



L♥VING Y♥ur Husband

Class Workbook

A BIBLE-ORIENTED STUDY

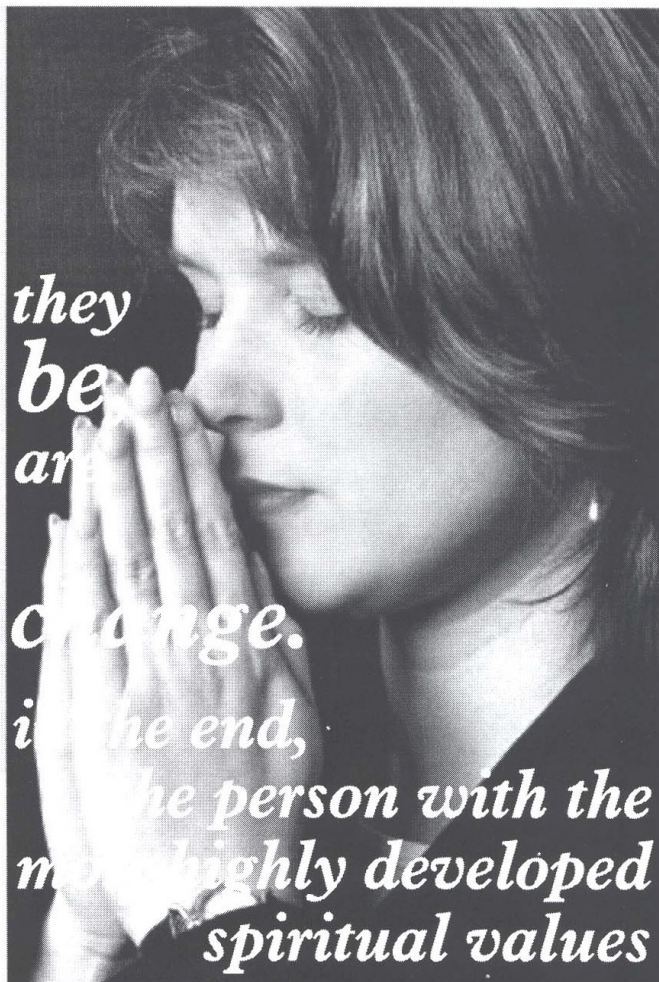
Patsy Loden

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*I see things as they
can be
not as they are
If I don't try,
I won't change.*

I believe in the end,

*I
CAN DO
ALL
THINGS
THROUGH JESUS
WHO STRENGTHENS
ME*



*the person with the
most highly developed
spiritual values
wins.*

Think of the possibilities...

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 and get 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?

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 to
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
8. approach you in this way to show I want us to make love
9. you show your affection to me by
10. you give me
 as gifts rather than

OTHER COMMENTS I would like to make are:

HUSBAND'S I HAD RATHER

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

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:

MY PRIORITIES FOR YOU

Please place in order of importance to you (1 being most important to me on down to 7 being least important to me)

Appearance _____

Companion to me _____

Good cook _____

Good house keeper _____

Good mother _____

Good works outside the home _____

Sexual Partner _____

THESE are some of the things I like most about you:

I fell in love with you because

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 keys 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, O GOD!!!

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 to class next week.*
 - b. “Practicing Love” question sheet. *Work at home for your personal growth.*
 - c. “Love” sheet. Fill in blank with your name and practice.
 2. Husbands.
 - a. Interview your husband.
 - b. “God’s Teaching to Lovers” question sheet for husband and wife to share.
 - c. “Working on Love” sheet for husband and wife to share.
 - d. Ask him each day this week: “What can I do to help you today?”, but phrase it differently each day of the week. This is practice. Keep doing it every day you live.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday
- Proverbs 3:27 – Withhold not good from them to whom it is due, when it is in the power of your hand to do it.
- e. Deliver teacher’s letter to your husband.

- f. Ask him for a date. You do the planning. Make it romantic and different.
 - g. Continue writing your love letter to husband.
3. Fill in I Corinthians 13:4-8 chart, tack it where it can be seen and PRACTICE, PRACTICE (see page 37).

Example: Susie is kind . . .

Susie is patient . . . etc.

REMEMBER: PRACTICE UNTIL YOU *ARE* LOVE.

4. Memory Verse – John 13:34.

A new commandment I give unto you, that ye love one another as I have loved you, that ye also love one another.

5. Keep reading Proverbs, a chapter a day. Write down things important to you in living as Christ.

LESSON TWO

HELP-MEET REMINDER

I will make him a helper suitable for him . . . Genesis 2:18

Name at least one thing in which your husband needed your help last week.

How did you help him?

1. **JOB:**
 - a. How do I show interest in his career?
 - b. How do I help him further his job opportunities?
 - c. Do I complain when he has to work long hours and be gone from home?
2. **AMBITIONS:**
 - a. Do I encourage him to talk about his goals in life?
 - b. How can I help him realize these goals?
 - c. Do I often praise him for his goals and ideas?
 - d. What can I do if he has a goal which may conflict with God's will?
3. **HABITS:**
 - a. How do I react to his habits which irritate me?
 - b. How can I change my attitude toward these habits: from negative to positive?
 - c. Could I have any habits which may cause irritation to him?
4. **TALENTS:**
 - a. What talents does my husband have?
 - b. How do I encourage him in developing these God given traits?
 - c. How much do I praise him for his talents?

- d. How much do I criticize him?
5. HOBBIES:
- a. What hobbies does my husband have?
 - b. Do I encourage him to pursue his hobbies?
 - c. Do I nag him because he is engaged in his leisure time activities?
 - d. How can I develop an interest (perhaps even learn to participate in them) in his hobbies?
6. AS A FATHER:
- a. How do I help him be the ruler in his own home?
 - b. How do I back him in decisions he makes concerning the children?
 - c. How do I help him discipline the children?
 - d. How do I help him train up the children in the way of the Lord?
 - e. Do I ever go against his decisions in front of the children?
7. FINANCIAL MANAGER:
- a. How do I help my husband live within our means?
 - b. Do I help him have a saving account or a way to increase our income by wise investments of some type?
 - c. Name some ways you could help in this area.
 - d. Do I spend more than our monthly income?
 - e. What are some ways I can help lower our expenses?
8. PLAYTIME:
- a. Do we take time each day to have some fun time?
 - b. Do we take time to have special times and dates with each other?

- c. Do we have family fun times to do special things as picnics, hikes etc.?
- 9. Name one thing your husband likes for you to do to please him.
 - a. How often do I please him by performing this action for him?
- 10. As a lover do I praise him and help him by trying new ways to romance and sexual pleasure?
 - a. How do couples learn to “keep love glowing” in their intimate lives?
- 11. LAUGHTER:
 - a. Do I see that there is much laughter in our home?
 - b. Do I make it a point not to make my husband the point of negative laughter or our children the one laughter is directed toward?
 - c. Do I laugh at myself and my mistakes, but not another’s?
- 12. FRIENDSHIP:
 - a. Am I my husband’s best friend?
 - b. Do I really listen to him when he talks?
 - c. Do I keep these confidences from even my mother or best friend?
 - d. Does he share ideas with me?
 - e. Do I find time each day to just talk with him alone?
 - f. Do I judge him when he confides in me or when talking with me?
 - g. Do I let him know I back him in life?
 - h. Do I give him time to be alone without complaining?
 - i. Do I see that we have at least one activity each week, just the two of us?
 - j. How do I comfort him in his time of being sad, low, or disappointed?

Give at least one way you can become a better friend to your husband.

Anyone then, who knows the good he ought to do and doesn't do it, sins (James 4:17). Each of the scriptures below covers one or more of the 12 areas discussed above. Give which area is covered, and tell what God's teaching is on that subject or subjects. Do this at home for growth in Lord.

Proverbs 17:22

Proverbs 15:30

Ecclesiastes 4:9,10

I Timothy 3:4,5

Proverbs 5:18,19

Proverbs 31:32

Proverbs 27:2

Song of Solomon 7:10; 8:7

PRACTICING LOVE

Work at home for your personal growth in the Lord.

1. How do I treat:
 - a. Myself?
 - b. Our children?
 - c. My husband?
 - d. Others?
2. Am I a KIND person?
 - a. Before I tell something (even a truth) do I ask myself the question: “Am I being kind to _____ if I tell this?”
 - b. Is criticizing another being kind to them?
 - c. How is criticism kind?
3. Am I ever JEALOUS of another?
 - a. If yes, how can I change?
4. Do I ENVY what others have?
 - a. If yes, how can God help me have a different attitude?
5. Do I always show good manners?
 - a. Am I teaching our family the importance of good manners, which are only “doing to others what you would have them do to you?”
6. Do I truly rejoice over other’s blessings and talents?
7. Do I patiently endure what life brings to me?
 - a. Do I rely on God for help to live Christ-like each day?

- b. Do I look on problems as a way to mature in Christ?
- 8. Do I believe the best of others and that all things work out for the best to those who love the Lord and are called according to His purpose? (Romans 8:38)
- 9. Do I have a large supply of hope in me?
 - a. How can I develop this way of thinking?
- 10. Does my love ever fail anyone?
 - a. Do I treat others as Christ would in my place?
 - b. Do others in my life know I love them and I will always “do good to all men, especially the household of faith?”
 - c. What does III John 11 teach me?
 - d. What message does Galatians 6:10 have for me?
- 11. Does Nehemiah 9:17c describe me?
 - a. In what way do I find myself in this scripture?
- 12. Which scripture describes me best?
 - a. Philippians 2:21 or Mark 10:43-45 or I Corinthians 13:5?
 - b. How does this passage fit me?
- 13. Do I keep records of wrongs done to me?
 - a. Do I keep records of other’s sins?
 - b. How does one overcome this habit of keeping records of sins?
- 14. Do I always conduct myself as a lady?
- 15. Do I remember to practice Romans 12:3 and Galatians 6:3,4?
 - a. What do these scriptures tell me I must do about myself?

HUSBAND'S INTERVIEW

Have a notebook to jot down your answers and file for future reference.

1. What was your favorite toy as a child?
2. What was your favorite play game as a child?
3. What was your favorite TV program as a child?
Now?
4. How did your parents usually punish you as a child?
Reward you?
5. How did you feel when you were punished?
What did you do to make yourself feel better later?
6. Who was your favorite teacher in school?
Why?
7. What qualities do you look for in a friend?
8. How did you feel when someone criticized you?
9. What was your favorite sport?
Why?
10. When you felt hurt, how did you make yourself get over the hurt?
11. What made you feel hurt by someone?
12. What is your favorite food?
13. What makes you really feel like a man?
14. What is your favorite eating place?

Why?

15. What things make you angry?

Why?

How do you get over your anger?

16. What dress or outfit of your wife's is your favorite?

What makes it special to you?

What colors do you like her to wear most?

17. What do you think "being loyal" means?

18. What would be a romantic evening to you?

19. What was your favorite holiday as a child?

How did you celebrate?

20. What is your favorite way to make love?

21. What qualities do you like best in our children?

Least?

22. What was an embarrassing time you experienced?

What did you do?

23. Name a person outside your parents who meant a great deal to you and influenced you.

Why did this person mean so much to you?

How did they have an influence on you?

24. Give two qualities you admire about your wife.

25. What is the hardest things you have to do as a husband?

26. What is the easiest part of being a husband?

27. What is the hardest part for you in the role of a father?
28. What is the most enjoyable part of being a father?
29. What goals in life are you reaching for at this time?
30. What does being a Christian mean to you as a person?
31. What can we as Christians do to make our lives more Christ-like?
32. What do you find the most difficult task in your work?
33. If you could have any wish you wished, what would you wish for?
34. What attributes do you admire in your mother?
35. What character traits mean the most to you in your father?
36. What did you most dislike about your mother?
37. What areas of your father's life did you not like?
38. What is your favorite color?
How do you enjoy seeing it used most as in clothes, the home, car?
39. What is your favorite type of clothing for you?
Color for you?
40. How do you think women should dress to be feminine?
41. What type of night clothes please you?
What colors?
42. What makes a woman charming to you?
What turns you off in a woman?
43. What jobs do you prefer doing around the house?
44. What type of atmosphere in the home do you enjoy the most?

How could we better achieve this?

45. How do you enjoy entertaining the most?

How often do you like to entertain friends?

46. What type of people do you enjoy the most as guests?

47. What would a perfect evening for you be?

48. Describe a vacation you would enjoy us taking.

49. What image would you like for your children to have of you?

50. When you come home from work, what is the first thing you would like to do?

51. What characteristics would you most like to be remembered for?

HOW CAN I REWARD YOU FOR THIS INTERVIEW IN A WAY THAT WOULD BE THE MOST INTERESTING TO YOU!!!!!!!!!!!!!!!!!!!!

LOVE

1. PATIENT . . . bears or endures pains, trial, and the like without complaint.
2. KIND . . . it is benevolent, sympathetic, considerate, and gentle.
3. Is not JEALOUS or ENVIOUS . . . resentful, suspicious. Wants exclusive devotion. Cannot tolerate any rivalry.
4. Does not BRAG . . . is not arrogant and does not have an inflated estimation of its own importance.
5. Is not RUDE . . . has good manners at all times.
6. Love is not SELF-CENTERED . . . it does not demand its own way and insist upon its rights.
7. Is not EASILY ANGERED . . . love does not have a bad temper; is not touchy or irritable.

8. KEEPS NO RECORD OF WRONGS . . . does not relive the past. Does not hold grudges.
9. REJOICES IN TRUTH . . . does not delight in exposing other's weaknesses. Does not tear down another even in fun.
10. BEARS ALL THINGS . . . can shoulder a heavy load graciously; no martyr complex.
11. HOPES all things. Hopes for good when others have ceased to hope.
12. BELIEVES ALL THINGS . . . believes all it can with good conscience.
13. ENDURES ALL THINGS . . . does not give up. Hangs in there.

FIVE GREEK WORDS FOR LOVE - HOUSE WALLS AND ROOF

1. EPITHUMIA . . . a strong desire of any kind. Negative use is lust while positive use in Bible is desire.
2. EROS . . . romantic, passionate, sentimental. Writes love poems and songs.
3. STORAGE . . . gives a feeling of belonging to each other, the "old comfortable shoe" feeling. Family love and caring for one another.
4. PHILEO . . . love between friends. Cherishes another, tender affection for another. Eros makes lovers, phileo makes friends.
5. AGAPE . . . ONLY LOVE WHICH CAN STAND ALONE. Love of the mind and of the will. Type of love God is. Is based on the needs of the other person and not of feeling. Love as given in the parable of the good Samaritan. Perfect love is love from God as given in I Corinthians 13.

Yesterday is History,
Tomorrow is a Mystery,
Today is a Gift,
That's why we call it "The Present."

GOD'S TEACHING TO LOVERS

1. This is my definition of love.
2. This is how I like to tell you I love you:
 - a.
 - b.
 - c.
3. This is how I like to show I love our children:
 - a.
 - b.
 - c.
4. Here are some ways I love for you to show you love me:
 - a.
 - b.
 - c.
 - d.
5. I like to praise a person by:
 - a.
 - b.
 - c.
6. I think the best way to discipline a child is:
7. The hardest part of my work in the business world is:
8. When I have a bad day, I would like for you to help me by:

- a. How should I let you know I have had a day that has been rough?
- 9. How does it make a person feel to think they have not been appreciated?
- 10. Good friends do the following for each other:
 - a.
 - b.
 - c.
- 11. I like to be encouraged by:
- 12. My goal in life at this time is:
- 13. I would like for you to help me reach this goal by doing this:
- 14. Things I like about you are:
 - a.
 - b.
 - c.
- 15. How can we make our marriage better?

WORKING ON LOVE

- 1. My definition of a wife's role is:
 - a. My definition of a husband's role is:
 - b. My definition of a mother's role is:
 - c. My description of a father's role is:
 - d. How can we help one another to be a better wife, husband, mother, father?
- 2. Understanding differences between us is important. What right does my mate have to hold his/her own opinions?

- a. How do I think our differences should be resolved?
 - b. Am I willing to allow my mate's opinion to have an influence in either changing my mind or helping me make a decision?
 - c. How is the best way for my mate to accomplish changing my thinking?
 - d. Who should make the final decision in matters?
 - e. How can Jesus Christ make a difference in making a choice of the final decision?
3. What responsibilities does a married child have to his/her parents?
4. Married love:
- a. Give your definition of true, committed love one person has for his/her mate.
 - b. Do I try to put myself in my partner's place and try to understand how they think and feel?
 - c. How do I handle my mate's habits that annoy me?
 - d. Do I try to allow my mate to have their own personalities and adjust myself to them?
 - e. Do I share the highs, lows, wins, defeats, etc. with my mate rather than ignore them?
 - f. Do I put my mate's happiness before my own?
 - g. Do I verbally build my mate up or do I tear him/her down?
 - h. Do I build up my mate by special touches, eye contact, acts of tenderness, thoughtfulness, etc.?
 - i. Do I show I care and love when my mate is ill?
 - j. In what way can Jesus Christ make a difference in how I love my mate?
5. How do I think our finances should be handled?
- a. Who is better at paying the bills and balancing the checkbook?
 - b. Do we go into debt to buy "things?"

- c. What purchases warrant installment payments?
 - d. How can Jesus Christ help us in our priorities of handling money?
6. Learning from one another:
- a. How can my mate help me to learn how to be a better husband/wife?
 - b. Do I allow my mate to teach me in areas where they may be more knowledgeable than I?
 - c. What new subjects can we learn together to increase our knowledge of the world?
 - d. How can we go about acquiring knowledge about new things in our lives?
 - e. How can Jesus Christ help me here?
7. Caring marital environment:
- a. How do I usually react when my husband/wife does not do or think as I wish?
 - b. How would I like for my husband/wife to react when I do not please him/her?
 - c. How can I treat my husband/wife to make him/her feel important, even when we disagree?
 - d. Do I accept my mate just as he/she is – WARTS AND ALL?
 - e. How can I better love my husband/wife just as he/she is without trying to change him/her?
 - f. When I walk into a room what kind of feeling do I bring to others present?
 - g. Am I easy to live with?
 - h. Do I try to make it easy for my husband/wife to live with me?
 - i. How can I improve myself so I will be easier to live in harmony with my husband/wife?
 - j. Do I have to have my own way to be happy?
 - k. How important is it to me that my mate be happy?

- l. Am I willing to give up what I want in order to allow my mate to have what he/she wants?
- m. How can I better contribute to my mate's happiness?
- n. Do I give my mate freedom to be his/her own self and develop the talents God has given him/her?
- o. How do I help my mate develop these God given talents?
- p. Do we laugh together about things and incidents but never, NEVER at each other's expense?
- q. Do I try to infuse humor into tense situations instead of blowing up in anger?
- r. Am I patient with my mate?
- s. How much am I willing to change to make our marriage happier?
- t. What area or areas do we need to pinpoint for some adjustments in our lives to make life richer?
- u. What changes am I willing to make to bring about these adjustments mentioned above?

GOD'S TEACHING TO LOVERS

1. This is my definition of love.
2. This is how I like to tell you I love you:
 - a.
 - b.
 - c.
3. This is how I like to show I love our children:
 - a.
 - b.
 - c.
4. Here are some ways I love for you to show you love me:
 - a.
 - b.
 - c.
 - d.
5. I like to praise a person by:
 - a.
 - b.
 - c.
6. I think the best way to discipline a child is:
7. The hardest part of my work in the business world is:

8. When I have a bad day, I would like for you to help me by:
 - a. How should I let you know I have had a day that has been rough?
9. How does it make a person feel to think they have not been appreciated?
10. Good friends do the following for each other:
 - a.
 - b.
 - c.
11. I like to be encouraged by:
12. My goal in life at this time is:
13. I would like for you to help me reach this goal by doing this:
14. Things I like about you are:
 - a.
 - b.
 - c.
15. How can we make our marriage better?

WORKING ON LOVE

1. My definition of a wife's role is:
 - a. My definition of a husband's role is:
 - b. My definition of a mother's role is:
 - c. My description of a father's role is:
 - d. How can we help one another to be a better wife, husband, mother, father?

2. Understanding differences between us is important. What right does my mate have to hold his/her own opinions?
 - a. How do I think our differences should be resolved?
 - b. Am I willing to allow my mate's opinion to have an influence in either changing my mind or helping me make a decision?
 - c. How is the best way for my mate to accomplish changing my thinking?
 - d. Who should make the final decision in matters?
 - e. How can Jesus Christ make a difference in making a choice of the final decision?
3. What responsibilities does a married child have to his/her parents?
4. Married love:
 - a. Give your definition of true, committed love one person has for his/her mate.
 - b. Do I try to put myself in my partner's place and try to understand how they think and feel?
 - c. How do I handle my mate's habits that annoy me?
 - d. Do I try to allow my mate to have their own personalities and adjust myself to them?
 - e. Do I share the highs, lows, wins, defeats, etc. with my mate rather than ignore them?
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Love

_____ *suffereth long,*
_____ *is kind;*
_____ *envieth not,*
_____ *vaunteth not herself,*
_____ *is not puffed up.*
_____ *doth not behave herself unseemly,*
_____ *seeketh not her own,*
_____ *is not easily provoked,*
_____ *thinketh no evil;*
_____ *rejoiceth not in iniquity, but*
_____ *rejoiceth in the truth;*
_____ *beareth all things,*
_____ *believeth all things,*
_____ *hopeth all things,*
_____ *endureth all things,*
_____ *never faileth.*

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 reaps what one sows.
- D. Come grow old along with me, the best is yet to be.

LESSON THREE
“SHE HATH DONE WHAT SHE COULD”
Mark 14:8

1. Workbook.
 - a. “She Hath Done What She Could” question sheet for class.
 - b. The “Women For Sobriety Acceptance Program” sheet.
 - c. “Teaching One’s Children to Be Happy” sheet.
 - d. “Our Work Together” sheets.
2. Husbands.
 - a. Two sheets of questions: one set for you / one for him to share with each other and discuss.
 - b. “The Art of Marriage.”
 - c. Date.
 - d. Continue writing love letter to husband.
 - e. How have you thanked him? Keep this practice daily – “I appreciate you for helping me _____.”
 - f. How have you loved him? Daily remind him of your love in a different way – “I love you because _____.”
 - g. This week practice kissing your husband in a different way – a different technique and a different place, make it interesting for him.
3. Memory verse: Proverbs 12:4 – A virtuous woman is a crown to her husband; but she that maketh ashamed is a rottenness in his bones.
4. Keep reading Proverbs and marking the verses which help you in your developing to be more Christ-like.

LESSON THREE
“SHE HATH DONE WHAT SHE COULD”
Mark 14:8

1. What are some of your personal traits that make you your husband’s “ruby”?
2. What are some of the “good” deeds and actions you do for your husband that no one else can or does do for him?
3. Does your husband have to go elsewhere to receive some of his needs; such needs as friendship, peace and quiet, the feeling of being needed and appreciated?
4. Can your husband be proud of your looks and actions so he can “praise you” in the gates?
5. Could my actions keep him from serving as an officer in the church?
6. Do you work with a happy willingness in your home?
 - a. What is one household task you dislike doing?
 - b. What can you do to change your attitude toward this activity?
7. What talent do you have that could be made into a financial business if necessary?
8. How well do you manage your finances?

List some ways to improve:

- a.
 - b.
 - c.
9. What are you doing to grow and develop:

Physically?

Mentally?

Socially?

Spiritually?

10. What are you doing to help your husband grow:

Physically?

Mentally?

Socially?

Spiritually?

These are the ways Jesus grew. We must grow in the same way if we are to be like Him.

11. Do I cook nutritious meals for the family?

Do I set the table to look nice?

Do I change menus or serve the same thing day in and day out?

Do I see that only pleasant things are discussed at meal times?

12. Am I a good housekeeper?

Do I keep a neat house?

Do I allow family members to feel comfortable in living in our home?

13. How do I go about getting other members of the family, including my husband, to help me with the tasks about the house?

14. Why do you think the “ideal woman’s” children rose up and called her blessed?

15. What characteristics of the ideal woman do I have?

16. What characteristics of the ideal wife do I need to work on in my life?

a. How can I develop these for myself?

b. How can I ask my husband to help me be an ideal wife?

17. What part can prayer have in my personal development? (Philippians 4:6).
- a. Do I pray about specific problems?
 - b. Do I thank God for specific blessings which have happened to my family?
 - c. Do I let God's peace take over after praying to Him?
18. Why is being a homemaker important?
19. Is more of my time spent doing for our children or my husband?
20. Is more of my time spent doing for others outside the home than for my family?
21. How can I make my husband think and feel he is first in my life?
22. How do I seek my husband's approval in what I do in life?
- Is it important to have his approval in what I do?
- Why do you answer as you do?
23. If I were to die today, could I feel like my life has been spent in a worthwhile way?
- What are some of my best accomplishments in life?
- a.
 - b.
 - c.
24. Could God say to me if we met today, "Well done my good and faithful servant, enter into the joys of heaven?"
- Explain your answer.
25. How can Philippians 4:13 help me in my attitude of being the ideal wife?

THE WOMEN FOR SOBRIETY ACCEPTANCE PROGRAM

Good thinking material for personal growth.

1. I had a _____ (some bad habit or sin) problem that once had control of me.
2. Negative emotions destroy only myself.
3. Happiness is a habit I will develop.
4. Problems bother me only to the degree I permit them to.
5. I am what I think.
6. Life can be ordinary or it can be great.
7. Love can change the course of my world.
8. The fundamental object of life is emotional and spiritual growth.
9. The past is gone forever.
10. All love given returns two-fold.
11. Enthusiasm is my daily exercise.
12. I am a competent man/woman and have much to give others.
13. I am responsible for myself and my brother/sister.
14. I can do all things through Christ who strengthens me (Philippians 4:13).

TEACHING ONE'S CHILDREN TO BE HAPPY

Teach your children these traits.

1. Control anxiety,
2. Live with self,
3. Give of self,
4. Consider others,
5. Get rid of anger,
6. Learn to love,
7. Accept reality.

Something to do...something to hope for...something to love.

GIVE THESE TO YOUR CHILDREN!!!

OUR WORK TOGETHER SHEETS

Marriage is a privilege to be shared by two, not a convenience to be experienced by one at the expense of the other.

1. How often do I think my mate needs to hear the words, “I love you?”
2. This is one wonderful time I remember well in our life together (describe it).
3. How often do you think your mate needs to hear a compliment from you?
4. How often do you think you mate needs a hug from you?
5. This is one suggestion I will give to make our love grow stronger.
6. Do you think we take enough time to talk to each other?

A suggestion I might make for us to be able to have more time together for just “we two” talks is:

7. I think an ideal evening together – just the two of us – would be to:
8. This is how I like for a person to handle anger.
9. This is how I like for a person to handle hurt.

10. This is an area in which I need your encouragement.

You can help me by:

11. I think these are some differences between men and women:

Men tend to be:

Women tend to be:

How can we recognize our differences of sex and use them to make our marriage more compatible?

Below are some ideas I have on these various subjects. I hope they will help you understand my needs and desires in a better way.

Here are some things you could do for me that would give me pleasure:

a.

b.

c.

d.

Here are some ways you could make me feel I am special to you:

a.

b.

c.

d.

Here are some words I especially like to hear you say to me:

- a.
- b.
- c.
- d.

Here are some ways that really make me feel loved:

- a.
- b.
- c.
- d.

Here are some activities I would like for us to do together as a couple:

- a.
- b.
- c.
- d.

Here are some special comments I would like to make:

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THE ART OF MARRIAGE

A good marriage must be created. In the marriage the little things are the big things.
It is never being too old to hold hands.
It is remembering to say, "I love you," at least once each day.
It is never going to sleep angry.
It is having a mutual sense of values and common objectives.
It is standing together facing the world.
It is forming a circle of love that gathers in the whole family.
It is speaking words of appreciation and demonstrating gratitude in thoughtful ways.
It is having the capacity to forgive and forget.
It is giving each other an atmosphere in which each can grow.
It is a common search for the good and the beautiful.
It is not only marrying the right person – it is being the right partner.

Author Unknown

REMEMBER: Marriage is a privilege to be shared by two....
Not a convenience to be experienced by one
at the expense of the other.

Author Unknown

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 is 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 (Greek) a surrounding. 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”

Homework.

1. Wife’s class work.

Worksheet for class – “God’s Way to Compatibility.”

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

2. Husband.

- a. Teacher’s letter.

- b. Worksheet for sharing time.

- c. Date.

- d. Love letter.

3. Reminders:

Read Proverbs and Ephesians 4 and 5.

4. Memory Verse – Hebrews 12:14.

Follow peace with all men, and holiness, without which no man shall see the God.

5. Learn to touch each other. List at least ten ways you can touch your husband in a loving, non-sexual way (by this we mean not an invitation to lovemaking, but just a showing of affection). Practice a different one each day and add as you develop this art of expressing tenderness.

- a.

- b.

- c.

- d.

e.

f.

g.

h.

i.

j.

GOD’S WAY TO COMPATIBILITY

Therefore as God’s chosen people, holy and dearly loved, clothe yourselves...and over all these virtues put on love, which binds them all together (Colossians 3:12-14).

Name one thing for which you said, “Thank you” to your husband last week?

1. Why is your TOTAL commitment to your marriage necessary for its success?
2. What does God’s command to cleave to my husband mean to me? (“Cleave” means to glue together two parts so they become one.)
3. Does cleaving to my husband mean I have no personality of my own? Explain your answer.
4. What is the usual cause of disagreements in my marriage?
5. What place does selfishness have in a marriage? Philippians 2:3,4.
6. How am I to handle other’s anger toward me? I Peter 3:9-1.
7. How can I learn to control my own anger?
8. How do our attitudes and actions affect our prayers? I Peter 3:7. (“Hinder” means to cut into.)
9. Is anger always sinful? Ephesians 4:26. (Here word “anger” means a justified feeling for another’s actions.)

When is anger justified?

How do we handle our feeling of anger toward another? Ephesians 4:26-31; Matthew 5:23,24.

What does Jesus’ anger teach us in Mark 3:1-6?

10. What will happen to our personality if we diligently work to make ourselves over in the image of Christ? II Peter 1:2-4.

What happens to us if we fail to develop ourselves into the image of Christ? II Peter 1:9,10.

11. What type of speech do I develop to be pleasing to God? Ephesians 4:29. (“Edify” means to build a home.)
12. God tells us to put on the following characteristics (Colossians 3:12-16). How can I develop each one in my life? John 15:1-4.
 - a. Compassion: to have pity, a feeling of distress over the ills or unhappiness of others. A compassionate mind comforts another in distress. II Corinthians 1:3ff.
 - b. Kindness: to become mellow as contrasted with harshness (Romans 11:22). Kindness accompanies goodness. Thus, practicing goodness with a kind attitude. (Note virtuous wife in Proverbs 31.)
 - c. Humility: to become as a little child with regard to one’s self-importance (Matthew 18:1-5). Humility sets aside one’s rights and takes the role of servant (Philippians 2:3-8).
 - d. Gentleness/Meekness: no English equivalent word. A quality that a humble person has; qualifies him to help mend a broken life. Galatians 6:1.
 - e. Patience: slow to be angry. To put up with another when one doesn’t have to do so. Study Matthew 18:26ff.
 - f. Forbearance: it’s relatives are patience and endurance. Love is its motive, forgiveness is its privilege and peace is its goal. This suggests self-control over an infraction, complaint, etc., in order not to cause a breach in a relationship.
 - g. Forgiveness: interestingly, the root of this word is grace or favor. So, we graciously forgive another unconditionally. Be sure there is forgiveness for self.

If we had to do all these alone, we could not. Read Philippians 1:6 and know that you are not in this alone, but can receive the power from Him who has the ability to do anything, even change you (Matthew 19:26).

13. The above characteristics are Christ’s. How did He develop them in His life? John 5:9-11; Luke 2:49.
14. If I develop these characteristics, how will it help my marriage?

15. What is God's teaching on murmuring (means to grumble) and complaining (means discontented, querulous)?

I Corinthians 10:9,10.

Jude 16.

Philippians 2:14,15.

Should there be a place for complaining and murmuring in my life? Psalm 118:24.
("Rejoice" here means to spring about.)

What does complaining do for my relationship to my husband?

What does my criticism do for other people?

How does it help them?

How does it hurt them?

How can I learn not to criticize and murmur?

Do I need to ask God to forgive me when I criticize and murmur?

16. Does God approve of my nagging? Proverbs 21:9; 27:15,16.

How do I feel when people nag me?

How do I feel when people criticize me?

How do I feel when people complain to me?

How can I develop an attitude of thankfulness and joy in my life and have as a motto each day David's Psalm 118:24, "This is the day which the Lord hath made, we will rejoice and be glad in it."?

If life is an attitude, how can I make my attitude one that is positive instead of negative?

Do I have the ability to control my thinking, thus my life – with the help of Jesus?

Do I really want to change my habits, my thinking, my actions to conform to those of Christ?

What part does prayer play in my life changing decisions?

Can I really be victorious in living the Christian life? Romans 8:37.

Do I really have the faith to believe Jesus will work in my life to make me more like Him?

Some goals I would like to set for myself are:

a.

b.

c.

When I have mastered these, I will set these new goals:

a.

b.

c.

HOW HAVE YOU LOVED ME? LET ME COUNT THE WAYS...

You, my dear husband, have loved me by:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

Colossians 3:15 – “Let the peace of Christ rule in your hearts, to the which also ye were called in one body; and be ye thankful.” Pick one way your husband has loved you and each day of the week thank him for this. When you have finished the list, make another one. Never let a day go by that you do not thank him for his love in a special way. Read Psalm 63:6-8 and think of it as applying to your husband as well as your Heavenly Father. Remember to say, “Thank you” to both of them.

LESSON FOUR

“GOD’S WAY TO COMPATIBILITY”

- I. Divine Institution.
 - A. God’s creation – Genesis 2:18-24.
 - 1. “...It is not good...”
 - a. Helper.
 - b. Suitable.
 - 2. “Therefore...”
 - a. Man.
 - b. Leave.
 - c. One flesh – Joel 2:28; Ephesians 5:28; Matthew 19:6; Genesis 3:16; Proverbs 31:10ff.
 - B. Covenant of partnership/companionship (Ezekiel 16). God/His bride relationship partner – Malachi 2:14; Proverbs 2:17.
 - C. Organization – I Corinthians 11:3; Ephesians 5:23; Ephesians 6:1.
 - D. Man’s happiness – Proverbs 5:15; Ecclesiastes 9:9.
 - E. Model – Christ/His bride – Ephesians 5:22; Revelation 19:7,8.
- II. Breaking covenant of partnership:
 - A. Divorce is hated by God – Malachi 2:16.
 - 1. Focus – Matthew 5:27-52.
 - a. Jews.
 - b. Jesus.
 - 2. Serious matter – Matthew 19:10.

- B. Discord is hated by God – Proverbs 6:19.
 - 1. Peace – Hebrews 12:14; Romans 12:17,18; 13:14.
 - 2. Plan for peace.
 - a. Self evaluation – James 4:1,2,14,15; Matthew 15:18,19.
 - b. Other (husband) - “win” – I Peter 3:1.
- III. Incompatibility – is it justified?
 - A. Definition of term: Amos 3:3 – Can two walk together . . . except they be agreed?
 - B. God desires harmony – I Peter 3:8.
 - “Hinders prayers” – I Peter 3:7.
 - 1. Heart – I John 3:21.
 - 2. Low standards between husband/wife.
 - 3. Refusal to reconcile – Matthew 6:12.
- IV. God’s solution to conflict.
 - A. Put off - renewal - put on - Ephesians 4:22-24; Colossians 3:15-17.
 - 1. Example of thief – v. 28.
 - 2. Life of change – Ephesians 2:3.
 - Jesus’ teaching regarding change – Luke 14:25-27; 9:23; 24; Matthew 16:24-26.
 - 3. Vacuum not possible – Matthew 12:43-45.
 - 4. Self-image – Christ-like.

B. Anger – Ephesians 4:26.

1. Put off:

- a. Ventilating – Proverbs 14:29; 11:22.
- b. Internalizing – Ephesians 4:31; II Samuel 13:22,23.

2. Put on:

- a. Overlook – I Peter 4:8; Proverbs 17:9.
- b. Settle within.
- c. Settle with him.

C. Speech – Ephesians 4:29.

1. Put off:

- a. Nagging – Proverbs 27:15,16.
- b. Criticism – Romans 14:4.

2. Put on:

- a. Praise.
- b. Solving problems in biblical way.

V. Develop self – plus grow into THE LIGHT, not humans or things.

A. Colossians 3:1-17.

- 1. Let Christ be IN you.
- 2. Put off worldly ways.
- 3. Practice God's way of love until you *become* love.

B. Know Christ as your cup filler, not man or things.

- 1. Matthew 6:33 – Seek Christ first and He will fill your cup.

2. People, places, things are gifts of life, not life; Christ IS life.
3. John 17:3 and I John 5:12 – Christ is our ALL in life.
4. Pray in His will.
 - a. Luke 18 – persistent widow; stand in line every day.
 - b. Isaiah 40:31 – serve the Lord and He will give you strength.
 - c. Ephesians 3:14-20 – Christ can do more than we dreamed.
 - d. Romans 8:37 – victory IS ours through Christ.
5. Look at problems as means of growing with God's help (James 1:2-7).
 - a. My own sins can cause problems (James 1:13-15).
 - b. My pride is a stumbling block to me (James 4:6).
 - c. Never fail to believe – faith of mustard seed (Matthew 17:20).
- C. Remember: the qualities of mature love are given to us through trials of life (Hebrews 12:1-6).

VI. Man was created in God's image, woman was created as man's glory.

- A. Man's temperament – Genesis 2:26-31.
 1. Independence.
 2. Dominance.
 3. Appreciates sexuality by observing woman's sexuality.

B. Emotional needs.

1. Respect – Ephesians 5:33.
2. Feeling masculine.

A man's love for a woman depends mainly upon her ability to make him feel masculine.

3. A wife should understand that if she will respond to whatever talent her husband has, he will in turn demonstrate his love to her because his wife has accentuated his masculinity. Titus 2 says a young woman should learn to be sober. The word “sober” suggests that a woman is to understand the distinctions between her emotions and her husband’s. Both are equal in importance, but they are not the same; each has his/her place in God’s plan.
4. Six desires a man wants from his wife:
 - a. He wants his wife to accept herself as a woman and be glad for who she is. What do you think of yourself?
 - b. He wants his wife to dress for him and arrange her hair for him.
 - c. He wants his wife to be his island of tranquility (I Peter 3:3,4).
 - d. He wants his wife to be responsive to him.
 - e. He wants his wife to stop complaining.
 - f. He wants to talk to his wife without her interrupting.

Examine each of these. Does not Christ want the same things from us to please Him? Are our husbands not made in the image of Jesus?

5. Romans 12:15 – Rejoice with them that rejoice; weep with them that weep.
 - a. Share WITH husband joys and defeats. No criticism or lectures, please.

Put your arms about him and either rejoice or comfort.
 - b. Read Galatians 6:2; Romans 15:1; Ecclesiastes 4:9-12. Learn what?
 - c. Cannot OVERDO LOVE and APPRECIATION. We usually “under do” it.

VII. Differences in male and female God designed, so rejoice in them.

A. Emotional: man – logic; woman – emotions.

- B. Physical: every cell different though similar.
- C. Sexual: man – constant; woman – menstrual cycle.
visual touching, words, personality.
- D. Language: man – to the point; woman – more adjectives.
 - 1. Audio: man – sounds; woman – use words which sound good.
 - 2. Visual: man – how things look to him; woman – talk about how things look.
 - 3. Feelings: man – let’s touch on that again; woman – I feel we should.
 - 4. Talk: man – way of thinking; woman – enjoys sounds of words and talks.

VIII. How to lovingly influence your husband.

- A. Teach husbands to be more sensitive by warmth, empathy, sincerity, making him feel he is important to you, and is worth enough to give him your time and energy, not because he has earned it, but because he is made in the image of God, and you always act loving.
 - 1. Empathy is the ability to understand and identify with a person’s feelings and put yourself in his shoes.
 - 2. Sincerity is showing a genuine concern for a person without changing your attitude toward him when circumstances change.
- B. Learn to share your feelings when angry or irritated using biblical ways.
- C. You can only talk about “I” to him. You can’t know what he is thinking.
- D. Abandon “I told you so” statements.

IX. How to catch husband’s interest and keep it.

- A. Clearly identify the need or concern you wish to communicate.
- B. Know what you want your husband to learn.
- C. Identify related areas that are of high concern to what you want to interest him in.

- D. Using his area of high interest, share enough information to stimulate his curiosity to hear more.
 - E. Add a little more salt. Don't answer his response to first dose of salt; rather pause and build his curiosity more.
- X. Problems, problems. Motivation for husbands receiving complaints.
- A. Sandwich approach: Paul's way of praise – complaint; praise with kindness. I appreciate _____ ; I feel you _____ ; would you mind? I am thankful you _____. Proverbs 15:1 - a *SOFT ANSWER*.
- XI. Puzzle approach – give him all the facts, one piece at a time.
- XII. 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).

TENDERNESS IS

TENDERNESS	is asking somebody what they are feeling.
TENDERNESS	is asking somebody what they mean.
TENDERNESS	is telling somebody what you understand them to feel.
TENDERNESS	is telling someone you are glad for their happiness, if they are happy.
TENDERNESS	is telling someone you are sorry that they hurt if they are hurting inside.
TENDERNESS	is hugging someone if you both feel close.
TENDERNESS	is holding someone gently when they are hurt.
TENDERNESS	is sharing your happy feeling with someone.
TENDERNESS	is letting someone know what you enjoy or appreciate about them.
TENDERNESS	is letting someone know constructively how you would like for them to be different.
TENDERNESS	is hanging up your clothes neatly.
TENDERNESS	is taking out the garbage.
TENDERNESS	is paying your bills.
TENDERNESS	is helping someone with their chores when they ask you for help.
TENDERNESS	is asking how you can be of help to them.
TENDERNESS	is refusing help when you know it would be a burden to another.
TENDERNESS	is tuning into your own feelings.
TENDERNESS	is asking someone whether or not they feel like making love.
TENDERNESS	is being on time for appointments.
TENDERNESS	is enjoying and sharing the beauty around you. Mort Katz

OUR LIFE

1. What I need more for you to give me is:
 - a.
 - b.
 - c.
 - d.
 - e.
2. There is no meaning in a word. Meaning is in people's understanding of a word. Do we understand what these words mean to each other? Here is my definition of these words:
 - a. "In a little while."
 - b. Romance.
 - c. Sex.
 - d. Hurt.
 - e. Debt.

When do we need to clarify our meaning of a word or feeling based upon how differently each of us understands certain words?

How can we overcome misunderstandings about our word meanings?

3. This is how hard is it for me to admit I am wrong to you:
 - a. How do I like to settle differences between us?
 - b. What is an area in our relationship I think we need to give some attention?

This is what I can do to help this area get better.

This is how I think you can help make this area better.

4. These are some traits I need your help in developing in myself:

a.

b.

c.

Here is how I would like for you to help me develop these traits.

5. Some great strengths in our marriage are:

a.

b.

c.

d.

6. Some goals I would like for us to work on together for the future are:

a.

b.

c.

OUR LIFE

1. What I need more for you to give me is:
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 - b.
 - c.
 - d.
 - e.
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d.

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a.

b.

c.

RULES TO LIVE BY

RULES FOR PROPER COMMUNICATION

1. Don't try to win. When you try to win an argument you don't listen to the other person.
2. Don't label or call names. When we call someone a name like "immature," etc., we tend to see a person in that light from then on.
3. Don't condemn or use condemning, judging words. "Should" and "ought" are good words to eliminate. No one can say what you "ought" to do unless he can say what you "can" do. We are free moral agents.
4. Avoid big generalizations like "always; never" and such phrases as, "There you go again, you always say that," etc.
5. Don't read minds or psychoanalyze "I know what you are thinking; I know why you did that." Don't explain a person to himself unless he asks you, and then tentatively and humbly, preferably briefly and sparingly, too.
6. Don't resort to silences. This type of action has done more harm and been used more than any loud cursing. Mark Twain called the sulkers and "clammer-uppers" by this expression, "He was a good man in the worst sense of the word."

When you talk with your husband, use the word "I." That is the only person you can speak for. If you don't understand him, or he says something you don't like or hurts ask, "Is this what you meant, or did I understand you to mean this _____?," in a nice way and then you will give him a chance to defend himself and save an argument.

Let your communication in a marriage be only that which builds up and edifies your husband – words that praise him and not tear him down. These are words that will build a marriage and make it strong. Don't criticize, *period!* If you have to make suggestions about something he needs to know about, phrase it in a gentle way and first compliment him on something. Remember that is the way the Holy Spirit directed Paul to write to the early church: build them up, then let them know how they needed to change. After building him up, GENTLY direct him in the way he needs to go.

It has been said that marriage is that relationship between man and woman in which the independence is equal, the dependence is mutual, and the obligation reciprocal.

If you feel that someone you care about is treating you badly, it's natural to feel hurt. You may feel angry and put down. Sharing these feelings openly can often help you under-

stand each other and resolve the problem. When two people respect each other, the ability to be vulnerable and to reveal hurt feelings can create a powerful emotional connection that is the source of real intimacy and friendship. Here are the ABC's of thinking through hurt feelings:

- A. Actual event – husband late.
- B. Belief – he doesn't care.
- C. Consequence – burst of anger.

Thoughts and beliefs about the event create your feelings. Talk them out with him. Give him an opportunity to tell you what his side of the situation is. Be calm and gentle.

ART OF COMPLIMENTING YOUR HUSBAND

There is an art to complimenting your husband and others. As Dr. George W. Crane says, "Appreciative words are the most powerful force for good will on earth." This is another way of saying what Paul did when he told us to use words that build up in Ephesians 4:29. Here are a few suggestions for complimenting your husbands, children, and others.

First, let's look at the types of compliments you can make:

1. We like to be noticed for our individual distinctions. Don't praise another for looking like someone else, even his idol; we like to be individuals. The best compliments are those which reinforce our sense of personal identity. Look for something in another that no one else has seen and told them about.
2. There is the double or relayed compliment – one we hear about a person and pass it on to them. This makes the person feel twice blessed because we thought enough of them to pass it on.
3. The ingenuous compliment is the hardest to pay. This type, it is said, requires pure inspiration. On the spur of the moment we see something the other does which needs to be noted, and we say it.
4. The next type is termed "bonus compliment of recall." This type is when you remember the exact words a person says months, days, or years ago and recall it to them on an occasion.
5. Compliments offered in the kidding vein are as welcomed as the serious ones. In a group give a compliment to your husband; "Give him the bill, he can add like an adding

machine.”

6. Remember the sex of the person you are complimenting. Don't tell your husband he has beautiful eyes; he doesn't want beautiful eyes, he wants sharp eyes. Only women want beautiful eyes.
7. The indirect compliment is great. Instead of telling a person you are a good _____ ask their opinion of what ever it is you wish to compliment them on. “How do you grow roses?” “How do you bake your delicious bread?” “What do you consider the best way to handle this situation?”

Two rules for making compliments are:

1. Don't make them to the point of flattery. Then they are in vain, and the person actually resents it and feels used by you.
2. A compliment casually worked in, so that the threads of general conversation can easily be retrieved, makes less demands on the receipt, and leaves him with more glow than he would have gained from the spotlight. If we call too much attention to the person, he feels he has to explain or in turn compliment you or defend himself. We want to leave a glow with him, with no feelings of returning a compliment.

When you are given a compliment, DO NOT ASK A QUESTION OR EXPLAIN. Don't say, “Oh, this old dress, I have had it for years!” Instead say, “Thank you, I am pleased you like it as it is a favorite of mine.” Enjoy the compliment by expressing thanks and then you allow the other person the pleasure of giving you that present instead of questioning their reason.

GOING TO OTHERS WHEN THEY HAVE OFFENDED US

When you give compliments or complaints psychologist Albert Mehrabian says this is the formula you use: the total impact of a message equals 7 percent verbal, plus 38 percent vocal, plus 55 percent facial. The importance of the voice can be seen when you consider that even the words “I hate you” can be made to sound seductive.

This is telling us when we communicate with our husband, watch how you say your words, and how you look when you say them. Your body language at times speaks louder than your words.

Remember, Jesus tells us to go to the person who offends us and get it straight, and do it immediately. There are certain ways we can make this less offending than others. Some things

to remember are:

1. Go only to your husband, not others.
2. Don't object to any behavior or words in front of another. Make it private.
3. Don't compare the person's behavior with that of others.
4. Remember to settle your differences daily, *now*, don't wait.
5. Don't repeat a point once you've made it and the other person has carefully considered it. Don't go over and over a point.
6. Object only to actions that the other person can change. For instance, "Don't be angry with me" is too much to ask. "Don't shout at me" is one which can be done.
7. Try to make only one complaint at a time. More than one confuses the issue.
8. Don't preface your complaint, "Listen, there's something I've wanted to tell you for a long time. It may hurt you. Please don't feel offended, but..."; you will be telling them what you are about to say is awful and he probably won't be able to receive it in the same loving way you are offering it.
9. After making your complaint in good faith, don't apologize for it. You have a legitimate complaint, and you want him to deal with it, so no apologies.
10. Avoid sarcasm. Sarcasm's motivations are sometimes motivated by contempt and fear, and you want the other person to think you have come in love and not for bad motives.
11. Don't talk about other people's motivations when making an objection. Remember "I" is the only person you know and know why "I" do something. You don't know why another acts as he does until he tells you.
12. Remember we avoid words like "always" and "never".
13. If you never compliment the other person, don't expect him to remain open to your criticisms. Praise is love's way, don't forget. Criticize only on rare occasions. When you have to, sprinkle the criticism with kindness and gentleness because that is love's way.

HOW TO HANDLE HUSBAND'S CRITICISM OF YOU

You have offered criticism, now what do you do when your husband has criticism for you? Here are some guidelines for you to consider:

1. Be quiet while you are being criticized, and make it clear that you are listening.
2. Look directly at the person talking to you.
3. Under no condition find fault with the person who has just criticized you.
4. Don't create the impression that the other person is destroying your spirit. Don't go to pieces, handle it calmly and deal with it on an adult level.
5. Don't jest, this insults a person.
6. Don't caricature the complaint. If your husband says you acted thoughtless don't say, "I was vicious" and then defend yourself against a charge he didn't make. If you do this, you are in reality dismissing the charge he has made against you.
7. Don't change the subject. Deal with it and it alone.
8. Don't imply that your critic has some ulterior, hostile, motive. Don't ask, "Why?" when he explains the way he feels or corrects you.
9. Convey to the other person that you understand his objection. Paraphrasing is one good way of doing this. You are showing your husband you have listened to him, have gotten the message clearly, and now you will deal with it in a Christ-like way.

However, George Weinberg has this to say: "Don't let people carp at you on the pretext that they are giving you constructive criticism. You can distinguish carping from criticism by whether the person stays within the rules for making a reasonable objection. I think you have the right at any time to ask for a short suspension of criticism. Refusal to grant it, or inability to tolerate it, betrays the compulsive critic. The ideal path is narrow: you must be open to criticism, but not allow yourself to be tyrannized by it." Don't allow your husband or children to be chronic complainers. God does not tolerate complainers. In I Corinthians 10, Paul warns of how God punished Israel for complaining all the time. Paul said these things were written for our learning that we might not make the same mistakes the Israelites did. What we are striving toward in marriage is the open feeling of communication. Your husband and you can talk to each other at all times, both constructive and in criticism, because each of you knows it is done in love.

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 keys 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, 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 master of my emotions.
7. I will laugh at the world.
8. I will act now.

GUIDE ME, OH GOD!!!!!!!!!!!!!!!!!!!!!!

Romans 8:37: Nay, in all these things we are more than conquerors through Him that loved us. Our Jesus will give us the aid we need, along with the Father and Holy Spirit. If we but ask.

Philippians 4:19: And my God shall supply every need of yours according to His riches in glory in Christ Jesus.

Philippians 4:13: I can do all things in Him that strengthens me.

I Peter 5:7: Casting all your anxiety upon Him, because He careth for you.

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”

A. Homework.

1. Wife.
 - a. “God’s Way to a New Me” work sheet for class.
 - b. “Anger and Me” work sheet for class. *Work at home for personal growth.*
 - c. “Togetherness” work sheet to share with husband.
 - d. “Valuing Another” sheets .
2. Husband.
 - a. Letter from teacher.
 - b. “Togetherness” sheet to share with wife.
 - c. “Valuing Another” sheets.
3. Have you had your date?
4. Continue writing love letter to husband.
5. Memory Verse – Proverbs 28:13. He that covereth his sins shall not prosper, but whoso confesseth and forsaketh them shall have mercy.
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 lesson seven.
7. Things I dislike about my husband:
 - a.
 - b.
 - c.

d.

- 1) How do I react to them?
- 2) Are my reactions biblical? Do I need to read and practice Matthew 7:1-5?

Judge not, that you be not judged. For with what judgment you judge, you will be judged; and with the same measure you use, it will be measured back to you. And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye? Or how can you say to your brother, "Let me remove the speck out of your eye" and look, a plank is in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck out of your brother's eye.

- 3) How should I now react to these characteristics?

Love is the key to all problems. If we love, we have the desire to bless.

8. Bless your husband with something good by using the "By Special Invitation" sheets. Make it something he will enjoy very much.

GOD'S WAY TO A NEW ME

See Romans 12 for the answers to the following questions.

1. What does God expect me to do with my body? (v 1).

What was required of a sacrifice under Moses' law? (Leviticus 22:21).

How is such a sacrifice done reasonably? ("Reasonable" in Greek means intelligent thinking as contrasted with something done by compulsion.)
2. Why does the new creature of God have to learn a new way of thinking and doing? (v 2).
3. How does God want me to use the talents He has given me? (vv 3-8).
4. What should our every action be? (v 9).

5. How should I always treat my mate? (v 10).
6. How should my daily life be ordered? (v11).
7. What is my attitude of life? (v 12).
8. What good deeds do I do? (v 13).
9. How do I treat other people, especially my mate? (v 14).
10. How do I react to my mate's moods? (v 15).
11. How do I bend my mind? (v 16).
12. How do I handle hurt? (v 17).
13. What deeds must I do to have a peaceful home? (v 18).
14. How do I get my revenge? (v 19).
15. How do I treat my mate when I am angry with him? (v 20).
16. How do I handle any evil? (v 21).
17. What has this chapter taught me about daily living?
18. What changes do I need to make to measure up to Jesus' standard?

“Man's heart strains after unending eternal happiness. Thou hast created us, O Lord, for Thyself, and our heart is restless until it rests in Thee” (Augustine).

ANGER AND ME

1. How important is it to be at peace with all, especially your husband? See Matthew 5:23,24.
2. Using the prodigal son as an example, give the steps to be reconciled with another you have sinned against. See Luke 15:17-19.
 - a.
 - b.
 - c.
 - d. Forgive yourself!
3. What causes me to become angry?
 - a. The time of day?
 - b. The time of month?
 - c. Are my feelings hurt?
 - c. Others.
4. Am I always right and never wrong?
5. How does one learn to control her anger? See II Corinthians 10:5 for help.
6. How can one learn to consider her husband's point of view?
7. How can I help my husband deal with his anger?
8. Why are arguments destructive?
9. When my husband and I do not agree, how can we use this as a learning experience rather than making the disagreement turn into an argument?
10. What good can come from not agreeing with my husband?

11. Do I feel hurt and misunderstood when I do not get my way?
What is my usual reaction?
Is this biblical?
12. Is it ever right to yell at anyone in anger? See Ephesians 4:29-31.
13. Should we ever have disagreements in front of our children?
(Why do you feel this way?)
14. How would Proverbs 15:1,2 help me in having a difference of opinion with my husband?
15. How could Proverbs 25:15 be of help to me in my marriage?
16. Would Proverbs 31:26 be of benefit in aiding my husband and me to avoid unnecessary disagreements?
How?
17. Would Proverbs 21:23 be of help in our marriage?
How?
I have been crucified with Christ and I no longer live, but Christ lives in me (Galatians 2:20).
How can this verse help me to be a better marriage partner?
- “It is to a man’s honor to avoid strife, but every fool is quick to quarrel.” Proverbs 20:3.
What is our Father trying to teach us in this verse?

UNDENIABLES OF RELATIONSHIPS

The following thoughts can be helpful to people who are struggling with their relationships. I call these “undeniables” because they ring so totally true. People who are struggling with relationships suffer from a lot of confusion. Sometimes a few clear thoughts can be used to help anchor them as they move through the storms.

1. A relationship can change because of you.
2. You can feel good about yourself even in a bad relationship.
3. One helpful relationship can enable you to handle all the others.
4. You can fail in a relationship without failing as a person.
5. No relationship is ever equal. Some bring more and some less to a relationship. That is not critical! What is critical is that you bring your genuine self to the relationship. That is always enough.
6. You can overcome any hurt.

. . . thoughts by Landon Saunders

Philippians 4:13 – I can do all things through Christ who strengthens me.

TOGETHERNESS

1. Ten activities I would enjoy doing with you this year are:

a.

b.

c.

d.

e.

f.

g.

h.

i.

j.

How often do we need to enjoy “together” activities?

2. Some things I enjoy doing alone are:

a.

b.

c.

d.

How often do I think I need to participate in the “alone activities?”

This is how I would like for my mate to look upon my “alone activities.”

How can we work out our separate pleasures so we do not neglect our relationship or our children?

3. Talking is very important. Understanding what is said is even more so. To help avoid misunderstandings, practice these four steps:
- a. I ask my mate to share his/her feelings or thoughts with me.
 - b. I respond by rephrasing what I think he/she said.
 - c. He/she answers either “Yes” or “No.”
 - d. If he/she answers, “No”, I continue to rephrase what I think he/she said until I get a “Yes” response.

Do I think I can practice this way of understanding what my mate is trying to tell me?

Can I learn to listen more to what my mate is saying to me?

4. What types of vacations do I enjoy?

- a.
- b.
- c.

If these are different from my mate’s, how can we compromise so both will enjoy the vacation?

5. What activities can we do as a family? The more a family does together, the more they stay together because it gives them a sense of belonging, shared experiences to talk about and reflect upon, and a knowing of each other.
6. Making decisions: learn to talk over decisions together. A useful tool is a “pro-con chart.” It forces you to consider as many facts as possible. Write on a sheet of paper the following:

DECISION – state what is to be decided.

What will we gain? (pro points)

What will we lose? (con points)

- a.
- b.

- a.
- b.

Then make your final choice based upon the facts you have written.

Am I willing to make joint decisions with my mate?

Do I listen to my mate's opinions with an open mind and change my decision based upon these opinions?

7. I like it when you build me up by:
 - a. I like it when you give me . . .
 - b. I like it when you say to me . . .
 - c. I like it when you massage my . . .
 - d. I like it when we . . .
 - e. I like it when you help me by . . .
 - f. I like it when you build me up by . . .
 - g. I like it when you tell others I'm . . .
 - h. I like it when I come into the room that you . . .
8. It would help my well being:
 - a. If you would not do this:
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DO YOU ACT - OR REACT?

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As I thought about this incident later, it occurred to me that the important word was "act." My friend ACTS toward people – most of us REACT toward them.

He has a sense of inner balance which is lacking in most of us; he knows who he is,

what he stands for, and how he should behave. He refuses to return incivility for incivility because then he would no longer be in command of his conduct.

When we are enjoined in the Bible to return good for evil, it is a psychological prescription for the emotional health. Nobody is unhappier than that perpetual reactor. His center of emotional gravity is not within himself where it belongs, but in the world outside, the social climate around him and he is a mere creature at the mercy of these elements.

Praise gives him a feeling of well being which is false because it does not last and does not come from self-approval. Criticism depresses him more than it should, because it confirms the merest suspicion of unpopularity in any quarter rouses him to bitterness.

Serenity of spirit cannot be achieved until we become masters of our own ACTIONS and ATTITUDES. To let another determine whether we shall be rude or gracious, elated or depressed, is to relinquish control over our own personalities which is ultimately ALL we possess. The only true possession is SELF – POSSESSION.

. . . Sidney J. Harris

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,
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Is to love one's self and to love the other.

If your words or attitude disempower, 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.
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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.

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 - e. I like it when you help me by . . .
 - f. I like it when you build me up by . . .
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FROM THIS TO THAT IN YOU AND HIM!!!!!!

THIS
HER



HIM

ROUND
AND
ROUND THEY
GOOOOOOOOOOO

Contrary to what has been believed for decades, research indicates that the expression of rage, aggression, anger, rather than diminishing the effects of these emotions, actually increases them. In other words, the more you talk about being angry, the more angry you feel.

THAT



HIM

We've noticed that once a person changes his or her behavior and acts in new and productive ways, there are corresponding changes in perception and increased awareness about oneself. In other words, changes in perception follow changes in behavior.

BUTTERFLY EFFECT

THE TIME HAS COME FOR YOU TO...





**This Offer
Will Give
You The
Right To**

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 same as the metamorphose 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" in 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.

WHAT CAN A WOMAN DO?

What can a woman do? Here are twenty-six things:

Appreciate the work of those around you, especially your husband.

Be kind and gentle, especially to your husband.

Compliment others, especially your husband.

Dismiss suspicion and replace it with trust, especially with your husband.

Express gratitude, especially to your husband.

Find the time, especially for your husband.

Give a soft answer, especially to your husband.

Hear what others are saying by listening, especially to your husband.

Ignore slights and insults, especially from your husband.

Judge not, especially your husband.

Keep a promise, especially to your husband.

Laugh a little. Laugh a little more, especially with your husband.

Mend a quarrel, especially with your husband.

Neglect not the gift or the talent that is in you.

Open your heart to someone, especially your husband.

Practice the GOLDEN RULE, especially with your husband.

Quench gossip and rumors, especially to your husband.

Rejoice with those that rejoice, especially with your husband.

Speak your love. Speak it again. Speak it still once more to your husband.

Think first of someone else, especially your husband.

Use your knowledge by teaching others, especially your husband.

Value friendships, especially that of your husband.

Write a letter, especially to your husband.

EXamine your demands on others, especially your husband.

Yearn for wisdom and understanding, especially for your husband.

Zero in on being a worthy woman, especially for your husband.

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 will re-main 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 SIX ASSIGNMENTS

“THE TREASURE CHEST”

1. Workbook.
 - a. Class page.
 - 1) “Being in Subjection” question sheet. *Work and bring to class.*
 - 2) “Characteristics” sheet. *May work at a later time for your edification.*
 - b. Sharing with husband.
 - 1) “Role” sheet.
 - 2) “Goals” sheet.
 - 3) “Meanings” sheet.
2. Husband.
 - a. “Sharing” sheets: role, goals, meanings sheets.
 - b. Principle – praise husband’s person, especially in front of others.
 - c. Teacher’s letter.
 - d. Reminder – love letter and date.
3. Memory verse – Ephesians 5:22.

“Wives, submit yourselves unto your own husbands, as unto the Lord.”
4. Reminder.

Read Proverbs and Song of Solomon.

Prepare a class critique for the teacher.

5. Doing activity.

Write a week's talk session to use as a reference in talking with your husband. On a sheet of paper write each day and beside it list some topics (besides the home problems and children) with which you can engage him in conversation. You are trying to cultivate a wider range of communication with him and get away from the habit of just talking about the children, what needs repairing around the house, etc. Some "escape topics" at bedtime are relaxing for both of you, and give you information about your husband. Some examples are given below:

- a. How do you feel when . . . ? (No negative ones, please.)
- b. How do you feel when I touch you? (Name a specific spot if you wish and move around his body.)
- c. How do you feel when I surprise you with . . . ?
- d. Where would you be if you could be anywhere in the world? What would you be doing while there?
- e. What really makes you feel like a man?

What you are trying to do is draw your husband out, let him dream with you and get away from the pressures of the "now" world. When you have developed the technique and response from him grows, you might gently ask some negative questions, but go easy and ask only ones which will give you some information about how your husband feels. Example: "How do you feel when there is a difference of opinion at work?" "What do you do?" You will learn how he handles disagreements with others, and guess how he will with you? Remember, no negative talking in the bedroom, only pleasant conversation.

NOTE: Read Song of Solomon 5:9-16 and learn how to praise your husband. See how she describes him and tells him of her love.

TEN RULES FOR A HAPPY MARRIAGE

1. Never be angry at the same time.
2. Never yell at each other unless the house is on fire.
3. If you must criticize, do it lovingly (remember this isn't the norm).
4. Never bring up a mistake of the past.
5. Neglect the whole world rather than each other.
6. Never end the day without a compliment to your mate.
7. Never meet without an affectionate welcome.
8. Never go to bed angry.
9. When you've made a mistake, talk it out and ask forgiveness.
10. Remember it takes two to make an argument; the one who is wrong is the one who will be doing most of the talking.

LESSON SIX

“BEING IN SUBMISSION”

I thank my God upon every remembrance of you, always in every prayer of mine for you a king request with joy (Philippians 1:3,4).

1. Give your definition of what “submission” means.
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? (Titus 2:5; Ephesians 5:22,23; Colossians 3:18; I Peter 3:1-6).
3. Why is submission on the wife’s part necessary for the marriage relationship?
4. Does submission mean a wife can never disagree with her husband?
5. If a disagreement does arise, how can it be biblically handled?
6. Why is it important for the husband to have the final decision in a non-biblical matter?
7. If a wife does not agree with a husband’s final decision, what should she do?
8. What does Proverbs 31:11 tell us about the relationship of this husband and wife?
9. What message does God want us to receive from Proverbs 31:12?
10. How does a wife develop the attitude of submission?
11. How will submission bring about a happy, peaceful home?
12. What constitutes one’s being a “nag”?

13. What affect does a contentious wife have in a home? (“Contentious” means strife, quarreling, especially rivalry, wrangling.)
14. Why do nagging and contention bring unhappiness in the home?
15. How can a complaining nature be changed to a contented one? See Hebrews 4:16 and Philippians 4:6-13. (“Content” means sufficient in oneself)
16. How does being a submissive wife affect a woman’s self worth and feeling of contentment?
17. How does a submissive wife help her husband’s self-image?
18. If I obey Jesus’ commands what is His and the Father’s attitude toward me? (John 14:21, 23).
19. If I choose not to obey Jesus’ commands on being a submissive wife, what does Jesus tell me in John 14:24?
20. Would God give us a command to follow that would hurt us and make us be “not in His image?” (I John 5:3,4). (“Grievous” means weighty, heavy or causing a burden on him who fulfills them.)

Cecil Osborne’s *The Art of Understanding Your Mate*

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 the other, 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.” (Page 176)

Unknown Author: “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.”

TEN COMMANDMENTS FOR WIVES

1. Learn the real meaning of marriage.
2. Give up your dreams of a “perfect marriage” and work toward a “good marriage.”
3. Discover your husband’s personal, unique needs and try to meet them.
4. Abandon all dependency upon your parents and all criticism of his relatives.
5. Give praise and appreciation instead of seeking it.
6. Surrender possessiveness and jealousy.
7. Greet your husband with affection instead of complaints or demands.
8. Abandon all hope of changing your husband through criticism or attack.
9. Outgrow the “Princess Syndrome” (feeling “I am special”). A princess doesn’t give, she demands her way always.
10. Pray for patience.

Three fold axiom: We can change no other person by direct action. We can only change ourselves, and when we change, others tend to change in reaction to us. Cecil G. Osborne, *The Art of Understanding Your Mate*, page 116.

The technique of body listening is **SOFTEN**: **S**mile, **O**pen posture, **F**orward lean, **T**ouch, **E**ye contact, **N**od.

Love is an intense, positive interest in an object, and as that loved object becomes aware of all the attention, a feeling of exhilaration follows. Attention may be the key to the experience of love.

The greatest gift one person can give to another is attention !!!!!!!

CHARACTERISTICS

List the characteristics of Jesus you admire the most.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

There is a saying which goes something like this:

Treat a man like you would like for him to become, and he will rise to meet your expectations. Treat a man like he is and he will stay that way.

Jesus sees the potential in all of us. He loves us and gives us the freedom to “work out our own salvation” with the promise that He is working within us to His own pleasure to help us develop into His image using our talents. Your husband will also respond to this type of love. Treat him as you do Christ, and he will rise to the heights; treat him with little respect, and you will receive little.

HUSBAND’S CHARACTERISTICS

Which characteristics of Jesus does your husband have?

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

5.

6.

Which characteristics of Jesus would you like to see your husband nurture?

1.

2.

3.

4.

5.

6.

Give some phrases you could use to reinforce your husband's growth in these areas.

Examples:

1. I admire you for _____.

2. It makes me feel so important when you _____.

3. I would like to develop the ability to _____ as you have it.

4. You're doing _____ makes it easy to love you.

5. I feel respect for you when you are _____.

6. I have learned from you how to _____.

7. I remember what you told me about _____.

8. You are so good at _____.

9. I would never have tried to _____ if you had not encouraged me and told me I could do it.

10. I still think about your doing _____ for me and it gives me pleasure all over again.

ROLES

1. Who is to submit to whom in Ephesians 5:21?

What does this tell me about my relationship to my mate?

2. The command to the husband in Ephesians 5:23-25 is to be over the wife and love her as Christ loves His bride, the Church. What type of role is the husband to have in the marriage? What type of head is he to be?
3. The wife is commanded to be submissive to her husband as unto the Lord. What does this mean?
4. This is my definition of the phrase “ruler of the house”:
5. This is my definition of submission:
6. As Christ is the perfect example of a husband and He gave the example of a husband laying down his life for his bride, what does this say to me about a husband’s love for his wife?
7. If Christ is head of the husband, what kind of leadership should the husband give his wife and children?

Does Jesus ever require something of us that is unprofitable to our growth spiritually or to our well being and happiness?

What does this tell me about how one should guide the husband’s decisions?

8. A wife is to reverence her husband. This is what reverence means to me:

9. The husband is to love the wife as Christ and present her spotless to God as Christ will present His bride. What does this teach me about the husband's responsibility to his wife?
10. This is why I think God commanded the wife to be submissive to her husband before He commanded the husband to love her as Christ loves His bride:
11. Should the husband ever ask his wife to do something he knows would be very hard for her to do?

Here is why I think this:

12. Does a wife have the right to give reasons why she cannot comply with a request made by her husband?

Here is why I think this:

13. What should the wife do if her husband asks her to do something she knows is:
 - a. Against God's law?
 - b. Against her better judgment?
 - c. Will bring negative results?
 - d. Lower her self-esteem?
 - e. Against her conscience?
14. Ephesians 6:1-4 commands the father to be responsible for rearing the children in the Lord. What role does this give the mother?
15. This is my definition of a happy home:
16. How can differences of opinion be resolved where there is growth in the marriage instead of tearing it down?

17. How important is it for me to really listen to what my mate is saying?
18. Should the husband tell a wife how to run the home?

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19. How important is it for the husband to help the wife in the chores of running a home?

This is what I consider being of help about the house:

20. How important is it for the husband to help the wife with the children?

This is what I consider being of help with the children:

21. Why is it important for each mate to live in the role God gave each of them?

This is what I think the husband's role is:

This is what I think the wife's role is:

22. If the husband has absolute authority why did God tell Abraham to listen to what Sarah wanted and do it? This was in regards to Ishmael (Genesis 21:8-12).

Many marriage counselors suggest a "daily sharing time." Here are three questions to ask each other daily and share your answers. Ten minutes is all you need to do this, and it is so vital to your relationship. Make a commitment to do this each day and **DO IT!!!!!!**

- a. How are you feeling now about what has happened to you since our last sharing time?
- b. What plans do you have for the next twenty-four hours, and is anything troubling you?
- c. Are you aware of any issue in our relationship about which we need to talk together in depth; and if so, can we now schedule a time when we will do so?
Encounter Weekend, Dave and Claudia Arp, page 132.

GOALS

1. What is one goal we can work toward in our relationship? (Be specific and not general: not “a better marriage”, but something like “I think we need to learn how to talk with each other more”.)
 - a. What will my husband/wife be doing differently to show the goal is being reached?
 - b. What will I be doing differently to demonstrate I am working toward this common goal?
2. What makes our marriage work best?
3. What has caused us to have differences of opinion in the past?
4. To make our marriage better, I am willing to:
5. Areas I think we should work on together are:
 - a. I think we can make these area better if I:
 - b. I think my mate can help in these areas by:
6. In ten years this is where I see us:

7. When we have less responsibilities at home here are some things I would like for us to consider:

8. My ultimate goal in life is to:

MEANINGS

Explain what your meanings or desires are to these questions.

1. Your showing affection to me means you:

My idea of showing you affection is:

2. A suitable birthday gift from you to me would be:

3. A quiet evening at home would be:

4. A fun time away from home would be to:

5. Good discipline for children is:

6. Having my own way means I can:

7. When I am angry I do this:

When you are angry I notice that you:

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When you are stressed I notice you:

9. When I need your comfort I want you to:

10. Trusting you means I:

I could not trust you if you:

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SOME THOUGHTS FOR YOU ON SUBMISSION

I. Husband's Responsibilities.

- A. Love your wife as Christ does the church and present her spotless back to God (Ephesians 5:26-28).
- B. Train the children in the Lord (Ephesians 6:1-4).
- C. Be the chief bread earner (I Timothy 5:8).

II. Wife's Role (Genesis 3:16).

A. General role.

- 1. Submit to the husband in everything (Ephesians 5:24; Colossians 3:18; I Corinthians 14:34,35; I Timothy 2:9-15; I Peter 3:1,2).

“Submit” means to yield oneself, give in to, be subject to or rank under. It is a military term for higher rank over lower rank.

- 2. Love your husband and children, be self-controlled, pure; be a home-maker, be kind, be subject to your husband (Titus 2:4,5).

B. Reasons for being a self-controlled wife.

- 1. Because of creation (Genesis 2:18-24; I Corinthians 11:8-12). Woman is the glory of man as the moon reflects the sun's rays. Man represents God's authority on earth, and the woman renders conspicuous submission to this authority of man as his reflection.
- 2. Woman was deceived *thoroughly* (II Corinthians 11:3; I Timothy 2:11-15).

“Beguiled” is an intense form of a Greek verb showing how thoroughly Eve was taken in by Satan.

- 3. Woman is the weaker vessel (I Peter 3:7).

Alone Eve was defenseless against Satan. The first two reasons are clues to woman's nature: she is more inclined to emotional side of nature while man is a creature of more objective nature.

- C. Submission shows our reverence to Christ.
 - 1. Submission is a general command for a Christian (Ephesians 5:21).
 - 2. Woman's submission to Christ is the same as her submission to her husband. Neither can help her until she submits to them.
 - 3. Husbands can be won by the wives' submission (I Peter 3:1,2).
- D. Be a daughter of Sarah (I Peter 3:6).
 - 1. Sarah obeyed Abraham, and
 - 2. Called him Lord – a title of respect.
- E. Christ left an example of submission for the wife (I Peter 2:21-24,25; Philippians 2:5-8; Hebrews 5:7,8).
 - 1. Christ humbled Himself and became a servant (slave).
 - 2. All Jesus did, He did willingly for His Father.
 - 3. Jesus could take away sin because He was the perfect sacrifice, pleasing not Himself, but giving glory and honor to God in His sacrifice of self.

III. Two Extremes of Husbands.

- A. Indecisive husband.
 - 1. No nagging!
 - 2. "Back off" and allow him to grow in making decisions.
 - 3. II Kings 4:8-10. Include him in your plans.
 - 4. Publicly back his decisions.
 - 5. Have counsel meetings.
 - 6. Pray for him.

B. Overbearing husband.

1. Take the problem to the Lord (Hebrews 4:15,16; I Peter 5:7).
2. Go to him in love (Matthew 18:15-20).
3. Be cheerful and obedient to his reasonable requests.
4. Continue to pray (I Corinthians 13:4,7).

C. All efforts of righteous living bring fruit of the Spirit (Galatians 5:13-26).

IV. Submission's Picture.

A. Church to Christ.

1. Honors Him as Lord and wears His name.
2. Grateful for His sacrifice.
3. Expresses thankfulness in prayer, songs, life.
4. Serves Christ.
5. Remembers His life, His sacrifice, His plans for my life.
 - a. Obeys totally without question.
 - b. Worships Him in spirit and truth daily.
 - c. Set apart by Him for His glory (Ephesians 3:20,21).

B. Wife's to husband.

1. Shows respect, seeks to please.
2. Shows gratitude for his efforts and leadership.
3. Serves him, takes care of his physical, emotional, sexual, mental needs.
4. Gives the husband a feeling of security and significance (we all need these two things to function at our best). Your husband will lead well when he feels secure in your love and honor.

5. Honors him by being a good wife (Proverbs 12:4).
- V. Submission is not just doing what we agree with in our husband's leadership.
 - A. Jesus' example in garden of sorrow.
 - B. Husband has final say in **all** matters.
 - C. Submission is "no resistance."
 - D. Submission teaches children how to submit to God.
 - VI. Submission's Rewards.
 - A. Develops a close relationship with husband.
 - B. Husband relies on wife for his needs.
 - C. Husband feels secure in wife's love and develops himself.
 - D. Husband has no fear of wife.
 1. No fear of judgment.
 2. No fear wife will give him unwanted advice.
 - E. Way to cleaving (meaning to become one; glued together as one).

When we are submissive to our husbands, it lays the groundwork for building a wonderful, close relationship with them. When they feel secure in our relationship with them, they will look upon us with great confidence, then we will become to them not only their wife, but their best friends and companions. We women have such power in our hands; our husbands are really powerless to us. We can tear them down or build them up. Did you ever consider that a man has no where to go for relief of his feelings except to you and God? We have our girl friends, our mothers, etc. to confide our secret yearnings to, but our husbands have no one. A man lives in a stoic role of being the HE man, the man who can handle all things; if he acts otherwise, his fellow men will look down upon him. He cannot give vent to feelings, frustrations, or longings to any other human being except his wife, and he will not confide in her if he does not feel secure in that relationship. He has to feel very secure with her, feel her love for him is so great she will accept his weaknesses not as weaknesses, but just a part of his being. Men are very vulnerable creatures, and we must handle them with tender, loving care. Men do

not just open their feelings to women, even their wives, without help. This is an area most marriages do not cultivate, talking to each other, *really talking deeply*. Your interview was designed to help you get started in this area. As the wife, you will have to take the initiative, as a rule. Try to spend some time each day just talking with your husband.

There are two fears you must overcome in your husband before he will open his heart to you. The first is the fear of being judged or the fear we call criticism. We can take criticism from almost anyone better than we can from those we love and admire the most. This is because we love and admire them so much we cannot stand the thought of them thinking something is wrong with us; that we don't measure up to their standards for us. Anyway, we all judge ourselves very harshly and don't need to be told by those we cherish the most, "Yes, I agree with you about your short comings." Rather than face this, we hide ourselves and try to keep others from knowing what we know they really know. This is why we need to never criticize; if we do, we will close the door of openness to our husbands, and they will never open it again because it hurts too much. It takes twenty "good" words to overcome one "negative" word, and then is it really wiped away? Let's recall to our minds that God knows our every weakness, but loves us still; can we do less for the one we love so much? Galatians 6:2 tells us to carry each other's burdens and 6:5 says for each one to carry his own load. These seem to be contradictions, but don't they mean that we need to help each other in our loads, but ultimately each must make his own decisions, and do what is needed for self in the end? It was like Simon who was forced to carry Jesus' cross for Him, but when it came to dying on the cross, only Jesus could do that. We help one another the best we can, but each must make and carry out the final decision. This brings to mind the second barrier to a husband confiding in us. He is afraid that you will give him advice. One author (Paul Tournerr in *To Understand Each Other*) says, "One of the highest functions of a wife is to console her husband for all the blows he receives in life. Yet, in order to console, there is no need to say very much. It is enough to listen, to understand, to love" (page 23). Here it is in a nutshell. All our husbands want us to do is cradle his head, his hurts, his visions in our lap and **LISTEN, LISTEN, LISTEN**. Are you listening? Let him talk. All you do is be a sounding board. Ask questions like, "What is the way to go now; or what are your options; what do you think of the situation?", etc.

When he tells you something, never - and I mean NEVER - judge him. By this I mean don't say things like, "You shouldn't think or feel that way. Why on earth would you come to that conclusion?" as these will make him retreat back into his shell and never open to you again. A very good book you could read to help you develop this communication is entitled *The Secret of Staying in Love* by John Powell. In the back of the book he gives all kinds of ways to talk with you husband.

Marriage counselors have found the leanest years in a marriage are just after the first children are born. Each of you takes on a new role and is so absorbed you forget each other. This is the time the wife must be sure she does not neglect her husband. This is the time you must set aside time each day to talk with your husband – not just trivial things, but really talk with him about his needs, his feelings, his thoughts on different subjects. Let him know what

he thinks and feels is important to you. As you begin to develop this art, it will bring you closer and closer together. Look at Priscilla and Aquilla in the Bible. Twice she is mentioned first which shows she played a more important role in their work, but they were always mentioned as a team. She helped him at his trade; she helped him in spreading the gospel, in teaching others (as Apollos), and in using their home for worship services. They worked as one as God intended a couple to work.

As you strive to cultivate the relationship between you and your mate, you will also begin to develop this oneness and singleness of heart and mind. Then, when your children leave home, and your relationship is established, it will blossom even more. Counselors agree that communication is a great problem in marriage at all stages, so it is up to you as the wife to see that this does not happen. Your husband may act as if he isn't interested in conversation, but all human beings long to have someone they can really open their hearts to, tell everything to, and know they will still be respected and still loved because they have bared their soul to them. Remember, you are THE ONLY human your husband will ever do that with, and if you fail him, he is all alone in the world.

Sarah is held up by Peter through the Holy Spirit as being the ideal wife. Both Abraham and Isaac missed her so much after her death, that it was only after they had taken wives were they comforted in their grief.

LET US GO FORTH AND BECOME SARAHS !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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. Shulimuith 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. **Golden** 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

“DAUGHTERS OF SARAH”

Workbook.

- I. Class.
 - A. Pages on communication.
 - B. Pages on Sexual Healing from *Redbook*, May, 1993.
 - C. Submit . . . IN EVERYTHING.
 - D. Our Love
 - E. Letters to His bride – Jesus’ letter in Revelation 2,3.
 - F. As a Wife I Will (page 169).
 - G. Letter from Sue.
 - H. Thought questions
 - I. Outline.
- II. Husband.
 - A. Our love sharing sheets.
 - B. Give love letter.
 - C. Use knowledge of love **every day**.
 - D. Praise him **every day**.
- III. Pray.
 - A. Teacher and family – Mrs. F. W. Loden III, 310 Brewer Road, Batesville, MS 38606, phone – 662+563-0033.
 - B. You and your family.
 - C. Rest of the world.

IV. Remember the promises of God.

- A. Hebrews 13:5 – I will in no wise fail thee, neither will I in any wise forsake thee.
- B. I Peter 2:9 – Ye are an elect race, a royal priesthood, a holy nation, a people for God's own possession that ye may show forth the excellencies of Him who called you out of the darkness into His marvelous light.
- C. I Corinthians 10:13 – There has 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.
- D. Romans 8:37 – In all these things we are more than conquerors through Him that loved us.
- E. Philippians 4:4-8 – Rejoice in the Lord always: again, I will say, Rejoice. Let your forbearance be known unto all men. The Lord is at hand. In nothing be anxious: but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God which passeth all understanding shall guard your hearts and your thoughts in Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honorable, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Philippians 4:9 – THE THINGS WHICH YE BOTH LEARNED AND RECEIVED AND HEARD AND SAW IN ME, THESE THINGS DO; AND THE GOD OF PEACE SHALL BE WITH YOU.

Our Father made us to be victorious. Follow His guidelines, and you will not only be victorious, but you will experience the peace and joy that were the essence of Jesus' life, and you too will accomplish what the Lord intended for you with the talents He has given you. My love and prayers go with you.

BE CAREFUL

Be careful of your thoughts. For your thoughts become your words.

Be careful of your words. For your words become your actions.

Be careful of your actions. For your actions become your habits.

Be careful of your habits. For your habits become your character.

Be careful of your character. For your character become your destiny.

A truism: An optimist is the kind of person who believes that a housefly is looking for a way to get out.
... George Jean Nathan

LESSON SEVEN

Last week we closed our lesson on communication. However, let's explore this relationship a little deeper because *it is so important* to have good communication before our intimate relationship can be the best. One writer says communication is a means of knowing. In marriage it simply means the knowing of two people. The goal of communication is knowledge – not abstract, theoretical, impersonal knowledge, but personal knowledge; the knowledge of intimacy. Knowing each other in every sense of the word is at the heart of marriage. To be known, and still be loved, is one of the supreme goals of marriage. Communication involves a kind of nakedness. We bare our souls to our mates and become naked before them. When this communication is carried out in a proper way, it yields unspeakable pleasure; but when it fails, the result is two people going back into hiding. The more we are able to reveal ourselves to our life partners and still be loved, the more we are able to understand what a relationship to God is all about. Remember what God tells us: while we were yet sinners, He loved us, and He tells us we love Him because He first loved us. Likewise, the greatest consolation we can give our husbands is the knowledge that we know them better than any person alive, and we still love them and think they are the most wonderful men alive.

Here are a few suggestions on learning the art of communication given by R. C. Sproul in his book *Discovering the Intimate Marriage*. They are based on sound biblical principles; that is why they work.

1. The first essential ingredient is listening, not *just* listening, but *listening carefully*. Often times our husbands will say one thing, and we hear it in an entirely different way from what they meant. We must listen “between the lines” to what is being spoken. When our husbands object to something we do which is a little strange to us, perhaps they are really trying to tell us something quite different from what we are doing. Ask them for a reason such as, “Darling, I don’t understand why this displeases you. Is it perhaps something else you are trying to tell me?”. In our own talk be careful to avoid discourse that is so vague and indirect that they cannot get the point; it is better to tell them exactly what we mean. Watch their conversations, and if they keep bringing some issue to the forefront, talk it out with them, as there is usually something entirely different at stake, and notice the same with yourselves. Do certain things keep popping up? If so, ask yourselves what is really bothering you about your husband? Is it the issue, or action or something entirely different?
2. Another area of communication which couples often have trouble in is gift giving. Don’t project your own desires to your partner. Let your partners know what types of gifts you want. Don’t always demand your own way, however, as they must want to surprise you with their own likes at times. Don’t *ever* berate your husbands for a gift with, “No, we can’t afford this”, or “You shouldn’t have.” What they buy, they want

you to have, so enjoy it and be thankful for it as they may have given up lunches to save the money to buy it, and what are you telling them when you berate them? “I don’t like your tastes; money is more important than your feelings.” These ideas are gotten across to them. Even though we may not have meant to convey this message, this is the one they get.

3. Thirdly, do not ever deceive your husband. I repeat. Do not ever deceive your husband! This can truly hurt your relationship, and it will take a great deal to heal such a wound. Always be truthful, in a tactful way. This goes for every aspect - including sex. For instance, when we tell our husbands we have achieved an orgasm, and we haven’t, this is deceptive. One counselor said one client did this and it deflated her husband’s ego so, he could barely perform after that. Another woman helped her children deceive her husband as to the activities of the children. What will her husband think if he finds his wife has been aiding their children to go behind his back and do things he has told her not to do? Deception, then, is the third area of communication we want to avoid.
4. The fourth area of communication is one of the most vital to your marriage – that of communicating love; not just in words, but in deeds also. Researchers have found it essential for humans to have the touch of other humans to develop normally. Touch your husband and children. Touch them, touch them, touch them. Let them know you care for them. (When I get to feeling estranged from Loden, I realize we have been so busy we have not taken time to touch each other and caress each other.) Make it a habit every day to caress your family and at night, as you lie in bed, really touch and caress your husband before he goes to sleep, and let the last things he hears be, “Darling, I love you so much.” There are other ways of communicating your love to him. Do you have a dress he does not like? Has he told you so, and yet you continue to wear it? What are you saying? “Your likes don’t mean a thing to me!” Does he want you to wear make-up at all times? If you won’t, what are you saying to him? These little subtle ways are so important to your relationship! When you cook his favorite dish at least once a week, what are you saying? When you dress nicely when he comes home, what are you saying? When you keep the house neat, what are you saying? (ARE YOU GETTING THE MESSAGE???)

At one point in time I was saving aluminum cans for our son, and Loden teased me about my “latest mania.” One morning I was not feeling well, and he allowed me to sleep late. When I arose, I found a row of ten cans neatly stacked ever so cleverly. This is silly, but to me it was saying how much he cared for me. He had taken the time to pick up the cans, then arrange them in an amusing way just for my pleasure. This happened a second time, but then the cans were arranged differently in a semi-circle. This is true love – making the small, trivial things in life interesting and sending a message, “Hey, you are special to me!”

I like to give every bride a bud vase for a wedding present and tell them this is a way for

them to love their husbands. Our husbands like to be remembered also. I try to keep flowers in Loden's vase by his sink and write him a love note. He looks forward to this. This way of communicating cannot be stressed enough. It is what keeps the marriage from being in a rut, and the difference between a rut and a grave is only depth. If you read the Song of Solomon, you recall how the lovers would talk to each other about their bodies and how they liked to touch and look at each other. The husband and wife both would try new and varied love techniques and settings to keep their love alive and well. All these actions are based on God's instruction on love and keeping it growing for one another.

5. The fifth area of communication is knowing; knowing your husband in and out, and out and in. To do this requires concentrated and conscious study. R. C. Sproul says to make a "conscious effort" to gain insight into a human being is not simply a sober responsibility in marriage, but a *very special privilege*. If it is a labor of love, that love will only be intensified. The verse we studied in Ephesians 5:22 about submitting to your own husband has an interesting use of the word "own." The word is "idios" from which come our English words "idiosyncrasies" and even the word "idiot." (If we really want to make a play on this word, "your own idiot husband" be in subjection to his wishes.) Here God is telling us to know even the little bitty characteristics which make our husbands unique. We must know what their likes and dislikes are and bend and cater to these whims.

We want to stress again that clothes should please him, and your actions and deeds should please him. Do things that make you feel like a woman because he wants a woman for a wife, not a "mannish" woman. Remember the light of the world should be attractive and the salt of the earth tasty. Know what he likes then please him. We stress more that communication with him is in thoughts and ideas. Play games with him to learn more of his thinking. Silly, fun games you can make up, "If you were President, what would you do?" Fill that time before sleep with fun, dreaming things to take you from now to "make believe." No one else will do such with him. These little fun things give a relaxed feeling, and yet will reveal facts to you about your mate. Don't say, "My husband wouldn't do that." Don't make that decision for him, try him and gently coax him, and praise him, get him out of his "tough guy" shell and let him relax and let his hair down. (I never dreamed Loden would do some of the things I have tried, but have found when I start he will follow and begin to come up with ideas of his own.) They don't want to be made to look silly, so men don't try silly things in front of those who might belittle them. That is why you, as his wife, need to make him feel he is a real man, no matter what he is doing.

6. The sixth area of communication we need to study is the communication of sex. Remember our list of problems in marriage: the first and third were problems in communication and sex. Some marriage counselors say as many as fifty percent and higher of the marriages which fail do so over sexual problems. If there is a problem in

our sexual communication, it will reveal itself in many other areas of our relationship. The basic rule in God's law of intimacy is: when you marry, you no longer possess your body, but it is given to your mate to rule. Your feelings should come from him, and no one else. God created intimacy between mates, and everything God made He said was "good." It is good for man to have physical love with his mate. It is so necessary for the health of that body and soul, that the only reason a couple is not to engage in love is to engage in prayer, and that *cannot be* for a long period of time.

I Corinthians 7:5 – this area of marriage is one that communication is most lacking. We are reluctant to talk about our problems in sex to one another, but we should not be. The lovers in the Song of Solomon told each other what they wanted and liked and talked with one another during the sexual act. Song of Solomon 5:1 says, "Eat, O friends: drink, yea, drink abundantly, O beloved." Who else can see you and your husband in the privacy of your own bedroom except our Father in heaven? Here He gives His blessing upon the love-making of the royal couple and tells them to "drink abundantly." Proverbs 5 gives a description of a man and his wife. There is to be satisfaction with one another all the days of your life. Keep the flame of passion alive because it is what makes the marriage a marriage. You don't want to end up feeling you are living with your brother!

SEXUAL HEALING

Redbook, May, 1993

Sex is perhaps the best preventive and healing medicine there is. Preliminary studies reveal that sex can bolster the immune system, relieve problems. The best news yet: though some advantages of sex come and go, each time we make love, many are established only with long term love-making, so married couples reap the most rewards.

Making love regularly promotes a hormonal ebb and flow that maximizes a woman's health and longevity. Just having sex, no orgasm required, helps pump up the endocrine system, which manufactures hormones. Significantly higher levels of estrogen are made by these women over women who make love sporadically. Estrogen keeps the cardiovascular system and circulation running smoothly, lowers LDL (bad form of cholesterol) and raises HDL (good form of cholesterol) helps the skin stay smooth, and prevents depression. This female hormone also maintains bone density, critical for women in their mid-thirties when bones begin to weaken. Sexually active women in a stable relationship probably age more slowly.

Women exposed to male underarm odor showed a fifty percent higher rate of menstrual regularity than those given a placebo. Intercourse may not even be necessary, but cuddling is vital. Sex is required for production of dopamine, the primary hormone of desire. Making love keeps us hungry for more, or as renowned sex researchers Masters and Johnson say, "Use it or lose it."

Snuggling up to a lover may be as effective as aspirin. (How is that for knocking out, "Not tonight, I have a headache!") Why sex helps pain is not known, but research has shown that orgasm activates endorphins which produce a morphine like effect throughout the body. Orgasm is a natural analgesic. Climaxing raises the threshold of pain. Orgasm also helps arthritis. Postmenstrual women who have orgasm regularly may have less of a chance of contracting urinary tract or vaginal infections because the continuous lubrication of these areas help ward off problematic dryness. A lover is great medicine for PMS. Finally sex is a remarkable sedative. (The poor man's sleeping pill as one man called it.) It instantly soothes our body, and is helpful for insomnia or when you are too tense to nod off. Sex is the great relaxer.

Intercourse is a great stress releaser, and therefore revs up immunity. Sex is an antidote to the frustrations of civilized life. It lets our bodies regenerate and renew. Orgasm relaxes the entire body, leads to total body relaxation, and with regular intercourse you will feel progressively less stressed, and your immune system will function at full capacity. Just a simple touch may fight illness. Massage alone will raise your level of serotonin, a chemical that may trigger the release of natural disease killing cells. Our bodies don't just thrive on contact, they need it. One of the pleasures of sex is that it's usually accompanied by large doses of skin-to-skin

contact. Vigorous sex is like a mini workout. Over time, sex can increase cardiovascular stamina.

Sex can improve our looks too. As we make love, the skin's blood vessels dilate, producing a rosy flush that can last for hours. The benefits of sex go straight to your skin. Sex makes us more alert by stimulating our nervous system and heightens our senses. The sky never looks as blue, roses never smell as sweet, and food never tastes as good as when you are sexually satisfied. It is a constant natural high.

Sex is necessary for good mental health. People with active sex lives are less anxious, violent, hostile, and not as likely to blame others for misfortunes – RX for fewer conflicts. Continuous doses of sex may also make you more playful, assertive, self-reliant, and decisive. Over time, spouses learn to reveal their needs, which helps them become less inhibited, more spontaneous, and better able to make demands. When you are in a healthy sexual relationship, you feel good about yourself and those around you. Happy lovers make the best spouses, parents, and friends.

Sexually sated partners feel more fulfilled in general, and find more meaning in other areas of their life, such as family and career. Once we've learned how to be giving in bed, making connections outside the bedroom becomes important too. Not surprising, these feelings spread to your partner and into your relationship. A tender sex life helps bring out our best qualities. It nurtures both spouses, and leads to better communication and increased considerations for other's needs. Best of all, sex may stave off angry fights.

Why? Because lovemaking teaches partners to work together as a team. It can even be a peacemaker, gradually changing the emotional texture of an angry person. Another plus of sexual bonding: it makes for better family life. Parents who enjoy good sex, and let their children know it, have a more secure family . (One woman described her parents as free-spirited, progressive parents who were romantic, lusty, hot for each other.) The satisfaction a couple feels spills over to their children, helping them to have healthy attitudes about their bodies. Sexual health is passed on from one generation to the next. Sex is definitely more than what you do in bed. You bring the positive feelings you share with your partner into all aspects of your world. Sexual energy is life energy.

Remember Song of Solomon 5:1 – **EAT**, O friends. Drink, yea, **DRINK DEEPLY** O beloved. God's admonition!!!!!!!!!!!!!!!!!!!!!!

SUBMIT...IN EVERYTHING

- I. Be Very Careful – Ephesians 5:15-17.
 - A. Lord's will regarding submission – I Peter 3:7.
 - 1. Two elements – I Peter 3:1-6.
 - 2. Behavior is important.
 - 3. Freedom.
- II. Thankfulness.
 - A. Jewish attitude toward women – Deuteronomy 24:1 ff.
 - B. Greek's attitude toward marriage.
 - C. Romans attitude toward family life.
 - D. Paul's teaching – Ephesians 5:22,23.
- III. Submit in Spirit – I Peter 3:3-6.
 - A. Holy women of the past.
 - 1. "Unfading beauty" – I Timothy 2:9-12.
 - 2. Sarah.
 - a. Sarah's spirit.
 - 1) Greek term – *prautes*.
 - 2) Toward God – I Thessalonians 5:18; Genesis 12:1; Luke 14:26; 12:53.
 - 3) Toward husband – Galatians 6:1.

- b. Sarah did right – verse 6.
 - 1) Obedied – Acts 12:13,14; Genesis 21:10.
 - 2) Respectful – Ephesians 5:33.
- c. Sarah was not fearful.

Love overcomes – Romans 12:9-21; I John 4:18; I Peter 3:13-16.
- d. Sarah had a quiet spirit – Numbers 12; Luke 6:43-45.
 - 1) Loud – Proverbs 9:13ff.
 - 2) Self-control – Proverbs 17:27.
- 3. Fading beauty.
 - a. Feminine.
 - b. Moderation – Isaiah 3:21.

IV. Submit in body. Sexual act created by God.

- A. Why incompatibility?
 - 1. Unresolved guilt.
 - 2. Relationships.
 - 3. Ignorance of scriptural stance – I Corinthians 7:1-9.
- B. Enjoyable – Proverbs 30:18; 5:15-20; Song of Solomon.
- C. Marital duty – I Corinthians 7:1-9.
- D. Problem / Solution.
 - 1. Not enjoyable.
 - 2. Enjoyable.
 - a. Proper teaching.

- b. Apply Ephesians 4:26.
- c. Pray – Philippians 4:19.
- d. **Act your way into feeling!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

V. Teach another.

VI. One last thought:

“Act the way you’d like to be, and soon you’ll be the way you act.”

. . . Dr. George W. Crane

OUR LOVE

1. What are some of the things I like best about our love-making?
2. Some things I would like to try differently in our sex are:
 - a.
 - b.
3. How many times a week do I need to have sex with you in order to feel satisfied?
4. I would like for you to caress by:
5. I would like for us to make love at these different places for some adventurous times:
6. I would like for us to read love poems to each other. Yes _____ No _____
7. I need your love because:
8. Some of the areas of my body that I particularly like you to caress are: (these are the times we touch one another just to show affection and not love-making times).
9. Do you remember this special in our love making? Here is how I remember this special time and place, and what made it special to me.

Song of Solomon 8:5-14. This is a dialogue between lovers. What they teach us is that

true love has two characteristics. It is intense, and it is unconditional. How to develop such love? Song of Solomon 9 reveals the lovers both assumed responsibility for their own behavior and did not focus on their mate's errors. They both freely gave, in the midst of their struggles, a blessing for an insult (I Peter 3:9). Love like this is only fashioned in the anvil of adversity. This type of love is forged in freely choosing to love your mate unconditionally when you are hurt, or you are having problems in your relationship. The lovers' marriage grew to this type of love as they applied God's principles to their problems. Your marriage can grow also. (*Solomon on Sex*, page 157, J. C. Dillow.) You two can also achieve this type of love, if you are willing to put self aside and love your mate more than yourself. It is well worth the effort!

"A Do-It-Yourself Encounter Weekend" by Dave and Claudia Arp has this suggestion you might enjoy trying. Each grant the other three wishes in your love-making – like a fairy god mother. Be in a mood for adventure. Each of you write your three wishes on a slip of paper, and then fun time begins as you take suggestion number one. Who goes first?

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Letters to the seven churches in Revelation and what we can learn from Jesus talking to His bride.

Ephesus.

1. My husband does notice my deeds even though I may think he doesn't; he sees my labor around the house (2:2).
2. My husband knows my stand on moral and religious subjects (2:2,6).
3. My husband knows I will endure anything for him; I am proud to wear his name (2:3).
4. I must always keep the glow of love alive; the fresh love of a bride coupled with the mature love of years together (2:4).
5. God expects me to always love my husband or I will answer to Him (2:5).
6. If I love my husband as I should, and he loves me as he should, paradise on earth may be had by us (2:7).
7. My husband will reward me for my love and faithfulness to him.

Smyrna.

1. As long as my husband loves me, I am rich, rich, no matter what my bank account (2:9).
2. My husband loves me and will stand by me no matter what we encounter in life (2:9,10).
3. My husband will wear me as his crown if I am a faithful wife to him (2:10).
4. Even death does not overpower us; we know we will be united again in heaven because we have lived faithful to God (2:11).

Pergamum.

1. I am an angel to my husband because an angel is a servant and looks to the desires of the ONE he is under (2:12).

2. Even in bad times, tempting times, I will stand firm in my love and be a help to my husband so we can overcome all and follow God (2:13).
3. I must always help my husband put God first and follow only God's pathway (2:14-16).
4. My husband's love will grow for me and my life will be richly rewarded because I serve him and his needs as a true angel would (2:17).

Thyatira.

1. My husband knows and experiences my growing love for him; more every day I live (2:19).
2. I will never allow myself to even look at another man (2:20-23).
3. My husband will protect me from bad things in life, if I allow him, and he will give me many rewards for my loving works to him (2:23,24).
4. My husband will help me be the queen of our home and wear all the royalty due a queen (2:26,27).

Sardis.

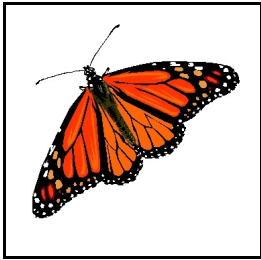
1. I can be a good housekeeper and be a dead homemaker (3:1,2).
2. No matter how hopeless a situation seems, there may be life if I follow God's way, a new relationship can develop if both are willing to work (2:3).
3. If I am the faithful wife I should be, my husband will walk in joy with me and shout my wonderful name to the world (3:2-5).

Philadelphia.

1. My husband is my king and I feel his marvelous power over me (3:7).
2. My king will protect me from many things "bad" in life. He will set me as his queen (3:8-10).
3. Our desire for heaven will give us a reason for living for God no matter what (3:11-13).

Laodicea.

1. I must keep a warm, loving, intimate relationship with my husband (3:14).
2. Nothing in the way of material goods can compare to our personal love for each other (3:17).
3. God will be pleased with nothing less than a loving, total commitment to my husband and his needs. Grave punishment awaits me if I don't deliver these to him (3:16).
4. I must realize my husband may find it necessary to lovingly discipline me, and I will accept it in love, not hurt and anger (3:19).
5. My husband will share all great things with me as the king does his beloved queen (3:21).



AS A WIFE, 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 husband happy by being the wife God meant me to be. Genesis 2:18
- I WILL** create a home of comfort filled with love and respect for my husband and children. Proverbs 31:12
- I WILL** not let outside influences confuse me about God's place for me as a wife, mother, woman. Proverbs 31
- I WILL** treat my husband with dignity, to offer him the same courtesies I would a friend and never raise my voice in anger to him. 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 husband's. Ephesians 5:24
- I WILL** not put our children or home duties before my husband in thought or deed. Ephesians 5:22, 33
- I WILL** keep myself physically attractive, mentally developing, socially growing, and spiritually alive and maturing for my husband. Proverbs 31:17, 26, 27
- I WILL** not allow our physical union to become dull and routine, but will keep him fulfilled and interested. Song of Solomon
- I WILL** talk to my husband every day about many things that are interesting and not just about the house and children. I Corinthians 14:35; Ecclesiastes 10:12
- I WILL** make him feel important and necessary to me around the house by making him feel masculine. Song of Solomon 1:10
- I WILL** take care of his health, but not badger him. Genesis 2:24
- I WILL** cater to his likes and dislikes in everything and keep his belongings neat and in order. I Corinthians 14:33
- I WILL** do extra special things for him to show him I care. Proverbs 31:22
- I WILL** be proud to be his wife, the mother of his children, and a woman. Song of Solomon 5:9-16

Signed

Date

July 2, 1993

My dear Catherine,

Over a month has passed since your wedding day, and I know that you are so happy to have a wonderful man for your husband. From your talking of him and from your Dad's comments, you have a fine treasure in Jim and one that is not so common in this age of living. Love and respect him deeply, and you will find that your marriage will grow into a strong bond of companionship that will endure the trials of life. There is nothing more wonderful than sharing life with a good-natured, warm hearted mate and you seem to have that in Jim. Men are not as complicated in their makeup as women, so they must at times find us females a baffling phenomena, particularly when we lose control of our temper and shout and rage. That is startling in anyone, but particularly in women, as we like to see ourselves as softer, gentler beings. I suppose more harm, pain, and damage is done with a lashing tongue than anything else we can do, and cruel words are seldom forgotten. So this is my little instruction epistle on marriage and I hope that you might find it useful.

You are dearly loved by Jim and that is a rare gift in this life; love is a flame that can be snuffed out if it is not nurtured with respect, kindness, consideration, patience, forgiveness and a deep caring for one another, ~~and~~ ^{this once again} all of ~~that~~ goes back to the tongue - it can either speak words of love, joy, & comfort, or it can be cruel, hateful, and spiteful. ~~About the worst thing to see in a woman is~~ We females have to guard against becoming a shrew and a nag, as that leads to bitterness and ^{negativism} ~~spitefulness~~ which no one ^{desires} ~~wishes~~ to be around. Joy and ^{contentment} ~~satisfaction~~ in daily living with

Here is a quote from Henry van Dyke: "Be glad of life, because it gives you the chance to love and to work and to play and to look up at the stars." That seems like an excellent motto. Enclosed is a quote from the small book "Life's Little Instruction" that is given in regards to guarding one's temper and tongue - I have posted it on the refrigerator door to ~~remind~~ remind me to stop and think before saying words ^{which} ~~then~~ can be swords that pierce the heart and mind of husband, parent, friend, or anyone.

My dear Catherine, I hope I do not sound like a preacher, because that is not my desire; I just ~~had~~ have made observations of couples through the years of our marriage and have seen the unhappiness ^{which} ~~develops~~ develops in ~~other~~ marriages due in a large part to the woman's temper and lack of control of the tongue. Women seem to be the primary mate who resorts to this, leaving the man in a quandry, and after years of this constant bombardment, a divorce is the result. Life can be bleak living alone, so I care ~~and~~ for you and want to encourage you in your development as a wife to grow stronger in your maturity as an individual and enrich your life with Tim.

May God bless you and guide you in His ways and give you and Tim many years of loving one another. My love is with you + Tim and I look forward to meeting him.

Lorey
Doe

MAY YOU HAVE

enough happiness to keep you sweet
enough trials to keep you strong
enough sorrow to keep you human
enough hope to keep you happy
enough failures to keep you humble
enough friends to keep you comfortable
enough faith to banish depression
enough wealth to meet your needs
enough determination to make each day a better day than yesterday.

Thou hast put gladness in my heart.
Psalm 4:7

THOUGHT QUESTIONS

1. Have I continued to practice the principles learned in the lessons?
2. Which principles have helped me the most?
3. Which principles have been hardest for me to practice?
4. When I act in an unloving way, has my conscience reminded me of the way I should act?
5. Have I actively used the motto: “Act your way into feeling!”?
6. Have I noticed any change in my husband? Do I thank him as I should?
7. Have I noticed any changes in our children? Do I encourage them to do better?
8. Do I feel closer to my husband now than I did six months ago?
9. Do I see a growth in maturity in myself in the last six months?
10. What changes do I still need to make to be what I want to be?
11. Do I think life with my husband is better because I took the course or would it have been better any way?
12. Now that I have had time to practice principles of loving, can I recommend any areas which need stressing more in my life?

13. How often do I review my notes?
14. Does it give me a new spark of encouragement to review them?
15. Do I think a being a “loving wife” is an ingrained habit of life now?
16. How do I feel about myself as a wife now? Has God’s instruction helped me have a better attitude toward myself?
17. Am I reading new books to help me improve myself and our marriage?
18. List books given as helpful by others.
19. Am I able to use the principles of love learned on people outside my family?
20. What is one bad habit I have learned to overcome since I took the class?
21. Do I encourage my fellow classmates to use the new knowledge we have acquired?
22. Do I continue to encourage my husband in a positive, loving way?
23. Have I learned to put my husband’s needs and desires before my own?
24. Am I learning to take care of myself and pace myself so I am not overly tired and fussy?
25. How have I helped another person learn God’s way?
26. Do I try to leave each person I meet with a feeling of love after they have been with me?
27. What new goals have I set for myself to attain in the next six months?
28. How will I go about arriving at these new goals?
29. How much time have I spent in prayer with our Father?
30. Have I learned to put my cares in His hands with the faith He will take care of them?
31. Do I study God’s word each and every day and store it in my heart?
32. Am I instilling God’s word in the heart of our children?
33. Do I practice the “law of kindness” with my words?

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 most powerful words – “I am proud of you.”

HELLO
This is GOD
Today I will be handling all your problems
I will not
Need your help
SO
Have a good day!!!!!!

Dear Lord, so far today I have been a pretty good person. I have not lied, cheated, said angry words or even ugly words. I have felt right proud of myself, but dear Lord, I am about to get out of bed, and I will need all the help I can get from you today. Thank you.

Things do not change: we do. – Henry David Thoreau

Politeness is to the mind what beauty is to the face; it is the reflection of a kind heart.

When I am angry at myself, I criticize others. – Ed Howe

In life pain is inevitable, but misery is optional.

Life is 10 percent what you make of it and 90 percent how you take it.

The person who has learned to take things as they come, and to let go as they depart, has mastered one of the arts of cheerful and contented living.

Make an effort everyday to feel good about who you are and what you can be.

Let us wipe out the past, trust in the future, and rejoice in the glorious NOW.

Success in marriage is much more than finding the right person; it is a matter of being the right person.

There is no such thing as a problem that doesn't have a gift in it.

These are a few thoughts for you to ponder. I hope that each day you live you will allow our Father to work in you to create out of you the rarest of RUBIES, and He will truly have great pleasure in seeing you live your life each day to His glory and honor and to bring His love to each and every person you meet especially those with whom you live so closely, your family, and that you and your husband will grow closer and closer to one another and share your own little "Eden" in your home.

Patti and Dillon Bayers were first place winners in a contest by *Good Housekeeping* magazine on how to have a happy marriage. They live in Talledega, Alabama. The contest was to define a successful marriage in fifty words or less. Their entry won first place among tens of thousands of entries. Here is what they wrote:

We GAVE . . . when we wanted to RECEIVE.
We SERVED . . . when we wanted to FEAST.
We SHARED . . . when we wanted to KEEP.
We LISTENED . . . when we wanted to TALK.
We SUBMITTED . . . when we wanted to REIGN.
We FORGAVE . . . when we wanted to REMEMBER.
We STAYED . . . when we wanted to LEAVE.

If you treat a man the way you want him to be, he will become that man.
If you treat a man the way he is, he will remain as he is.

Song of Solomon 8:6,7.

Set me as a seal upon thy heart, as a seal upon thine arm: for love is strong as death; jealousy is cruel as Sheol; the flashes thereof are flashes of fire, a very flame of Jehovah. Many waters cannot quench love, neither can floods drown it; if a man would give all the substance of his house for love, he would utterly be condemned.

“ONE ANOTHER” VERSES OF ROMANS

- 12:5 So we, who are many, are one body in Christ, and severally members one of another.
- 13:8 Owe no man anything, save to love one another: for he that loveth his neighbor hath fulfilled the law.
- 14:13 Let us not therefore judge one another any more, but judge ye this rather, that no man put a stumblingblock in his brother's way, or an occasion of falling.
- 14:19 So then let us follow after things which make for peace and things whereby we may edify one another.
- 15:5 Now the God of patience and of comfort grant you to be of the same mind one with another according to Christ Jesus.
- 15:14 And I myself also am persuaded of you, my brethren, that ye yourselves are full of goodness filled with all knowledge, able also to admonish one another.
- 6:16 Salute one another with a holy kiss.

These are good commands to follow to have a happy, successful marriage. Let them become *YOU*. I leave you in body, but not in spirit and love, for you will always be a part of me and in my heart and prayers. God go with you.

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 displeasing 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.

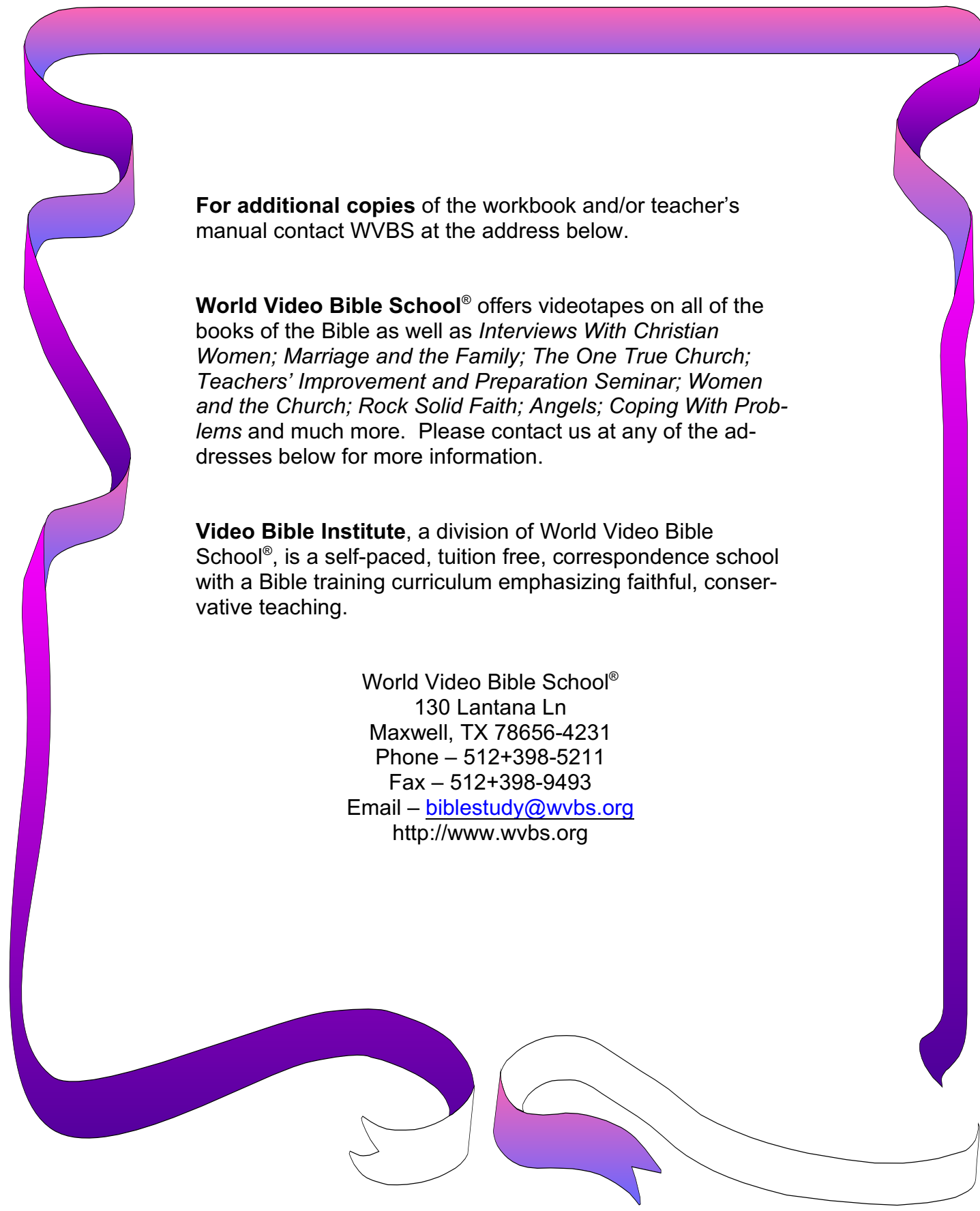
D. If not in mood - ACT YOUR WAY INTO FEELING!!!!!!!!!!!!!!

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 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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World Video Bible School®
130 Lantana Ln
Maxwell, TX 78656-4231
Phone – 512+398-5211
Fax – 512+398-9493
Email – biblestudy@wvbs.org
<http://www.wvbs.org>