

FOUNDATIONS

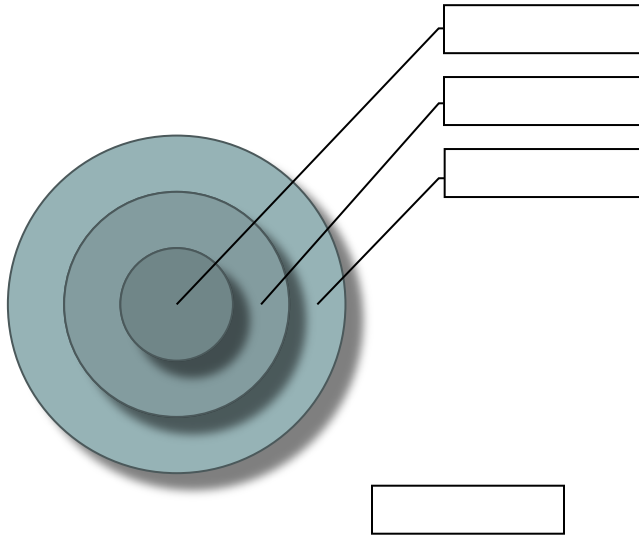
Read **Romans 8:28-29** – Marriage is to help us be like Him, not just for happiness!

I. WELCOME & INTRODUCTIONS:

Where are you aiming?

Saving Your Marriage Before It Starts by Parrotts

What's *YOUR* marital target?
(your goal...)



What makes 2 people Soul-Mates?

31 *“For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.”* 32 *This is a **profound mystery**—but I am talking about Christ and the church.* 33 *However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.* — Ephesians 5:31-33

There are 4 Dimensions to a human being:

1. _____
2. _____
3. _____
4. _____

Your spiritual dimension is _____ for a GREAT marriage!

You **cannot** be _____ if you are **not** both committed _____!

14 Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? 15 What harmony is there between Christ and Belial? What does a believer have in common with an unbeliever? 16 What agreement is there between the temple of God and idols? For we are the temple of the living God. — 2 Corinthians 6:14-16

Unless the LORD builds the house, its builders labor in vain. — Psalm 127:1

Is your _____ based on God's Words & Jesus Christ?

For no one can lay any foundation other than the one already laid, which is Jesus Christ.
— 1 Corinthians 3:11

24 "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. 25 The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. 26 But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. 27 The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash." — Matthew 7:24-27

#1 Question: WHAT IS YOUR _____?

Is Jesus Christ the savior & Lord of your life?

I write these things to you who believe in the Son of God so that you may know that you have eternal life.
— 1 John 5:13

9 That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. 10 For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved. — Romans 10:9-10

(If you're not sure about your relationship with God & Jesus Christ – please ask for a DIAGRAM DVD from your pastor or instructor!!!)

You CANNOT be SOUL-MATES and enjoy a great marriage that will go the distance if you do NOT both have the same rock-solid foundation as CHRISTIANS!

Please read the letter from our pastors in the *Rock Solid* manual's front cover....

HOMEWORK:

Complete and turn in the following assignments:

- Couple's Project: Part A (do together as a couple)
- Couple's Project: Part B (do together as a couple)

COUPLE'S PROJECT

Part A: Read, discuss and answer each question together as a couple

LAYING A FOUNDATION FOR MARRIAGE

"In an effort to draw on the experiences of those who have lived together successfully as husbands and wives, we asked married couples to participate in an informal study. More than six hundred people agreed to speak candidly to the younger generation about the concepts and methods that have worked in their homes... The panel first suggested that newlyweds should establish and maintain a Christ-centered home. Everything rests on that foundation. If a young husband and wife are deeply committed to Jesus Christ, they enjoy enormous advantages over the family with no spiritual dimension. — James Dobson, "Love For a Lifetime"

Do you agree or disagree with the need to have a Christ-centered marriage?

GETTING TO KNOW GOD:

1. If you were to die tonight and stand before God and he were to ask you, "Why should I let you into my heaven?" What would you tell Him?

2. How sure are you that if you died tonight, you would spend eternity with God the Father in Heaven? (on a scale from 0=*not sure* to 100=*positive*)

3. In what church do you want to worship once you are married and how frequently would you like to attend?

4. How do you feel about these things...
 - a. Reading the Bible together and having family devotions?

 - b. Having a personal quiet time?

 - c. Praying together?

 - d. Being involved in a small group within The Rock Church?

5. How are we going to continue to develop spiritual oneness in our marriage?

6. What are our goals in marriage in these areas:

a. Spiritual:

b. Physical:

c. Personal:

d. Career:

e. Financial:

f. Family:

COUPLE'S PROJECT

Part B: Read, discuss and answer each question together as a couple

TWO SOULS, ONE FLESH?

Fifteen questions to help you share your spiritual history

A strong marriage involves much more than just physical or emotional intimacy- it requires spiritual intimacy as well. Yet it's often difficult to see clearly who your mate is on a spiritual level. These questions can help you discover more about the development of your partner's faith.

1. What did your parents believe about God, Jesus, prayer, and the Bible?
2. What is your definition of being spiritually alive?
3. Which of your parents do you feel was more spiritually alive?
4. What did each of your parents teach you, both directly and indirectly, about spiritual matters?
5. Where did you first learn about God, Jesus and the Holy Spirit?
6. What was your best church related experience as a child?
7. What was your worst experience in church as a child and as a teenager?
8. How would you describe your conversion experience?
9. How would you describe your baptism experience (If you were old enough to remember it)? What did it mean to you?

10. When you went through difficult times as a child or teenager, how did that affect your faith?

11. Which pastor or Sunday school teacher influenced you the most? In what ways?

12. As a child, what questions did you have about your faith? Who gave you the most helpful answers?

13. When you were growing up, did anyone disappoint you spiritually? If so, how has that affected you as an adult?

14. If you could ask God any question, what would it be?

15. What has been the greatest spiritual experience of your life?

Adapted from What Men Want — by H. Norman Wright (1996)

PURPOSE

I. REFLECT GOD'S IMAGE

- Genesis 1:26-27

God created mankind to mirror His image on earth.

- a. God made two distinctly different humans (male and female) so that _____ they would reflect the image of God.
- b. Oneness is necessary in order to _____ the image of God.
 - i. A demonstration of oneness with your mate reflects the unity of the Trinity.
 - ii. Walking in oneness defeats the enemy's strategy.

So God created man in his own image, in the image of God he created him; male and female He created them.
- Genesis 1:27

II. MULTIPLY A GODLY HERITAGE

- Genesis 1:28a

- a. God created men and women as His _____ who would glorify Him on earth.
- b. Through this line of godly descendants, Satan's kingdom would be _____.
- c. Oneness is necessary in order to _____ a godly heritage.
 - i. For children to appreciate their sexual identity, they must see a harmonious marriage modeled by their parents.
 - ii. The roles of the husband and wife can best be understood by children as they observe the modeling of these roles in the home by their parents.
 - iii. A child's best hope for understanding unconditional love is oneness demonstrated between the husband and wife in the home.

III. MANAGE GOD'S CREATION.

- Genesis 1:28b

- a. God gave mankind _____ over His creation to manage it and make it a productive reflection of Him.
- b. Couples that are living by God's principles threaten Satan's power; therefore Satan concentrates his major _____ on them.
 - i. Oneness is necessary in order to effectively manage the creation.

The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him."
- Genesis 2:18

IV. MUTUALLY COMPLETE ONE ANOTHER (to experience companionship)

- Genesis 2:18; 1 Corinthians 11:11

- a. _____ fulfills aloneness needs.
- b. Oneness is necessary in order for a man and wife to _____ one another.
 - i. Self-centered individuality destroys oneness and companionship.

V. MODEL CHRIST'S RELATIONSHIP WITH THE CHURCH

- Ephesians 5:31,32

- a. Marriage is a _____ of Christ's relationship with His bride, the church.
- b. The Bible refers to this as a _____.
- c. Oneness is necessary in order to _____ the relationship of Christ and His church.
 - i. Christ heads, loves and serves His church.
 - ii. The church is reverently subject to Christ.
 - iii. Both roles must be properly fulfilled to demonstrate oneness.

*Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word,
- Ephesians 5:25-26*

VI. CONCLUSION

- a. God has established marriage for at least _____ purposes:
 - i. Reflect God's image
 - ii. Multiply a godly heritage
 - iii. Manage God's realm
 - iv. Mutually complete one another
 - v. Model Christ's relationship to the church
- b. Our _____ in marriage comes from pursuing God's purposes.
- c. Marriage is far more _____ than you may have thought.
 - i. Marriage affects God's reputation.
 - ii. Marriage is God's smallest battle formation.
- d. Recognize that your marriage is taking place on a spiritual _____.
 - i. To be in opposition to your mate is to be in opposition to the very purposes of God. God's purposes can only be accomplished by following His plan.
 - ii. God's Word demands a response: Will you fulfill His purposes for your marriage?

*That is the way holy women of old made themselves beautiful. They trusted God and accepted the authority of their husbands
- 1 Peter 3:5 NLT*

HOMEWORK:

Complete and turn in the following couple's projects:

- Purpose Part A: God's Purpose for Marriage (both independent of each other)
- Purpose Part B01: MAN (Man only)
- Purpose Part B02: WOMAN (Woman only)
- Purpose Part C01: MAN (Man only)
- Purpose Part C02: WOMAN (Woman only)

COUPLE'S PROJECT

Purpose Part A: both complete independent of each other

1. Share one thing you felt that you *learned* about “The Purpose of Marriage”.
2. God had at least five purposes for creating marriage. Which one of these purposes do you think will be the most exciting to live out? Why?
3. Genesis 2:18 states that it was not good for the man to be alone and this statement occurs before the “fall of man” in Genesis 3. So, in essence, we were created with an “aleness need” that God said was “not good.” What does this tell you about your needs and your spouse’s needs? How does this affect how you approach your spouse’s needs?
4. Can you completely reflect God’s image as an individual? What does God need to completely reflect Himself in the world?
5. How does recognizing that God created your spouse specifically for you change your marriage?

COUPLE'S PROJECT

Purpose Part B01: Project for the **Man**

Name: _____

Please answer the following questions honestly and openly, independently of your fiancé/spouse.

1. What is your definition of marriage?

2. Why do you believe that you are in love?

3. I feel that now is the time for me to marry because...

4. I desire to marry _____ because...

5. I believe that being married will be better for us than living single because...

COUPLE'S PROJECT

Purpose Part C01: Project for the **Man**

Please honestly and objectively review these questions over the next week. It may be helpful to seek the counsel of a trustworthy married couple to address any concerns that arise as a result of looking at them.

FOR THE MAN...

1. Is this the one woman for whom you desire to be responsible and caring for the rest of your life? Why her?
2. Is she the right partner for you five years from now? Ten years from now? When you are 40? In the years ahead, how do you see her supporting the goals you have?
3. Is she the person you want to raise your family?
4. Are you ready to accept for a lifetime the weaknesses she now displays in her relationships with others? (e.g. friends, roommates, family)
5. Why do you think you will be a good head for this woman?
6. Are you willing and able to take financial responsibility for your wife and future children?
7. Has this person demonstrated control or lack of control over her own financial affairs? Do you think she will be happy with the material lifestyle you will provide?
8. Does she respect you? Do you think she will be happy with you as her leader?
9. Is there anything you can think of that you do not accept about her – emotions, habits, personality, family, beliefs, goals, appearance, etc.?
10. Why do you expect your relationship to grow stronger over time?

COUPLE'S PROJECT

Purpose Part C02: Project for the **Woman**

Please honestly and objectively review these questions over the next week. It may be helpful to seek the counsel of a trustworthy married couple to address any concerns that arise as a result of looking at them.

FOR THE WOMAN...

1. Why do you think you will be a good lifetime helpmate for this man?
2. Why do you want to submit "as unto the Lord" for the rest of your life to this man as opposed to someone else?
3. Are you ready to accept for a lifetime the weaknesses he now displays in his relationships with others? (e.g. friends, roommates, family)
4. Would this man be a good father? Why?
5. Does he have a sense of direction and purpose that will make him a good leader for your family? What do you see in his life that indicates that?
6. Will he be a good financial provider and manager for your family? What makes you think so? Are his financial prospects such that you would be able to raise children at home?
7. Who do you want to be and what do you want to be doing five years from now? Ten years from now? Is this the person who can help you get there? Where do you want to be when you are 40, and whom do you want to be with?
8. Do you think this man will be the spiritual leader God wants you to have in a husband? What do you see that indicates that?
9. Is there anything you can think of that you do not accept about him – emotions, habits, personality, family, beliefs, goals, appearance, etc.?
10. Why do you expect your relationship to grow stronger over time?

EXPECTATIONS

EXPECTATIONS:

“Uncommunicated or unrealistic _____ are leading causes of disillusionment and unresolved conflict early in marriage.”

“For I know the plan I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.” — Jeremiah 29:11

Expectations are the _____ each of us makes about the things a spouse _____ or _____ do in order to have a happy marriage.

These assumptions guide the way we *treat* one another.

BASIC NEEDS OF MEN:

1. _____
2. _____
3. _____
4. _____
5. _____

BASIC NEEDS OF WOMEN:

1. _____
2. _____
3. _____
4. _____
5. _____

Men, what’s at the top of your list? Women, what’s at the top of your list? Discuss.

Two important sources of expectations for marriage are:

- 1) _____ and 2) _____

“For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.”
Genesis 2:24

Consider this 3-part process for managing your expectations:

- #1 Start by _____ your expectations clearly.
- #2 Then, _____ your views with each other.
- #3 Finally, _____ to an agreement on how to bridge the differences.

It is not necessary that you have _____ agreement on everything before you get married, but it is important that you _____ the process by revealing your expectations early.

Possible areas for discussion: How to divide chores? When will we have children? How many kids? Whose career will we follow? Will we rent or buy? Where will we live?

PAST BAGGAGE:

“Do not be deceived: God cannot be mocked. A man reaps what he sows.” — Galatians 6:7

Emotional ‘baggage’ that you bring into a marriage are those _____ things (such as feelings, circumstances, or beliefs) that get in the way, or impede, progress and growth of your relationship.

There are many types of baggage that we can bring to our marriage:

EMOTIONAL BAGGAGE FROM PAST LIFE EXPERIENCES:

- | | |
|----------|----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | |

What baggage tops your list? Which ones do you feel could most easily bring conflict?

Share this list with your partner. Ask yourself: “Would I be able to accept him/her if he/she never changed their mind about _____?”

In order to deal with the past you need to learn how to give and receive _____. (Mark 11:25)

Learning from the past and releasing it are never easy, but _____.

“13 I am still not all I should be, but I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead, 14 I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven.” — Philippians 3:13-14

HOMEWORK:

Complete and turn in the following assignments:

- Couples project

COUPLE'S PROJECT

EXPECTATIONS & PAST BAGGAGE

Please honestly and objectively review these questions over the next week. It may be helpful to seek the counsel of a trustworthy married couple to address any concerns that arise as a result of looking at them.

1. Expectations:

Sit down quietly at home and complete the details of your family “*portrait*.” Share with your partner. Note the differences and come to a preliminary agreement on how to bridge the differences.

2. Past Baggage:

With your partner talk about your mom and dad, respectfully and honestly:

- a. What is one thing that your mom or dad did that you swore you would never do as a spouse?

- b. What is one thing that your mom or dad did that you swore your future spouse would never do to you or others?

Pray together: “*God, I forgive (parent) for (action/attitude). And, God, please forgive me for judging (parent). God, please break this vow in my life that my marriage may honor you!*”

ROLES

But wisdom is proved right by all her children. - Luke 7:35

I. THREE POSITIONS:

Position #1 _____ They believe men and women are absolutely equal in value and worth and there are no gender roles.

Position #2 _____ They believe that men are superior to women in value and worth and have different gender roles.

Position #3 _____ They believe that men and women are absolutely equal in value and worth and have different gender roles.

Gender roles are God's idea. He uniquely and systematically designed men and women _____. Instead of men and women being independent, God intended _____.

II. EQUAL IN VALUE AND WORTH:

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

There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus. — Galatians 3:28

Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers. — 1 Peter 3:7

III. DIFFERENT GENDER ROLES:

Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him." — Genesis 2:18

God created _____ within a marriage. The first thing God ever shared about Eve was what her role was to be. God created Eve's role _____ the fall. Therefore, her role must be good. Our acceptance of our roles in marriage comes from faith in God's character and wisdom, and not in how well roles fit within our culture.

The woman's primary role is _____. A woman's primary role is _____ to submit! Submission is not a role; rather it is a _____ to the husband's role.

22 Wives, submit to your own husbands, as to the Lord. 23 For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. 24 Now as the church submits to Christ, so also wives should submit in everything to their husbands. — Ephesians 5:22-24

Jesus is the head of His church, so the husband is the head of his wife. And being the head means being the leader. Every husband, you are the authority or head and leader of your wife. The man's primary role is _____. The fundamental aspect of a Christian husband's headship: _____. Five important functions for the husband to fulfill in his family: _____

25 Husbands, love your wives, as Christ loved the church and gave himself up for her, 26 that he might sanctify her, having cleansed her by the washing of water with the word, 27 so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish.... 33 However, let each one of you love his wife as himself, and let the wife see that she respects her husband. — Ephesians 5:25-27, 33

18 Wives, submit to your husbands, as is fitting in the Lord. 19 Husbands, love your wives, and do not be harsh with them. — Colossians 3:18-19

What does submit mean? Submit - to surrender; commit to the decision or judgment of another. It is a choice you make, women. Therefore, women (and their roles) are to be treated with tremendous respect and honor. A husband's response should be _____ and _____.

IV. ADDITIONAL RESOURCES:

- *Recovering Biblical Manhood and Womanhood* by John Piper & Wayne Grudem
- *Men and Women – Equal Yet Different* by Alexander Strauch
- *Feminine Appeal* by Carolyn Mahaney
- *A Husband After God's Own Heart* by Jim George
- *A Wife After God's Own Heart* by Elizabeth George
- *Creative Counterpart* by Linda Dillow
- *Summaries of the Egalitarian and Complementarian Positions* by Bruce A. Ware
 - <http://cbmw.org/uncategorized/summaries-of-the-egalitarian-and-complementarian-positions/>
- *God-Honoring Authority and Communion* (1 Corinthians 11) by Bill Young (12.13.09)
 - <http://www.experiencetherock.com/mp3/message/2009/broken/11godhonoringauthority.mp3>
- *Biblical Women: Roles and Gifts* by Tim Haring (Pastor's Conference 06.2004)
 - <http://www.experiencetherock.com/mp3/message/special/womenroles1.mp3>
 - <http://www.experiencetherock.com/mp3/message/special/womenroles2.mp3>

HOMEWORK:

Complete and turn in the following assignments:

- Couple's Project

COUPLE'S PROJECT

Inventory of Role Expectations

1-Strongly agree

2-Mildly agree

3-Not sure

4-Mildly disagree

5-Strongly disagree

WIFE

HUSBAND

1 2 3 4 5	The husband is the head of the home.	1 2 3 4 5
1 2 3 4 5	The wife should not be employed outside of the home.	1 2 3 4 5
1 2 3 4 5	The husband should help regularly with the dishes.	1 2 3 4 5
1 2 3 4 5	The wife has the greater responsibility for the children.	1 2 3 4 5
1 2 3 4 5	The husband's responsibility is to his job and the wife's responsibility is to the home and children.	1 2 3 4 5
1 2 3 4 5	Major decisions should be made by the husband in case of an impasse.	1 2 3 4 5
1 2 3 4 5	The husband should babysit one night a week so the wife can get away and do what she wants.	1 2 3 4 5
1 2 3 4 5	A couple should spend their leisure activities with one another.	1 2 3 4 5
1 2 3 4 5	It is all right for the wife to initiate lovemaking with her husband.	1 2 3 4 5
1 2 3 4 5	The husband & wife should plan the budget and manage money matters together.	1 2 3 4 5
1 2 3 4 5	The father is the one responsible for disciplining the children.	1 2 3 4 5
1 2 3 4 5	It is the wife's responsibility to have the house neat and clean.	1 2 3 4 5
1 2 3 4 5	The husband should take his wife out once a week.	1 2 3 4 5
1 2 3 4 5	The wife is just as responsible for the children's discipline as the husband.	1 2 3 4 5
1 2 3 4 5	It is the husband's job to do the yard work.	1 2 3 4 5
1 2 3 4 5	The mother should be the teacher of values to the children.	1 2 3 4 5
1 2 3 4 5	Children should be allowed to help plan family activities.	1 2 3 4 5
1 2 3 4 5	Children develop better in a home with parents who are strict disciplinarians.	1 2 3 4 5
1 2 3 4 5	The wife should always obey what her husband asks her to do.	1 2 3 4 5

MONEY

Finances can be a significant source of tension in any marriage. According to the Bible, money can be our master and the root of all kinds of evil. Ultimately, financial tension in a marriage results from a lack of financial freedom. But what does financial freedom really look like?

I. FINANCE WOES

- a. The majority of divorced couples in the United States cited financial problems as the primary reason for their divorce. – Citibank
- b. A majority, or 64%, of Americans don't have enough cash on hand to handle a \$1,000 emergency expense. – CNN
- c. The average American household with at least one credit card has nearly \$16,000 in credit-card debt. - CreditCards.com
- d. Student loan debt for the average American college graduate is \$29,000 per student. - CNNmoney.com
- e. Americans work 137 more hours per year than Japanese workers, 260 more hours per year than British workers, and 499 more hours per year than French workers." - International Labor Organization
- f. Total bankruptcy filings by businesses and individuals fell to 1.03 million in 2013, from 1.19 million in 2012. - Reuters

II. FINANCIAL WISDOM FROM JESUS

13 Someone in the crowd said to him, "Teacher, tell my brother to divide the inheritance with me." 14 But he said to him, "Man, who made me a judge or arbitrator over you?" 15 And he said to them, "Take care, and be on your guard against all covetousness, for one's life does not consist in the abundance of his possessions." — Luke 12:13-15

No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money. — Matthew 6:24

III. BUDGET BASICS (INCOME SHOULD EXCEED EXPENSES!)

- a. _____ your spending.
Suppose one of you wants to build a tower. Will he not first sit down and estimate the cost to see if he has enough money to complete it? — Luke 14:28
- b. _____ your spending.
The plans of the diligent lead to profit as surely as haste leads to poverty. — Proverbs 21:5

Additional Statistics on Credit Cards

- 90% of people buy things they can't afford using credit.
- 60% of people don't pay off their credit cards month to month.

- Credit card users spend 12-18% more on their purchases than they originally planned.

But godliness with contentment is great gain. — 1 Timothy 6:6

- c. Pay off _____ quickly and _____ faithfully.

1 My son, if you have put up security for your neighbor, have given your pledge for a stranger, 2 if you are snared in the words of your mouth, caught in the words of your mouth, 3 then do this, my son, and save yourself, for you have come into the hand of your neighbor: go, hasten, and plead urgently with your neighbor. 4 Give your eyes no sleep and your eyelids no slumber; 5 save yourself like a gazelle from the hand of the hunter, like a bird from the hand of the fowler. 6 Go to the ant, O sluggard; consider her ways, and be wise. 7 Without having any chief, officer, or ruler, 8 she prepares her bread in summer and gathers her food in harvest. — Proverbs 6:1-8

The borrower is servant to the lender. — Proverbs 22:7

He who gathers money little by little makes it grow. — Proverbs 13:11

- d. _____ to God.

9 Honor the LORD with your wealth, with the firstfruits of all your crops; 10 then your barns will be filled to overflowing, and your vats will brim over with new wine. — Proverbs 3:9-10

IV. Additional resources:

- Dave Ramsey — www.daveramsey.com
- Crown Financial Ministries — www.crown.org
- *Manage Well* by Bill Young — www.vimeo.com/therockchurchut/managewell

HOMEWORK:

Complete and turn in the following assignments:

- Couple's Project

COUPLE'S PROJECT

Money

Name: _____

Using the following scale, please rate the questions below:

- 1 = strongly agree
- 2 = agree
- 3 = undecided
- 4 = disagree
- 5 = strongly disagree

Responses:

1. Sometimes I wish my partner were more careful in spending money. _____
2. We don't have a specific plan for how much we can spend each month. _____
3. We still have to decide how to handle our finances. _____
4. I am satisfied with our decisions about how much to save. _____
5. We have figured out exactly what our financial position will be after we marry. _____
6. I have some concerns about whether our income will be sufficient. _____
7. One of us has unpaid bills (and debt) which causes me concern. _____
8. Deciding where it is most important to spend money is sometimes a problem. _____
9. We always agree on how to spend our money. _____
10. I have some concern about who will be most responsible for our money. _____

Choose to discuss the three issues that concern you the most. When discussing these issues, try not to defend or accuse. Listen carefully to the concerns of the other and strive to have an honest desire to work things out for the good of you both.

COMMUNICATION & CONFLICT RESOLUTION

Out of hunger for _____ we seek to be close to another individual. Communication is the best avenue to share the thoughts and emotions that draw us closer. But as we get close, we notice _____, irritations and problems. Handled incorrectly, these things prevent communication and limit our intimacy. Handled correctly, such conflicts can be the doorway to greater intimacy.

Great marriages have _____. If two people agree on everything, then one person isn't needed. A mature marriage is not a conflict-free marriage. **The best indicator of a mature marriage is how quickly a couple achieves a healthy resolution to conflict.**

Great marriages are _____; they take a great deal of work. That work is definitely rewarding as the resolution of conflict provides a greater understanding and enjoyment of each other. Detachment occurs when communication breaks down or becomes unhealthy and conflicts are not resolved.

I. DISCOVERING COMMON GROUND

a. We need intimacy.

Why? What is gained from a close, healthy relationship?

i. _____

ii. _____

iii. _____

iv. _____

b. Without intentional effort, growing apart is natural.

Like the law of gravity, this is the natural tendency of marriage. But you must battle against this! Here are a few strategies:

i. Weekly date night

One night a week that both of you can count on as a time to connect. Consistency is the key! (Or one hour of talking daily.)

ii. _____ discussions

iii. Discuss your _____. There are five levels of communication: 1) facts, 2) clichés, 3) opinions, 4) feelings and 5) needs. Try to communicate at levels four and five.

iv. _____ activities (even those you don't like) — a small sacrifice.

c. Conflicts are _____.

Take two individuals from two totally different backgrounds and then have them become "one flesh". This doesn't happen without a few sparks.

"As iron sharpens iron, so one man sharpens another." — Proverbs 27:17

- d. Conflict _____ of a poor marriage.
 In fact, no conflict may be an indicator of other issues. Marriage is like mountain biking. If you don't go home with a few scrapes, you haven't really gone all out and experienced the real thrill of the sport! A total lack of conflict may be an indicator of:
- i. A lack of vulnerability
 - ii. A lack of _____
 - iii. Complacency
 - iv. Apathy

However, if you are constantly working through conflict you might consider if you are _____ too much or if you have an unresolved source of conflict.

- e. Dealing with conflict builds intimacy.
 Conflicts will either tear us apart or bring us together. This depends on your attitude.
- i. Seeking understanding of your mate = _____.
 - ii. Seeking your own interests = _____.

II. FIVE COMMON SOURCES OF CONFLICT

a. Pride

Vain conceit = pride.

Pride is linked with _____ and _____.

Humility = respecting others and thinking highly of others. *"Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others."*— *Philippians 2:3-4*

- When confronted with a disagreement, what would the humble person do?
- Sometimes we treat our fellow-workers with more respect than our spouse.
- Pride also creates a lack of confidence in our spouse. No room for failure.

b. Insecurity in your relationship/low self-esteem

- i. These feelings are often rooted in feeling unloved or not valued.
- ii. This can create conflict, especially if the only source for _____ and _____ is your spouse. Selfishness can breed here.
- iii. This results in draining your spouse.

c. Unmet needs

- i. A relationship that does not experience true companionship does not meet the need that God created it to meet.
- ii. A lack of intimacy in a marriage can be more _____ than at any other time in your life.

d. You feel unsafe to _____.

- i. If your conflict resolution and communication patterns are destructive, your spouse can become hesitant to share his/her feelings or needs. This results in aloneness and frustration.
 - ii. Individuals who feel unsafe to communicate can feel that they are not allowed to be themselves, which is a major source of frustration.
- e. The past
 - i. Don't dredge up dirt on each other.
This indicates a lack of _____ and it can affect every area of your life, including your relationship with God. *"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift."* — Matthew 5:23-24
 - ii. Learn to forgive while at the same time striving to understand each other's past — including your family upbringing.

III. THE "RULES OF ENGAGEMENT"

- a. The strongest patterns for conflict resolution in our marriage are the ones that were _____, not _____. We typically adopt patterns that we were exposed to by our parents. This is not always good.
- b. The point is not to _____ anger. Anger is not the problem. It is possible to be angry and not sin. Jesus became angry with the moneychangers and he drove them out of the temple. The problem is the focus of our anger and how we deal with it.

"Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. 'In your anger do not sin': Do not let the sun go down while you are still angry, and do not give the devil a foothold . . . Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be compassionate to one another, forgiving each other, just as in Christ God forgave you." — Ephesians 4:25-32

IV. TWO REALLY BAD WAYS TO HANDLE CONFLICT

- a. The Way of the Turtle
 - i. The turtle handles the anger that results from conflict by withdrawing into a shell. The turtle hopes that the situation will eventually go away and correct itself.
 - ii. This is _____ and it never accomplishes anything. The hurt gets buried and will eventually come back to the surface.

Rather, speaking the truth in love, — Ephesians 4:15a
- b. The Way of the Skunk
 - i. The skunk handles the anger that results from conflict by spraying all over the place, and then there is a big stink for days! The heart of this response is _____, an actual desire to hurt.

- ii. Verbal abuse is common and it is devastating; WORDS HURT! Rash words are like the thrust of a sword (Proverbs 12:18). We can kill one another slowly with our words.

Set a guard, O Lord, over my mouth; keep watch over the door of my lips! — Psalm 141:3

V. EIGHT HARMFUL A.R.G.U.M.E.N.T. TECHNIQUES (sure-fire ways to sever intimacy)!

- a. **Accuse your mate.**
Accusations are only good for _____ the fire.
“As charcoal to embers and as wood to fire, so is a quarrelsome man for kindling strife.” — Proverbs 26:21
- b. **Remember past offenses.**
We need to learn how to acquire _____.
“He who covers over an offense promotes love.” — Proverbs 17:9
- c. **Guess your mate’s intentions.**
Learn to ask a lot of questions. Let them explain what they are thinking.
“It’s foolish to answer before you listen.” — Proverbs 18:13
- d. **Use the silent treatment.**
This communicates rejection. If you are too angry to speak with your spouse, talk to _____ about it and then talk to _____.
“For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way just as we are — yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” — Hebrews 4:15-16
- e. **Make sure you are selfish.**
A great marriage is a _____% percent to _____% percent relationship.
“For where you have envy and selfish ambition, there you find disorder and every evil practice.” — James 3:16
- f. **Excuse yourself from wrong.**
_____ will always cause tension and disunity in your relationship.
Take responsibility.
“Pride comes before destruction” — Proverbs 16:18
- g. **Never listen.**
Your favorite TV show is not as important as a _____ with your spouse.
“Be quick to listen, slow to speak...” — James 1:19
- h. **Talk down to your mate.**
_____ and insults are sometimes used to get another person to listen, to change, or to respond. This communicates a lack of respect. Bitterness and anger will build in this environment.
“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” — Ephesians 4:29

VI. CONFLICT RESOLUTION AND DEEPER INTIMACY

We must learn how to deal with _____ in our marriage. Unresolved conflicts result in unresolved anger, which results in unexpected and major damage.

Divorce may seem like the only option. **Don’t allow divorce to be an option.** God has a _____ for _____ marriage to be successful, regardless of the damage.

"I hate divorce," says the LORD God of Israel." — Malachi 2:16a

1. Recognize that conflict is not abnormal and that it is actually the doorway to intimacy.
2. Get yourself right first. When you sense conflict in your relationship look first to yourself. Don't repair someone else until you have taken the time to repair yourself. Unless you do this, you will not have the discernment and temperament for healthy conflict resolution.

"Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye." — Matthew 7:1-5

Pursue these four attitudes:

- A) Be willing to be _____. If you are wrong ask for forgiveness!
 - B) Be willing to forgive. Say, "I forgive you." (Matthew 18)
 - C) Be eager to _____.
 - D) Be prayerful.
3. Gather the FACTS about the conflict. Try not to operate in the arena of emotions and guessed intentions. The truth will set you free.
 4. Use the right timing and the right setting for resolving conflict.
 - a. In private
 - b. Not in front of your children
 - c. Columbia University: 90 percent of all arguments occur before a meal.
 - d. Bedtime is a poor time to discuss major problems.
 5. Be solution centered. Avoid accusations and persevere through frustration.
 6. Use conflict as an opportunity to express physical and emotional affection.

Seek _____ from wise and respected friends, or seek marriage counseling from the pastors. Don't let the important conflicts go.

HOMEWORK:

Complete and turn in the following assignments:

- Couple's Project

COUPLE'S PROJECT

Communication/Conflict Resolution Homework

1. Discuss the communication and conflict resolution you saw modeled in your home growing up. What were some of the good and bad patterns you observed?
2. What would you consider or expect to be the most common source of conflict in your marriage? Why?
3. Are you a turtle or a skunk? Do you sense that this reaction is a response to anger?
4. Do you and your fiancé/spouse use any harmful A.R.G.U.M.E.N.T. techniques? How do you think you can improve them?

IN-LAWS

“Therefore shall a man **leave** his father and his mother, and shall **cleave** unto his wife: and they shall be one flesh.” — Genesis 2:24, Matthew 19:5-6, Mark 10:7-8, Ephesians 5:31

The process of *leaving and cleaving* began with God, not man. God created marriage, and then left fundamental steps for men and women to follow in order to have thriving, successful marriages.

1. Man and woman must **leave**.
2. They must **cleave** to one another.
3. This is the **only** way to becoming one flesh.

_____ : forsake, leave behind, depart from

Six steps to leaving:

1. The husband-wife relationship is now the _____ relationship in your life.
2. It means that you are more concerned about your spouse's _____ and _____ than you are about your parent's.
3. It means that you must not try to _____ your mate simply because your parents do not like something about him or her.
4. It means that you are not primarily _____ on your parents for finances, affection, approval, council, etc.
5. Sometimes we must make _____ that are unpopular.
6. Keep _____ issues personal (between you and your spouse)!

_____ : cling to, stay close to, join to

Six steps to cleaving:

1. Keep God at the _____ of your marriage.
2. Be humble and teachable and seek out _____ couples to learn from.
3. Prioritize other relationships as secondary and love for the _____ term.
4. Be content at (or below) your current _____ of _____.
5. Learn how to remain sexually _____.
6. _____ each other seventy times seven, keep short accounts.

Biblical principles:

1. A husband and wife must be _____.

“Any kingdom divided against itself will be ruined, and a house divided against itself will fall.” — Luke 11:17

2. You're a _____.

"Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." — Ecclesiastes 4:9-12

3. Appreciate your spouse for _____ they are, not what you _____ them to be.

"For You created my inmost being; You knit me together in my mother's womb. I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well." — Psalm 139:13-14

4. Each person must _____ to themselves.

"Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others." — Philippians 2:3-4

5. Keep the _____ burning.

"May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer — may her breasts satisfy you always, may you ever be captivated by her love." — Proverbs 5:18-19

Practical tips:

In every marriage there can be tension as two people are united, along with their two different families. It is important to maintain the proper perspective with in-laws. The following are some brief helps on relating:

1. Get to _____ your in-laws! This requires prioritized effort, especially if they are some distance away.
 - a. Provides insight into your spouse's attitudes and behavior.
2. Don't expect your in-laws to _____ or _____ like your family.
 - a. Remember: Different families are exactly that — DIFFERENT!
 - b. Consciously start with a clean slate in trying to understand them.
 - c. Learn to love and appreciate the differences.
3. _____ and _____ your in-laws.
 - a. Without expectation of anything in return.
 - b. When they visit you AND when you visit them.
 - c. Be extra forbearing and forgiving when difficulties arise.
4. Be _____ in the time you spend with both families — within reason — because parents may be sensitive to this.
5. There is a blessing in honoring _____ sets of parents. There is no time limit on the following promise:

"Children, obey your parents in the Lord, for this is right. 'Honor your father and mother' — which is the first commandment with a promise — that it may go well with you and that you may enjoy long life on the earth." — Ephesians 6:1-3

COUPLE'S PROJECT

Leaving and Cleaving

Record how you view yourself on a scale of 1 to 5, one being a definite **NO** and five being a definite **YES**. Each of you should complete this separately and then review your answers together. Share with each other the reasons why you answered in a particular way and discuss your perspectives.

	<u>NO</u>				<u>YES</u>
Financial independence	1	2	3	4	5
Established own residence	1	2	3	4	5
Desire to marry someone like your Father/Mother	1	2	3	4	5
Parents tend to offer frequent advice	1	2	3	4	5
Feel the need to give up friendships	1	2	3	4	5

Discussion questions:

What kind of activities or communication is appropriate between a new couple and their parents? When can those activities be detrimental?

How do you anticipate you and your future spouse spending holidays?

How can you best be a good witness to your families?

CHILDREN AND PARENTING

“Children are a blessing from the Lord, they are a reward from Him.” No truer words have ever been spoken. Children are a blessing and a major reason why God invented marriage. However, in our culture today there seems to be a shift away from this perspective. Increasingly, children are viewed as a necessary hindrance to our own personal goals. As a result, parents influence fewer children and the fruit is evident in today’s news. It is important to understand God’s view of these little ones and the blessing they can be to a marriage.

I. GOD AND CHILDREN

a. God places a _____ on kids.

- i. *“Sons are a heritage from the Lord, children a reward from Him. Like arrows in the hands of a warrior are sons born in one’s youth. Blessed is the man whose quiver is full of them. They will not be put to shame when they contend with their enemies in the gate.” — Psalm 127:3-5*

“Life affords no greater responsibility, no greater privilege, than the raising of the next generation.”

— C. Everett Koop, M.D.
Former U.S. surgeon general

- ii. The New Testament lists “bringing up children” as a good deed to help determine whether a widow should be supported by the church.

“No widow may be put on the list of widows unless she is over sixty, has been faithful to her husband, and is well known for her good deeds, such as bringing up children, showing hospitality, washing the feet of the saints, helping those in trouble and devoting herself to all kinds of good deeds.” — 1 Timothy 5:9-10

- iii. Jesus valued children in a culture that put little value on them.

“People were also bringing babies to Jesus to have Him touch them. When the disciples saw this, they rebuked them. But Jesus called the children to Him and said, ‘Let the little children come to Me, and do not hinder them, for the kingdom of God belongs to such as these.’” — Luke 18:15-16

b. One of God’s _____ in marriage is to raise godly children.

“Has not [the Lord] made them one? In flesh and spirit they are His. And why one? Because He was seeking godly offspring. So guard yourself in your spirit, and do not break faith with the wife of your youth.” — Malachi 2:15

c. Raising a wise child will result in _____.

- i. Proverbs 10:1 — *“A wise son makes a father glad.”*
- ii. Proverbs 13:1 — *“A wise son accepts his father’s discipline.”*
- iii. Proverbs 29:17 — *“Correct your son, and he will give you comfort; he will also delight your soul.”*

d. Raising a foolish child will result in hardship and sorrow for the child, his/her parents, and those around him/her.

- i. Proverbs 17:21 — *“He who begets a fool does so to his sorrow.”*
- ii. Proverbs 27:3 — *“Stone is heavy and sand a burden, but provocation by a fool is heavier than both.”*

“The Christian life is caught not taught. Find Godly examples of parenting in your church and imitate them.”

— Bill Young

e. _____ your children into heaven.

- i. Psalm 116:2 — *“Because he bends down to listen, I will pray as long as I have breath!”*

A PARENTING DISCUSSION

Couples Project

1. Describe your fiancé's attitude toward children (i.e. should you have them, when, etc.). Does it differ from yours?
2. If you have children, will the mother work outside the home? Do you both agree on this?
3. Would you prefer boys or girls? Are you equally excited about either?
4. How many children would you prefer to have? Do you both agree on this?
5. How will you discipline your children?
6. How will you educate your children?

SEX

Society is saturated with sexual themes and sexual images. Sex sells — almost everything. The world has embraced a view of sexuality that is rebellious and apart from God. The truth is that God thought of sex first, and He created it to be holy and uniting between a husband and wife.

WHY WAIT?

A common deception: “This is the person I am going to marry anyway, so the rules against premarital sex don’t necessarily apply.” We need to understand that God is very clear about restraining from premarital sex because there are natural consequences to that sin.

“Do not be deceived: God cannot be mocked. A man reaps what he sows.” — Galatians 6:7

1. Your relationship should NOT be built on _____.

“Do not rebuke an older man harshly, but exhort him as if he were your father. Treat younger men as brothers, older women as mothers, and younger women as sisters, with absolute purity.” — 1 Timothy 5:1-2

2. The Bible teaches that we are not to engage in premarital relations, which is considered _____ or sexual immorality. If you don’t marry that person, then they could potentially be someone else’s spouse.

“Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.” — 1 Corinthians 6:18

3. Paul speaks out strongly against sex outside of marriage in many of his letters:
1 Corinthians 6:9-20; Galatians 5:19-21; Ephesians 5:3-12

4. Joseph _____ from sexual immorality (Genesis 39:7-12). His master’s wife tried to seduce him on many occasions, but Joseph refused each time saying,

“How could I do this great evil, and sin against God?” — Genesis 39:9b

Benefits of waiting until marriage:

1. No _____.
 - a. Not waiting will create guilt that will hamper your relationships with God, your sexual partner, and with everyone else.
2. No _____.
 - a. Waiting ensures that you will never have to be afraid, not even to the extent of one fleeting thought, of having a sexually transmittable disease, or an unexpected pregnancy.
3. No _____.
 - a. Waiting ensures that you will never fall into the devastating trap of comparing your spouse’s sexual performance with that of a previous sexual partner.
4. Spiritual _____.
 - a. Waiting will help you subject your physical drives to the lordship of Christ, and thereby develop your self-control, an important fruit of the Holy Spirit.

5. Greater _____.

 - a. Waiting ensures that there is something saved for your marriage relationship.
 - b. The anticipation of the fulfillment of your relationship in sexual oneness and unity is exciting.

6. No seeds of _____.

Not waiting until marriage develops a pattern of weakness to circumstances in your life. That pattern may spread to all areas of your marriage.

God's design:

1. Godly Sexual Fulfillment
 - a. Embrace _____ toward sex with your mate. God's truth, not our past or our culture, must determine our view of sex.

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

- i. Since God created it for the marriage relationship, within that relationship He sees it as _____.
 1. The world sees it only as pleasure, which is basically lust.
 2. God created sex for procreation, for expressing unity and oneness, and for pleasure. If you think otherwise, you must adjust your attitude.
- ii. View sex as _____.

"It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God; and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you. For God did not call us to be impure, but to live a holy life. Therefore, he who rejects this instruction does not reject man but God, who gives you His Holy Spirit." — 1 Thessalonians 4:3-8

1. Sex is to be shared only between a husband and a wife. God will not bless sexual thoughts, words, or actions outside of this relationship.
2. The eroticism and unity that naturally stem from the sacredness of the marriage relationship are more factors that will help it last.
- iii. _____ in marriage does not come from great sex.

"Make me walk along the path of your commands, for that is where my happiness is found." — Psalm 119:35

1. While sexual activity is to be enjoyed, it is important to remember that sex, like every other area of life, can never fully satisfy us. Sex is a *part* of God's plan for our marriage, and ultimately our expectations for fulfillment and satisfaction are placed on Him and His blessing as we follow His Word.

2. A good long-term sex life will never come from satisfying the lusts of the flesh, but from honoring God and our spouse in all that we do.

b. Avoid _____.

“Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.”

— I Corinthians 7:5

- i. When a man and a woman get married they become one flesh. They give up

Exclusive _____ to their own body.

“For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does.” — I Corinthians 7:4

- ii. Differences between men and women can create problems in our physical relationship:

1. Generally, men tend to focus _____ on sex. They tend to lack self-control as well as sensitivity to their mate.

2. Generally, women tend to have a _____ focus on sex and thus may lack responsiveness to their husband.

- iii. Demanding our mate to be the way we want them to be is _____.

“Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves.” — Phillipians 2:3 (NLT)

- iv. We need to be _____-centered and more concerned about our mate than ourselves.

- v. A spouse should neither _____ sex nor _____ it. It is a responsibility. Husband and wife should be sensitive to one another’s needs and desires.

- c. Strive to become more _____ in your relationship. A healthy sex life results from an overall intimate relationship. Pursue companionship. Refrain from becoming too busy. Sex is an extension of your intimacy.

- d. _____ about what you like and don’t like. Overcome feelings of inferiority or embarrassment by getting stuff out in the open.

BIRTH CONTROL

Choosing a method of birth control is a very serious decision, one that needs communication, prayer, and knowing all the facts about each method. There are several things that you need to consider while making this decision — the method’s effectiveness, how well it suits your lifestyle and sexual patterns, the health risks, the cost, and if it involves the implantation of a fertilized egg. **When an egg is fertilized, a new life begins.** If implantation in the uterine wall is prevented, the egg (and new life) will die.

Each method has pros and cons. Become fully informed on these things, discuss them with each other, and discuss them with your doctor.

The following table gives some very general information on different methods of birth control. The effectiveness guideline is generalized and not a guarantee, because each couple is different and effectiveness depends on proper use.

Of course, everything may appear to be fine, but you might not get pregnant. Infertility is always a difficult struggle and should also be discussed together.

<u>method</u>	<u>prevents implantation of fertilized egg</u>	<u>percentage of effectiveness</u>
hormones:		
• implants	yes	97-99
• injections	yes	97-99
• birth control pills	yes	97-99
• “morning-after” pill	yes	97-99
IUD	yes	98
spermicides	maybe	64-90
diaphragm	no	70-85
condoms	no	70-90
<i>coitus interruptus</i> (withdrawal)	no	80
cervical cap	no	85
natural family planning	no	99
vasectomy	no	100
tubal ligation	no	100

Adapted from *The Naturally Healthy Pregnancy*, 1998, by Shonda Parker.

HOMEWORK:

Complete and turn in the following assignments:

- Couple’s Project

COUPLE'S PROJECT

Homework

Since men and women are completely different, spouses typically have fairly different attitudes and approaches to sex. Use this tool to open up discussion about these differences. Complete this separately on your own, and then discuss it with your fiancé.

Agree Disagree Uncertain

- | | | | |
|-------|-------|-------|--|
| _____ | _____ | _____ | Sex is one of the most beautiful aspects of life. |
| _____ | _____ | _____ | It is more enjoyable to give than receive. |
| _____ | _____ | _____ | Bodily pleasure is fleshly and not of God. |
| _____ | _____ | _____ | Sexual intercourse is primarily for physical release. |
| _____ | _____ | _____ | Our religious beliefs have the greatest influence on our attitudes toward sexual behaviors. |
| _____ | _____ | _____ | Men and women have equal rights to sexual pleasure. |
| _____ | _____ | _____ | There are sexual activities that I would consider wrong for a married couple to practice. (If you agree, list them:) |
| | | | _____ |
| | | | _____ |
| | | | _____ |
| _____ | _____ | _____ | Masturbation (self-stimulation) is an acceptable means for sexual pleasure and release. |
| _____ | _____ | _____ | The male should be the aggressor in sexual activity. |
| _____ | _____ | _____ | In general, women don't enjoy sex as much as men. |
| _____ | _____ | _____ | Men should be allowed more freedom in sexual behavior than women. |
| _____ | _____ | _____ | The quality of a sexual relationship is more than just physical release. |

LOVE LANGUAGES

"By this all men will know that you are my disciples, if you love one another." — John 13:35

5 LOVE LANGUAGES

1. _____
2. _____
3. _____
4. _____
5. _____

I. WORDS OF AFFIRMATION

II. QUALITY TIME

III. GIFTS: Giving and Receiving

IV. ACTS OF SERVICE

V. PHYSICAL TOUCH

GREAT COMMISSION MARRIAGE

I. WE ARE TO BE DICIPLE-MAKERS FOR CHRIST.

II. LIVING FOR GOD GIVES A MARRIAGE PURPOSE AND PRESERVATION.

III. HOW TO DO IT.

TIME MANAGEMENT

Unless the Lord builds a house, the work of the builders is wasted. — Psalm 127:1

I. WASTED TIME

II. HOW THEN DO WE ORGANIZE OUR TIME?

III. PRACTICAL TIPS FOR MARRIAGE AND FAMILY