



L♥VING Y♥ur Husband

Teacher's Manual

A BIBLE-ORIENTED STUDY

Patsy Loden

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TEACHER'S MANUAL

Dear fellow teacher,

I am delighted you have a desire to teach the material found in “Loving Your Husbands.” I think you will find your efforts will be well rewarded. I have been teaching this material for over twenty years and am still as excited over a new class as ever. The young women need someone to help them learn what God would have them be as wives. They desperately need role models and someone they trust to go to for help in being good wives and mothers.

How to organize a class:

1. If the ladies of the congregation have voiced a desire for a class on how to be a good wife, have several ladies go to the elders or the proper authority and ask permission to conduct this class.
2. Talk to every lady in the congregation:
 - a. Often widows want to take it to learn how to teach young wives.
 - b. Single women can learn how to have better relationships.
 - c. Older married women say they wish they had had it years before but it still helps them.
 - d. You may have to encourage the younger women to take the class.
 - e. This material is designed for marriage and it is not a good idea to have teenage girls in the class.
3. Select a local teacher to conduct the classes and workbook sessions.
4. Order material from World Video Bible School. You will need:
 - a. Four Video Tapes.
 - b. Teacher's Manual.
 - c. Workbooks.
5. Sign women as members of the class. Let them know there is work to do in class.

6. Set a time for class to begin:
 - a. Seven weeks' class, meeting two hours each week.
 - b. I have found the two best times for this class are right after January 1st or right after school begins due to the busy schedules after these dates.
 - c. Usually a Monday or Tuesday night is best due to meetings later in week.
7. Start advertising in the bulletin, phone class, etc. six weeks before. Mention each week in some way to keep interest high.

Some general suggestions I have for you as the teacher are:

1. Just a gentle reminder that you must practice being a good wife before you can teach others how to be one. Practice the suggestions given and develop them in your own life so you can tell your students God's way really works.
2. Before you can teach, you must have knowledge. Therefore, please study the material and be familiar with it.
3. As you go into class, especially when you know so many in it, you might feel very inadequate, but remember the class is looking to you as THE TEACHER which gives you the authority. Therefore, prepare yourself so you will feel confident. Pray for wisdom and the Father will give you the ability to lead. You will grow into the role as you teach, and feel able to guide them in the way of God.
4. Let the ladies know you love them and you all are in the class to learn to be all you can be as a wife.
5. You are going to have to be the control of the class. Talking is always a problem, so be prepared to find a humorous way to control them at the beginning of the class period and after the break.
6. Begin on time and close on time.
7. Try to hug as many of your students each night as you can, and greet each one as they come into the room. Ask each of them some personal question to show your attention to them as an individual.
8. Each class has its own personality. You will just have to use your heart to guide you in how to handle them. Always use humor to keep them "on track."
9. Dress in a way that is appropriate for a teacher. You are teaching them by your

own dress how a woman of God should dress in a modest way. (I have collected antique butterfly pins to wear as a gentle reminder that we are to be transformed by God's word into the image of Christ.)

10. When getting a class together, stress the importance of the class for ANY age. (I have had sixty-year old women saying they wish they had had it years earlier.) Women who have been married five, ten, twenty, thirty years bring a lot of valuable information and solutions to the class. At times, when a young wife has a problem, ask the older married women how they handled the same situation. (I have also had widows and singles take the class.) The principles learned are useful for living life whether married or not. Often the widows want to know how to better help the young wives in learning to love their husbands.
11. When a student asks for help, it is best not to give advice. A friend who does counseling instructed me not to give suggestions as people know what they are going to do before coming to you. It is best, he said, to ask questions as, "How do you feel about this? What scriptures come to mind to help you make a decision on what you can do? What are your options in solving this situation? What do you want to do? How will that affect the outcome? What will you do if this does not help? What other solutions can you think of?" Such questions as these help the student solve her own problems. If you give advice and she tries it, but it fails, then she will blame you. If she does not try it, you are put out because she did not follow your instructions, so it is best to lead them in coming to a solution on their own, then they are more likely to follow it. Our aim is to help these women learn how to use the scriptures to solve their problems in life. You might have some scriptures to offer to her as help in guiding her to a proper biblical conclusion. Don't forget to remind her how important prayer is in her coming to a solution. Pray with her.
12. Teacher's material available includes:
 - a. Four Video tapes: seven lessons, one teacher's video
 - b. Workbook: you may order each class member a book or you may order one workbook and make your own copies of the lessons for the students.
 - c. Audio tapes are available.
 - d. Teacher's manual: a necessity as the husband's material is in the teacher's manual.
 - e. Complete set of workbooks in manual.

Suggestions for directing the class.

1. I have found it is better to have tables rather than single desks. The students need a place to spread their papers, Bibles, etc. A “U” shape is the most desirable with your having a desk or podium in the opening of the “U” so you can see each one and they can see you. It is suggested that you place the TV on a stand high enough for each student to see it easily. Place the TV in the opening of the “U” (in the same place where you will be speaking from later). Or you might use a regular classroom for the video, then move to a room with tables for the second half of the class which is the workbook. Have a short break between the lecture and second session, but keep it about five minutes and begin on time or they will tarry and not give you time to have a good second session. (If the class is a little slow in settling down, I appoint someone whose job it is to see that all are seated and ready to go.)
2. When you reach the point (and I hope you will strive for this) to teach the lecture part of the class, always record your lessons. This is for your benefit to listen to yourself and learn to do better, and many in the class will want to have copies of the tapes. DO NOT tape the workbook session.
3. Before class begins have a real advertising blitz and stress that their friends and neighbors will come to such a class when they will not for a worship service. It is an outreach program as well as a teaching program for the congregation.
4. On the first night, I have the class get in a circle and hold hands and say with me, “I love you very much and I promise you I will not repeat anything I hear in this class, and I will not do or say anything that would hurt you.” Then I have them turn and hug one another. This begins the class on a note of love and helps them remember not to repeat anything they hear in the room.
5. Tell the class you begin on time and if they are late just quietly come into the room and take their places.
6. I give each class the option to have a banquet at the end of the class. Ask the husbands to be guests and plan whatever they want as entertainment: pot luck or restaurant, etc. It is their party - if they choose to have one.
7. Encourage the class to get a file, keep the papers they fill out with their husbands, and go back and review it from time to time. In several years, they may want to rework the papers as we do change, as we mature.
8. If your class is small enough, write each student a personal note at the end of the last lesson. Make it personal, just for her. Compliment her on certain ways you have noticed she has grown, etc.

9. These students will become very special to you and the class will bond and become very close. Your congregation will be blessed by the growth of the group.
10. Sometimes a student will give an answer that is really not what is the teaching of the Bible. In such cases, just say, "That is one way you can handle this, but let's think of some other ways. Class, come up with some other suggestions." It is good ever so often to ask the class to give ways to love. It makes them think and not just depend upon you.
11. I put each student's name in a container and tell them I just pull names out of the hat for them to answer a question so, "I am not picking on you with a certain question; it is just 'the luck of the draw.' Remember if you do not choose to answer a question, just say, 'Pass me,' and we will call on someone else. We are not here to embarrass anyone, but to learn."
12. Sometimes you will have a student that is strongly adverse to what you are trying to teach from the Word. Gently stay with your guns and lead her the way God would have her go. Say something like, "I can see your point, but what does this scripture have to teach us? Which way must we go to please God?"
13. Keep control of the class. If someone takes up too much time with personal agenda, tell her, "Let's you and I meet after class to discuss this further as we cannot take anymore time for this one point tonight."
14. Always end the class upbeat. Tell them to have a good week and you are praying for them and you love them.
15. DO NOT allow any criticism of a husband in class! Tell them from the first that this will not be allowed! If they have a problem, the class will help them solve it, but no criticism under any circumstances. We are there to make ourselves measure up to Jesus' way and leave our mates to Him to change.
16. Ask the class to devote seven weeks to this study and to not miss a class unless absolutely necessary. Each class builds upon the material learned the week before.
17. Keep an attendance book. Appoint someone to do this if the class is large. If it is small, you keep it so you can learn the class names. If it is your congregation, and you know the names, let someone else keep attendance and free you for more important teaching. At the last class have the "perfect attendance" women line up and give them a special sticker (look for ones you think apropos).
18. If the class is small enough, have a computer person design and make certificates for each person in the class. If they have a banquet, give them out there, other-

wise on seventh lesson night.

Suggestions for the workbook:

1. Tell the class you know some assignments are a little long, but they have only seven weeks together, so give their all to doing the class work. The material for their own personal growth may wait, but do it as soon as they can. Stress that the whole point of the class is to learn what Jesus wants us to do and learn how to do it with all our hearts and we will reap the happy results.
2. Also stress to them the importance of telling their husbands that the material they fill out and share with the wives is not going anywhere and it is only for the two of them to learn how to have a more solid marriage.
3. Ask them not to work ahead, but stay on the lesson they are currently studying.
4. Each question has been designed to help in developing our relationships, and development into an ideal wife. Pray for the Father to give you wisdom in leading the class into answers which will help them grow to be what Jesus desires.
5. Most of the time, you will not have time to finish all the questions, especially when some will take more time than others or there is a real need to help someone with a certain problem. Don't let this bother you. Do what you can. Pick the most important questions and cover them.
6. You will have students who ask for help with a certain problem or decision, etc. in their life. Tell the class, "_____ needs our help. Here is what the need is." Relate what you perceive is the need and ask, "Is this right, _____? Class, let's put our heads together and help her find some solutions to this." Write down the suggestions given and see which ones can help you solve this. You will find the class will rise to the occasion. When a solution is offered by someone ask, "How will this help in this situation?" You want to talk about the answers so the class can see how different solutions may turn out and what they will accomplish.
7. After each question is answered ask, "Why do you say that? What are we trying to accomplish by doing this?" Often you will have to say, "Here is what we are doing." (Each one will have an area for working on their character.) "We are training ourselves or we are training our husbands in what we like and how to make us feel good." That is what all this is about, teaching husband and wife how to know the other, what they like and don't like, in order to be able to live in peace and love with one another. We must train in righteousness and goodness. They have to make a conscious effort to learn how to be like Jesus and then have the self-control to ALWAYS act in that way.

8. I collect stickers that have something to do with the class: stars, hearts, butterflies, etc. When a student makes a really important answer (this you will just know when it happens) stop, say something like, "Class, isn't that just wonderful?" and then give them a sticker on their shoulder. I have a different sticker for each of the seven classes. You will be amazed at what this will do for the class morale. (One time as I was gathering my materials after class I heard running feet and screaming. I was alarmed until two class members came rushing into the room exclaiming, "We need a sticker!" One of them had gone to her car to find her husband had come during class and left her a dozen roses on the front seat. She wanted a sticker to take home and reward her husband.) They proudly wear these stickers home and brag to their husbands. (Just make sure you use them sparingly and try to pass them around to various members.) Sometimes, it is just because they have tried so hard that you reward them; just let your heart and head lead you in this. (A shy student especially needs to be noticed for something and rewarded.) To change the pace, if a really profound statement is made, stop the class and say, "Wasn't that profound? Let's give _____ a hand!" and have the class applaud. Reward good thinking. It urges the others to begin to look at things in a different, biblical way.
9. Sometimes during class you will have a suggestion that you seize on as being a really good thing and ask the class to adopt it as something all will do. An example is, one girl came up with a "Something for Jesus to Do Box." Have them get a pretty box solely for a SFJTD box. When a problem - or even a wonderful happening - comes into their lives, get a slip of paper, date it, and write a request to Jesus to take care of it (based on I Peter 5:7) and put it into the box. Each time they pass the box, they pat it and ask Jesus to take care of these concerns. Sometimes it will be something good they did for their husbands. Tell them, "This is so wonderful! Why don't the rest of you try this and see what happens?" Later ask, "Did anyone try _____? What were the results?"
10. Dale Carnegie used for his motto, "Act enthusiastic and you will be enthusiastic." You are going to be the force behind the class. Be really enthusiastic for what this class is going to mean to these students and how their lives will forever be changed by living by Jesus' commands. When there is not much enthusiasm just stop and say, "Let's get going here! Say our class motto, 'Act Your Way Into Feeling,'" and if there is not enough fervor either say, "Come on, you can do better than that," and lead it again, or ask a class member to lead the class in it. You must make it fun for them even though it is very serious business you are conducting.
11. Sometimes the class is stumped on a solution. Here you may have to tell them a situation from your own life and how you handled it. Emphasize our lives are not unique; that everything which happens to us has happened before to someone and that God's word has a principle that will help us solve our needs.

12. Have a refreshment break between the lecture and workbook session. Different ones can prepare a snack each time. (Put someone in charge of this.) The women are going to take too much time (I can assure you!) so tell them only five minutes and then class will begin. “Bring your snack to the table and let’s get going!” They really want all the time they can have for this because it is a special time for them. If the class is too large for finishing snacks in that time, have the hostess (or hostesses) put them at each place before class. Each student will have “her” seat and sit there every time.
13. During the first session talk about the banquet. Don’t spend a lot of time as often they cannot make up their minds. Appoint someone as chairwoman and have her poll the class, get a committee to make plans, and then give assignments to those who are to get the job done. Do not let the class spend time talking about these things. This can be done at a meeting before or after class. Spend all the time you can on class material.
14. Each week you will have a letter for the wife to deliver to her husband. Fold the letter (and any other material going to him with the letter) in half, then in half again. Staple it together and the first night tell the class they will turn into a pumpkin (or some equally ridiculous thing) if they read it. They will reap more benefits from NOT reading the letter than READING it.
15. If you buy workbooks, put them out during the break between the video and class period. If you print your own lessons, put a complete set of lessons out ONLY for that class session. Turn them upside down and tell them they will have to “stand in the corner” (or some silly thing) if they dare touch them until you tell them to do so. If you don’t do this they will be looking through them, the pages will get out of order, and you will have a time getting them all in the right order, etc.
16. The husband’s letter should be torn from the teacher’s manual, folded in half, then in half again and stapled. Put it at the side of the workbook material (or if you have bought workbooks, put on the table at each student’s chair). Emphasize THEY do not read the letters because they belong to the husbands. They just deliver the letters. The husbands enjoy these and look forward to them.
17. Tell the class they can purchase their own video tapes or audio tapes from World Video Bible School if they so desire. Emphasize that going through the material only ONCE will not be enough. We slip into bad habits again and will constantly need to review the material to keep us on the way to love.

Class procedure:

1. Lecture the first hour, break, then workbook time. Go over the workbook assignment for the next week and be sure they understand what the lesson

requires; especially the assignments they practice. When you finish ask if there are any questions and if everything is understood.

2. Vary the way you do the memory verses. Sometimes ask one to say it to the class; other times, have one say it to another, sometimes say it in unison. Talk about the meaning of the verse and how it can help their lives be better as it is stored in their memory to be recalled when needed. The Holy Spirit will help us use this knowledge of the word to help us in life's situations. After the memory verse go into the class questions.
3. The answers given to the workbook questions are to help guide you in the direction the question was meant to go. Let the student answer the question in her own words, then you add some to it if you think it needs further attention. You will find the class's answers can be very profound and you will not need to add any thing. Just be sure the answer is biblically sound and not some person's own thinking. If they are too far off, gently say, "That is one way of looking at this, but how about _____?" Give a Bible verse or some statement that will get the class thinking in the direction God would have them go. Write your answers, scriptures and points that need to be made in your own workbook.
4. Give prayer requests; something like, "_____ needs our prayers this week. Every one pray for her." This helps the person in need, helps members of the class grow spiritually, and it gives strength to all.

L E T T E R S

T O

H U S B A N D S

Lesson 1

Dear husband,

Your wife is interested in you and your relationship with her or she would not be taking this class. I am going to be writing you letters and giving some suggestions. I hope they will be of help to you in loving your wife. Be patient with her these seven weeks because she is juggling schedules to meet the class demands. Papers she brings home for you to work are for the two of you and will not be shared with the class. They are to help the two of you in your growth together. Please take them seriously! Please work each lesson and share time with your wife by going over the answers together. They will help your relationship to grow and flourish.

I assure you there will be no criticism of you in class as it will not be allowed. We are not interested in the negative, but are here to learn to be the wives our Father meant for us to be and to be the helpmeets we were created to be. We will need your help in order to do this. With both of you working together, you will develop a love relationship similar to that of Christ and the Church, and you will find happiness, peace, and contentment, and a marriage that will be as exciting at forty years (granted in a different, but a much more meaningful way) as it was in the first blissful months after your wedding.

We women need much support and building up, so praise her, love her, support her, and she will blossom and respond to your love. A good marriage must be worked at each and every day, and one must be mature enough to put self aside and think more of the mate than we do ourselves. If both of you feel and act this way, you will both receive a rich blessing from the union. Remember the two of you are one, and you want a happy “you.” Good loving!

If you need me, write or call me at the address and number below:

Mrs. F. W. Loden
310 Brewer Rd
Batesville, MS 38606

Telephone # 662-563-0033

Lovingly,

Patsy Loden

Lesson 2

Dear husband,

Genesis 2:24 states that a son shall leave his father and mother, cling to his wife, and the two shall become one flesh. You and your wife are as one person, but each of you has a function to provide for this new body you formed together. Your wife loves you very much and is very interested in learning how she can be the wife God intended her to be; that is the reason she is taking this course. In like manner, you can work with her and try to develop yourself to be the husband God intended you to be. With the two of you working and striving to become all you can be in your marriage roles, then you will truly have a marriage “made in heaven” because you will be following the pattern of life God laid down for the ultimate happiness He intended for the marriage union to have. It is all we have left from the Garden of Eden.

In Ephesians 5:1-25 some instructions from God are given to show you the intensity with which you are to love your wife. God made women to be as they are and feel as they do. Two of the greatest needs of your wife are to be cherished (as Christ does the church) and loved by you (Christ was willing to die for His bride). If you will conduct yourself in such a manner to show your wife you place her first in your life (only God has a higher place in your life), and there is no one you have more love and devotion toward, your wife will do all in her power to see that your needs are met. She will be the devoted wife that you have dreamed dreams about.

Poor communication is one of the most frequently listed problems in a marriage. Develop the habit of talking to your wife alone and with undivided attention every day, even if it is only five minutes. Good friends talk, share dreams and disappointments, and daydream together. You must learn to be the best friend your wife has. That is the purpose of the husband/wife sheets. To help you grow together. Please work with her in filling them out and then discussing them together. You will learn and grow. When something goes wrong in my life, I try to find Woody immediately. Why? Because I think he will help me in what ever way I need aid, and he will also let me go into his arms for comfort. Remember I Peter 3:7 tells us to “cast all your cares upon Him, for He cares for you.” God wants all our problems and troubles given to Him to take care of for us. Your wife wants this same loving care from you as she has from her Heavenly Father. She may act independent, but deep down she wants your protection. Don’t make fun of her, but fold your arms about her and hold her and comfort her and you may find you enjoy the role of being her “Knight in Shining Armor.”

Sometimes it is hard to know exactly what pleases a woman and what a husband can do at times to show love. To help you along this area, I am sending some suggestions to you, via your wife who will not know what is in the letter, as this will be our secret.

Good luck! May God bless the efforts of you both as you work at having the perfect union you were created to have with her.

In His love,

SUGGESTION LIST

1. Stop by the florist and select one flower for your wife and write a sweet note to go with it. A bouquet which I cherish most was one my husband, Woody, stopped by the side of the road and picked for me.
2. Every day thank your wife for some specific, not general, thing she has done for you.
3. On the other hand, NEVER criticize your wife (especially in front of others or your children) and NEVER allow your children to be critical of your wife. Read I Corinthians 10:10 and see how God views grumbling and complaining. This is a very bad habit for any person to have. Don't allow yourself or you children to develop this bad habit.
4. If a suggestion (sounds better to our ears than "criticism" doesn't it?) has to be made to her, do it in private and very, very lovingly.
5. Have dates with your wife as often as possible (at least once a month) for just the two of you. You do the planning and it would even be nice if you arrange for a sitter some time.
6. Talk to your wife and tell her how much she means to you and how she helps you in life. Be specific, not just general.

An example: "There is no one in this world I had rather be with than you." instead of, "You're great."

7. Help her some around the house; any little thing is so appreciated, especially if she works outside the home. Even if she doesn't, she puts in about a twelve-hour day and needs a little relief.
8. Buy her little inexpensive gifts along, something which will be meaningful to her. My husband knows I have a passion for M & Ms, so he will buy a bag - JUST FOR ME! (He gets lots of Brownie points for these things!)
9. Write her little notes of love and praise and leave them tacked to the mirror in the bathroom. I returned home once and found our whole mirror covered with love notes. Think he wasn't treated royally in the days to come? Years later there is still a warm glow in my memory.
10. Turn the bed down for her, and if it is cold turn her electric blanket on if you have one. If not, try rubbing her feet to warm them in the winter. This does wonders to make her feel warm, and not just bodily.
11. Praise her cooking, even if you choke! If she is just learning, tell her she is improving. If you really like a dish, tell her sometime to please prepare it on such and such a night.
12. Compliment her on her appearance. If you like a dress or look, tell her and make it a special one like, "That color was made for you." or "I really like that blue dress. I wish you would wear it today."

13. How long has it been since you opened the door for her, pulled the chair out for her, or stood for her when she entered the room? These makes her feel like the queen in your life!
14. Ask her advice on business matters, or at least talk them over with her so she feels a part of your life in every sense.
15. Buy her pretty undergarments. (Even if you die of embarrassment!) She will be so thankful you picked something special for her. Get her to make you a list of her sizes for clothes and put it in your billfold.
16. Remember her special days; birthday, Valentine's Day, Mother's Day, etc. and just days when you want her to know how special she is. Sometime send her a lovely romantic card in the mail and see what a welcome you receive when you come home.
17. Tell your wife you love her every day, every day, every day! She will NEVER tire of hearing those words from you.
18. Learn how to boil water and make your wife a cup of instant coffee or tea and bring it to her in bed. Oh, what a wonderful feeling that gives one!
19. Try to be as neat as you can. This helps tremendously, especially if she works, and there are small children in the home. Make your children learn to be neat and help keep the house in order. Your wife is not a servant, remember, but a "helpmeet."
20. Sometime allow your wife to plan an evening for the two of you, or for the family – something SHE wants to do, and threaten everyone privately that they had better have a good time (including you), and show it! It's good training for them to learn to be happy no matter where they are or what they are doing.
21. Bring the groceries in for her. It is such a treat for me when Woody does this. After pushing a cart around, planning what to buy, getting it to the car, and home, she will thank you very much for bringing them in.
22. Talk your day over with her. If you don't want to talk, or are tired, ask her about her day - questions which will allow her to tell you her version of a very good day or a very bad day. She needs you to listen to her. These are just a few suggestions to get YOUR imagination working. The main thing is JUST DO THEM!!!!!!

You add some "to do's" on this page. I am sure you will think of some great ways to show your wife she is special.

Lesson 3

Dear husband:

Our subject today is “cultivation.”

Our object of cultivation – your lovely wife.

Directions for cultivation are found in Ephesians 5:23-33. Please read them.

The beauty of your wife’s soul rests in your hands like the cultivation of a beautiful rose is in the hands of its cultivator. The ground in which you give your wife to develop is of the utmost importance for her mental, emotional, and spiritual growth. Let’s discuss ground which is deadly to the development of a beautiful soul.

How does your garden grow? The worst single climate in the home you can give your wife in which to develop is a critical one. Are you a habitually critical husband to your wife? If you are you have SINNED. You must repent, go to her, ask her forgiveness and God’s forgiveness and change. Philippians 2:14 instructs us to do everything without complaining or arguing. God says in Ephesians 5:26 the church is sanctified by the washing of water with the “word.” When you criticize your wife, you are doing several things:

First: You are setting yourself as the standard of all her actions. Who gave you that right? God is the only one who has a right to set standards of conduct. He is in the life-changing business, not us, and He says it is by His word, not ours. You may have your opinion, but does your wife not have the same right to hers, when it is a matter of opinion? Jesus says God's word is what changes one to be perfect.

Second: When you are so critical with your way of thinking, you set yourself in your own mind as being THE standard, and if she doesn’t measure up to your thinking, she is inferior to you. Is this biblical or good for her growth?

Thirdly: You are making her, the object of your criticism, look low in her own eyes, thus making her self-worth and self-esteem fall down, down, down. Soon you have her where she has no self-respect and even you have begun to lose your respect for her and her judgements. She will cease to want to please you because she knows she can’t.

God says you are to love your wife as your own body, as Jesus loved His bride. In Ephesians 4:29-32, God commands us in what kind of speech to put off and what kind to put on. He says, “That which is good to the use of edifying, (this word in Greek means to build up and that is what you are doing with your words) that it may minister grace to the hearer.” These are the words you use with your wife. Words that build her up, that give grace to her (grace is favor we don’t earn, so even when your wife may not deserve “good” words, that is what you give her because that is what she needs, grace words). My Woody says the important thing you want to remember is, “Make Brownie points with your wife.” When your wife comes to you with a new dress and asks you how you like it, and you reply, “Well, if you want to look like Aunt Minnie

(and we all know the problem poor Aunt Minnie has with being overweight) wear it,” how many Brownie points have you just made with your wife? Would it not sound better to say, “That is not my favorite style for you. I much prefer one like your blue one. It looks great on you!” When I wear something Woody buys for me he may say, “It gives me pleasure to buy you things that you like and enjoy wearing.” (How many Brownie points does he rack with *that* one?) He will assure you the dividends pay well! Being critical of your wife will NEVER change her in a positive way. It may get you what you want, but you will have lost far more than you ever gained.

In verse 26 of the listed passage, God says the church is to be presented in all her *glory* to Christ. This word means “dignity.” Your wife’s development is largely in your hands and her personality and character will be developed in a great degree by your influence. Like Christ and His bride, your purpose should be in helping your wife to develop her full dignity so when you present her back to Christ, she will be beautiful and without spot or blemish as the passage states. Christ is very gentle with His bride; He promised her He would never, never leave her, and He wants her to cast all her cares upon Him for He wants her to know how much He cares for her. Your wife needs these same assurances from you.

You are to help your wife grow toward Jesus in a beautiful, loving way; not by being one who changes her by negative ways, but rather by positive ways. You are to sanctify her, cherish her, protect her as your own body, and what do you do if someone attacks you? You are to be her knight in shining armor, guarding her mind, soul, and body, and how can you be this if you are the one attacking her? As a wife, let me assure you there is nothing more detrimental to your wife and her spirit as your criticism. We can take it from ANYONE better than our husbands. We may know it is the truth, but it just hurts too much to accept it in the proper way. You see, we want to be THE one in your eyes, the BEST, the GREATEST, and if you are critical of us, it destroys us and our well being. Please, give us good soil in which to develop our true beauty. A rose, if it is nourished, watered, fertilized properly, and loved, will develop into a lovely prolific flowering bush. So will your wife! Given good love, much appreciation, and admiration with much praise, you will see her blossom and become the wife you desire. So be good gardeners.

Lovingly,

The ONE most powerful word: “Please.”
The TWO most powerful words: “Thank you.”
The THREE most powerful words: “I love you.”
The FOUR most powerful words: “What do you think.”
The FIVE more powerful words: “I am proud of you.”

Use the above words frequently and rack up those Brownie points!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Lesson 4

Dear husband,

I hope you had a wonderful week filled with many delights you shared with your lovely wife. Are you taking time to talk with her more? Are your words those which build her up and not tear her down? Don't ever forget your wife is a WOMAN, and women were designed by God to have deeper emotions than men. You men can dismiss incidents in life far quicker with less damage than women, as a rule. We look at life emotionally and often our emotions are greatly influenced by our hormones. That is why words which build are so important. Good words can never hurt; bad words will always give pain; pain and never, never comfort and joy. Life throws us enough curves, so always be your wife's best encourager. You, in return, will reap rewards you never dreamed possible.

Humans also tend to believe what they hear. When we hear only words of encouragement, love, and praise, we begin to believe we are someone of worth and act as persons who have such characteristics. Criticism lays a foundation for a poor self-image. A "what's the use" attitude and poor body energy (yes, love energizes a body) will result when criticism is the usual way of a husband. So, if you want a loving wife who can move mountains, give her a solid foundation of praise and love in words and deeds.

May I suggest that every day you praise your wife for something. Make it different, make it specific, make it something you have not thought of or praised her for before. For example, "Dinner tonight was a great meal to me." instead of, "Thanks for dinner." Saying, "Thank you." is equally important. We all want to be appreciated for what we do, even the little things. Our life is made of deeds (good or bad) and we do like for someone to notice we HAVE DONE SOMETHING. Make "thank you" also specific. "Thank you for taking the time to prepare my favorite pie. I know how pressed you are for time, and knowing you did that chocolate pie for me made me feel so special," instead of, "The pie was not as good as it usually is," or just "Thanks for the dessert." Ephesians 2:10 reads, "For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them" and Ephesians 4:29 commands us to, "Let no corrupt communication proceed out of your mouth, but what is good for necessary edification (which means to build. You are building a good home with your words), that it may impart grace to the hearers." Think what a difference our relationship with our loves would be if we only did good deeds and spoke good, kind, graceful words to them. YOU CAN DO IT!!!!!!!

Your wife is like a delicate flower. She needs tender, loving care and lots of nurturing, but the rewards are well worth the efforts and will gain you those much needed Brownie points, and you will feel so good about yourself.

Have a loving, praising, thankful, good, week.

In His love,

Here is a handy word test for you, and it can also be used as a test for an action you contemplate doing:

Will these draw us closer or drive us apart?

Will these build our relationship or tear it down?

Will these bring about a positive response or a negative response?

Do they express my love and loyalty to my wife
or do they reveal my self-centered individualism?

“Remember that God’s plan for you and your wife is an inseparable union that you bring about as you obey His commandment to cleave to each other (this word means to glue together where the two separate pieces become as one and cannot be separated) to each other.” From *Love Life for Every Married Couple*, Ed Wheat, M.D.

In the space below, why not jot some things you want to thank your wife for doing for you, and choose one each day of the week, so you will be sure she has some words of praise every day from you. Ungratefulness was one of the grave sins of the Israelites, and God told them He was not pleased with that as He had done so very much for them. Read I Corinthians 10, the first verses. It is still so with us humans, we just forget to be grateful for life and what other do for us. Paul kept telling Christians, “BE THANKFUL.” Guess who told him to say that?

Lesson 5

Dear husband:

Time is going by quickly, and time is what makes our lives. Therefore, how we spend our time will determine what type of lives we have. There are twenty-four hours given to us each day as a present. How we use this precious gift is up to us. Your work takes a large chunk of these precious minutes; sleep takes the next large portion. What will we do with those that are left? If you will invest your time in LOVING, your dividends will be great and well worth the expenditure of effort.

Learning to control your anger is one of the best gifts you can give yourself. God tells us in Colossians 3:8 to put off these things: anger is the top of the list, and to put on a heart of compassion, kindness, meekness, longsuffering, forbearing one another and forgiving each other. One noted doctor says, "No one can make you angry unless you want to be angry." This is good advice, for anger destroys more relationships than most anything else. So, make it a point to put off being angry at your wife and learn to replace it with loving kindness and patience, and she will reward you greatly. When your wife has messed up, instead of lecturing her (we women really don't like you to do this just as you don't like for us to lecture you) hold her gently, and tell her you know she must feel badly, and you understand. Tell her you will help her make it "okay."

As an example, one day I was very tired and spilled almost all of a large box of oat meal all over the floor. Instead of fussing at me, Woody got the cleaner out and told me he would clean it up. That did much more for our relationship than a harsh lecture, and remember those Brownie points? He made plenty that day! We wives know when we've goofed and are hard enough on ourselves. What we need from you is a haven in the circle your two arms make around us and soothing words. *Presto!* You have become our knight in shining armor and we won't forget your actions or words. You may cash in your Brownie points when it is you who have goofed and need kind words and actions. If you show your wife the way to handle the messes of life (this includes every type of mess from personal to oat meal) she will respond in like manner to you.

Your wife wants to lean on you for comfort and assurance, no matter how independent she may be. Let her know you are always there to help her solve her problems (no matter how small they may seem to you because to her at that moment in time, they are BIG). Be patient with her as you know Mother Nature's rhythms have rule over your wife's body and emotions. Let her know she is the most important one in your life by your words and deeds. God told Eve, "Your desire will be to thy husband, and he shall rule over you." Your wife desires your attention, your love, your protection, your praise, your love, your talking to her because that is the way God made her. So love her, cherish her, and she will gladly submit to you because you have made her feel safe and secure in your arms. That is a woman's basic need: to feel safe and secure. You are the one who can give her this feeling. When she feels safe and secure in your

love and approval, then she will feel alive and loved and want to return those loving ways back to you.

Lovingly,

PS: A book which will help you understand your wife's needs better is *If Only He Knew. Understanding Your Wife* by Gary Smalley, Publisher Zondervan Company. Any good bookstore can order it for you if they do not have it in stock. Gary Smalley learned his lessons on being a good husband the hard way, by trial and error, and he can be of great help to you and save you many mistakes in your relationship with your wife.

Hope you enjoy the poem on the next page. It is SO VERY TRUE.

YOUR WOMAN

I am all that a Woman is supposed to be.
But I am your woman,
Very Specially yours-

Love me but don't hurt me.
Hold me without words
Until my confidence clicks.

Be a wall of strength around me.
But let me feel like an open field,
With blooming flowers,
Rolling hills,
And a sunset that sends me home to you.

Leave enough mystery in my life
So as not to make me ashamed,
That I gave you all that I am.

And when I feel like walking alone,
Be waiting for me along the way-
Just standing there-
And I will come to you,
And hold you,
Because I am your woman.

Read me like a poem.
Sing me like a song.
Take me to church on Sunday.
And tell me how pretty I am.

Tell me a secret that no one else knows,
Not even our children,
Or your mother.

Let me be the one thing in your life
That no one else can be-
Your wife:
Your Best Friend;
Your Companion;
YOUR WOMAN.

. . . Jimmy Martin 1979

Paul Pearsall, Ph.D., gave this vow of a good marriage in his book *Ten Laws of Lasting Love*, page 305.

We promise to cherish our sacred time together, and to put our marital moments before all others.

We promise to learn about and with each other forever.

We promise to be as and for our One.

We promise to look at each other for and with love.

We promise to accept our differences to make us stronger together.

We promise never to let time or space separate us.

We promise to accept, tolerate, and grow with the chaos of our life.

We promise to see our sadness as symbolic of the intensity of our loving.

We promise to explore realities of our spirit far beyond what we can see and touch.

And we promise to create a growing loving energy between us and for the world.

Perhaps you would like to share this with your wife, and the two of you make this vow together.
What a uniting into one it is!

Lesson 6

Dear husband,

I do hope you have had a full “loving” week. I ran across this quotation and had to share it with you. The author was not given. “It has been said that marriage is the relationship between man and woman in which the independence is equal, the dependence is mutual, and the obligation reciprocal.” Isn’t that a good statement?

This week our sixth lesson was on Jesus’ command for wives to be in submission to their own husbands. Lest husbands think this gives them full control over their brides, we found Jesus also had words of commands, not options, to the husbands. Some are as follows:

1. Christ is your head (I Corinthians 11:3) as you are the head of your wife. As we all know, the head does the thinking and making decisions for the body, so your decisions must be according to your head (Christ). You must make your thinking correspond to Jesus’ way of thinking, and He tells us in I John 5:3 that His commands are not grievous which means His commands are always ones that will benefit his bride, the church. Likewise, your decisions must be such as is always benefitting to your family.
2. Jesus said, “You love me because I first loved you.” I John 4:19. You are to love your wife as Christ loved His bride, the church. Ephesians 5:25-31. Read this over and over and let it be your guide on treating your lovely bride. Jesus was willing to die for His bride; He lived to show her His way of living life, and now He sits enthroned in Heaven rendering all the help He can to His love, the church. As He told one man, “Go and do likewise.” Jesus will hold you into account as to the type of “head” you are; ask yourself daily, “Is my life molded after Christ’s?”
3. John 8:32 has Jesus saying, “Ye shall know the truth, and the truth shall set you free.” Jesus said His way would set us free from sin and all the negatives that go with it. I tell Loden the greatest gift he gives me is my freedom. He allows me the room to develop the talents Jesus has given me; he supports me in everything I do; he helps me in every way he can to reach these goals; and he praises me both privately and publicly, and I would walk through fire for him. I, in turn, help him in the very same ways he helps me. That is what Jesus told us to do: take your talents and use them, and I will multiply them for you. Trust your wife to do what is good and right and give her the room to grow and the freedom to be what she can with the God-given talents she has.
4. Forgiveness to your wife is also your life-line to Christ because you will only be forgiven your trespasses as you forgive her hers. This is what separates Christian marriages from worldly ones; one forgives, puts the past behind, and looks forward to a better day and way. Remember also I Corinthians 13 says, “Love does not keep records of wrong done it.” We forget those hurts and concentrate on being loving to our wife.

5. Don't forget you are "joint heirs" in Christ; you are not worth more than she. You are the head of the family only because Jesus said you are; woman was created for man. In any body, there can only be one head, so you are in the likeness of Christ and allowed to be the head. You are to dwell with her according to knowledge and treat her as the weaker vessel. Knowledge is intelligent recognition of the marriage relationship; know what makes your wife tick and happy. "Honor" means "precious." Treat your wife as a very precious person, for she is. She must have a special place of honor in your heart and let her know she is queen in your life. "Weaker" means she is not as strong as you physically. You are the wooden bowl, she is a bowl made of very thin porcelain. You must treat her with special care. Study your wife and know her strengths and weaknesses, and protect her in these areas. Your wife is your joy and your beautiful crown, and she needs for you to watch over her and rescue her in her times of need. A woman has different emotions from a man, and she needs your level headedness when she is looking for that knight in shining armor to come to her rescue. Read I Peter 3:7-12.
6. You are to be the head in religion. Jesus gives you the command to raise your children in the Lord (Ephesians 6:4). Be sure you follow the Lord in His saying, "If you love me, you will keep my commands" (John 14:15). You must follow only Jesus' teachings to be pleasing to Him. If we follow the teaching of men and only our own thinking, we will not please Him because He said, "Not every one that saith unto me, 'Lord, Lord,' shall enter into the kingdom of heaven, but he that doeth the will of my Father who is in heaven" (Matthew 7:21). Don't face Jesus on judgement day and be guilty of not leading your family in the way of Jesus.
7. Remember you are united as one in your marriage. You are to leave your father and mother and cleave to your wife. Let her be the focus of your being as she is your other half. Treat her body with love as you do your own. Always be tender and loving and caressing in your actions toward her, especially in your most intimate times. When she is "too tired" try giving her a back rub. Make it gentle, please, and use all your great ways of showing love, and give her time to relax and respond to you. It just takes women longer to respond than men. It will be a test of how good a "lover" you are. Don't forget the praise in this area also. Use tender words – words of love. Tender caressing and timing are the keys to a woman's needs; use them liberally. Read the Song of Solomon and about his love-making (this book is God's marriage manual) and take lessons. Don't forget, women like to be touched and caressed ALL over their body and at times other than love-making ones. Her arms, back, face, etc. all cry out for "MY TURN," so don't neglect them, and be sure to speak tender words to her. Women love words.
8. On being "boss." Loden tells me, "You're the boss." I reply, "Yes, as long as it pleases you, then you're the boss." He allows me to have my way as long as he is in agreement (which is most of the time), but when he is not, he knows that I will bow my wishes to his. I always consult him on decisions and big things, but he has expected me to run his house since the day we were married. He has never seen a pay check. He totally trusts me to run things smoothly at home as he has more important business to tend. Learn to work as a team; give your wife freedom, give her help around the house, and she will not mind allowing you to be the head. The head does not spend its time telling the heart to

beat; it just assumes the heart will do its job, and the head will tend to more important issues. That is your relationship; you are the head and your wife is your body doing whatever it is that the body needs to do to function and feel good.

These are just some thoughts that come to mind in helping you realize how we women look at you men as being our “heads.” If we know we are cherished, loved, protected, praised, honored, and forgiven along with a lot of patience, we can shape up as pretty good wives. Remember Jesus said we love Him because He first loved us. Show your wife the way, and she will follow you – eventually. Give her some time and be very patient with her. We all have to grow into being what Jesus wants. Love, praise, gentleness, forgiveness are the ways to helping your wife achieve that state of being your helpmeet.

I found this and just had to include it because you will want to have it tucked away where you can review them from time to time. They are written in Cecil Osborne’s book *The Art of Understanding Your Wife*, page 127.

TEN COMMANDS FOR HUSBANDS

1. Give ample praise and reassurance.
2. Treat your wife with strength and gentleness.
3. Define the areas of responsibility.
4. Avoid criticism. (This is a killer of the spirit.)
5. Remember the importance of “little things.”

An unexpected gift which does not have to be expensive. (One rose will get you as much mileage as a dozen if given on “just a day.”) On special days give more. Give her a coupon book filled with things you will do for her such as a back rub, keep the children for her to have time out alone, dinner, movie, etc. This is a “sure pleaser!” (Make from paper stapled together.)

6. Recognize her need for togetherness.
7. Give her a sense of security.
8. Recognize the validity of her moods. (“Mother Nature.” Remember?)
9. Cooperate with her in every effort to improve your marriage.
10. Discover her particular, individual needs and try to meet them.

A three fold axiom: We can change no other person by direct action; we can change

ourselves, and when we change, others tend to change in reaction to us. This is a very true saying. Try to remember it as you make your decisions in life. On page 176 Dr. Osborne says:

1. Instead of demanding that all of my needs be met, I will seek to meet the valid needs of my marriage partner.
2. Rather than trying to change others, I will recognize that I cannot change anyone else. I can change only myself, and when I change, others tend - in time - to change in relation to me.
3. Instead of expecting unconditional love, I will face the fact that no one can give this kind of limitless love consistently. I will give love rather than demanding or expecting it believing that love begets love.

I hope you enjoyed these truths. Think about them and incorporate into your life those truths you think will help your marriage . God go with you as you seek to become more like Christ.

I love you,

WHAT CAN A HUSBAND DO?

Here are twenty-six things:

Appreciate the work of those around those, especially your wife's.
Be kind, gentle, especially to your wife.
Compliment others, especially your wife.
Dismiss suspicion and replace it with trust, especially with your wife.
Express gratitude, especially to your wife.
Find the time, especially for your wife.
Give a soft answer, especially to your wife.
Hear what others are saying by listening, especially to your wife.
Ignore slights and insults, especially from your wife.
Judge not, especially your wife.
Keep a promise, especially to your wife.
Laugh a little. Laugh a little more, especially with your wife.
Mend a quarrel, especially with your wife.
Neglect not the gift or the talent that is in you.
Open your heart to someone else, especially your wife.
Practice the GOLDEN RULE, especially with your wife.
Quench gossip and rumors, especially to your wife.
Rejoice with those that rejoice, especially with your wife.
Speak your love. Speak it again. Speak it still once more to your wife.
Think first of someone else, especially your wife.
Use your knowledge by teaching others, especially your wife.
Value friendships, especially that of your wife.
Write a letter, especially to your wife.
EXamine your demands on others, especially your wife.
Yearn for wisdom and understanding, especially for your wife.
Zero in on being a worthy man, especially for your wife.

Yesterday is HISTORY,

Tomorrow is a MYSTERY,

Today is a GIFT,

That's why we call it "THE PRESENT."

Today is all we have, this moment in time is all we live now, so make each waking moment your best, for you may not have another to love some one. Our deeds are all that remain after we are gone, so make your deeds those that will be worthy of remembering. Revelation 14:13.
"Blessed are the dead who die in the Lord from now on. 'Yes,' says the Spirit, 'That they may rest from their labors and their works do follow them.'"

Lesson 7

Dear husband,

This is my last correspondence with you. I love you even though we have not met. I love you because I have fallen “in love” with your wife and can see in her many of the reasons why you chose her to be “the one.” If she loves you, then I must also.

The last six weeks have been a learning and growing experience for us all. From each other we have gained much. It is my prayer for you to continue to grow, work, and love your wife more each day. We have tried to learn what God expects her to be as a wife. As she practices what she has learned, praise her, encourage her, touch her, love her even more than you do today. If you both put forth the effort and practice the laws of living God gives us, then you will have learned some of what the Garden of Eden was like. There is no problem too big for the two of you, with God’s help, to solve and grow from it.

Remember to let her know she is **FIRST in your life** (your children are meant to leave you and cleave to their mates; never let them come first in your life) and **SHOW** her much affection, then you will learn what it means to be **LOVED**. Nothing pays richer dividends than love.

Here are some last thoughts of truth. They are taken from Lawrence J. Crabb, Jr’s. *The Marriage Builder*. Three building blocks for marriage are:

1. Building block 1: Grace - The conclusion of the matter is this: In our pursuit of marital oneness, we must never permit failure or disappointment or tragedy to rob us of our confidence that God *can* heal our marriage and that He *will* deepen our maturity. No situation is so desperate that God’s grace is not sufficient. Building a Christian marriage begins with a conscious confidence that a determination to live for God will result in something good. This confidence depends entirely on the first building block of marriage: The sufficient Grace of God - page 109. (Pray about everything and give thanks for everything [Philippians 4:7]. Let this ever be in your mind.)
2. Building block 2: Commitment - God displayed His love with unmistakable clarity in what He did, but it is equally clear that those actions were accompanied by compassionate emotions. Not only did He *do* something for me, He also *felt* something for me. In the Book of Hosea, for example, God speaks of His heart breaking over the rebellion and unfaithfulness of His people, whom He tenderly characterizes over and over as His wife. The love of God includes feelings as well as behavior. In the same way, our commitment to love our spouses must generate more than lifeless, mechanical actions; there must be fervency about our behavior - page 113. (Your wife must see in your actions, facial features, and words that you really do in deed love her and are committed to her and your marriage.)

3. Building Block 3: Acceptance - The Bible requires that we do more, far more, than tolerate one another. We are instructed to accept each other as God accepts us (Romans 15:7). We are to forbear one another in love, and this involves something different from putting up with our mates with a resigned sigh (Ephesians 4:32); we are to evidence the spiritual fruit of love, patience, and kindness (Galatians 5:22). Christian relationships must include more than a willingness to remain involved because of God's sustaining grace. They require more than an earnest commitment to minister to each other. Somehow we are supposed to accept one another - page 124. We respond to an event of a spouse's behavior both with a *decision* to minister or manipulate (which depends entirely on personal choice) and with an emotion of enjoyment or displeasure (which depends entirely on the nature of the event) - page 126. (You are in charge of your emotions. As one doctor says, "No one can make you angry unless you want to be angry.") But whether my spouse provokes enjoyment or displeasure, I am to regard my *acceptance* of her as a requirement. If acceptance has nothing to do with our *emotional response of enjoyment or displeasure*, what does it involve. It may seem obvious that acceptance is tied up with our decision to minister rather than to manipulate, and that we are free to minister to even the most unpleasant spouse if we so choose - page 127. (Remember two of our basic needs as a person are security and significance. Your wife needs to feel secure in your love. You love her period; no strings are attached. She also needs to think she is SOMEBODY to you.) The work of forgiveness requires that we regard the worst our partners can do as absolutely irrelevant to our basic personal needs. With that truth fixed in our minds, we will be able to minister freely to our spouses, without fear or pressure, even when they have offended us. This defines accepting one's spouse - page 142. (Isn't this the way Jesus accepts and loves us? Can we do less for our mates?)

Gary Smalley says in his book, *Making Love Last Forever*, page 265, "I've seen that the most satisfied, joyous couples are those that have learned heroic love and practice it daily. When a husband and wife both want their partner to receive life's best before they do, you have a marriage that's going to exceed every wedding-day dream. Their love not only lasts; it continually grows."

You men really enjoy the sexual side of marriage. However, what many of you don't realize is that for a woman to enjoy sex, she wants affection first. What is affection? Willard F. Harley, Jr. in his book *His Needs, Her Needs*, page 32 says: "To most women affection symbolizes security, protection, comfort, and approval, vitally important commodities in their eyes. When a husband shows his wife affection, he sends a very important message of care, protection, concern of her well being, and a pride in her being his love." Below is a list of ways you can show affection to your wife as given by Haley on pages 36,37:

Hug and kiss your wife every morning while you are still in bed.

Tell her that you love her while you're having breakfast together.

Kiss her before you leave for work.

Call her during the day to see how she is doing.

Bring her flowers once in a while as a surprise (be sure to include a love card).

Gifts for special occasions (birthday, Valentine's Day, etc.; don't miss ONE) and make the gifts *personal*, not practical. Learn to shop for her likes.

After work, call her before you leave for home so that she can know when to expect you.

When you arrive home from work, give her a hug and kiss and spend a few minutes talking to her about how **her** day went.

Help with the dishes after dinner.

Hug and kiss her every night before you both go to sleep.

Ask her what she considers being affectionate.

Touch her in many different ways that show affection and that you treasure her and not just touches leading to sex. When your wife feels treasured as a person and loved for herself, she will be far more willing to be your sexual partner. Women do not separate affection and sex. When you are in an amorous mood, keep in mind how her day went. If it was a rough one, invite her to your bedroom with love talk that says you will run her bath for her, and give her a back rub. If she knows you recognize her tiredness and are willing to relax her, you will come nearer having a loving sexual partner than a tired wife who gives in to a demanding husband. Quite a difference in attitude, NO?

It takes a woman longer to mentally get ready for love-making than a man, so take the time to get her body ready for love-making. Read the Song of Solomon and learn how he romanced his wife.

When you do not show affection daily to your wife, she often will feel just like a sex object and will not respond to your love-making advances with joy because she feels used. You must show her you treasure her as a person, love her without reservations, and she is first in your life (other than Jesus and God). When she feels cherished, then she will respond in a loving way to you and your advances. Use words of praise often and build her up every day so she feels good about herself.

In the weeks and years to come, I will be gone from you, but you will not be forgotten by me. My prayers and love will continue to go with you and your wife, and may God's richest blessings come upon you because you have followed His way and have put Him first in your life, and SHE is next. Every day you must give your best to your marriage. One does not reach a point in life where an effort to be a better spouse is not required. If you let your guard down and become lazy, your marriage will slip into an uninspiring rut. Constantly work at making it better, and on yourself to become a better husband to that helpmeet God gave you. If you do so, I think you will find life will be beautiful even when there are problems because you KNOW she

is beside you, and God and Jesus and the Holy Spirit are there also to help you. Romans 8:37 says we will be more than conquerors; God intends for us to be victorious in life. Always keep romance in your marriage as this is what makes a marriage different from any other relationship in life. Therefore, romance your wife daily and enjoy her response.

Please pray for Loden and me as we continue to grow and work in the Lord's vineyard. May we all meet one day in heaven and join in praises to our Lord and Savior.

Loving you,

P.S. Read the next page. If you think it is something you would like to commit to, sign it and put it where you will see it often and follow it.



AS A HUSBAND, I WILL . . .

BE THANKFUL FOR TODAY . . . This is the day the Lord hath made; rejoice and be glad in it. Psalm 118:24

- I WILL** make my wife happy by being the husband God meant me to be. Genesis 2:24
- I WILL** create a home of comfort filled with love and respect for my wife and children. Ephesians 6:25
- I WILL** not let outside influences confuse me about God's place for me as a husband, father and man. I Corinthians 11:13
- I WILL** treat my wife with dignity, to offer her the same courtesies I would a friend and never raise my voice in anger to her. Ephesians 4:29; Proverbs 25:11
- I WILL** never be a complainer or a nag, but will discuss issues instead. I Corinthians 10:10; Proverbs 25:15
- I WILL** be adjustable; I will accommodate my life to my wife's. Ephesians 3:28,29
- I WILL** not put our children or work duties before my wife in thought and deed. Ephesians 5:22,33
- I WILL** keep myself physically fit, mentally developing, socially growing and spiritually alive and maturing for my wife. Luke 2:52
- I WILL** talk to my wife every day about many things that are interesting and not just about my work and the children. I Corinthians 14:35; Ecclesiastes 10:12
- I WILL** make her feel important and necessary to me around the house by making her feel feminine. Song of Solomon 4
- I WILL** take care of her health, but not badger her. Genesis 2:14
- I WILL** cater to her likes and dislikes in everything and keep my belongings neat and in order. I Corinthians 14:33
- I WILL** do extra special things for her to show her I care. Ezekiel 16:8-14
- I WILL** be proud to be her husband, the father of her children and a man. Genesis 1:26

Signed

Date

Think about making a contract with yourself. If you desire to, sign the preceding statements and look at your contract ever so often to be sure you are living up to the articles included. Best wishes and good loving!

Here are a few last words I found that might interest you:

1. I refuse to be shackled by yesterday's failures.
2. What I don't know will no longer be an intimidation; it will be an opportunity.
3. I will not allow people to define my mood, method, image, or mission.
4. I will pursue a mission greater than myself by making at least one person happy he saw me.
5. I will have no time for self-pity, gossip, or negativism . . . from myself or from others.

JESUS SAID TO HIS BRIDE . . .

1. I will never, never leave you nor forsake you (Hebrews 13:5).
2. I loved my bride enough to die for her (Ephesians 5:25).
3. You are a special people (I Peter 2:9). ("Special" in Greek means a surrounding. Christ surrounds His bride with a special love of protection. No one can get to her except through Him.)
4. I make intercession for you (Romans 8:34).
5. Nothing can separate you from My love (Romans 8:35).
6. I will help make you a conqueror (Romans 8:37).
7. Cast all your cares upon Me, for I care for you (I Peter 5:7).
8. I have come that you may have life, and that you may have it more abundantly (John 10:10). ("Abundantly" in Greek means above the ordinary.)
9. Take my yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls (Matthew 11:29). (How is being yoked to me like?)
10. Can two walk together except they be agreed? (Amos 3:3).
11. I go to prepare a place for you. And if I go and prepare a place for you, I will come again

and received you to Myself, that where I am, there you may be also, and where I go you know and the way you know (John 14:2,3).

12. . . . that I may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height to know my love which passes knowledge; that you may be filled with all the fullness of God (Ephesians 3:17-19).
13. I loved My own to the end (John 13:1).
14. My grace is sufficient for you, for My strength is made perfect in weakness (I Corinthians 12:9).
15. For this is the love of God, that we keep His commandments. And His commandments are not burdensome (I John 5:3).
16. Can you wife say, "I can do all things through Christ (your name) who strengthens me."? (Philippians 4:13).
17. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving let your requests be made known to God; and the peace of God which surpasses all understanding, will guard your hearts and mind through Christ Jesus (Philippians 4:6,7). (Can she trust you in everything and with every thing she needs?)
18. But he who is joined to the Lord is one spirit with Him (I Corinthians 6:17).
19. You shall know the truth, and the truth shall make you free (John 8:32). (Do you give her freedom?)
20. We love Him because He first loved us (I John 4:19).
21. Jesus knowing that the Father had given all things into His hands, and that He had come from God, rose from supper and laid aside His garments, took a towel and girded Himself. After that, He poured water into a basin and began to wash the disciples' feet, and to wipe them with the towel with which He was girded....Jesus answered and said, ". . . Do you know what I have done to you? . . . If I then, your Lord . . . have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you should do as I have done to you . . . If you know these things, happy are you if you do them" (John 13:3-17). (Do you serve your wife as Jesus does His?)
22. Ask, and it will be given to you; seek, and you will find; knock and it will be opened to you (Matthew 7:7).

These are some of the statements Jesus made to His bride. Are you willing to follow in His steps and become as loving a husband as He is to His bride? You have a charge given you in Ephesians 5 to love your wife as Christ loves His. If He so commands you, then He will give

you the patience and strength to develop yourself to become the loving husband that He is. God bless you in your efforts to become like Jesus, your Lord and Master. If you lead your wife into the love that Jesus intended that you both should share with one another, you will truly have a love that is made in Heaven and enjoy it here on earth as you were created to enjoy.

One last thought. In Proverbs 31:28 it states: Her children rise up and call her blessed; her husband also, and he praises her. If you will heap praises upon your wife both in private and to all you meet (let her hear you praise her to others) she will be your adoring wife for life!!!!

W O R K B O O K

LESSON ONE

WORKBOOK SESSION

Use these questions for the first workbook session after Lesson One tape, "Let Us Begin." Read question 3 and have students write the answer in their book. Read question 8 and have them write the answer in their book. Then call on each student to answer question 1 and 2. If there are too many in the class, after question 1 and 2 just randomly pick students to answer the rest of the questions until time runs out. If you like you could call on one person to answer 4 on down through 10 (and yes, include question 8). If there is still time, start over with 4 and go on down the list calling on a different person each time. These questions are to help the class become acquainted with one another, and becoming used to answering nonthreatening questions aloud to the class.

LET'S GET ACQUAINTED WITH EACH OTHER QUESTIONS

1. Give your name, how many are in your family and their names.
2. If you looked in the mirror right now, what is a quality you have that you could say to yourself, "I am proud of you for having this characteristic in you."?
3. Write one thing you would like to change about yourself. You have seven weeks to work on this and by then it should have become a habit.
4. Did you go to your mother or father for comfort as a child? Usually "mother" is given as an answer. Why did you choose her instead of your father? Tell them this shows us the importance of our developing ourselves into the ideal woman and mother so our children will have a role model. Children go to the parent who is warmest. Usually the women have the warmth because emotions are more in the women than men.
5. What is one characteristic you admire in your mother? Then ask, "Why do you think this is an important characteristic for a mother to have?" Can we all add this one thing to our character? Will it make us a better mother?
6. What is one thing you remember most about your father? Why was this important to you?
7. How did you handle hurt as a child? Is this the way you handle it now? If not what made you change the way you deal with hurts?
8. What do you hope to learn from this class?
9. When did God become a reality in your life? What made Him become a reality? What is

God to you now?

10. Who was the center of warmth in your family? Usually it is the mother. Again, stress how important mothers are to well being of the family. As mother goes, usually, so goes the family. God made woman the one with the emotional tendencies.

Your goal is to begin training the class to see the results of an action, a thought, or a habit. The class also learns to trust one another in this session by divulging information about themselves to the others in a way that does not threaten their well being. Shy ones will be able to answer these questions and learn not to be afraid of speaking in class.

At the end of the session, reemphasize that we are not to carry any information we learned about one another outside the walls of the room. They made a vow to one another to love and honor as secret everything revealed by any classmate and not to hurt one another.

LESSON ONE HOMEWORK

1. Workbook.
 - a. “Life Together” questions sheet. (*Bring this page to class next week.*)
 - b. Husband’s “I Had Rather” sheet for an ideal wife. (Emphasize to husbands that his sheet - and all following sheets - are for your eyes only and NOT for the class’s.)
 - c. Wife’s “Thankful List” and “Prayer List” for husband.
2. Prayers for husbands using prayer list as guide.
3. Begin “Love Letter” to husband.
4. Reading assignments: read Song of Solomon in one sitting and begin Proverbs.
5. Memory verse: I Corinthians 10:13 - There hath no temptation taken you but such as man can bear: but God is faithful, who will not suffer you to be tempted above that ye are able: but will with the temptation make also the way of escape, that ye may be able to endure it.

A translation from the extended Greek version: A testing time or a temptation has not laid hold of you with the result that these have you in their grip, except those to which mankind is continually subject. But God is faithful who will not permit you to be tested nor tempted above that which you are able to cope, but will, along with the testing time or temptation, also make a way out in order that you may be able to bear up under it.

The Greek word *peiramos* means test, trial, temptation, enticement. “A temptation is a test of our faith and works for our building up of character and strength in God. Tests also purify and mature us. True character is more valuable than gold and silver, therefore, if man tests these metals to purify, how much more will God test man’s truth”
Thomas Seal’s *Proverbs*.
6. Write an autobiography (*for teacher’s eyes only*). This may be as long as desired. (*Bring to next class.*)
7. Wife’s “I Had Rather” sheet. (*To be shared with husband only.*)
8. Deliver husband’s letter to him.

LIFE TOGETHER QUESTIONS

Therefore shall a man leave his father and mother and cleave unto his wife (Genesis 2:24). In your prayers this week, what one good quality does your husband have for which you were grateful?

1. Common interests:
 - a. What common goals do you share with your husband?
 - b. How do these goals strengthen your marriage?
2. Separate activities:
 - a. What interests does your husband have that you do not share or participate in?

How can you show him you are interested in these activities even if you don't share them?
 - b. What activities do you have that your husband doesn't share?
 - c. Do these separate interests of the two of you cause your relationship to be closer or farther apart? Explain your answer.
3. What do you and your husband enjoy doing together without children or friends?
4. Give some "little deeds" you did this week to show you love your husband.
5. What acts of love did your husband do for you to show his loving concern?
6. Do you look forward to the day your children leave home?

Are you making plans now for that time? What are some of these plans for the future?
7. What do you and your husband talk about each evening?

How will this change when the children are gone?

Do you set aside time each day to talk with your husband alone?
8. How do you "part" when your husband leaves for work?

What do you consider a genuine notice of his leaving you?

How do you “greet” your husband when he returns home?

- a. If you were in his place, how would you like to be welcomed home?
- b. Is this what you do?

10. What affectionate name do you call him?

- a. Do you use this name more often than not?
- b. Do you save this name just for him?

11. How do you say good night?

- a. Do you bring up unpleasant topics of conversation just before retiring?
- b. Do you have small talk of only pleasant things just before going to sleep?
- c. Do you always tell him you love and appreciate him just before you go to sleep?

12. Do you use the bedroom only for love and sleeping?

- a. Do you have your differences of opinion in another part of the house? (Anywhere but the bedroom!)
- b. Do you have your bedroom decorated for making him feel peaceful and romantic?
- c. Do you wear feminine bedclothes and look nice for retiring?

... always giving thanks to God the Father for everything in the name of our Lord Jesus Christ (Ephesians 5:20).

List seven things your husband is doing for you and your family and thank him for one each day of the week. Make them special, not routine.

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

6.

7.

List seven good qualities of your husband for which you are thankful, and in your prayers thank your Heavenly Father for one each day.

1.

2.

3.

4.

5.

6.

7.

Philippians 4:8 reads: Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy, meditate on these things.

How can practicing this verse help your marriage and your attitude?

ON FAILURE

Failure will never overtake me if my determination to succeed is strong enough.

Failure is man's inability to reach his goals in life, whatever they might be. Good habits are the key to success. Bad habits are the unlocked doors of failure. The first law to obey: "I will form good habits and become their slave."

Men are slaves to habits, love, appetites, passion, prejudices, greed, fear, and environment, but the worst is habit. So, if you are a slave to habits, form good ones.

Listed below are some GOLD SCROLLS TO STUDY:

1. Today I begin a new life.
2. I will greet this day with love in my heart.
3. I will persist until I succeed.
4. I am nature's greatest miracle.
5. I will live this day as though it were my last.
6. Today I will be the master of my emotions.
7. I will laugh at the world.
8. I will act now.

GUIDE ME, OH GOD!!!

WIFE'S "I HAD RATHER"

I HAD RATHER (these are my thoughts on the following ideas):

1. you come in the door and greet me with
 than for you to
2. you
 when we have a disagreement than for you
3. to show my love for you I like to
 and to show when I am displeased I usually
4. you compliment me in this way
 rather than
5. you help around the house by
 and to REALLY make my day you could
6. I enjoy talking about these topics most
 rather than
7. you approach me to make love by
 rather than
8. you show your affection to me by
9. you give me
 as gifts, rather than

OTHER COMMENTS I would like to make are on the back of this page.

HUSBAND'S "I HAD RATHER"

I HAD RATHER (these are my thoughts on the following ideas)

1. you greet me this way when I come in the door
 rather than greet me in this way
2. you
 when we have a disagreement, than for you to
3. you do this to show your love for me
 and to show when I am displeased I usually
4. you compliment me in this way
 rather than
5. do these things to help you around the house
 than to do these things
6. I enjoy talking about these things
 rather than these subjects
7. approach you in this manner to show you I want to make love to you
8. you indicate to me when you want us to make love by
9. you show your affection to me by
10. you give me
 as gifts, rather than

OTHER COMMENTS I would like to make are on the back of this page.

LESSON ONE

"LET US BEGIN"

OUTLINE

- I. Objective: Titus 2:3-5. Young wives must be taught how to love husbands and children.
 - A. Must not be slanders.
 - 1. Satan false accuser Revelation (12:10).
 - 2. Deacon's wives not malicious talkers (I Timothy 3:11).
 - 3. Brothers do not slander one another (James 4:11).
 - B. Marriage is important to God.
 - 1. He created it.
 - 2. Marriage in Old Testament and New Testament was an illustration of God's union with Israel and Jesus' bride, the church.
 - C. God gives instructions on how to have a good marriage.
- II. God's word is both preventive and remedial.
 - A. Train in godliness (I Timothy 4:7,8).
 - B. Walk worthily in Jesus' name (Colossians 1:9-12).
 - C. Those who obey will enter kingdom of heaven (Matthew 7:21).
 - D. Knowledge from God is truth (Titus 1: 1).
 - E. Be holy (I Peter 1: 13-16).
 - F. Walk to please God (I Thessalonians 4:1).
 - G. Be perfect (Matthew 5:48).
 - H. How to be holy (II Peter 1:3).
 - 1. Knowledge of scripture.
 - 2. Strict Christian training (I Corinthians 9:25-27).

- I. One of God's commands is submission to husband (Colossians 3:18).
- III. God's word is standard for living.
 - A. Word is inspired (II Timothy 3:16,17b).
 - B. God's word gives us all we need to live (II Peter 1:3).
 - C. Isaiah 9:6 Jesus is counselor, God, Father, Prince of Peace.
 - 1. Jesus commands obedience (John 14:15-16:2).
 - 2. Jesus protects us in temptation (I Corinthians 10:13).
 - 3. Trials in life will come (James 1:2-8).
 - 4. Problems used for growth (James 1: 13-15).
 - 5. Work with improving self first (Matthew 7:3-5).
 - 6. Jesus knows our pains (Hebrews 4:15,16).
 - 7. Must have faith (Hebrews 11:6).
 - 8. Peace is only in Jesus (John 16:33).
 - D. How does scripture relate to marriage?
 - 1. In Christian marriages there is forgiveness.
 - 2. Husband-wife union first priority.
 - a. Partners for life (Romans 7:2).
 - b. Become one flesh (Genesis 2:24).
 - 1) Children are not yours (Psalm 127:3).
 - 2) Husband other half of you.
 - E. Wise woman builds her house upon the rock of Jesus (Matthew 7:24-27).

LESSON TWO

“WHAT IS THIS THING CALLED LOVE?”

1. Workbook.
 - a. “Help-Meet Reminder” question sheet. (*Bring filled out to class next week.*)
 - b. “Practicing Love” question sheet. (For your personal growth.)
 - c. “Love” sheet. This is from 1 Corinthians 13. Put your name in the blank. Hang the sheet where you can see it each day. Read it, memorize it and practice acting in a loving way each day until it becomes your nature.
2. Husbands.
 - a. Interview – Tell them to make this a fun time. Make an appointment with the husband for an interview. Act as if you do not know him. (I dressed as a reporter with a blond wig.) When he says, “Oh, you know the answer to that,” tell him you never saw him before and do not know the answer. If you make it fun, he will relax and answer the questions and have fun with you. To get them to relax, the questions about childhood are usually interesting to them and they will enjoy relating to them. How he handled hurts as a child is the indication of how he still probably handle hurts. Write the answers down, put them in your folder and refer to them as you need to remind yourself details about your husband.
 - b. “God’s Teaching to Lovers” question sheet for husband/wife.
 - c. “Working on Love” sheet for husband/wife.
 - d. Ask him each day this week, “What can I do to help you today?” Phrase it differently each day of the week. Practice this and keep doing it every day you live. It will not be unusual for your husband to start doing this for you and never realize he has learned it from you. Make it second nature to be helpful to him.
 - e. Deliver teacher’s letter to your husband.
 - f. Ask him for a date. You do the planning. Make it romantic and different. Trade baby sitting with someone and have just the two of you. Some have picnics, some a candle light dinner at home. Make it a very special night. About two weeks from now ask if any one has had their date. Ask if they want to share it with the class. This gives others ideas and lets them enjoy the date all over.
 - g. Keep writing your love letter to your husband.

3. Fill in I Corinthians 13 chart. Tell them it is important for them to put this chart where they can see it and read it to themselves each day from now on. The goal is for it to become their nature. To do that one must consciously strive for these characteristics for they are the nature of God, and we are to become like Him.
4. Memory Verse – I John 4:7. Love is a command. You must love your husband; if not as a husband, you must love him as an enemy. The point is you **MUST** love because it is a command.
5. Continue reading Proverbs, a chapter each day.

HELP-MEET REMINDER

1. **JOB:** How do I show interest in his career? You must talk to him about his job, but do not offer him advice unless he specifically asks you and then say, “What would it do if you _____?” thus giving him the option of looking at it in his way. How do I help him further his job opportunities? Be supportive of what ever his job requires without complaining, but praise him for his hard work to support his family. This is a man’s way of showing his love. In his mind, working to support his family is his greatest act of love. Appreciate it.

Do I complain when he has to work long hours and/or be gone from home? NEVER, NEVER, NEVER! (Are you listening?) One young woman all but wrecked her marriage by complaining about her husband. He was the captain of a huge tanker and was gone for weeks. A good friend counseled her and now she has a different attitude toward his work and her role as a wife. Remember, this is a husband’s way of showing his love to you so support him. He will come home to you as quickly as he can if you make home a haven of love for him.
2. **AMBITIONS:** Do I encourage him to talk about his goals in life? You should, but NEVER tell him they are wrong or silly, etc. If you make fun, criticize, or complain about anything he shares with you of his inner being, you will make him close his heart to you and you will never get him to open to you again. Take seriously and with great care what he confides to you. Praise him every day to his face, to the children, to others. This builds his self-esteem, makes him appreciate you and want to do more for you. If a goal conflicts with God’s will see what the class offers, but make sure they understand that God’s law is first in our life, and they must gently tell the husband why they cannot support him. Talk with him on ways he can change that goal to be in accord with God’s will so you can fully support him and help him reach his goal.
3. **HABITS:** How do I react to his habits which irritate me? See what the class offers, but help them understand we **ACCEPT AS IS** just as Jesus takes us as we are, then gently molds us into something better. If the habit is one that love can take care of do so. If it is

one that needs to be changed, one must approach the habit with gentleness. “Darling, I am really bothered by your _____ habit. Tell me how I can not let this bother me.” (Get him to help you and you will get farther in obtaining results.) “Is there any way you could change this habit?” REMEMBER we also have habits irritating to our husbands, and if we bring one up to him, he has that same right. If you accept some habits, they will soon not be so important.

4. **TALENTS:** Encourage your husband to develop all his talents given him by God. Praise him for these talents and look for ways to get him to use them. Praise his talents in front of family, friends, the world. Build him up in every way. He will love you all the more for your appreciation.
5. **HOBBIES:** Encourage your husband in his hobbies. Everyone needs some form of release. Give him time to pursue these hobbies. Do not criticize him for his hobbies and the time he spends on them. If he does spend too much time on them, just tell him you miss him and want to spend more time with him. Plan interesting events for the two of you and let him have such enjoyment being with you that he had rather be with you than any one or doing anything. A wife needs hobbies also.
6. **FATHER:** One never goes against the husband in front of the children. If there is a difference of opinion, make it between the two of you. If the children ever know they have the two of you divided, your influence is doomed and the children rule the house. Trust the husband. If he knows you will back him, he is going to be careful how he makes his decisions. If he goofs, still back him and tell him he did the best he thought at the time and he will do better next time. Do not let the husband be the club you hold over the children’s head. You discipline them when they are in your care. Encourage family devotions. Let the children see the father lead in religious training. Let the children hear him pray in family devotions.
7. **FINANCIAL MANAGER:** You MUST live within your means. Make a budget with the whole family (if they are old enough) and stick with it. Make a place for savings.
8. **PLAYTIME:** Always let humor have a place in the home. Don’t let small things be important. Spilt milk will always be, so do not make it a criminal offense, but let laughter cover these events and it will help our attitude. Take some time for relaxation each day, if only fifteen minutes. It is so important to play with our mate and children. A date a month is the least amount. Your marriage must have some special times for the two of you.
9. Know what pleases the husband, and do it often. You cannot pamper him too much. The more you do for him and make him feel special, the more he will want to do for you because he loves you. Your kind and loving acts are teaching him how to love. Men often have to learn this from their wives. (That is why the work sheets are so important.) You know what pleases him, then do it each day.

10. LOVER: Praise him in this area. Every man thinks he is the great Romeo, so really praise him when he does something you like. Tell him what pleases you then show appreciation. There must be communication in what one likes and does not like in sex.
12. LAUGHTER: Humor will cover a multitude of things. Use humor to defuse difficult situations. Spilt milk needs laughter instead of rebuke. Drudgery with laughter becomes fun. Learn to find something humorous in many situations. "A merry heart doeth good like medicine" says the wise man Solomon.
13. FRIENDSHIP: You must be your husband's best friend. Treat him like you do your best girl friend. You will have to earn your husband's trust before he will allow you into his inner being, and you must treat it with great respect. Men's egos are very fragile and once you break it, you will not have a second chance. Use the scriptures below for your self-improvement. Write them down and then write what they have taught you and how they can help you be a better person and wife. PRACTICING LOVE sheet is for your checking yourself at home and seeing where you need to change. Be honest with yourself.

LESSON TWO

“BUILDING OUR HOUSE OF LOVE”

OUTLINE

- I. Bible love is more than feelings.
 - A. There are good feelings and bad feelings.
 - 1. Mental thinking can bring physical ills where none exist.
 - 2. Unpleasant situations cause mental hurts.
 - B. Facts are not emotions.
 - 1. Right attitude toward God leads to obeying Him, and then feeling good.
 - 2. Jesus is the way, the truth, the life (John 14:16).
 - 3. Romans 6:1-13 describes how baptism makes the old man into new man of God.
 - 4. We can know, not feel, we are saved (I John 5:11-13).
 - 5. Love of God leads to obeying Him (John 14:15).
- II. World's concept of love is a false picture.
 - A. Hollywood romances give false impressions about love.
 - B. Men who study "love" come to realize biblical truths concerning love.
 - 1. Love is not something one "falls" into, but rather grows into through knowledge of a person.
 - 2. Love is acceptance, *period!* Not "I love you BUT" or "I love you IF."
- III. Biblical love house.
 - A. Proverbs 14:1 - wise woman builds house.
 - B. Blueprint for building house of love is five Greek words:
 - 1. Epithumia is sexual love.

2. Eros is romantic love.
3. Storage is family love
4. Philo is friendship.
5. Agape is God love, or love of the will.
 - a. Romans 5:6 – Christ died for sinners.
 - b. Class motto: “ACT YOUR WAY INTO FEELING.”

IV. Biblical love:

- A. Jesus’ example.
- B. Developing love in self.
 1. Total personality development into Christ’s image.
 2. Love is an art.
 3. World's concept of love is feeling (II Samuel 13).
 4. Luke 6:45 - Out of the heart, the mouth speaks.
- C. Points of biblical love:
 1. Love is objective, not subjective:
 - a. I John 5:3.
 - b. I Timothy 1:5.
 - c. Matthew 22:37-40.
 - d. Matthew 5:44.
 - e. Seeks best for another.
 - f. Romans 5:8.
 2. Love is to be taught:
 - a. Titus 2:4.

b. II Peter 1:1.

3. Love is commanded (I John 3:11).

4. Love is defined by John 3:16.

V. Characteristics of love (I Corinthians 13):

- A. Positive side of love: is patient, is kind, rejoices when right and truth prevail, bears all things, believes all things, hopes all things, never fails, takes no account of evil done it.
- B. Things love is not: envious, jealous, boastful, vain glorious, display itself haughtily, conceited, arrogant, inflated with pride, rude, act unbecomingly, insist on its own way, self-seeking, touchy or resentful, rejoices not at injustice or unrighteousness.
- C. Tense of verb: "IS" which is PRESENT tense. ALWAYS.
- D. Inward beauty is precious to God (I Peter 3:3-5; Mark 14:3).

VI. Love's character.

- A. Care for another.
- B. Responsibility to choose love.
- C. Respect person as he is.
- D. Knowledge of husband (I Peter 3:7).

VII. Build house of love with God's blueprint.

- A. God gave explicit directions to Noah for the ark, to Moses for the tabernacle, to David for the temple, to the apostles for the church.
- B. God give directions for house of love.
 - 1. Psalm 127:1.
 - 2. Proverbs 14:1.
- C. One does not break God moral law without being broken by God for doing it. One reap what one sows.

D. Come grow old along with me, the best is yet to be.

LESSON THREE

“SHE HATH DONE WHAT SHE COULD”

1. Workbook.

- a. “She Hath Done What She Could” question sheet for class.
- b. The “Women for Sobriety Acceptance Program” sheet.

Tell them this is a good plan to follow for some habit they have that they want to change. Each of us is responsible for our own lives and our own talents. God holds us accountable for what we have done to change our lives to conform to Jesus. At the bottom of the page is “Teaching One’s Children To Be Happy.” These are seven suggestions of a teaching program. We owe it to our children to help them develop into productive, loving adults. Tell them this is a good plan to follow for some habit they have that they want to change. Each of us is responsible for our own lives and our own talents. God holds us accountable for what we have done to change our lives to conform to Jesus’ commands.

2. Husbands.

- a. “Sharing” sheets for you and your husband.
- b. “The Art of Marriage.” Read this with your husband and share thoughts about its contents.
- c. Date.
- d. Continue writing love letter.
- e. How have you thanked him? Keep this practice daily from now on. Don’t let one day go by that you do not offer “thank you’s” for something.

“I appreciate you for helping me _____.” Change the wording so it will not become routine. Another way, “It meant so much to me for you to _____,” or “I still get a warm glow when I think of how you _____.”

- f. How have you loved him? Daily remind him of your love in a different way. “I love you because _____,” or “Do you know one reason I love you?” (My husband and I have a silly way of saying our love. One of us will say, “Do you?” to which the other replies, “I love you even though you _____ [some silly thing].” Or I will say, “I want to hear it.” He will reply, “I do right here in the car.”) Work out a system of words that are very special to the two of you.

- g. This week practice kissing your husband in a different way. Use a different technique and a different place. Make it interesting for him. This is a very important practice. You are helping him learn to kiss for the pleasure of showing love and not as a prelude to love-making. Often that is the only time men think of showing affection. We must help them find just a “friendly peck” is worth the time of day and one does not always have to end with love-making.
 - h. Deliver husband’s letter.
3. Memory Verse – Proverbs 12:4.
- (I have a picture of a beautiful crown I show them and say, “This is how you look as a godly wife.”) Talk about what “rotteness in the bones” means. Lead them to see that life is in the marrow of the bones and we can actually cause our husbands to die if we do not treat them with love and take care of their physical, mental and emotional needs. Help them with their spiritual lives.
4. Keep reading Proverbs.

SHE HATH DONE WHAT SHE COULD

1. What are some of your personal traits which make you your husband's "ruby?" Stress that we must work diligently to attain ruby status. Such will not happen by chance. We must strive daily to live up to the standard Jesus has set for us. Only then can we truly reap the rewards that a loving life will give.
2. What are some of the "good" deeds and actions you do for your husband which no one else can do or does do for him? It is little things that make up the fabric of daily life. Make it your goal to be loving and cheerful in all you do because that is the freedom you have in Christ – *choosing* to be loving and kind at all times and not reacting to situations around you that would usually call for negativism in actions.
3. Does your husband have to go elsewhere to receive some of his needs; such as friendship, peace and quiet, the feeling of being needed and appreciated? Many husbands suffer from not having these fundamental needs met at home. Is it any wonder we have many heart attacks in the homes? Stress is the usual feeling in too many homes.
4. Can your husband be proud of your looks and actions so he can praise you "in the gates?" We need to dress in a way that is becoming to us and pleases our husbands. "Sloppy" is "in" now. We need to be careful we do not give way to looking our worst instead of our best. Most of us are not beautiful, but our husbands love us as we are, and we need to accent our good points, causing him to be pleased to be seen with us.
5. Could your actions keep him from serving as an officer in the church? Unfortunately too many wives keep their husbands from being a deacon or an elder. This is sad!
6. Do you work with a happy willingness in your home? Attitude makes all the difference in a task.
 - a. What is one household task you dislike doing? (I NEVER want to clean my refrigerator and my only pleasure is . . . that I have done it! I listen to good music while I clean it to help make the task easier.) Do such tasks first so they will be behind you. (Remember the woman who disliked ironing, but started praying for that family member and began looking forward to her ironing time as a time of blessing for her and her family.)
7. What talent do you have that could be made into a financial business if necessary? An education is the best insurance you can have. One never knows when one will be left to be the sole bread winner. Many women have a talent they can use to build a business such as catering, decorating, etc.
8. How well do you manage your finances? Always live within your means. Have some

type of savings.

9. What are you doing to grow and develop? These are the four ways Jesus grew (Luke 2:52) and we must also grow in these same ways as a human. Have a plan. Without a plan you will not grow. Write it down. When we write things down, we tend to be more likely to do them.
10. What are you doing to help your husband grow? Encourage him to also have a plan and to follow it through. Praise him for the way he is growing and developing. Ask him how you can help him with his plan. Be interested in him. Some wives have nothing to do with their husbands in any of the four areas. One wife even refuses to set her husband's vitamins out for him; she does for herself and the children, but not for him. How will the Father look at such actions?
11. Do you cook nutritious meals for the family? This is so vital. We are what we eat. Eating a healthy diet keeps the family healthy and, in the long run, saves money. Too many wives are now proud that they do not cook. Do you set the table to look nice? You are tired, but it will be worth the effort to teach your children how to eat properly and how a table is to look. Manners are atrocious among all ages now, and that is not Christ-like. Remember when He chided Simon because Simon did not offer Him the courteous attentions of a host. Remember how Abraham was a gracious host to the Lord and His angels. Manners should be a way of life for a Christian. The best thing you can do for your children is to teach them how to act and eat. Armed with that, your children can go anywhere and do anything because they are comfortable with what is correct and proper. Big Business spends millions of dollars teaching their people manners so they can conduct business with their customers without offending them. Also, Big Business asks future employees out for dinner so they can observe their table manners. Manners are important! Change menus to make eating interesting. Teach your children at an early age how to help you in the kitchen. Teach them to set the table, cook, and clean the kitchen. When they are out on their own, they will be far ahead of most children. (When our daughter went to college, she was the only one of her six suite mates who knew how to clean a bathroom. She had to teach them and tell them they had to take a turn cleaning it.)
12. Are you a good housekeeper? It is important to teach your children by your leadership how to keep a clean house. It does not have to be spotless, but it can be neat. Insist they learn at an early age how to keep their rooms neat. Granted, at the teen years they will forget everything you taught them, but when they go to college, it will return gradually as needed, that is, if you took the time to teach them in the first place. Some homemakers are "neat freaks." Allow your family to feel comfortable in their own home. Let them enjoy living there, but before bedtime, the house must be straightened so you can greet the day with order and not chaos. Teach them to lay their clothes out for the next day to keep morning rush at a minimum.
13. How do you go about getting other members of the family, including your husband, to

help with the tasks about the house? Begin when the children are one year old to start helping pick their toys up. You will have to help them, but it is a beginning. As they grow, give them more tasks. At an early age children want to help. Cash in on this! As they get older and don't want to they will have been trained and it will be natural to do. If you have a cheerful attitude, you set the tone for the rest of the family. Give the children specific tasks which are theirs to do because they live in the house and are a part of the family. Your husband will be more willing to help if you ask him to do a specific task and not just say, "Help me." Ask, "Would you please do _____? It would help me so much." Thank him for his help and praise each of the members at dinner and when the tasks are done. We never hear too much appreciation.

14. Why do you think the "ideal woman's" children rose up and called her blessed? She had taught them well. A person well prepared for life is self assured and is thankful for those who help make him so. This woman set an example for the children to follow not only in a work ethic, but also in attitude, service to others, and love. They were proud of her and adored her.
15. What characteristics of the "ideal woman" do you have? This is the goal you are striving for. If you set your sights on becoming like her, and you will attain it. Build on your good points, change your bad.
16. What characteristics of the "ideal" wife do you need to work on in your life? Be honest with yourself. Only you know your inner self and what needs to be changed. Have the courage to stick to striving to be our ideal woman. Ask your husband specific things you need help on. Ask him to remind you when you slip. DON'T become angry with him when he does call your attention to something you asked him to help you with.
17. What part can prayer have in your personal development? Learn to pray to your Father about ALL and EVERYTHING – little, medium and great big. He wants to be involved with you in your life and in your striving to become like Jesus. The more you pray, the closer you will be to the Father and Jesus, and the more you will see them working in your life. Let Philippians 4:4-7 be your guide in prayer.
18. Why is being a homemaker important??? It was what God created us to be! It is the role the Godhead had in mind for woman. It is where woman shines the most. It is what the older women are to teach the younger to be in Titus 2, and in I Timothy 5 it was the guide lines for widows who received help from the church. Napoleon is to have said, "The hand that rocks the cradle rules the world." There is much truth in this statement. Homes are the backbone of a nation. Home is where children are nurtured and taught, or the reverse.
19. Is more of your time spent doing for your children, or your husband? Never let your husband forget he is first in your life although at that time another member of the family may take much of your time. Your attention to him is most important. If it is only a few minutes a day make him know you would like to be with him, but a child needs your help

at that moment. This is one reason it is so important for just the two of you to have dates, walks, conversations, etc. Even a little time lets your husband know you love him.

20. If more of your time spent doing for others outside the home than for your family? We can get caught up in “good deeds,” but never forget no one is going to rear your family but you. Give your children and husband most of your time while they are at home. There will be plenty of time after the children leave home for you to be involved in community affairs. If you help with the church and school, your time will be more than spent. LEARN TO SAY, “NO.”
21. How can you make your husband think and feel he is first in your life? By making him that: first in your life. If you practice all the things we have been talking about, he will know. Actions and words are both very important. We know when someone really cares about us. They treat us differently from others.
22. How do you seek your husband’s approval in what you do in life? Talk with him about your plans and ask him what he thinks about them. Get him involved in helping you in some way with what you are doing, if it is nothing more than listening and looking at what you do.
23. If you were to die today, could you feel like your life has been spent in a worthwhile way? Live your life as if you are going to die at the end of the day. Then you can be proud of the things you have done. Remember, the Father was as pleased with the two talent man as he was the five. He was quite displeased with the one talent man because he did not even try. The Father expects us to work diligently at adding the Christian graces to our life and producing the fruit of the Spirit. If we do these, we can be proud of what we have done because we have pleased the Father.
24. Could God say to me if we met today, “Well done my good and faithful servant, enter into the joys of heaven?” The answer to this is up to us. Have we been faithful, have we worked, have we tried, have we served?
25. How can Philippians 4:13 help me in my attitude of being the “ideal” wife? With God’s help and our hard work, Jesus will make us successful. He turned impetuous Peter into the rock and the son of thunder John into the apostle of love. He can also turn an unlearned wife into a ruby if she works with Him and lives by His word. Study of His word and prayer are the two keys. Knowledge gives us the tool to work at living the Christian life and attaining the goal of the ideal woman.

LESSON THREE

"THE WORTHY WOMAN"

OUTLINE

- I. Introduction.
 - A. Imaginary journey into my house of love.
 - B. God's promises:
 - 1. Renewed strength (Isaiah 40:28-31).
 - 2. Special to God (I Peter 2:9).
 - 3. Work out own salvation Philippians (2:12,13).
 - 4. Humble self, cast cares on God (I Peter 5:6,7).
- II. God has no instructor; it is He that gives strength to the faint (Isaiah 40:13,14; 40:27-31).
 - A. Word of God (II Timothy 3:16,17).
 - 1. Teaches (II Peter 1:3).
 - 2. Rebukes or convicts us of our sins.
 - 3. Corrects or stands us upright.
 - 4. Thoroughly equips for every good work.
- III. Must be taught by God how to be a good wife (Titus 2:3; Proverbs 19:8; Psalm 127:1).
 - A. Instruction book on being a wife (Proverbs 31; 24:3,4).
 - B. Overall character of worthy woman (Proverbs 31:10).
 - 1. "Worthy" means many parts, qualification of a judge, or well qualified. She fits husband's needs.
 - 2. Ruby only made by God. Richest stone in world. Only God can make a wife of such beauty.
 - C. Proverbs 31:11.

1. Husband trusts her.
 2. Husband has no lack of gain (plunder from war).
- D. Proverbs 31:12.
1. Wife does only good to husband all her life.
 2. II Corinthians 12:19; Genesis 2:23.
- E. Proverbs 31:13 - A woman who knows her trade.
1. Ephesians 6:17.
 2. Ecclesiastes 9:9,10.
 3. I Corinthians 10:10.
 4. Philippians 2:14.
- F. Proverbs 31:14 - Takes care of family's needs.
- G. Proverbs 31:15 - Is not lazy, but knowledgeable about running a home.
- H. Proverbs 31:16 - Good business woman.
- I. Proverbs 31:17 - Takes care of own physical and mental well being. Keeps fit mentally, physically, spiritually.
- J. Proverbs 31:18 - Sets high personal standards and is industrious.
1. Not idle (I Timothy 5:13-15).
 2. Keeper at home (Titus 2:3-5).
 3. Work toward perfection (Philippians 4:8,9).
- K. Proverbs 31:19 - Trade smart and can teach others.
- L. Proverbs 31:20 - Compassion for poor and needy.
- M. Proverbs 31:21 - Plans ahead and is prepared.
- N. Proverbs 31:22 - House and family are well clothed.

- O. Proverbs 31:23 - Husband respected in community.
 - P. Proverbs 31:24 - Good merchant with high quality goods for sale.
 - Q. Proverbs 31:25 - Strength and dignity, her clothing; laughs.
 - 1. Enjoy life (Ecclesiastes 8:15).
 - 2. Happy heart (Proverbs 15:15; 17:22).
 - 3. Time to laugh and cry (Ecclesiastes 3:4).
 - 4. Control thinking (Philippians 4:8).
 - R. Proverbs 31:26 - Has wisdom and law of kindness on tongue.
 - 1. Only words that edify (Ephesians 4:29).
 - 2. Kind words to correct (Titus 1:13-16).
 - S. Proverbs 31:27 - Industrious; not idle.
 - T. Proverbs 31:28,29 - Children and husband praise her.
 - 1. Wife excels all others.
 - 2. Children respect a good mother.
 - 3. Husband honors a ruby wife.
 - U. Proverbs 31:31 - Godly woman is praised.
 - 1. Her works give her honor to community.
 - 2. Works as unto the Lord (Colossians 3:23,24).
 - 3. A jewel in God's necklace (Malachi 3:17).
 - 4. God works in you for His good pleasure (Philippians 2:12,13).
- IV. We are special to God (Isaiah 41:11).
- A. God's own possession (I Peter 2:9). "Possession" (in Greek) - a surrounding and ownership. God surrounds with his love and possession, we belong in a special way to God.

- B. God will perfect you (I Peter 5:6).
- C. Work hard on self, God will polish you into a ruby (Philippians 2:12,13).
- D. Give Jesus your troubles (I Peter 5:5-7).
- E. “Something for Jesus to Do” box.
- F. Works follow after death (Revelation 14:13).

LESSON FOUR

“GOD’S WAY TO COMPATIBILITY”

Workbook.

1. Wife’s class work.

Worksheet for class: “God’s Way to Compatibility.

“How Have You Loved Me? Let Me Count the Ways” sheet for homework.

There is space for twenty different ways your husband has shown his love for you. Think about all the different things he does and put them on this sheet. Seriously think about this and make each one something you may not have really noticed before. Tell him you appreciate him for doing this number _____ (perhaps for always being in a good mood when you are not, and helping you through a grouchy day). Have a different one for each day. Make this a permanent habit. The more you think in a positive way about your husband instead of a negative one the happier you will be and, for sure, he will be. The more you show appreciation for the small things as well as the large things, the more your husband is going to look at you through the eyes of love and overlook your unpleasant ways. Love begets love; manners beget manners, appreciation begets appreciation. That is what we are trying to achieve – total acceptance and love for one another so we live in an atmosphere which cultivates our personal growth and contentment.

2. Husband.

- a. Teacher’s letter.
- b. Worksheet for sharing time.
- c. Date. (Ask if any have had their date and if they would like to share it.)
- d. Love letter.

3. Reminders: Read Proverbs; Ephesians 4 and 5. These are two very important chapters on living the Christian life and the marriage relationship.

4. Memory Verse: Hebrews 12:14. Follow peace with all men, and holiness, without which no man shall see God.

Holiness is so important in your marriage. God says to be holy for He is holy (I Peter 1:15, 16). There is a spiritual standard for ALL our conduct. Ephesians 5 and Colossians 3 both emphasize worldly ways we are to PUT OFF which means we DO NOT ACT IN THAT WAY ever. If we have as our goal to allow the Holy Spirit to work in us to make us in the image of Christ (I Corinthians 15:49, Romans 8:29, Colossians 3:10), we are going to

strive to be persons who are peaceable, easy to get along with and loveable.

5. Learn to touch each other. Touching is the most powerful influence on a person. We do not want to touch something or someone we dislike. To men a loving touch is often an invitation to sex. We want to help our husbands learn that touching is enjoyable in and of itself. Every time you pass your husband, just reach out and touch the back of his head, his knee, his hand. When you sit reach out and touch him. Before going to sleep reach over and just pat him. Constantly keep in touch with one another. Many experiments have been conducted which prove the importance of touching, especially in sales. People who are touched respond more in a positive way. Make it a habit to touch everyone you meet. If it is only just to touch their arm to tell them, "Thank you for your help." Americans do not like being touched. Other peoples of the world use touching without thinking. We have to practice learning it. Americans "want their space" and do not want anyone intruding upon it, so this will be a new experience to them, but one they will grow to like, especially your husband.

There is an outline entitled "God's Way to Compatibility" which gives you some material we were not able to cover in the lecture. Study it and apply it to your life. There are many truths listed which will help you understand your husband better. The more you know him, the better you can serve and love him.

"Rules to Live By" is another sheet. These are rules for proper communication. Study them and put them into practice to help you communicate with your husband. The lack of communication and the misunderstanding of what is said are two areas which create relationship problems. Learn how to speak correctly with your husband and learn how to understand what he is really saying by asking the right questions and repeating back to him what you thought he said.

"The Art of Complimenting Your Husband." These rules give you different ways to tell your husband you are proud of him. Practice the various ways. You do not want to say and use the same expressions all the time for then they will lose their meaning. Ever day compliment your husband. In fact, every day, every one you meet, leave them with a compliment if it is only how pretty their smile is or how you appreciate their cheerful attitude as they check you at the grocery store. What are we doing? We are learning to look at people in a positive way instead of a negative and leaving them with something of love. Remember God is love and so must we learn to be.

"Going to Others When They Have Offended Us." These are rules to follow when you are offended by some one. Disagreements are bound to pop up because we are humans. Often it is how we "hear" or interpret something someone said or did. God has a method of handling this; Matthew 5:22-24. If we are offended we go, if we offend we still go, and if both obey God, we will meet in the middle of the street. Ephesians 4:26 commands that we "be angry and sin not; let not the sun go down on your wrath." Take care of differences daily before they grow larger.

GOD'S WAY TO COMPATIBILITY

1. Why is my TOTAL commitment to my marriage necessary for its success? Unless you are giving your all to your marriage, you are not going to receive all you want from the relationship. Notice how God uses adjectives. "Give diligence, you are the light of the world, be ye holy for I am holy" all tell us God expects us to give our best. Think of the parable of the talents where God was only pleased with the two who really tried and increased their gifts from God. You must give your all or you will go backwards and get into a rut which means dull and no feelings. Stay alive and working in your marriage. When you give your all, your husband will respond in his love because love begets love and enthusiasm begets the same.
2. What does God's command to cleave to my husband mean to me? If one has in mind, "No divorce, *period!*" then there is a gluing which cannot be broken. You and your husband are to work at becoming one. As one woman who had been married sixty years told me, "Neither of us can think without the other." You are separate, but one in goals and attitudes and love.
3. Does "cleaving" to my husband mean I have no personality of my own? You are two separate individuals, but with one goal and purpose in life. You encourage one another to develop the talents given you by the Father, and rejoice with the other in their accomplishments. You never do anything you know will hurt the oneness of your marriage, but always strive to blend your two lives together. Often one mate is jealous of the other's accomplishments which leads to resentment and problems. This should not be. When one mate receives honor, the other does also through being a helper to the mate. Aquila and Priscilla were an ideal couple. Each had work for the Lord, but they are never mentioned except as a couple.
4. What is the usual cause of disagreements in my marriage? Most of the time it is selfishness because you don't get what you want, the way you want it, and when you want it. If we only had the attitude of Philippians 2:4! God instructed the church to think of others. How much more so in the marriage? Reading on down in Philippians we find we are to be like Christ, as He came to serve and not to be served. Galatians 5:13 instructs Christians to be servants through love and surely this applies also to the marriage union. If we think more of pleasing our mates than ourselves, many disagreements will be avoided.
5. What place does selfishness have in a marriage? We are to be selfless in marriage. (See above discussion.) This does not mean we can never ask to have our way, but it is the way we ask and our attitude. "I will have my way" as opposed to, "It would please me to _____." When we willingly give way to our husband's way, then he is going to be more inclined to do the same for us.
6. How am I to handle other's anger toward me? Practice Jesus' law of going to another and use the principles found in Peter's letter. Your attitude has all to do with how another accepts your anger. Here, again, you have the servant attitude of pleasing and using gentle

words explaining how you feel. If you use only words applying to you, the other person then does not feel threatened and will also be rational. Then you can settle differences. There is a big difference between saying, “You made me so angry!” (Why do we allow someone else to determine how we feel?) as opposed to “When you said _____, here is how I took those words and I felt hurt. Would you explain to me what you meant so we can be at peace with one another?” Often, the other person did not even mean what we thought he meant, and this gives a chance to clear the air. Ask questions of the person to show you want to be at peace, and usually he will cooperate.

7. How can I learn to control my own anger? Remember Dr. Maxwell’s words, “No one can make you angry if you do not want to be angry.” You are in control of your mind, and you can refuse to react to another, but act in the freedom of love to not allow the other person to control your thinking. II Corinthians 10:5 says we only allow Jesus to control our thoughts, so we allow love to determine how we react to life. God commands us to put anger away in Colossians 3:8. Anger is one of the worst reactions we can have for relationships - and our own health. Many medical studies have found anger to be the worst emotion to damage our body organs. When you learn to control anger and let humor take its place, you have done your self a great favor.
8. How do our attitudes and actions affect our prayers? When we are angry at someone and harbor ill feelings, we do not pray as we should, and we do not want to pray for them or with them. Anger controls our thoughts and our feelings. We cannot think or pray rationally during fits of anger. We are to pray for our enemies and not harbor ill feelings against them. People need our prayers, not our abusive words.
9. Is anger always sinful? No, there are things in the world that should make us angry such as the sinful ways man treats his fellow man. This anger is to be used in a positive way by urging us to do what we can to change this world. Often all we can do is live a Christian life for our community to see. The world is changed by every individual doing what he can in his own environment. Handle anger against another by going to him in love and kind words.
10. What will happen to our personalities if we diligently work to make ourselves over into the image of Christ? We are going to be remade into a God like person who are going to inherit heaven. Our personalities will take on the characteristics of Christ.
11. What type of speech do I develop to be pleasing to God? This should be our goal in life: to speak only words that build people up and never tear them down. Think how wonderful your home would be if only loving, kind, gentle, up-lifting words were used! Why is this not possible? Only because of selfishness. God commands us to use only words that edify. It is not an option. If we love Jesus we will obey His commands and this is definitely a command.
12. God tells us to put on the following characteristics. These are not suggestions, they are commands, so we do not have a choice. We must work to put these on. Remember “put on” means to dress. We dress ourselves in these attributes. Can we help but be loved if we are a person like this?

13. The above characteristics are Christ's. How did He develop them in His life? The whole of Jesus was to do His Father's will on earth. That should be our aim in life, to do the will of our Father. That is the acid test: if you love Me you will keep my commands. We will work all our lives to allow the Spirit to work in us to transform us into the image of Christ. We will think and act like Jesus and take on His personality. You will become love as God is love.
14. If I develop these characteristics, how will it help my marriage? Your personality will be such that you will be easy to live with, love at all times, and use only words leading to peace between you and your husband. You will never do anything to harm him in any way. You will want to take care of his physical, emotional, sexual, and spiritual needs.
15. What is God's teaching on murmuring and complaining? I Corinthians 10:9,10. The children of Israel were punished several times for complaining about where and what God had chosen for them. Philippians 4:11 tells us Paul learned to be content in what ever situation he found himself. We learn, but it does not come easily. I Timothy 6:6 says contentment with Godliness is great gain. One must train herself to be content in every situation and look for good and follow goodness. I Thessalonians 5:16-18 commands (not suggests) us to rejoice always and in EVERYTHING give thanks for this is the will of God. Complaining is a VERY BAD HABIT and one we need to break ourselves from committing. One can always complain, but it takes a person of self-control to make something good from every situation in life. God expects us to allow Him to help us do this. Remember He tells us in Romans 8 that we are more than conquerors. In Jude 16 God is telling us His view of such people. He says they want to use words and actions for self gain. Christians want to use themselves for the good of others. We were created for good works that we should walk in them (Ephesians 2:10). I Timothy 6:17,18 instructs us to use our goods for good works. Our life is happiest when we are doing and giving to others rather than wanting all for ourselves. Philippians 2:14,15. Our conduct is to be an example for the rest of the world. If we conduct ourselves in a loving way our marriage, the church, and the world will be blessed by our lives. Notice in this verse it says, "Do ALL things." What does this leave out? God expects us to have God-like attitudes and God-like actions. Good deeds and works are why we were created, so train yourself to have this mind. If you read the Psalms, you will quickly notice that David might be cast down about something, but he ended the Psalm with an avowal to praise God. Each day is all we have, and we should rejoice in being a servant of the Father and doing good works for His glory. It is a matter of working on ourselves and training our minds in a positive way using Philippians 4:8. Memorize this and use it as a guide to your thinking.

What does complaining do for my relationship to my husband? (My mother had a friend who told her, "Floyd, men don't like complainers.") None of us do! If all we do is bring complaints to our husbands, they will grow weary and not pay attention when we really have a need that they can help with.

What does my criticism do for other people? It makes them not appreciate you. It also makes you look at yourself as being a standard for other people's conduct, and this is a false concept. Only God has the right to set the standard. Remember Matthew 7:1-5. If you are busy working on yourself, you won't have time to cast a critical eye toward others, espe-

cially your husband, family, and your Christian family. People do not like criticism, even with good intentions.

Criticism does not help in any way; it only hurts. It makes a person feel inferior and makes him resent you as a person. You can learn not to criticize by looking at another person and figure out what you can do to compliment them about something. Tell that person you appreciate them for something they have done and look at them through the eyes of love.

Let's be honest and realize criticism is a sin. We need to ask God to forgive us and also the person we have offended. Often people are critical in order to build themselves up. This is wrong.

16. Does God approve of my nagging? No, He does not! Nagging is not right, but requests that need attention are a different matter. There is a fine line between reminding our husband and children to do things and nagging. Find a different way to remind them. Instead of, "Did you _____" ask "Where you able to find _____ and pick it up?" We must never forget that God COMMANDS us to act in a loving, kind, way and ONLY use words that build up. Keep reminding the class of Jesus' statement, "If you love me, keep my commands" and also remind them that God's laws are for our good and never to hurt us (I John 5:3 and James 3:13-18 for further instruction on how God wants us to live). When we have something really requiring attention, the first time you talk with your husband, tell him the reasons this is very important to you or to the family or what ever its importance is to the well being of the family. Then tell him the time frame in which it needs to be taken care. Then ask your husband if he can handle your request, if he can handle it within the time frame, and what you can do to help him. Ask him, "Is it okay with you if I remind you of doing it so it will help you not forget it?" or another question that will help him know you will not nag, but remind in a way HE approves and gives you the "yes" on. Then use these sparingly and not in an accusing way of, "You mean you have not taken care of this yet?" This is why we need to know our husbands, so we can know how to best help and not be considered pushy and nagging.

LESSON FOUR

"GOD'S WAY TO COMPATIBILITY"

OUTLINE

- I. Marriage was created for man's good.
 - A. Marriage is divine institution.
 - 1. Man needed help meet (Genesis 2:18).
 - 2. Man created first, then woman (I Corinthians 11:8).
 - 3. Law of marriage (Genesis 2:24).
 - 4. Woman desires man, he rules (Genesis 3:16).
 - 5. Two become one (Matthew 19:6).
 - 6. Death releases law of marriage (Romans 7:2).
 - 7. Husband head of wife (Ephesians 5:23).
 - B. Marriage is a covenant.
 - 1. Covenant of marriage before God (Malachi 2:14).
 - 2. Covenant made before God (Proverbs 2:17).
 - 3. Abraham's and God's covenant (Genesis 15).
 - C. Marriage has laws (I Corinthians 7:27).
 - D. Marriage is for man's happiness.
 - 1. Wife is husband's life long pleasure (Proverbs 5:15-20).
 - 2. Enjoy life with mate (Ecclesiastes 9:9).

II. God's view of divorce.

A. Obligation to keep the covenant of marriage.

1. Matthew 19:3-12.
2. Malachi 2:14-16.

B. How we break marriage covenant.

1. Adultery (Matthew 5:31,32).
2. Adultery (I Corinthians 6:9,10).
3. Depart, remain unmarried (I Corinthians 7:10,11).

III. Exercises for strong spiritual body.

A. Training necessary for Christian living.

1. In loving (Titus 2:4).
2. Own salvation (Philippians 2:12).

B. Daily exercise list.

1. Deep breathing of self control.
 - a. II Peter 1:6.
 - b. I Corinthians 9:27.
2. Daily lift . . . lift self on cross (Luke 9:23).
3. Push-up . . . anger.
 - a. Colossians 3:8.
 - b. Ephesians 4:26.
4. Lip exercises.
 - a. Truth (Ephesians 4:25).
 - b. Edify (Ephesians 4:29).

- c. Filthy language (Colossians 3:8).
 - d. Kiss (Song of Solomon 1:2).
 - e. Prayer (I Thessalonians 5:17).
5. Attitude weights (Matthew 23:11).
- a. Servant attitude (Ephesians 4:31).
 - b. No negative thinking.
 - c. Peace (Hebrews 12:14).
 - d. Control thoughts:
 - 1) Positive thinking (Philippians 4:8).
 - 2) Rejoice always (I Thessalonians 5:16).
 - 3) Pray always (I Thessalonians 5:17).
 - 4) Thankful in everything (I Thessalonians 5:18).
 - 5) Honor husband always (Romans 12:10).
6. Exercise putting on proper clothing (Colossians 3:12).
7. Arm work-out (Ephesians 4:32).
8. Walk in love (Ephesians 5:1,2).
9. Heart exercises:
- a. Good heart (Luke 6:45).
 - b. Compassion.
 - 1) Colossians 3:12.
 - 2) Matthew 6:14-16.
 - 3) I Peter 4:8.
 - c. Merry heart (Proverbs 17:22).

LESSON FIVE

“HOUSE CLEANING”

1. Wife.
 - a. “God’s Way to a New Me” work sheet for class.

Romans 12 is a good chapter to show us how God wants us to conform to His new way of thinking. We are transformed (remember the butterfly) into a new creature when we are baptized, and He wants us to have the nature of the new creature, not the old one.
 - b. “Anger and Me” work sheet for your home study. However, look at question 2. Fill it out and we will discuss it in class. This is a good example of how to apologize for our sin.
 - c. “Togetherness” work sheet to share with husband. How are these sessions going? Does the husband seem to enjoy them? Are you making them fun? Keep having talking sessions with your husband after this class is over. Each day ask one another where are you in your thinking, what are your plans for tomorrow, etc.
 - d. “Valuing One Another” sheets.
2. Husband.
 - a. Letter from teacher.
 - b. “Togetherness” sheet to share with wife; also, “Valuing One Another” sheet.
3. Have you had your date? Does anyone want to share with us?
4. Continue writing love letters to husband.
5. Memory Verse: God’s immutable law is a person reaps what he sows - Galatians 6:7. The wages of sin are death. Romans 6:23. Sooner or later our sins will be brought to light. Guilt is a terrible thing with which to live.
6. Begin writing a critique of the class. Include what you found helpful in the lessons, give areas you think can be improved, and how they can be made more beneficial. Hand in on Lesson 7. Read the suggestions and then, please, send to my address - Mrs. F. W. Loden III, 310 Brewer Road, Batesville, MS. 38606. It will be helpful for me to read these as I am always learning. (Tell the class this is their turn to be the teacher. It is my goal to always improve the class so it will be even more beneficial.)

7. Things I dislike about my husband: Remember if we begin criticizing our husbands and want to change them to conform to our thinking, then we are bound to give them the same privilege and we certainly do not want anyone else telling us what to do. Therefore, we must accept others as they are and love them that way. Don't forget it is God who is in the life changing business.
8. The "Special Invitation" sheets are for you to think of something fun for you and your husband to do. Fill the sheet in and give it to him, leave it by his sink, put it on his pillow or on his plate. Just make it special and fun. We are the only ones who play games with our husbands. He will (usually) get into the swing of things if you will act like you are having fun and it is something great to do. Then, make it so. (I had a costume dinner one summer every night while our children were visiting the grandparents. I thought Loden would not enjoy them, but he did and now ever so often asks when we are going to have another costume party. He enjoyed the fun and now he will plan things for us to do together that are very special and enjoyable.) Remember, you are their teacher.

GOD'S WAY TO A NEW ME

1. What does God expect me to do with my body? (v. 1). Your body is to be a living sacrifice. In the Old Testament a sacrifice was to be without spot or blemish - perfect. That is our command: Matthew 5:48; Colossians 1:28; I Timothy 3:17. God expects us to grow into perfection which is maturity in Christ. "Reasonable service" means we sit down and look at the pros and the cons of serving God and we will see the reasonable thing to do is be all we can be to please God. It is the best way of life on earth and will ensure my home will be with Him in eternity. To not serve God is folly on my part.
2. Why does the new creature of God have to learn all new way of thinking and doing? Our worldly nature wars against the way of God. We have to learn how to put off anger and all the negative traits the world has and learn a new way of dealing with life and its problems. Jesus says for all who labor and are heavy laden (are we all not that way?) to yoke ourselves with Him and work. You cannot be yoked with Him unless you are like Him, or you will be pulling against one another.
3. How does God want me to use the talents He has given me (Romans 12:3-8)? God expects us to use our talents to the best of our ability, to give it all we have. We pray to Him asking Him for help. Philippians 2:12 instructs us to work out our own salvation. This means we are like the farmer who works his field in such a way to get all the yield he can from it. Verse 13 says that God will help you work to your potential for His good pleasure. We give God pleasure by being good children.
4. What should our every action be? (v.9). That which the Spirit directs through God's word. "Cleaving" to what is good means I am "glued" to goodness; I do not know how to be anything but good and kind and loving. I learn this through God's word.
5. How should I always treat my mate? (v.10). I always treat my husband in a loving way wanting him to be first in my thinking, not myself and my selfish ways. If I show him that his happiness means more to me than mine, he is going to respond in like manner. Jesus said we love because He first loved us.
6. How should my daily life be ordered? (v. 11). We are like the ideal woman. We are not idle. We give life our all each day and serve the Lord in all we do.
7. What is my attitude of life? (v. 12). Hope, patience, and prayer. These three things will help us get through life. People without any hope are the ones who commit suicide. Love always hopes. We are patient with what the day brings to us knowing that God has promised us no more than we can bear and He will give us strength for the day. Prayer is always on our lips; prayers of thanksgiving and praise, and asking for help for ourselves and others. With these three precious words, we can live a peaceful life.
8. What good deeds do I do? (v. 13). Ministering to other's needs and given to hospitality. You train your children in many ways by having people in your home. Make it a priority

to have visiting preachers dine with you. Expose your children to “thinking people.” Train them in manners and their spiritual growth as well as your own. Helping others keeps us humble and not thinking about our own selves and problems we may have.

9. How do I treat other people, especially my mate? (v. 14). You are always in the “blessing business,” not the cursing. Even when our husbands do things that hurt us we tend to it in a God-like way by going to them. We do not pout, get even, or tell others how bad they are. We train ourselves to do good always and pray to the Father to help us when others hurt us. Pray that He will give us the wisdom of how to go to them and have peace between us.
10. How do I react to my mate’s moods? (v. 15). When your husband is out “of sorts” ask him if there is anything you can do or had he rather sort through the mood by himself. The author of *Men Are from Mars* says often men like to go into their “caves” and have time outs and sort through things. Respect this in your husband and realize he is not shutting you out, but acting like a man. Don’t forget men handle emotional matters differently from us women. We want all the help and “petting” we can get; they like to handle things themselves. As a rule this is the way men are by nature.
11. How do I “bend” my mind? (v. 16). God tells us to don’t think more highly of ourselves than we should. Remember the two of you are to have one mind, so work with your husband to have the same thinking. Remember you are to look to him as the head of the house and he has the final say. When he sees he does not have to fight you on each issue, he will probably work with you and try to please you with decision making. Learn there are not many things in life that matter enough for you to have disagreements with your husband. Ask yourself, “In ten years of time will this really matter if I don’t get my way?” If the answer is yes, then work with your mate in coming to a mutual agreement, otherwise, let him have the say. Tell your husband you want to talk with him and come to a mutual agreement on the issue. Ask him to tell you how he thinks and LISTEN to him and repeat back to him what you understand him to be saying. Then tell him how you are thinking, ask him to repeat back to you what he understood you to mean and then ask, “How can we come up with a solution that will satisfy us both?” Start thinking of ways and work at it until a satisfactory solution is made for both.
12. How do I handle hurt? (v. 17). There is a way that seems right to man. There usually is a way that everyone will say is a right way and that is the way you should think. Don’t wear your feelings on your shoulder. Learning not to have hurt feelings is the best way to go. Do you enjoy feeling hurt? The answer should be “no,” so just don’t allow yourself to be hurt. Instead, ask the person what he meant by that action or those words and find out the true meaning of his action or words. We will often be surprised to learn it was nothing we thought it was.
13. What do I do to have a peaceful home? (v. 18). The key words are: as much as in you. Don’t you be the one who breaks the peace. Work at being a peace maker. There are really not many, if any, situations in life warranting anger as a way of solving them. When there are differences of opinion, work out a peaceful solution. Don’t always think you have to have your way. It is good for you to learn early in your marriage not to be

selfish and to put your husband before you. If you do, he will begin to do the same, and there will really be very few disagreements. When they do arise, they will be solved in a quiet, loving way.

14. How do I get my revenge? (v. 21). You don't! God is the avenger. Notice He says, "I WILL repay." God can punish far better than we could ever dream of punishing. Think of King Herod and his worms. Could you ever have thought of such a punishment? Pray for the person who hurts you so your mind will be at peace, and try to make a friend of that person. As Abraham Lincoln said, "The best way to get rid of an enemy is to make him your friend." Don't waste precious time and effort on revenge. Thinking bad thoughts harms the body.
15. How do I treat my mate when I am angry with him? (v. 20). Instead of exploding, treat him with love and mean it. That will bring him around far quicker than angry words, sulking, or silence to punish him. Remember your goal is to get rid of anger. Learn to replace it with humor. (If Loden pushes me too hard I will ask him, "Do you want to get me angry?" Or, "You are trying to push me and I am not going to let you, so there!") Remember to use humor in these situations to defuse the feelings. DO NOT use sarcasms or make fun of him. Just use humor that does not offend.
16. How do I handle any evil? (v. 21). Overcome any evil with good. Bad thoughts? Philippians 4:8, think on these things. Bad deed? If your enemy hungers, feed him. In other words give back good for evil. People who hurt are often people who are hurting. They need our sympathy and love and good deeds. Even if they do not respond in a loving way, at least you have done what you should. You can be at peace with yourself and pray for that person and their healing. You will not be able to reach every person, so always be loving and at peace with the way you have acted. Leave the evil to God to deal with. We cannot handle it like He can and will.
17. What has this chapter taught me about daily living? We are responsible for our own self. God expects us to allow Him to transform us into a likeness of Jesus. Jesus always conducted Himself in the proper, righteous way and left the evil to His Father to take care of. We should do the same. If we cast all our cares on the Father (1 Peter 5:7), He will take care of them. In these verses our work is to humble ourselves before God and let Him work in our lives.
18. What changes do I need to make to measure up to Jesus' standard? Be honest with yourself. Measure yourself not by other humans, but by Jesus. Ask Him to help you grow to be like Him to where you can act like Him and talk like Him. It is possible or God would not have commanded us to do this. We were created perfect, but changed that nature by sinning, so we have to work to once again take on God's nature. We are free to do so. The attributes we are told to put off in Galatians 5 and Colossians 3 are hurtful to ourselves, our health, and to others about us, especially our family. Jesus says, "The truth shall make you free." We are free to love, be at peace, and never be burdened again by those negative worldly ways. We can rejoice in our freedom in Christ and enjoy the fruit of the Spirit because we have put forth the effort. IT IS UP TO EACH PERSON TO DO THIS.

ANGER AND ME

1. Using the prodigal son as an example, give the steps to be reconciled with another you have sinned against.
 - a. Come to your senses. You realize what you have done is a sin. Confess to yourself.
 - b. Think about what you are going to do, and how you are going to word your confession and your asking that person to forgive you.
 - c. Go to that person and follow through with your plan. (I have never had this fail when I have used it. It has always worked with people who have the right attitude.) The one who does not respond to you is now the one who has sinned. You have done what God requires of you. You have no control over the other person's thinking, so be at peace with yourself and pray for the other person and leave him/her in God's hands.
 - d. Forgive yourself. Many people cannot forgive themselves, thus setting themselves up to sin even more. If you think you are always a sinner and can never be anything else, you will give up and not try to be better. Use sin as a stepping stone. Realize that is a weakness and avoid doing it again. Learn to overcome those things that tempt you. One example is a bad temper. Instead of working to overcome this sin, many say, "That's just the way I am" as if that is an excuse God will accept. He won't. "Be ye holy, for I am holy." God expects us to change into His way. We **MUST** change to be like Jesus if we want to go to heaven. Only those who are holy, perfect, and God-like will be in heaven because God is holy and He wants us to be holy in order to be with Him in heaven.

VALUING ONE ANOTHER

In your marriage relationship, you are striving to create a loving environment in which both of you can have the freedom to grow and develop your own God given talents. In this relationship each of you will realize the following:

To bring one's thoughts and to hear the other's,
To express one's enthusiasm and to delight in the other's,
To reveal one's self and to reflect the other,
To value one's self and to esteem the other,
To enjoy one's creations and to treasure the other's,
To pursue one's growth and to nurture the other's,
To cherish one's solitude and to honor the other's,
To follow one's interests and to encourage the other,
To act at one's pace and to accept the other's,
To indulge one's self and to give to the other,
To involve one's self and to assist the other,
To protect one's self and to comfort the other,
To see one's self and to behold the other,
To be one's self and to let the other be,
Is to love one's self and to love the other.

If your words or attitude dis-empower, disrespect, or devalue the other, then they are abusive and not Christ-like. Our goal is to always treat our mate with the same love that Jesus gives to us.

In your marriage relationship, each of you should have the freedom to enjoy:

Respect	Acknowledgment	Dignity
Accurate information	Kind words	Esteem
Open communication	Appreciation	Attentiveness
Warmth	Caring	Empathy
Equality	Freedom to be one's self	Forgiveness

As we enjoy a Bill of Rights in our Constitution of the United States, so do we, as individuals in a marriage relationship, have certain rights that should be granted to us as individuals in the union. They are as follows:

- The right to goodwill from the other.
- The right to emotional support.
- The right to be heard by the other and to be responded to with courtesy.
- The right to have your own view, even if your mate has a different one.
- The right to have your feelings and experience acknowledged as real.
- The right to clear and informative answers to questions that concern what is legitimately your business.
- The right to live free from accusation and blame.
- The right to live free from criticism and judgment.
- The right to have your work and your interests spoken of with respect.
- The right to encouragement.
- The right to live free from emotional and physical threat.
- The right to live free from angry outbursts and rage.
- The right to be called by no name that devalues you.
- The right to be respectfully asked rather than ordered.

These two pages of information are taken from the book, *The Verbally Abusive Relationship* by Patricia Evans, pages 37, 38, and 122. They are valid and true because they are biblically sound and should be a helpful guide for you on which to develop your relationship with one another. We must remember that Jesus and Our Father give us a loving environment in which to grow and develop. The Holy Spirit was given to us to help us in this growth and development. Our goal is to be come in the exact image of Jesus. "Image" means a mold. You are to allow the Holy Spirit to shape you into a true likeness of Jesus. When each of you treat the other as Jesus would treat you, then you will have a wonderful, happy marriage. May our Father give you the courage to develop yourself in this way.

LESSON FIVE

"HOUSE CLEANING"

OUTLINE

- I. Way of a ruby woman.
 - A. Seek things above (Colossians 3:1-3).
 - B. Live a loving life (Romans 13:8).
- II. Shulamith's teaching on house cleaning.
 - A. Catch the foxes (Song of Solomon 2:15).
 - B. Self-centeredness removed.
 - 1. Sins of flesh (Galatians 5).
 - 2. Old garment of sin (Colossians 3:5-9).
 - C. Anger swept away.
 - 1. Fusses consume us (Galatians 5:15).
 - 2. Selfish desires destroy (James 4:1-4).
 - D. Complaining thrown out for good.
 - 1. Do not murmur (I Corinthians 10:10,11).
 - 2. Do not murmur or dispute (Philippians 2:14,15).
 - E. Decisions for self mopped away (Philippians 2:4).
 - F. Lies killed (Ephesians 5:25).
 - G. Dispel darkness of sin with light of Jesus (Romans 6:23).
- III. Refurnish house (Matthew 12:43-45).
 - A. Transformation (Romans 12:1,2). Transformation in mind is the same as the metamorphosis of a butterfly - our class emblem.)

B. Self Renewal.

1. I crucify self (Luke 9:23).
2. Put on Jesus (Romans 13:14).
3. Look on others as better than self (Philippians 2:3).
4. Free in Jesus' truth (John 8:3).
5. Anger has no place in life.
 - a. Jesus controls thoughts (II Corinthians 10:5).
 - b. Control own thinking (Philippians 4:8).
 - c. Change self's attitude of anger into constructive, humorous way, way of love.
6. Criticism no longer a part of me.
 - a. Don't judge another's servant (Romans 14:14).
 - b. Use words that edify ONLY (Ephesians 4:29).
 - 1) Change wording: "I wondered why you did that. It did not seem like you."
 - 2) "It pleases me when you . . . instead of criticism."
 - 3) Ask for help. "It would really help me if you would . . ."
"It pleases me when you . . ." "I really need your help with . . . (be specific what you want him to do)."

H. Decisions.

1. Be of same mind (Philippians 2:2).
2. Problem board in family meetings.
3. Don't use names or words as "You stupid thing," "You always (or never)," "You intended or meant" (reading minds here).
4. State position clearly and reasons for decision.

5. Discuss all solutions or answers possible and come to mutual satisfying conclusions.
6. Use key words to help defuse stalemate decisions. "Let's rest on this and come back with some new idea" or "Can you think of something else that we could do?" ("Wall paper" was used by one couple.)
7. Lies (Ephesians 4:25).
 - a. Give honest feelings in tactful way.
 - b. Say, "It makes me feel . . ." or, "I would feel better. . ."

IV. Sin against mate.

- A. Most important to have peace with brother (Matthew 5:23).
- B. Obey rather than sacrifice (I Samuel 15:22).
- C. Examine self at Lord's Supper (I Corinthians 11:28,29).
- D. Confess sins (I John 1:8,9).
- E. Prodigal son good example (Luke 15:17-19).
- F. Don't excuse sin. David, "I have sinned."
- G. Forgive self (Philippians 3:13,14).

V. Differences between male and female.

- A. Respect husband (Ephesians 5:33). "Respect" (Greek) means "acceptance of face", or accept husband as he is, *period*.
- B. Understand differences in mates:
 1. Men different mentally.
 - a. Accept changes quicker, less emotional than women.
 - b. Less personal than women.
 2. Physical differences.
 - a. All over body similar; but each has own peculiar make-up.

- b. Cells, muscles, chromosomes different.
 - c. Heart beats faster, blood thinner, thyroids work differently, hormones different.
- 3. Sexual differences.
 - a. Hormones affect sexual desires.
 - b. Men always ready for sex.
- 4. Man ready to go into sex act easily/woman longer.
- 5. Men express love differently.
 - a. Man's working for family shows love.
 - b. Woman must teach man how to love her.
- 6. Knowing differences is a tool to develop:
 - a. Respect due husband.
 - b. Help husband learn to lead.
 - 1) Christ's example.
 - 2) Tell him our needs (I Peter 3:7).
 - 3) Be persistent (Luke 18:3).
 - 4) Admire/praise (Romans 13:7).
 - 5) Eyes light up (Psalm 17:8).
 - 6) Submit willingly (Ephesians 5:23).
- 7. Common needs of men: *For Better or for Best, Understanding Your Mate* by Gary Smally, Zondervan Publishers, page 104.
 - a. Need to be loved.
 - b. Need to be admired.
 - c. Need to be understood and accepted.

- d. Need to know their advice is valuable.
- e. Need appreciation.

LESSON SIX

“THE TREASURE CHEST”

1. Workbook.
 - a. Class page.
 - 1) “Being in Subjection” question sheet. (*Fill out and bring to class.*)

Read and study the suggestions by Cecil Osborne. Put these into practice. Study the “Ten Commandments for Wives” and learn to live these also. The other statements are also good to digest and make a part of our thinking.
 - 2) “Characteristics” sheet is for you own study and self-improvement.
 - b. Sharing with husband.
 - 1) Role sheet.
 - 2) Goals sheet.
 - 3) Meanings sheet.
2. Husbands.
 - a. Sharing sheets: role, goals, meanings sheets.
 - b. Principle – praise husband’s person, especially in front of others. Use masculine terms, not feminine, when complimenting and praising. Do this OFTEN.
 - c. Teacher’s letter.
 - d. Reminder – love letter and date. (Did any have a date and want to share it?)
3. Memory verse. You are going to submit to Jesus just the way you do to your husband. If you do not submit to your husband, you have already disobeyed Jesus’ command. Jesus can do nothing for you until you are totally in submission to Him. Likewise, your husband cannot be your head if you do not submit to him. It is God’s order for the home, and it is what works best for peace and contentment. Trust God to know best for us.
4. Reminder. Read Proverbs and Song of Solomon.

5. Doing activity. Write a “talk session.” Have things planned to talk to your husband about. Women talk about twice as much as men do in a day’s time. We have to help our husbands learn how to share inner thoughts and just talk. It is not easy, especially if your husband is a quiet person, but keep trying until you hit upon subjects he enjoys. Usually men like to talk about when they were boys. Use this for openers.

“Ten Rules for a Happy Marriage.” These are good rules to follow. Remember you have to practice, practice, practice to incorporate a new habit into your life. It takes from two to six weeks for it to become imbedded into your thinking. Study what you want to do, put reminders where you can see them, and then do it.

Sheet “What Can a Woman Do” is for your study. It gives you “A to Z” instructions on a better way to think about your actions.

LESSON SIX

“BEING IN SUBMISSION”

1. Give your definition of what “submission” means. “Submission” in Greek means “to rank under.” It is a military term. There has to be a head, and those who come under him. The husband is the head as Christ is the head of the church. The wife is equal to the husband, but ranks under him in God’s order for the home.
2. Why do you think the wife is told to be submissive in the Scriptures before the husband is told how to take care of her? It is like Christ. Unless we submit ourselves to His kingship He cannot rule over us, save us, or do anything for us. It has be of our own free will that we submit. So it is with the husband. Until we willingly submit to his headship of the union, he cannot fulfill his position as head. Can the foot ever tell the head that it is not going to do what the head tells it to do?
3. Why is submission on the wife’s part necessary for the marriage relationship? There cannot be two heads on anything. That is abnormal. For any organization to function, there must be an order of leadership. In the marriage, the husband must be the head and the wife willingly must be the one who ranks under him. When there is order in leadership, there will be order in the marriage. When two are vying for leadership, there is chaos and unhappiness. Jesus willingly submitted to His Father while here on earth and did not feel it was being unequal (Philippians 2). He willingly made Himself a servant and, as a result, was given great honor by the Father. It will be so to a submissive wife. She will reign as queen of the home and her husband will honor her.
4. Does submission mean a wife can never disagree with her husband? No. A wife may disagree with her husband, but it must be in a loving way and a mutual agreement must be worked out between the two. In matters of opinion, the husband must be give the final say and the wife must willing accept this and abide by it in a loving way. Remember how Sarah told Abraham how she felt about Hagar. Abraham abided by her wishes.
5. If a disagreement does arise, how can it be biblically handled? The wife is to work with the husband to work out a mutual agreement. Remember we discussed how we are to ask the other to have an agreeable understanding and work through the problem. Ask the husband to give his viewpoint and be attentive to what he is saying so you can repeat back to him what his thinking is. Then the wife gives her side and asks the husband to repeat back to her what he understands her to be saying. Then the two start thinking of solutions that will be agreeable to both of you. Work at it until an agreement can be made and both abide by it with a good attitude while supporting the other.
6. Why is it important for the husband to have the final decision in a opinion that is not a biblical matter? This is the way of God’s order. The husband is accountable to the Father for the family. The head must function as the head. The toe cannot tell the head

what to do. So, in the family, the man is given the leadership by God, *period*.

7. If a wife does not agree with a husband's final decision, what should she do? The wife can go to the husband and in a humble way tell him why she does not agree with his decision. She can discuss it but she must, in the end, abide by his final say – as long as it does not go against God's will. When she follows his decisions, he will be sure he thinks about the right way to go.
8. What does Proverbs 31:11 tell us about the relationship of this husband and wife? Each finds in the other that which makes them whole. She conducts herself in a way that her husband has complete trust in her and finds in her all he needs to be whole. He loves her dearly. This is marriage as God intended it. Each supplies the other what each needs to be complete.
9. What message does God want us to receive from Proverbs 31:12? This wife had dedicated her life to being all her husband needed in a loving mate. When we learn to be servants instead of wanting to be served, we will have begun to be like Jesus. It should be our goal to give our husbands all they need in their emotional, mental, sexual and spiritual life. We are self assured when we know that we are truly ministering as God intended. It makes one feel good to know she is doing her best and reaping the results. Always remember love begets love. When you give your all to making your husband happy, he is going to respond in like manner if he is truly a godly man. If he is not a godly man, the wife must still minister to him as if to Jesus because that is what we are called to do, always be love. Colossians 3:23,24 instructs us, "Whatsoever ye do, work heartily as unto the Lord, and not unto men; knowing that from the Lord ye shall receive the recompense of the inheritance; ye serve the Lord Christ." Your serving your husband is as serving the Lord and He wants us to do what ever we do heartily.
10. How does a wife develop the attitude of submission? It is like the above Colossian admonition says. Whatever we do, we do it as unto the Lord. We know when we are submissive we are pleasing Christ as well as our husbands. Once you develop the submissive attitude, you will be a far happier person. Many of the decisions you agonized over will be handled by your husband, thus freeing you for other things rather than worry. If we want to be like Christ we will want to develop the "servant attitude." When we no longer think more highly of ourselves than we should, we will want to serve others rather than be served. Doing for others makes us happier people.
11. How will submission bring about a happy, peaceful home? Because there is leadership order. When a person is doing what they are supposed to do, there is a feeling of well being in them which makes for better relationships with those about us. In the home it is the family, and in the church it is peace and love as well. There will be no jostling for leadership.
12. What constitutes one being a "nag?" When a woman constantly harps on the same thing over and over with the same words and gives no let up. Usually it is things WE want

done. Learn to ask, and if necessary, post a note for a reminder. Ask about your request ever so often in a different way and phrase it as a request and not as a command. “It would help me if you would do _____ for me” sounds far better than, “I want you to _____ right now.” Such is not even polite or practicing the golden rule. Remember the golden rule: do unto others as you would have them do unto you, and many unpleasant situations would be avoided.

13. What effect does a contentious wife have in a home? Many men do not want to go home when they have a complaining, quarrelsome, criticizing mate to greet them. Such behavior can bring on illnesses in a husband. It also is directly opposed to God’s teaching and, therefore, such behavior is a sin and must be dealt with as such.
14. Why do nagging and contention bring unhappiness in the home? Because they are negative and no positive thoughts or actions can grow in a negative atmosphere. There can be no loving seeds planted with such words. The negative attitude prevents love from growing. That is why the Father says get rid of such because you cannot practice I Corinthians 13 with these as the core of the mind.
15. How can a complaining nature be changed to a contented one? Hebrews tells us to draw nigh unto God’s throne of grace and boldly ask Him for help. A lot of prayer must be indulged in to overcome this sin, and it is a sin. Paul said he learned to be content. We must train ourselves to think positive (Philippians 4:8) thoughts and have self-control to use only words that build up (Ephesians 4:29). If we have a true desire, pray to God, and practice self-control, we can overcome this terrible sin. Look for good, not bad, in everything.
16. How does being a submissive wife affect a woman’s self worth and feeling of contentment? We have a feeling of contentment because we are pleasing God by being submissive. We also find our husbands will treat us with greater love when we are not constantly opposing him as the leader of the marriage. It takes pressure off us to be constantly making decisions and worrying over them as we women are prone to do. In Genesis 3 God tells Eve that from now on women will want their husbands to rule over them. Whether we women want to admit it or not, it is in our nature to want the husband to be over us and protect us.
17. How does a submissive wife help her husband’s self image? He knows that his wife looks up to him and that she trusts him to make the right decisions for the family. That gives him self assurance which leads to a good self-image. He knows that his wife knows he is not perfect and will make bad judgment calls, but she still loves him, honors, him and follows him. This makes him feel cherished and able to do more because she believes in him. Too many men have to succeed *in spite* of their wives, not *because of* them. Abraham Lincoln is a good example. He carefully looked after his wife all their married years even though she was a draw back to him and not an asset.
18. If I obey Jesus’ commands what is His and the Father’s attitude toward me? They will

love us dearly and our great faith will bond us to them as a child to his father. Psalm 147:11 tells us Jehovah takes pleasure in them that fear Him, in those that hope in His loving kindness. In 149:4, “For Jehovah takes pleasure in His people.” They love their children and, like any parents, really have joy in obedient children.

19. If I choose not to obey Jesus’ commands on being a submissive wife, what does Jesus tell me in John 14:24? He tells us that if we do not obey His commands we do not love Him. Not only that, but we really do not love the Father either because Jesus’ commands came from the Father. We show our love by obeying Jesus commands. John 14:15.
20. Would God give us a command to follow that would hurt us and make us be “not in His image?” God said His law is not burdensome to us. In fact Jesus said, “Come unto me all ye that are heaving laden and I will give you rest. Take my yoke upon you and learn of me: for I am meek and lowly in heart, and ye shall find unto your souls for my yoke is easy and my burden is light.” Jesus tells us if we follow Him, we will not have a heavy burden to bear alone, but He will help us and His yoke is easy to bear (in other words His commands are not hard on us but are for our happiness). Galatians 5 tells us there is no law against the fruit of the Spirit, but there are laws against the fruits of the world like murder, robbery, etc. It is for our happiness, contentment and growth that God gave us the laws He did. He created us and knows us and gave us a way to live that will be in our best interest.

LESSON SIX

"THE TREASURE CHEST"

OUTLINE

- I. Through wisdom a house is built, and by understanding it is established; by knowledge the rooms are filled with all precious and pleasant riches (Proverbs 24:3,4).
 - A. Romantic love must be nurtured.
 - B. Song of Solomon full of romantic love between the lovers.
 - C. God gave importance to romantic love and stressed its importance to a happy marriage.
 - D. Shulimuih explains the wisdom box of treasures.
- II. **PEARL** of peace.
 - A. Scriptures of peace:
 - 1. Pursue peace (Romans 14:19).
 - 2. Pursue peace and holiness (Hebrews 12:14).
 - 3. Live in peace (Romans 12:18).
 - B. Peace is necessary for love to grow.
 - 1. Why anger must be dealt with in positive way.
 - 2. Attitude of loving kindness, golden rule living, and peace ruling in home.
 - 3. Respect for one another leads to peace.
 - 4. Honor mate by:
 - a. Listening to your mate's feelings.
 - b. Understanding your mate's feelings.
 - c. Validating his or her unique perspective without judgment.
 - d. Remember Willard Harley Jr.'s *His Needs, Her Needs*.

- 1) Sexual fulfillment.
- 2) Relational companionship.
- 3) An attractive spouse.
- 4) Domestic support.
- 5) Admiration.

5. Pearl of peace made through irritant, so also your intimacy.

6. Philippians 3:13,14 - don't look back, look to Jesus.

III. **DIAMOND** of “five love senses.”

- A. Visual (Song of Solomon 2:14).
- B. Hearing (Ephesians 4:29).
- C. Touch (Song of Solomon 1:12-14).
- D. Smell (Song of Solomon 1:12-14).
- E. Taste (Song of Solomon 2:4,5).

IV. **GOLD**en private rooms (Song of Solomon 5:2).

- A. Respect personal privacy - husband's cave.
- B. Respect personal privacy - ask to enter other's space.
- C. Give room for relaxation.

V. **RUBY** of submission (Song of Solomon 2:10).

- A. Order of home (Ephesians 5:22 to 6:4).
 1. Man.
 2. Wife.
 3. Children.
- B. Almost without exception, we have found in counseling that when there have

been other serious problems in a marriage, there also has been the problem of husband-wife role failure.

C. God's two questions:

1. Husband, do you love your wife enough to die for her?
2. Wife, do you love your husband enough to live for him?

D. Jesus perfect example of submission (Philippians 2:1-14).

E. Beginning of time.

1. Adam named Eve. Hebrew expression of authority, one who names over named.
2. Helpmeet - two Hebrew words:
 - a. Ezer – aid.
 - b. Neged – suitable.
 - c. Headship not unlimited power (I Corinthians 11: 3).

F. Responsibilities (Ephesians 5,6).

1. Husbands:
 - a. Love wife as Christ does church and lead.
 - b. Responsible for religious leadership.
 - c. Chief bread winner (I Timothy 5:8).
2. Wives:
 - a. Submit in everything (Ephesians 5:22, 24).
 - b. Fitting in the Lord (Colossians 3:18).
 - c. I Peter 3:1 - joint heirs, but wife submits.
3. Love husband, children, be keepers at home, self-controlled, pure, kind, subject to husbands (Titus 2:4,5).

G. Reasons for subjection of woman:

1. Man was created first, then woman (Genesis 2:18-24; I Corinthians 11:8,9).
2. Woman deceived, not man (II Corinthians 11:3; I Timothy 2:11-14).
Decision in home.
3. Woman weaker vessel, but joint heir (I Peter 3:7).
4. General submission for Christian (Ephesians 5:21).
5. Submission of the church to Christ gives Christ glory. In like manner, submission of man's bride gives him glory (Ephesians 3:20,21).

LESSON SEVEN

“WIVES SUBMIT IN EVERYTHING”

You thought you were through with assignments, didn't you? NOoooooooo, not quite. I just had to give you one more. These pages are for your learning on your own. Please study them and apply the lessons that mean something to you in your lives. Don't forget you must practice the laws of Jesus you have learned in this class each and every day. Every day you must put the old man on the cross and follow Jesus. The rewards you will reap are well worth the effort. As these become your nature, you will be so thankful you have put that old man off and are living a life pleasing to the Father. You will not have the stress you had living the old life, you will not have as many relationship problems because you know how to handle differences in a God-like manner and, as a result, you will reap the fruit of the Spirit and live an abundant life as Jesus promised you. Your and your husband's marriage will just grow better and closer and happier than ever before. The key to all this is to be willing to forget self. You must crucify yourself as did Paul and allow Jesus to live within you. You will then be like Jesus described His Father and Himself . . . as one. That is Jesus' goal for our marriage, to live as one as we live as one with Him. The marriage of you and your husband should be a like image of the marriage between Christ and His bride, the church. When you live a loving, submissive life with your mate, he is going to respond to this love and become the man that God intended him to be and love you as Christ does His church.

- I. Class.
 - A. Pages on communication. Read these suggestions on how to communicate. Don't forget that communication is the number one problem in any relationship. Learn how to communicate with your husband so that you both know what the other means. Practice good communication until it becomes your natural way of thinking. It will save you much agony in trying to have a peaceful home.
 - B. Pages on "Sexual Healing" from *Redbook*, May, 1993. Sexual problems are also marriage imp's which make for problems. Learn how to be open with your husband on your likes and dislikes and what pleases you. God made us to be sexual beings, and to be healthy and have a feeling of well being, you and your husband need frequent love-making. Remember to ACT YOUR WAY INTO FEELING when you are not in the mood for love-making. Your husband may need it.
 - C. Thought questions. Read these, fill them out and ponder your answers.
 - D. Letters to His Bride - Jesus' letters in Revelation 2,3. These are the last letters Jesus wrote His bride, the church. As a husband, we might find some things in these letters that He considered important to His relationship with his wife. These are some ideas that came to my mind. See if you can get some different ones as

you first read the letters and ponder on them before you read my list.

- E. As a Wife I Will . . . This is a contract you will make with yourself. Read it, decide if you are willing to abide by its conditions, sign it, then live by it.
- F. Letter from Sue. This is a letter my sister wrote to our niece. It has some very good advice that I wanted to share with you.
- G. Thought Questions.
- H. Some Good Quotes.

II. Husband.

- A. Our “Love Sharing” sheets. These are last you will receive, so make the most of them.
- B. Give your husband your love letter if you have not. Remember to make it a special time.
- C. Use “Knowledge of Love” every day.
- D. Praise him every day.

III. Pray for:

- A. Teacher and family. Mrs. F. W. Loden III, 310 Brewer Road, Batesville, MS. 38606 – 662+563-0033.
- B. You and your family.
- C. Rest of the world.

IV. Remember the promises of God. Hang on to these every day and keep them in your heart. If we know God and Jesus are within us, we will have a different feeling than if we think they are way off in heaven and not very close at all. Talk with them all day and ask for help in the very small things. The more you pray for help in the very small things, the more you are going to have faith the Father will answer your prayers, help you, and will always be with you surrounding you with His loving care. This is the anchor of our soul and will keep us faithful and walking in the steps of Jesus.

This page is just good material for you to read, study, then ingest into your heart.

Dear teacher,

May our Father's richest blessings be upon you as you have strived to teach His word to these women. You will find that you have been the one who has benefitted the most, has learned the most and ,therefore, have grown the most. This material never gets old. The more I teach it, the more alive it becomes, the more I can see the true power of God's word working in the hearts of all who try to learn it and make it a part of their lives. I have women who have taken this class years before come to me and tell me how they have benefitted from and are still using the things learned. One told me, "Every time I don't feel like doing something, 'Act your way into feeling' comes to my mind and I get busy." Your marriage will so improve, you will want to share the joy with other women and tell them to just, "Try it and see what happens." My thoughts and prayers are with you. If you need me, my address is on the previous page.

Lovingly,

Patsy Loden

Patsy Loden

LESSON SEVEN

"DAUGHTERS OF SARAH"

OUTLINE

- I. Once again mentally enter house of love (I Peter 2:21-3:6).
 - A. Jesus suffered much at hands of evil men, leaving us an example to follow.
 - B. Jesus committed Himself to God.
 - 1. Committed (Greek) to hand over to someone to keep, use, take care of, manage.
 - 2. Jesus entered Garden of Gethsemane a very troubled son of man, but left the conquering Savior because He gave His will to His Father knowing God would take care of His ultimate good.
 - C. As our high priest, Jesus carried our sin sacrifice before God, freeing us from sin's dominion and making us free to grow in Christ.
 - D. In this same way, wives of unbelieving husbands:
 - 1. Teach husbands by their godly life without words.
 - 2. Chaste (Greek) pure. Christian wives are dedicated to God. They belong to God and live in a way that show they do belong to God.
 - 3. Fear (Greek) phobia. Phobias rule a person's life. She is under authority of her husband.
 - a. Christian woman's beauty not outward, but inner.
 - 1) Great price - same term used for perfume Mary used to anoint Jesus' body.
 - 2) Godly wives very precious to Father.
 - 3) Godly wives are daughter of Sarah.
 - a) Husbands had power of life and death over wife in Roman times.
 - b) God instructs godly wives to be more afraid of dis-

pleasing Him than anything the husbands might do to them. Be calm under husband's rule.

- C. Godly wife commits self to God, as did Jesus totally to God.
- II. “Sari” means “My Princess,” as she was to Abraham. “Sarah” means “Princess.” She is our queen and we become her daughters when we follow in Sarah's pathway of life.
- A. Sarah left everything to follow Abraham (Genesis 12:1).
 - B. Sarah had no women friends.
 - C. Two kings took her from Abraham. She was over 65. She kept her beauty (Genesis 12 and 20).
 - D. God turned evil into great wealth for Abraham.
 - E. Sarah never complained.
 - 1. Godliness with contentment is great gain (I Timothy 6:6).
 - 2. Learn to be content (Philippians 4:11).
 - F. Sarah was submissive to Abraham.
 - 1. Genesis 18:12.
 - 2. Wife fear husband. Same Greek word as "phobia" (Ephesians 5:33).
 - 3. No fear in perfect love (I John 4:18).
 - 4. What rules us is pleasing our husbands.
 - a. No derisive talk about husbands.
 - b. Honor husbands always as head.
 - c. Called him Lord, one's superior.
 - G. Sarah had good communication with Abraham.
 - 1. Felt free to tell him her feelings about Hagar.
 - 2. Wife has great influence over husband.

3. Jezebel evil side of influence.
- H. Sarah was willing to change her mind.
- I. Sarah gave birth to Israel (Isaiah 5:2).
- J. Sarah did not prevent Abraham from doing God's work.
 1. Encourage husband to grow spiritually. Plan with him how you will grow in the Lord.
 2. Wives of leaders should let husband's do God's work without interference or suggestions.
- K. Sarah trusted Abraham fully. Allowed Isaac to go for the sacrifice to God.
- L. Sarah was hospitable even on short notice. Served angels.
- M. Sarah faithfully served Abraham all her life.
- N. Sarah allowed Abraham to make mistakes.
- O. Sarah was not afraid of loneliness or separation from Abraham.
- P. Sarah enjoyed sexual union (Genesis 18:12).
- Q. Sarah showed faithfulness to God in great wealth.
- III. These truths are similar to those given of the ruby woman in Proverbs 31.
 - A. God emphasizes over and over that wives are to be women of courage, contentment and peace.
 - B. Christian wives are special to God and He will help us grow into rubies.
- IV. Sarah enjoyed sexual union with Abraham.
 - A. Jesus quotes law of marriage: man is to leave and cleave to wife and they become one flesh (Genesis 2:24 and Matthew 19).
 1. Wife only person God allows for husband.
 2. Sex is a gift from God (Song of Solomon).
 3. Intercourse is glue that holds a marriage together.

4. Sex more than an act:
 - a. Genesis 2:24 - become one flesh.
 - b. II Corinthians 6:13-20 - body is God's.

B. God holds marriage in great honor.

1. Men who were betrothed were not to go to war (Deuteronomy 4:20).
2. One year for honeymoon (Deuteronomy 24:5).
3. Each mate owes the other sexual satisfaction (I Corinthians 7:1-9).
4. Marriage bed should be honored (Hebrews 13:4).

V. Sexual satisfaction must be learned.

A. Husband expresses love:

1. Uses five senses / woman emotions.
2. Not ashamed of nakedness with mate.
3. Concentrate on love-making. Mind greatest sexual turn on.
4. Talk to husband:
 - a. What pleases you.
 - b. What you would like to try.
5. Find new places to make love.
6. Sex is beneficial to both mates.
 - a. Good for body health.
 - b. Cements marriage.
 - c. Emotions benefit.

VI. Two approaches to sex.

A. Romantic.

1. Begin in morning with promise of something good in evening.
 2. Wear sexy gowns.
 3. Cook favorite meal, candles, pretty table.
 4. Whisper sweet words in his ear.
- B. Seductive.
1. Change routine.
 2. Wife make first move.
 3. Make bedroom special.
 4. Pink lights.
 5. Good music - candles - incense - perfume.
 6. Knowledge of husband's body, his likes.
- C. Never use sex as a weapon.
- D. If not in mood - ACT YOUR WAY INTO FEELING!!!!!!!!!!!!
- E. Time and priority are enemies of sex.
- G. Some ways Shulimuth seduced Solomon:
- a. Danced for him, praised him, caressed his body, planned new sex routines in different places.
 - b. Knew they belonged to each other.
 - c. Communicated to him her desires.
 - d. Assumed responsibility for her actions.
- H. God's blessing on marriage bed.
1. Eat, drink and imbibe deeply (Song of Solomon 5:1).
 2. Rejoice in wife, let breast satisfy at all times, be ravished always with her love (Proverbs 5:18,19).

3. Man only creature God gave sex as a pleasure and not just procreation.
- I. Help husband as he ages.
 1. Get medical help.
 2. Try new ways of giving him satisfaction.
 3. May have to change time. Morning best for male body.
- VII. If God's regulations followed by both, happiness will result.
- A. Marriage will be one of three types:
 1. "John, John, you will never know how much I loved you." Love not shown.
 2. Couple married over fifty years still at one another's throat. Never a kind word, but harsh words to each other. Love undeveloped.
 3. C. Y. B. Youngs after fifty years, "Isn't she the most beautiful woman you ever saw!" as he beamed at his lovely wife. Love developed to the fullest and enjoyed each moment.
 - B. It is your choice whether to be a ruby or not. But if you chose not to be, remember, you must give an account before God.

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