being the best member of his team and seeking to convince him that you are just that.
46. Being lovingly honest with him—no backdoor messages—no withholding of truth that will hinder your relationship or future trust and closeness.
47. Being willing to see things from his point of view; putting the best interpretation on what he does or says until you have evidence that proves the contrary.
48. Ministering to him with a greater sensitivity when he is ill.
49. Being happy and cheerful.
50. Refusing to nag.
51. Gently brushing a leg under the table.
52. Having candlelight and music at dinner.
53. Indicating you want to be alone with him and talk or just lie in each other's arms.
54. Giving an "I promise you" wink.
55. Going for a walk with him.
56. Letting him know you feel lonely when he is out of town or away from you for a period of time.
57. Relating what happened to you during your day.
58. Sharing your fears, concerns, joys, failures, etc.
59. Seeking to support your ideas with biblical insights and good reasons.
60. Refusing to "cop out" or withdraw and attack or exaggerate or blameshift when he seeks to make constructive suggestions or discuss problems.
61. Giving him your undivided attention when he wants to talk.
62. Discussing the meaning of certain Bible passages or discussing how to improve your marriage or home or children or child raising efforts, etc.
63. Cheerfully staying up past your bedtime to resolve a disagreement or problem.
64. Holding him close while expressing genuine concern and tangible and vocal love when he is hurt, discouraged, weary or burdened.
65. Being eager to share a good joke or some other interesting information you have learned.
66. Working in the yard or painting a room together or washing the car.
67. Planning vacations or trips together.
68. Wanting to keep your family memorabilia, newspaper clippings, church releases, etc., that have to do with your family.

69. Bragging to others about him and his accomplishments and how good a husband he is.
70. Joining with him in a team ministry at the church.
71. Doing a Bible study or Bible research together.
72. Doing a good job in bookkeeping about family finances.
73. Helping prepare the income tax report.
74. Keeping in touch through letters with your family and friends.
75. Keeping yourself attractive and clean.
76. Inviting other people in for dinner or fellowship.
77. Developing and using the spiritual gifts God has given you.
78. Asking him to pray with you about something.
79. Expressing how much you love the children and being the children's cheerleader.
80. Managing to stay within the family budget and even saving some for special surprises.
81. Being excited about sharing the gospel with others or about answered prayer or about helping other people.

82. Making a list for him of things that need to be done around the house.
83. Being satisfied with your present standard of living or furniture or equipment when he can provide no more.
84. Not making nostalgic comments about your father's way of providing, etc., which may seem to imply that you think your father was a much better man than your husband.
85. Acknowledging that there are some specific areas or ways in which you need to improve.
86. Taking care of his clothes so that he is always dressed well.
87. Appreciating and helping his mother and father and relatives.
88. Refusing to disagree with him in the presence of others.
89. Cooperating with him in establishing family goals and procedures and then in fulfilling them.
90. Being creative in your lovemaking at times.
91. Telling him before he asks you that you think he has done a good job, if he has done a good job. Don't be afraid of repeating yourself in commending him for what he is or does.
92. Being available and eager to fulfill his desires wherever and whenever it is proper and possible.

93. Beginning each day with cheerfulness and tangible expressions of affections.
94. Letting the children know that you and your husband are in agreement; communicating to your children when your husband can hear (and when he cannot) how wonderful he is.

Adapted from:

Wayne A. Mack, *A Homework Manual for Biblical Living*, volume II (P&R Publishing, 1980).

HEADINGS TO CREATE YOUR OWN NOTEBOOK***For the Husband***

Make up a list of answers for each of the following headings so that you can remind yourself of these things periodically.

- ❑ 15 Things that are important to her
- ❑ 20 Things that I can praise you for
- ❑ 20 Questions that I would like to ask her
- ❑ 20 Gifts I know she would like me to buy her
- ❑ 20 Home repairs that need to be done
- ❑ Reading between the lines: What she says and does vs. what she really means
- ❑ 20 Areas she needs my protection in
- ❑ Specific ways I can show love to her: Expressions of love and her response
- ❑ 10 Discussion topics that are important to her
- ❑ Top ten activities my wife would like to do this year
- ❑ Prayer requests for my wife (be specific and concrete). List request and answer
- ❑ Areas of strength and weakness where she has asked for my encouragement (Heb. 10:24); list ways you can remind, correct or advise your wife graciously; list strengths and weaknesses and practical ways to encourage
- ❑ What my wife has encouraged me to work on in my life (Prov. 19:20); list problems to put off, biblical solutions to put on, and practical plans for doing so
- ❑ Preferring my wife: (Phil. 2:3–4); list her strong preferences, medium preferences, and mild preferences

HEADINGS TO CREATE YOUR OWN NOTEBOOK***For the Wife***

Make up a list of answers for each of the following headings so that you can remind yourself of these things periodically.

- ❑ 15 Things I can do that demonstrate respect for my husband (Eph. 5:33)
- ❑ 20 Things that are important to him
- ❑ 20 Things I can praise him for
- ❑ 20 Questions that I would like to ask him
- ❑ 20 Gifts I know he would like me to buy him
- ❑ Specific ways I can show love to him: expressions of love and his response
- ❑ 10 Discussion topics that are important to him
- ❑ Things I do that cause him to stumble (Rom. 14:13b): stumbling blocks and biblical alternatives
- ❑ 15 Best ways I can help my husband (Gen. 2:18): Ask him, "What are the best ways I can help you?"
- ❑ My husband's goals for this year (1 Cor. 11:9): specific ways I can help him achieve his goals
- ❑ How can I bring a piece of heaven to our home? (Prov. 14:1) Ask your husband the following questions and jot down his responses:
 - ❖ How do you define a clean house?
 - ❖ What is your noise tolerance? (Acceptable sounds verses irritating noises)
 - ❖ How could our home be more comfortable?
 - ❖ What type of scents do you like?
 - ❖ What are your 10 favorite meals?
 - ❖ What are your favorite desserts?
 - ❖ What are your least favorite meals?
- ❑ Areas of strengths and weakness where he has asked for my encouragement (Heb. 10:24); list the ways you can remind, correct or advise your husband graciously; and practical ways to encourage him

- How can I express submission to my husband in the following areas? (Eph. 5:22–24); focus on those situations under each category in which you have the most difficulty submitting, and indicate a practical alternative that you can begin to work on:
 - ❖ Housework
 - ❖ Sexual relations
 - ❖ Social relations
 - ❖ Child discipline
 - ❖ Husband's work
 - ❖ Meal preparation
 - ❖ Family devotions
 - ❖ Church life
 - ❖ Other...
- Prayer requests for my husband (be specific and concrete); list the request and the answer
- What my husband has encouraged me to work on in my life (Prov. 19:20); list problems to put–off, biblical solutions to put–on and a practical plan for doing so.
- Preferring my husband (Phil. 2:3–4); list his strong preferences, medium preferences and mild preferences

BI-WEEKLY/MONTHLY LEADERSHIP WORKSHEET
A Tool for Greater Understanding and Establishing New Habits

(Scott, Stuart W., *The Exemplary Husband*, Appendix 6)

A means to glorify God, see God work (answers to prayer), and be fulfilled is when a Christian husband leads his wife and home like Christ. This worksheet not only lists the areas of leadership that you need to think through, but it also helps you get started by having you chose the regualr times for preparation and discussion once or twice a month.

LEADING IN THE MARRIAGE RELATIONSHIP

- Set times for preparation and meeting

On what day and at what time will you prepare? _____

On what day and at what time will you meet with your wife? _____

- Read and complete chapter 3 of *Strengthening Your Marriage*, by Wayne Mack.

- Complete the following exercises:

1. *Things I appreciate about her:*
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2. *Ways I can show sweetheart love to my wife:*
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3. *Confessions and changes to make:*
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.....
.....

4. *When I will spend time with her:*

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.....
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5. *Things we can do together:*

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.....
.....

6. *My plan to pray with her daily:*

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.....

7. *My plan for intimacy (may be the same each time):*

- First read chapter 6 of Strengthening Your Marriage.

- A prayer to pray beforehand:

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.....

- Thoughts to think at the time:

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.....

- Things to say at the time (ask):

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.....

- Ways to prepare her (ask):

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.....
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- Ways to please her (ask):

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LEADING MY WIFE

(same preparation time, same meeting time)

- Complete the following exercises:

1. *Encouragement to her:*

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2. *Confessions and changes to make:*

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3. *Praises from her:*

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4. *Update on delegated areas (finances, children during the day, etc.):*

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5. *When I can spend time in the word with her regularly:*

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6. *Questions and requests from her:*

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7. *Concerns and prayer requests from her:*

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8. *Ways I can serve her:*

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9. *Tentative plans of hers (freedom whenever possible):*

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10. *Observations of patterns:*

- Are there any observed sin patterns to lovingly and respectfully talk with her about?

.....

- If she is a believer, are there any sin patterns I have talked with her about (where she is not repenting) into which I may need to bring another believer who loves her?

Who?

When?

11. *Spiritual input and direction to her:*

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.....

12. *Biblical concerns from her about my leadership or life:*

.....

.....

.....

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.....

ASSISTING MY HUSBAND

□ Questionnaire

1. *Is it apparent to you that the love of God motivates my service to you, our family, and others outside the home?*

.....
.....
.....

2. *In what specific areas do I lack in service to you or to our children?*

.....
.....
.....

3. *Do you believe that I focus more on serving others than on serving you?*

.....
.....
.....

4. *How do I generally respond when you or God's providence doesn't allow me to serve in ways that I would like to serve or have planned to serve?*

.....
.....
.....

5. *Am I a cheerful and eager servant in our home even when I'm tired or ill?*

.....
.....
.....

6. *Do you see me pursuing opportunities, in fact, creating opportunities to serve?*

.....
.....
.....

7. *In what circumstances do I have the tendency to serve begrudgingly or drag my feet?*

8. *Do you think that my life demonstrates a desire to be served more than to serve?*

9. *What are some ways I can serve you that would reach your ideal experience of being served?*

10. *Do you see me enhancing your ministry by serving creatively along side of you? Do I alleviate or create burdens for you?*

Application Worksheet

1. *I will prioritize my husband by serving him in the following ways:*

2. *I will prioritize my children by serving them in the following ways:*

3. *When I realize my motives for serving are sinful I will:*

4. *Some of the ways I can serve the known needs of others are:*

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5. *Some of the ways I will creatively pursue servanthood are:*

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.....

6. *If I have trouble following through with these plans, I will be accountable to:*

.....

.....

.....

PROTECTING AND LEADING MY HOME

(same preparation time, same meeting time)

□ Complete the following exercises:

1. *Am I being the greatest servant in my home in attitude and action? How?*

.....
.....
.....

2. *Am I providing food, clothing, shelter, and safety for my family to the best of my ability? Any changes I can pray about and work toward without compromise?*

.....
.....
.....

3. *Is there anything affecting the home adversely (compromises, T.V., schedules, people, reading materials, etc.)?*

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.....
.....

4. *Confessions and changes to make:*

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.....
.....

5. *Input from wife:*

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.....
.....

6. *Is the home basically and usually operating in order or in chaos? Any specific areas of need?*

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.....

7. *Does my wife believe she is totally equipped to run the home (under my direction)? Is she overwhelmed?*

- Items needed:

.....
.....
.....

- Training needed:

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.....

- Weekly help needed (while in training, physical limitations, home-schooling, multiple births, etc.):

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.....
.....

- Ways I can help:

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.....
.....

- Accountability needed:

.....
.....
.....

8. *Changes to be made in home or family operations:*

.....
.....
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.....
.....

LEADING MY CHILDREN

- Set times for preparation and meeting

On what day and at what time will you prepare? _____

On what day and at what time will you meet with your children? _____

- Complete the following exercises:

1. *Ways I can show love to him/her:*

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2. *When I will spend time with him/her:*

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3. *Confessions and changes to make:*

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4. *Encouragement to him/her:*

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5. *Praises from him/her:*

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6. *Questions or requests from him/her:*

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.....

7. *Concerns or prayer requests from him/her:*

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.....
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8. *Tentative plans of his/hers (give freedom when possible):*

.....
.....
.....
.....
.....

9. *Observations of patterns and needs:*

- Are there any observed sin patterns to lovingly and respectfully talk with him/her about?

.....

Who?

When?

- If he/she is a believer, are there any sin patterns I have talked with him/her about (where he/she is not repenting) into which I may need to bring another believer who loves him/her?

Who?

When?

CONFERENCE TABLE GUIDELINES

The “Conference Table” is (1) a homework assignment designed to help people develop effective, biblical communication patterns; (2) a strategy for helping people put off the old sinful ways of communicating and putting on the new, biblical way of communicating; and (3) a forum for discussing and resolving conflicts and problems in a constructive way

Arrangements

TIME: _____

(agreeable to everyone; least likelihood of interruption; not at worst physically)

PLACE: _____

(preferably not some place with bad associations)

LENGTH: at least 15 minutes, but no more than 30 minutes

Rules

1. Be Honest (Eph. 4:25).

- *Speak*—Clamming up is not an option for the Christian.
- *Speak truth*—Honesty is more than not lying. Other examples of dishonesty include: deceit, exaggeration, evasion, innuendo—disguising the real message, half-truth
- *Speak truth lovingly*(Eph. 4:15)—What you say, how you say it, how much you say, when you say it
- *Become a skilled listener.*

2. Keep Current (Eph. 4:26,27).

- *Failure in attempting to solve each day’s problems quickly is sin.* Don’t carry them over into tomorrow (cf. Matt. 6:34).

3. Attack the problem, not the person (Eph. 4:29,30).

- *Do not use any “unwholesome word”*—words that tear down, words that by-pass the conflict, words that grieve the Holy Spirit
- *Use edifying words*—words that edify or build up, words that deal with what the person says or does, words that help reach a solution

4. Act, don’t react (Eph. 4:31,32).

- *Attitudes and actions that must be put off:* bitterness, wrath, anger, clamor, slander, malice
- *Attitudes and actions that must be put on:* kindness, tender-heartedness, forgiving
- *It is only through God’s Spirit that we can learn to be this way.*

Procedure

1. Read Ephesians 4:25-32
2. Pray
3. Deal with today's concerns
4. Deal with most recent concerns
5. Everyone takes a turn
6. Discuss problems only at the conference table
7. Try to find a solution to the problem
8. If you cannot reach a solution to a problem, put that problem off until next time.
9. If you still cannot reach a solution after several tries, seek godly counsel.

Topics

1. Personal log list
2. Speck list
3. Each person's personal concerns
4. Disagreement or conflict list

CONFLICT PREVENTION AND RESOLUTION INVENTORY

❖ *Answer the following questions by circling the appropriate number*

4=Always 3=Often 2=Sometimes 1=Seldom 0=Never

How have you been doing in terms of looking at disagreements from a biblical perspective?

- | | | | | | |
|---|---|---|---|---|---|
| 4 | 3 | 2 | 1 | 0 | Do you understand and respond as though disagreements are inevitable? |
| 4 | 3 | 2 | 1 | 0 | Do you really believe that disagreements don't need to turn into conflicts? |
| 4 | 3 | 2 | 1 | 0 | Do you really believe and readily accept with joy, the benefits that rise from disagreements? |
| 4 | 3 | 2 | 1 | 0 | Are you convinced that conflicts may be resolved if you respond to them God's way? |
| 4 | 3 | 2 | 1 | 0 | Do you live according to this conviction? |

Do you recognize that most of your conflicts develop because of sinful selfishness?

- | | | | | | |
|---|---|---|---|---|--|
| 4 | 3 | 2 | 1 | 0 | Do you think about being content with what God gives you, and are you satisfied with what pleases Him? |
| 4 | 3 | 2 | 1 | 0 | Do you regularly acknowledge that you have no "rights" to demand things from others? |
| 4 | 3 | 2 | 1 | 0 | Do you regularly acknowledge that only God can give you real satisfaction? |
| 4 | 3 | 2 | 1 | 0 | Do you resist the temptation to believe there are things you must have from others if you are to be happy? |

Is the practical lordship of Christ a reality in you and your relationship?

- | | | | | | |
|---|---|---|---|---|---|
| 4 | 3 | 2 | 1 | 0 | Do you look to Jesus Christ for your standard of right and wrong, and are you committed to doing what He says? |
| 4 | 3 | 2 | 1 | 0 | Are you committed to handling your disagreements His way? |
| 4 | 3 | 2 | 1 | 0 | Are you committed to fulfilling and furthering His purposes above everything else? |
| 4 | 3 | 2 | 1 | 0 | Do you recognize and function as if you are complete in Christ, and therefore, can you be content regardless of what others do or how they treat you? |

Do you foster an atmosphere in which conflicts are prevented or resolved by manifesting the qualities of diligence, humility, gentleness, patience and forbearance?

- | | | | | | |
|---|---|---|---|---|--|
| 4 | 3 | 2 | 1 | 0 | Are you diligent in putting off the things that foster conflicts and putting on the things that prevent and resolve conflicts? |
| 4 | 3 | 2 | 1 | 0 | Is your life characterized by humility? |
| 4 | 3 | 2 | 1 | 0 | Is your life characterized by gentleness? |
| 4 | 3 | 2 | 1 | 0 | Is your life characterized by patience? |
| 4 | 3 | 2 | 1 | 0 | Is your life characterized by forbearance? |

❖ *Now add up your score to determine your conflict prevention and resolution quotient.*

Total Score: _____

Number of 4s: _____

Number of 3s: _____

Number of 2s: _____

Number of 1s: _____

Number of 0s: _____

❖ *Identify any items on which you scored 2 or lower and ask God for forgiveness and help; then pray, think and make plans to improve in those areas.*

Specific items on which you scored 2 or less:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

❖ *To verify your evaluation, ask a close friend (perhaps your mate or mate-to-be) who will be honest with you to fill this inventory out for you and about you.*

CONFLICT RESOLUTION PROCEDURE WORKSHEET

Procedure	_____’s Part	_____’s Part
State the Problem (define the terms if necessary from both perspectives – James 1 – Prov. 18:13		
Decide what things can be agreed upon		
Identify the type of conflict and the appropriate response 1. Difference = tolerant and prefer 2. Sin = rebuke and repent 3. Righteous = study—unity		
Assume responsibility for your contribution to the problem – Matt. 7:3		
Pray for God's wisdom (confessing personal sin as you go) – James 1 – 1 John 1:9 – 2 Cor. 7:9–11		
Search the scriptures for biblical guidelines relating to the problem – 2 Tim. 3:16–17		
Share what biblical changes you are willing to implement in order to reach a solution		
If the problem cannot be resolved in one week, seek godly counsel from others within your church		

Personal Schedule

RESPONSIBILITIES	TIME	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	6:00							
	6:30							
	7:00							
	7:30							
	8:00							
	8:30							
	9:00							
	9:30							
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	3:30							
	4:00							
	4:30							
	5:00							
	5:30							
	6:00							
	6:30							
DESIRES	7:00							
	7:30							
	8:00							
	8:30							
	9:00							
	9:30							
	10:00							
	10:30							
	11:00							

Accountable to: _____

FINANCIAL GUIDE

GROSS INCOME (per month) : _____

Salary income	_____
Interest Income	_____
Other Income	_____

LESS:

1. Giving	_____
2. Tax	_____

NET SPENDABLE INCOME _____

3. Housing	_____
Mortgage (if own) or rent	_____
Home, Fire, Theft, Insurance	_____
Real Estate Taxes	_____
Electricity	_____
Gas	_____
Water	_____
Garbage/Sanitation	_____
Telephone	_____
Maintenance	_____
Other	_____
4. Food	_____
5. Automobile	_____
Car payments	_____
Gas & oil	_____
Insurance	_____
License/Taxes	_____
Maintenance/Repairs	_____

6. Insurance		_____
Life	_____	
Medical	_____	
Dental	_____	
Other	_____	
7. Debts		_____
Credit Card	_____	
Loans (school, personal, property)	_____	
Other	_____	
8. Entertainment and Recreation		_____
Eating out	_____	
Babysitters	_____	
Activities/Day Trips	_____	
Vacation	_____	
Other	_____	
9. Clothing		_____
10. Savings		_____
11. Medical Expenses		_____
Doctor	_____	
Dentist	_____	
Drug	_____	
Other	_____	
12. Miscellaneous		_____
Toiletry, Cosmetics	_____	
Beauty, Haircutting	_____	
Laundry, Cleaning	_____	
Lunch, Allowances	_____	

Subscriptions	_____
Gifts (Incl. Christmas)	_____
Cash	_____
Other	_____
13. School for young child	_____
(If this category applies, adjust all other categories)	
Tuition	_____
Materials	_____
Transportation	_____
14. Investments and/or giving to other needs	_____
TOTAL EXPENSES	_____
INCOME VS. EXPENSES	
NET SPENDABLE INCOME	_____
LESS EXPENSES	_____
UNALLOCATED SURPLUS INCOME	_____
(Temporarily used until allocated to another category)	

APPENDIX 2

CASE STUDIES

Mary and Bill Smith

A review of the P.D.I. forms the Smith's completed provides the following information: Bill Smith is 46 years old and Mary Smith is 45. They are both in relatively good health. Both are professing Christians who attend church regularly. Bill indicated that he reads his Bible occasionally and prays frequently. Mary indicated that she reads her Bible and prays frequently.

Mary and Bill have been married for 24 years. They have 3 children: a son (23), a daughter (21), and another son (19). Bill recently changed jobs, which required them to move a hundred miles from the area where they had lived for their entire married lives. Bill's form stated that he was somewhat conscientious, quiet, a loner, and reserved. Mary saw herself as ambitious, imaginative, a leader, extroverted, self-confident, persistent, and impatient.

They have come for counseling because, as Bill puts it, "My wife is not satisfied with our relationship. She tells me that she wants me to do more things with her and go more places with her. I've never been a "goer." I'd just as soon stay home and work on my cars or putter around my workshop. She says that she's tired of making all the decisions and taking all the responsibility for the children.

"Well, I admit that I don't like to take responsibility. But that's only one side of the story!" exclaims Bill. "The other side is that when I've given my opinion or tried to exert leadership, I get the feeling she doesn't agree with me anyway. So I end up saying, 'Do it however you want to. Whatever you do is okay with me. I really don't care.' I pretty much let her do what she wants to do. It's easier that way because I don't want her to be upset with me. I don't like conflicts. I'm not the one to make waves. I'm a lover of peace."

At another point in the session, Bill adds, "Mary says I'm not meeting her needs and that she doesn't really believe I love her. I may not be the most romantic person in the world, but I've never been unfaithful to her. I don't argue with her. I've never abused her. I let her do whatever she wants to do. I can't understand why she's so unhappy."

Mary informs you that she is very dissatisfied with the marriage relationship. In fact, she says, "I've been hurting for years, but it is only recently that I've let Bill know how unhappy I am. We don't have anything in common and never have. He never takes the initiative in family matters or in demonstrations of affection.

“We never talk about anything but superficial issues. Bill shuts himself off from me. He will not take the leadership in any way. We’ve never had family devotions. He goes to church with me, but we never discuss spiritual issues. We were having some trouble with two of our children, but Bill gave me no help in deciding what we should do. I asked him about sending them to a Christian school. Bill told me to go ahead if I thought that would help. I felt like I was out there all alone. I wanted his input, but he didn’t give it.

“In the past, I’ve just tried to find fulfillment in my family, in the church, and in my job. I realize not what I want more out of this relationship than I’ve been getting. I’ve lost all my good, warm feelings toward Bill.

“I don’t want to live the rest of my life in this way. Something has to change. I want a husband who will really love me. I’m tired of being the one who has to formulate all the suggestions, come up with all the solutions, run the household, get everything moving, and make all the decisions! I need someone who will provide some leadership. I want someone who will be my friend.”

Aren't Vacations Fun?

Tom and Susan had looked forward to their vacation in New England for six months. Without the children along (Stephanie (8) and Joshua (10) were staying with their grandparents), they both viewed it as a chance to relax, see the sights, and rekindle their relationship.

Tom, in his characteristically disorganized style, had left much of the actual planning of the trip to Susan. The week prior to the trip, he had rushed around to get everything done at the office, working hours on end, and postponing as many of his client projects as he possibly could.

Susan, on the other hand, had spent the last several months collecting maps, making reservations, and researching the points of interest in New England. She had worked out what she considered to be a very detailed but interesting game plan for the trip which she felt would provide rest, order, and leisure.

Finally the big day arrived. Susan had made reservations for the first night at a Virginian country inn noted for its food, view, and solitude. They had planned a 1:00 p.m. departure to give them enough drive time to be there for dinner at 7:30 p.m. However, Tom called to say he was running a little late because of some details he had forgotten to attend to, and would not be home until 4:00 p.m. Tom closed by saying, "Don't worry, honey. Vacations are supposed to be flexible. We'll find another place to stay tonight that's just as good."

By 10:00 p.m. that evening, both were tired out and decided to stop at the next available motel in the next town. Unfortunately, it turned out to be a "mom and pop" motel with a sagging spring mattress, paper-thin walls, and a greasy spoon that served for a restaurant.

Tom didn't seem to mind too much, but Susan was extremely disappointed. She didn't say anything to Tom because she didn't want their vacation to start out on a bad note. Inside, however Susan couldn't help but blame Tom. "If only Tom would get more organized," she thought, "our life together would be so much better"

Tom and Susan finally arrived in Boston. The tension from their first night's disappointment had been replaced now by a sense of expectation and excitement. "Imagine," Susan said, "three full days to just relax, look around, and read my book." They relaxed over dinner in one of the city's finest hotels; then Susan retired to their room for her fist, long-awaited, quiet time. Tom stayed up watching a football game in the hotel lobby.

The next morning Tom enthusiastically shared with Susan how he had run into an old college classmate in the lobby last night. Then he announced, "And they invited us to spend the weekend with them in their cabin in the mountains. I told them of course we would! Doesn't that sound like a great idea, Susan?"

Susan resented this unexpected change in their plans, but, under the circumstances, felt there was nothing to do now but go along with it. So, the next morning, off they went for a weekend in the mountains – leaving Boston and their original plans in the rear view mirror.

It rained the entire time, forcing everyone to be inside. Due to Susan's lack of enthusiasm, it was quite apparent to everyone that she was not really enjoying the experience. Susan's aloofness was as much of a damper as the weather.

The day they left the cabin, Susan turned to Tom and said pointedly, "Well, I'm glad that's over with. You and your wonderful ideas. I've spent months putting this trip together and now we'll have to change everything."

"So we change a few reservations – so what?" Tom replied. "Vacations are supposed to be flexible." This remark only irritated Susan more, "All the work I put into planning this vacation was obviously a waste of time.

At that, Tom exploded at Susan, "You and your precious schedule. If you would only learn to be a little more flexible, you would enjoy life a lot more. You spoiled everyone's weekend at the cabin just because it wasn't in your schedule. All you think about are your boring maps and timetables.

During the next week, this sequence of events was repeated several times. Tom's usual approach to missed schedules was to make a flippant remark which served only to upset Susan even more. Rather than being relaxed, the trip began to look very much like their normal pressures at home.

Tom and Susan returned home disappointed that their time away had not enabled them to become closer in their relationship. Both became reinvolved in their normal but separate activities and settled back into a routine that minimized conflict but did little to build a more intimate relationship.

“Unequally Yoked”

Betty comes to you for counseling because she is having problems with her unsaved husband. When they were married ten years ago, neither one of them were Christians. Five years ago Betty became a Christian through the witness of a friend of hers. She then began to attend a weekly Bible study group and eventually joined a church where God’s Word was faithfully preached.

Up to this point, her husband has rejected all her efforts to share the Gospel with him. He will not attend church with her. He doesn’t want her to pray at meal times. He refuses to read the books that she has given to him. He thinks that the money she gives to the church would be better spent elsewhere. At times, he seems to delight in mocking her Christian faith.

“Recently,” she says, “things have been going from bad to worse. I’m desperate. I don’t know what I’m going to do. He has forbidden me to attend church. He wants me to stay home and take care of him all the time instead of getting involved in the church the way a Christian should. He doesn’t like me talking to my Christian friends on the telephone. He doesn’t like me going to other men for advice. He just won’t listen to reason. I’m afraid he’s going to be a bad influence on our two children. It’s so hard to raise the children for God without his help.

“I want to be a good Christian. I also want to have a good marriage. I just don’t know how I can please God and my husband. I just don’t know what to do.”

“Making It Official”

A couple in their twenties who both profess to be born again and have been baptized want to join your church. You discover that they have never been “officially” married and encourage them to do so. Their answer is the following:

“We have lived together for three years and believe we are married in God’s eyes because of Genesis 2. How can your ceremony make us any more married than that?”

“Leaving and Cleaving”

A 45-year-old woman whose daughter was married two years ago to a struggling young businessman comes to you with this to say:

“I just don’t understand those kids. We told them we didn’t want our daughter living in some dump. She was raised in luxury, and her daddy said he would provide whatever she wanted. Now we get a letter from that ungrateful husband of hers with our last three allowance checks in it. He quotes Genesis 2:24 in his letter, so I just got on the telephone and quoted Ephesians 6:1-3 to him. Besides that, the Bible talks against pride too. You’re his pastor, now you straighten him out on what it means to ‘leave father and mother’ – by the way, what does that mean?”

More Scenarios

Discuss the following counseling scenarios and decide on the approach you would take in helping the persons in these situations – What questions would you ask, what Scripture would you use, what statements would you make, what counsel would you give these people?

1. “What you say about the husband’s love for his wife not being based on her performances sounds biblical, but it’s not very realistic. I know that’s what the Bible says, but you don’t know my wife. She constantly nags me, she calls me bad names, she constantly finds fault, she doesn’t listen to me, she doesn’t keep the house clean, she puts me down in front of people and with the children, she withholds sex from me, etc. I mean, a man can only take so much, and then he has to defend and protect himself. Maybe Christ could respond differently, but I’m not Christ. I’m only human, and as a human, I can only take so much.”
2. “My wife is constantly complaining about my lack of leadership in the home. She’s constantly telling me that if I’d be the kind of leader God wants me to be, we wouldn’t have the problems we have in the area of finances or with the children. She wants me to take more leadership in the spiritual area. She frequently tells me about what other men are doing in this area and says I ought to be functioning in the same way, but I’m just not the kind of person who can do what she wants me to do. I do the best I can, but it’s not good enough. I don’t have a Bible college education or seminary training. I guess she wants me to be another John MacArthur, but I’m not like him or some of the other men she mentions.”
3. “What you say about the wife’s role and responsibilities in the home sounds right, but my husband takes advantage of me and makes me wait on him hand and foot. Am I supposed to be his slave?”
4. “Can a woman be the kind of wife the Bible says she should be and still develop her individuality? Can she pursue a career?”
5. “Is it legitimate for a woman to be involved in activities that take her out of the home and make it a necessity for the rest of the family to fend for themselves in some areas that she would normally take care of?”
6. “What exactly should I do and how specifically should I be a submissive wife? What difference should this make in my day-to-day activities?”

7. Linda and Bill come to you for help in resolving an issue that has become a major issue of conflict between them. Linda is a tired and frustrated young mother who would like to take a course at The Master's College. She thinks this would help her to grow as a person and also to add a diversion to her life. Linda's husband, Bill, sees it otherwise. He thinks that she ought to be happy to stay at home and take care of the baby. He complains that she already has too much to do and that there are many things around the house that she's not getting done. He also thinks that they can't afford the tuition in that the expense of the course plus babysitting would put serious strain on their budget. And, besides, there are other things on which they could spend their money.
8. Curt and Pam come to you for counseling because of the serious arguments they are having over what to do for recreation. Whenever Curt has a day off, Pam wants to go out – to the beach, window-shopping, sightseeing, or visiting friends. Curt, however, wants to spend his day off reading or biking in the woods. What will you do to help resolve this conflict that has become a serious hindrance in their relationship?
9. Jack and Sue come for counseling because they have been fighting over a problem that has to do with Jack's job. Jack's boss requires him to work overtime four or five nights a week. Sue is very upset because he is seldom home to spend time with her and he is almost never home before the children go to bed. What will you do?
10. Henry and Carol come for counseling because they are in conflict over the way that Carol spends money. Henry thinks she spends money carelessly. Carol disagrees and thinks that Henry is being unreasonable. What will you do?