

Marriage by Design Part 1

The Priority of Marriage

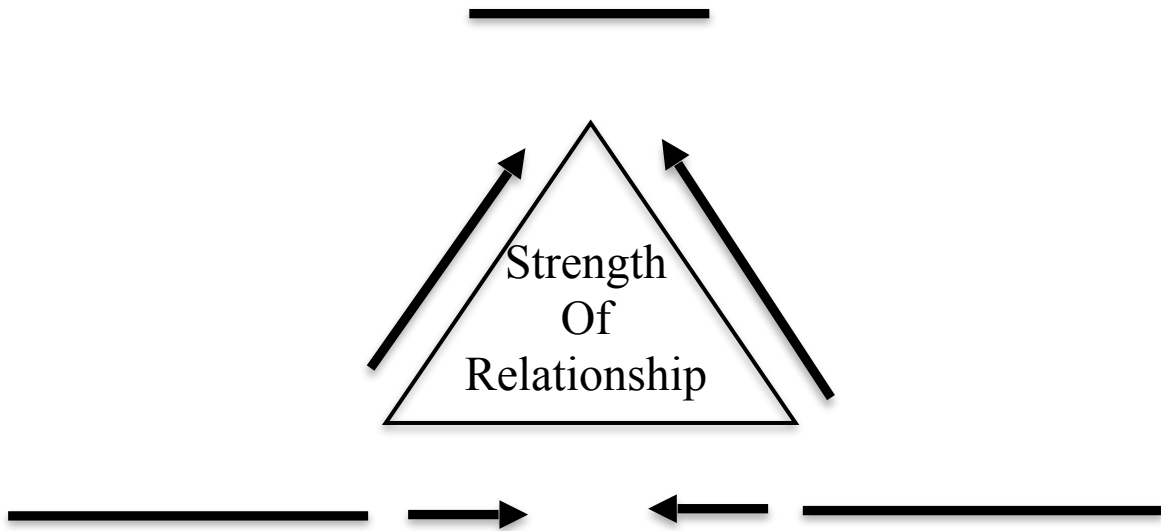
Introduction

Psalm 119:92 If your law had not been my delight, I would have perished in my afflictions.

There are 2 types of pains. There is the pain of _____ and there is the pain of _____.

I. The _____ of Marriage

Direction, not intention, determines _____.



II. The _____ Forces to Marriage

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

III. The _____ of God for Marriage

Don't follow a bad shot with a bad _____.

Genesis 2:18-25 Then the LORD God said, "It is not good for the man to be alone; I will make him a helper suitable for him." 19 Out of the ground the LORD God formed every beast of the field and every bird of the sky, and brought them to the man to see what he would call them; and whatever the man called a living creature, that was its name. 20 The man gave names to all the cattle, and to the birds of the sky, and to every beast of the field, but for Adam there was not found a helper suitable for him. 21 So the LORD God caused a deep sleep to fall upon the man, and he slept; then He took one of his ribs and closed up the flesh at that place. 22 The LORD God fashioned into a woman the rib, which He had taken from the man, and brought her to the man. 23 The man said, "This is now bone of my bones, And flesh of my flesh; She shall be called Woman, Because she was taken out of Man." 24 For this reason a man shall leave his father and his mother, and be joined (cleave) to his wife; and they shall become one flesh. 25 And the man and his wife were both naked and were not ashamed.

1. _____

2. _____

3. _____

4. _____

5. _____

Success

Survival

Failure

1

Marriage by Design Part 2 The Root of Enduring Marriage

I. Biblical _____ Defined

1. Eros: We get the term “Erotic”

There are at least two problems with Eros being the foundation of our marriage

Problem 1: No Marriage is _____

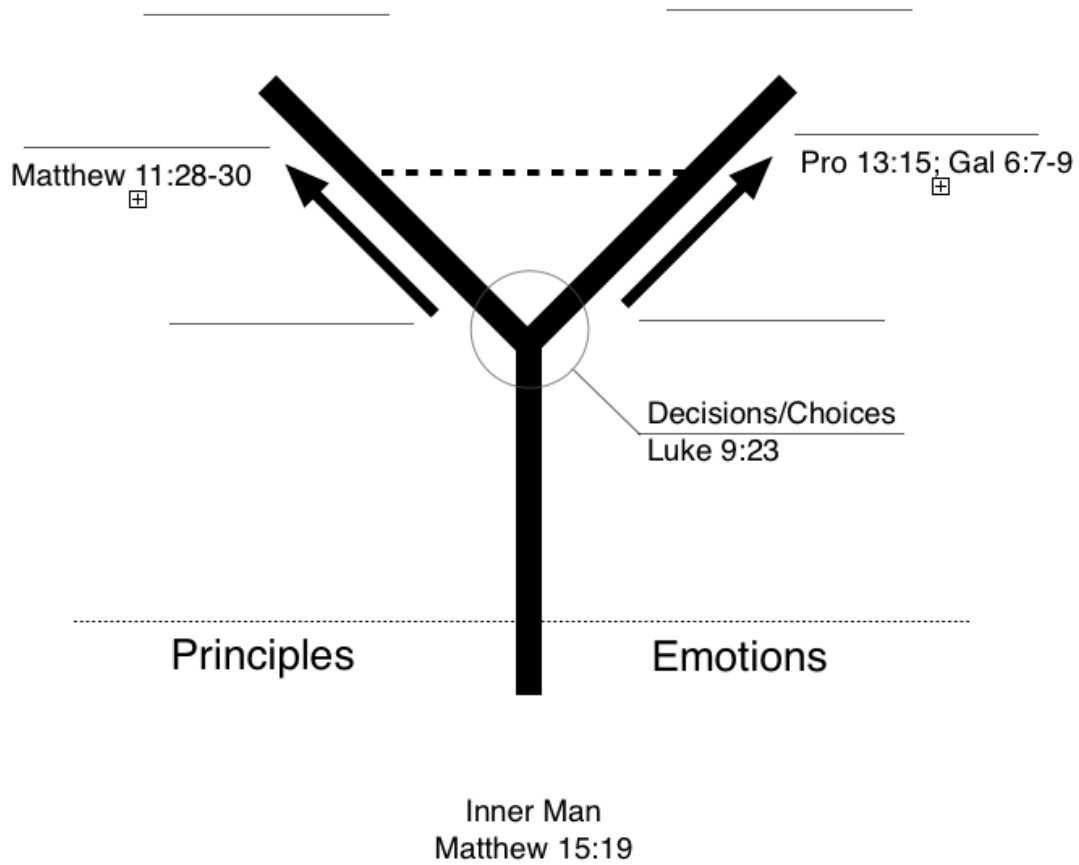
Problem #2: We _____

2. Storge: is a love based on _____.
3. Phileo: We get the term Philadelphia, also called, “The City of Brotherly love.”
It’s a love based on common interests, affections, attractions, or common goals.
4. Agape: This is _____ love.

II. The Damaging Affects of the Heart’s _____

Matthew 15:17-20

- 17 “Do you not understand that everything that goes into the mouth passes into the stomach, and is eliminated?”
- 18 “But the things that proceed out of the mouth come from the heart, and those defile the man.
- 19 “For out of the heart come evil thoughts, murders, adulteries, fornications, thefts, false witness, slanders.
- 20 “These are the things which defile the man; but to eat with unwashed hands does not defile the man.”

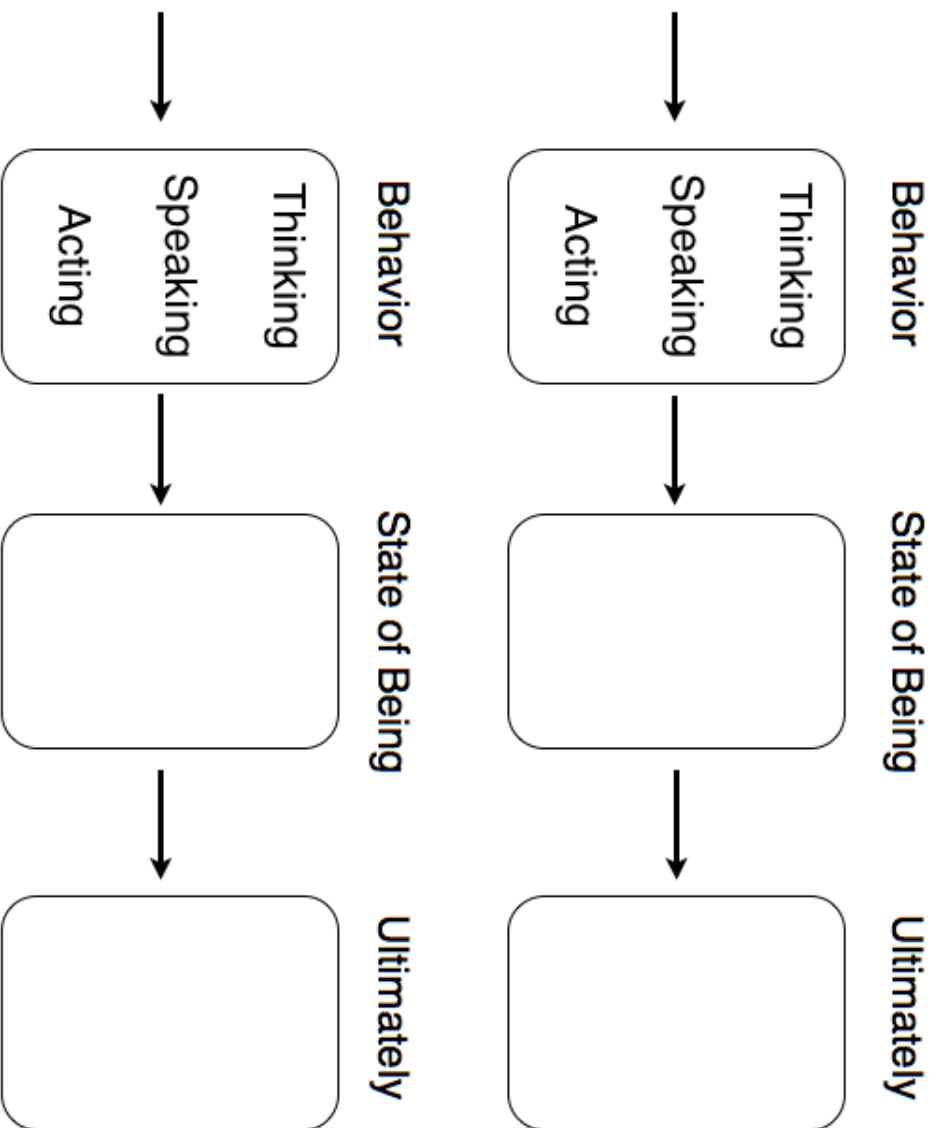


Ezekiel 14:3 Son of man, these men have set up their idols in their hearts and have put right before their faces the stumbling block of their iniquity.

Jeremiah 17:9 "The heart is more deceitful than all else and is desperately sick; who can understand it?"

James 4:1-10

- 1 What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members?
- 2 You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask.
- 3 You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures.
- 4 You adulteresses, do you not know that friendship with the world is hostility toward God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.
- 5 Or do you think that the Scripture speaks to no purpose: "He jealously desires the Spirit which He has made to dwell in us"?
- 6 But He gives a greater grace. Therefore it says, "GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE."
- 7 Submit therefore to God. Resist the devil and he will flee from you.
- 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.
- 9 Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom.
- 10 Humble yourselves in the presence of the Lord, and He will exalt you.



	In what occurred, you were innocent	In what occurred, you were guilty
You Responded Well	<p>Category #1: The innocent past when you responded well.</p> <p>Authentic Suffering</p> <ul style="list-style-type: none"> * Honestly acknowledge what is happening around you, to you, and in you. (Psalm 73) * Cry out to God as you suffer (Psalm 61) * Seek comfort in God, His Word, and His people (2 Corinthians 1:3-11) <p>* Face it honestly (Psalm 73:2 - <i>But as for me, my feet came close to stumbling, my steps had almost slipped</i>)</p> <p>* Face it biblically (Psalm 73:17 - <i>Until I came into the sanctuary of God</i>)</p> <p>* Face it hopefully (2 Corinthians 1:3 <i>the Father of mercies and God of all comfort</i>)</p> <p>* Face it missionally (2 Corinthians 1:4 <i>So that we will be able to comfort those who are in any affliction</i>)</p> <p><i>Joseph, Daniel, Jesus, Paul (thorn in flesh)</i></p>	<p>Category #3: The guilty past when you responded well.</p> <p>Joyful Remembrance</p> <ul style="list-style-type: none"> * Believe God's promise to forgive. * Avoid the tendency to wallow in past sins. * Rejoice in your union with Christ's resurrection. <p>When you do not feel forgiven, you must choose to believe God's promise (1 Jn 1:9). Wallowing in your failures and sins of the past are usually because:</p> <ul style="list-style-type: none"> * A lack of genuine repentance (2 Corinthians 7:9-10) * A fear of man (Proverbs 29:25) * An unwillingness to forsake the sin (Proverbs 28:13) * You've lost your awe of God's forgiving grace (Jeremiah 33:8-9) <p>Paul (conversion), Zaccheus</p>
You Responded Poorly	<p>Category #2: The innocent past when you responded poorly.</p> <p>Humble Analysis</p> <ul style="list-style-type: none"> * Did you return evil for evil? (Romans 12:14-21) * Did you develop bitterness toward God (Ruth 1:20-21) or others? (Ephesians 4) * Did you develop an unbiblical view of people? (Matthew 22:37-40; Galatians 6:10) * Did you develop an unbiblical view of self? (Romans 12:3) * Did you confront the abuser if appropriate? (Matthew 18:15) * Have you practiced biblical forgiveness? (Ephesians 4:32) <p>Naomi</p>	<p>Category #4: The guilty past when you responded poorly</p> <p>Honest Self-Confrontation</p> <ul style="list-style-type: none"> * Confess your sin right away * Make restitution if necessary * Bask in the joy of God's forgiveness <p>* Realize that everyone has sin in their past. (1 John 1:8.10 - <i>if we say that we have no sin, we are deceiving ourselves</i>)</p> <p>* Understand that the key question is, "How did you respond after the event?" (2 Samuel 11:3-4)</p> <p>* Beware of significant consequences for not dealing with sin quickly (Numbers 32:23; Proverbs 13:15)</p> <p>* Rejoice with hope (Psalms 32:1-7)</p> <p>The other thief on the cross</p>

Marriage by Design Part 3 God's Design for Husbands

1 Corinthians 13:11 When I was a child, I used to speak like a child, think like a child, reason like a child; when I became a man, I did away with childish things.

Voddie Baucham “We may not do this perfectly but our prayer should be, Better today than yesterday, better tomorrow than _____.”

Ephesians 5:22-6:4

- 22 Wives, be subject to your own husbands, as to the Lord.
- 23 For the husband is the head of the wife, as Christ also is the head of the church, He Himself being the Savior of the body.
- 24 But as the church is subject to Christ, so also the wives ought to be to their husbands in everything.
- 25 Husbands, love your wives, just as Christ also loved the church and gave Himself up for her,
- 26 so that He might sanctify her, having cleansed her by the washing of water with the word,
- 27 that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless.
- 28 So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself;
- 29 for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church,
- 30 because we are members of His body.
- 31 FOR THIS REASON A MAN SHALL LEAVE HIS FATHER AND MOTHER AND SHALL BE JOINED TO HIS WIFE, AND THE TWO SHALL BECOME ONE FLESH.
- 32 This mystery is great; but I am speaking with reference to Christ and the church.
- 33 Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband.
 - 1 Children, obey your parents in the Lord, for this is right.
 - 2 HONOR YOUR FATHER AND MOTHER (which is the first commandment with a promise),
 - 3 SO THAT IT MAY BE WELL WITH YOU, AND THAT YOU MAY LIVE LONG ON THE EARTH.
 - 4 Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

I. Common _____ in Biblical Leadership

1 Peter 3:7 You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered.

That term, "Understanding way" is speaking of living with _____.

1. The _____ Dictator

2. The _____ Pleaser

II. Proper Picture of Biblical Leadership

1. _____ Love (Verse 25)

2. _____ Love (Verse 25)

3. _____ Love (Verses 26-27)

I must _____ speak negatively about my wife to others!

The husband should be the one who sets the standard for righteousness in the home.

4. _____ Love (Verse 28-29)

Nourish – Literally means, "To _____"

To Cherish literally means, "To Keep _____."

- This is done by _____ for her

- This is done by _____ her

- This is done by _____ for her

5. _____ Love (Verses 30-31)

Ephesians 5:32 This mystery is great but I'm speaking with reference to Christ and the church

III. Practical Help for Husbands to Lead

1. Lead in Prioritizing Your Wife and Family
 - a. _____ time together with your wife
 - b. Plan time together as a family
 - c. Leave work _____ or cancel an appointment to be with your family
 - d. Eat dinner together as a family
 - e. Confess quickly and forgive _____
2. Do little things so she knows that she _____.
 - a. Pray together
 - b. Read the Bible together
 - c. Do the little jobs that you said you'd do
 - d. Go for _____
 - e. Take time just to talk
 - f. Get the _____ and don't make her do it
 - g. Decide where to eat
 - h. Call without needing anything
 - i. Make the difficult decisions
 - j. When both of you are home, the _____ should do the discipline

IV. What “Leading” Does Not Mean

1. You _____ do what your wife wants
2. You _____ have a life
3. You _____ her dependent on you
4. You _____ all the shots
5. You _____ your wife

Marriage by Design Part 4
God's Design for Wives

The Bible calls the wife her husband's _____. This is not an insignificant role or one of inferiority. We know that because the Holy Spirit is also called the helper.

Genesis 2:20 The man gave names to all the cattle, and to the birds of the sky, and to every beast of the field, but for Adam there was not found a helper suitable for him.

John 14:26 "But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you.

If you're on a _____, you have a coach to submit to.

If you're in a job, you have a boss to submit to.

If you're in the _____, you have an officer you submit to.

If you live in a neighborhood you have to submit to the rules of that neighborhood.

Jesus submitted to the Father when He said, "Not my will by _____ be done."

Ephesians 5:21-33

- 21 and be subject to one another in the fear of Christ.
- 22 Wives, be subject to your own husbands, as to the Lord.
- 23 For the husband is the head of the wife, as Christ also is the head of the church, He Himself being the Savior of the body.
- 24 But as the church is subject to Christ, so also the wives ought to be to their husbands in everything.
- 25 Husbands, love your wives, just as Christ also loved the church and gave Himself up for her,
- 26 so that He might sanctify her, having cleansed her by the washing of water with the word,
- 27 that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless.
- 28 So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself;
- 29 for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church,
- 30 because we are members of His body.
- 31 FOR THIS REASON A MAN SHALL LEAVE HIS FATHER AND MOTHER AND SHALL BE JOINED TO HIS WIFE, AND THE TWO SHALL BECOME ONE FLESH.
- 32 This mystery is great; but I am speaking with reference to Christ and the church.
- 33 Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband.

Common Advice Given From Church Leaders to Abused Wives

“Obviously, you did something wrong.”

“You just need to respect him more, and it will work out.”

“Have more sex.” “Go on a date.” “Love him more.”

“Let God handle him, suffer for Jesus.”

“If you don’t keep provoking him, he probably won’t keep hitting you.”

According to Florida law, “domestic violence” means any assault, aggravated assault, battery, aggravated battery, sexual assault, sexual battery, stalking, aggravated stalking, kidnapping, false imprisonment, or any criminal offense resulting in physical injury or death of one family or household member by another family or household member.

I. Excuses For _____ Male Leadership in the Home

1. They say submission was merely _____
2. They say submission was a result of the _____ (Gen 3:16)
3. They say submission denies our _____ in Christ (Gal 3:28)
4. They say we are supposed to _____ submit to each other (Eph 5:21)
5. They say submission demeans _____

The Greek view of women then: “There was no legal procedure for divorce. Why? No need for it. Wives cleaned the house and had legitimate children. The Athenian orator Demosthenes said, “We have courtesans for the sake of pleasure, we have concubines for the sake of daily cohabitation and we have wives for the purpose of having children legitimately and being faithful guardians for our household affairs. Because Greek men found their pleasure outside of marriage, fornication and prostitution was rampant.” A woman to the Greek was as an object of pleasure to be used.

The Roman view of women then: Roman historian Jerome said, "Marriage was simply legalized prostitution." To a Roman world, a woman was disposable and dispensable, just an object of pleasure and when he was through with her, he would get rid of her.

The Jewish view of women then: "women were servants/slaves." The average Jew got up in the morning and said, "God, I thank You that I'm not a Gentile, a slave, or a woman." Jews were divorcing their wives on a whim.

What changed the view of women? The New Testament. Paul and Jesus!

II. The _____ Change of Mind the Scriptures Demand

- Women are now co-heirs of God.
- A man should lay down his _____ for his wife.
- A woman should be treated with dignity and _____.

III. Understanding Submission

1. She Is To Submit to her husband as unto the _____

The reason we have a problem with it is often because we don't _____ it and we are not practicing both roles in the verses.

Colossians 3:18 Wives, submit to your husbands, as is fitting in the Lord.

2. Submission is about order, not _____

If you want to mess up your home really fast, stop respecting and _____ to the authority of your husband and chaos will run wild. Your children will realize that there is no head and they'll panic. Eventually, your children will try to be the head themselves.

1 Corinthians 11:3 "But I want you to understand that Christ is the head of every man, and the man is the head of a woman, and God is the head of Christ."

The Son voluntarily submitted to the Father because there is _____ in the Godhead.

Genesis 3:16c ...Your desire shall be for your husband, and he shall rule over you.

3. Submission is a _____ act (24)

The Scripture does not say that a man must _____ his wife be submissive. If if she's not interested in submitting, there is nothing you can do about it.

4. Submission is a _____ (32)

a. A testimony to a _____ and dying world

Philippians 2:4-8 "Have this attitude in yourselves which was also in Christ Jesus who although He existed in the form of God did not regard equality with God a thing to be grasped. But emptied Himself, taking the form of a bond-servant and being made in the likeness of man. And being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross."

b. A testimony to a _____ husband.

1 Peter 3:1-5 "In the same way, wives, be subject to your own husbands. Then, even if some are disobedient to the word, they will be won over without a word by the way you live, when they see your pure and reverent conduct. Let your beauty not be merely external--the braiding of hair and wearing of gold jewelry or fine clothes--but the inner person of the heart, the lasting beauty of a gentle and tranquil spirit, which is precious in God's sight. For in the same way the holy women who hoped in God long ago adorned themselves by being subject to their husbands,"

IV. How to Fail as a Wife

1. Only submit when you _____

2. Nag him about his _____

3. Ignore your own need for _____

V. How to Succeed as a Wife

1 Peter 3:1-2 In the same way, you wives, be submissive to your own husbands so that even if any of them are disobedient to the word, they may be won without a word by the behavior of their wives, 2 as they observe your chaste and respectful behavior.

1. Let him see your _____ even when you don't _____

1 Corinthians 11:3 But I want you to understand that Christ is the head of every man, and the man is the head of a woman, and God is the head of Christ.

2. Let him see your _____

3. Let him see your _____

4. Let him see you change your _____, not just your _____

5. Let him see your _____ and _____ spirit

VI. Concluding Thoughts

1. Leadership is about _____, not _____

2. Submission can be your _____ ally

You submit for the benefit of _____

VII. What Submission Does Not Mean

1. A woman is passive or _____

2. You only submit when you think he is _____.

3. You violate _____, morality, or reason to submit to your husband.

4. You're a _____

5. Submission is a _____ to get your way

Marriage by Design Part 5
God's Design for Resolving Conflict

I. The Power of our Words

Proverbs 12:18 Speaking recklessly is like the thrusts of a sword, but the words of the wise bring healing.

1. _____ Words Are Equivalent to Being Stabbed

2. Wise words Bring _____

3. Burning Words Determine the Course of our Lives

James 3:5-6 So also the tongue is a small part of the body, and yet it boasts of great things. Behold, how great a forest is set aflame by such a small fire! ⁶ And the tongue is a fire, the very world of iniquity; the tongue is set among our members as that which defiles the entire body, and sets on fire the course of our life, and is set on fire by hell.

A fire destroys houses...Our words can destroy _____.

4. Edifying/Building Words Bring Grace

Ephesians 4:25-32

25 Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR, for we are members of one another.

26 BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger,

27 and do not give the devil an opportunity.

28 He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need.

29 Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear.

30 Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

32 Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

II. Four Rules of Good Communication

1. Be _____ – v. 25

A. Put off lying, falsehood

B. Put on speaking the truth

We are not simply to speak the truth though. Ephesians 4:15 says we are to speak the truth in _____

2. Keep _____ – v. 26, 27.

Solve today's problems today because each day has enough trouble of its own (Matthew 6:34) and unresolved anger often leads to _____.

A. _____ up gives the devil a foothold

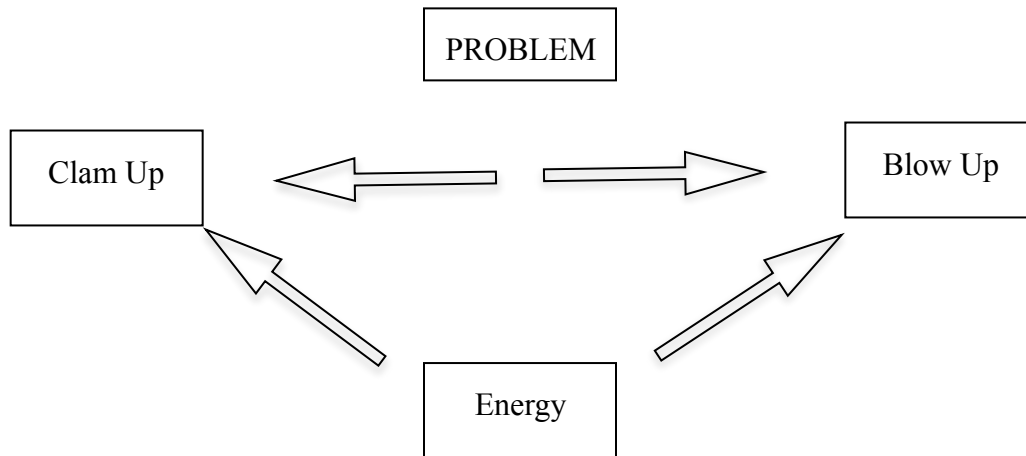
- When people _____ talking, the devil has won!
- Jesus was never angry when He was attacked! He was only angry with sin. Our anger is typically when we've been hurt.
- Anger is a God-given emotion intended to help us solve problems _____ and biblically.

Unresolved anger = _____ = bitterness = hatred = _____

3. Attack the _____, Not the _____

Ephesians 4:29 Let no unwholesome word proceed from your mouth but only such a word as is good for edification according to the need of the moment that it may give grace to those who hear.

Typical arguments:



- We're not to just be right
- We're not to just tell the _____
- We're not to just win an argument
- We're called to a higher calling and that's to _____ others up.

Truth is, we hide behind things like:
I was right or "It's the truth!"

I was frustrated

I had a _____ day

That's not what I meant

Luke 6:45 The good man out of the good treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart.

- Put off words that tear down and attack the _____.

Always avoid and never use words like always and never.

Put off words like "never," – "always," – "lazy," – "stupid."

- Put on words that build up and attack the _____.

4. _____, Don't React vs: 31, 32

If you're in a right relationship with God it will be seen in your actions and your _____.

A. Put off communication that is a _____ – Eph 4:31

1. Definitions

- Bitterness – a smoldering resentment
- Wrath – flaring outbursts of wild rage
- Anger – Internal smoldering, settled indignation or hostility that frequently seeks revenge.
- Clamor – Harsh contention and strife, public quarreling, brawling
- Slander – Speech that _____, ongoing defamation of another person that rises from a bitter heart.
- Malice – The desire to _____ others or see them suffer.

B. Put on communication that acts correctly – Eph 4:32

1. Definitions

- Kind – benevolent, _____.
- Tenderhearted – compassionate, sympathetic.
- Forgiving – giving up your right to _____ or hold a grudge

C. Conflicts occur only when each person _____. It takes two to argue.

Communicate like two _____ not two lawyers

III. How to Approach Difficult Conversations

1. Do I have the _____ right?

Proverbs 18:13 He who gives an answer before he hears, it is folly and shame to him.

2. Should love _____ it?

1 Peter 4:8 Above all, keep fervent in your love for one another, because love covers a multitude of sins.

3. Is my _____ right?

Proverbs 15:23 A man has joy in an apt answer, and how delightful is a timely word!

Proverbs 15:1-2 A gentle answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise makes knowledge acceptable, but the mouth of fools spouts folly.

4. Is my _____ right? Eph 4:15

5. Are my _____ loving? Eph 4:15

6. Have I prayed for God's help? Prov 3:5

Ask _____

_____ publicly

Compliment _____

Directly Express Gratitude

Exhort Sparingly

Marriage by Design Part 6
Building and Maintaining Trust

I. Taking Trust for _____

Trust is destroyed in the little moments when someone doesn't _____.

Trust is destroyed in the little moments when someone _____ up.

Trust is destroyed in the little moments when someone _____ up.

Trust is destroyed in the little moments when someone doesn't keep his or her _____.

Trust is destroyed in the little moments when someone _____ blame.

Trust is destroyed in the little moments when someone cares more about themselves than _____.

II. Rebuilding Trust by _____

Lack of trust leads to a cycle of doubt, accusation, conflict, blame-shifting, hurt, disappointment, and _____.

1. Be _____

Your spouse needs to be able to take your words at _____ value. Your spouse shouldn't have to wonder if what you said is what you meant.

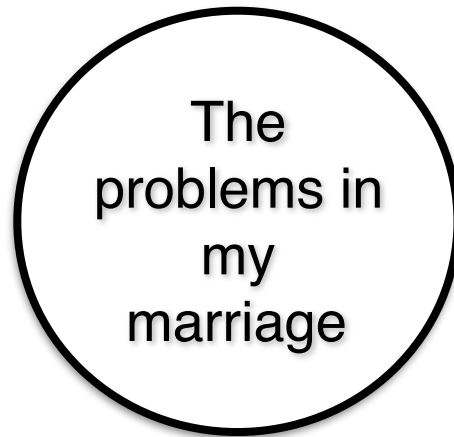
2. _____ Your Word

Don't minimize the little promises like taking out the trash. Consistent failure in the little things _____ trust.

Luke 16:10 "Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much."

The little promises are important because they are _____. The cumulative effect of your little moments of faithfulness will convince your spouse that you can be trusted with greater things.

3. Own Your _____



III. Practicing Biblical _____

Ephesians 4:32 Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

1. I promise I will _____ bring it up or use this _____ you again.
2. I promise I will not _____ on it.
3. I promise I will not _____ others.
4. I promise I will not allow this to _____ our relationship

Matthew 18:21-22

21 Then Peter came and said to Him, "Lord, how often shall my brother sin against me and I forgive him? Up to seven times?"

22 Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven.

Romans 12:17-21

- 17 Never pay back evil for evil to anyone. Respect what is right in the sight of all men.
- 18 If possible, so far as it depends on you, be at peace with all men.
- 19 Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, "VENGEANCE IS MINE, I WILL REPAY," says the Lord.
- 20 "BUT IF YOUR ENEMY IS HUNGRY, FEED HIM, AND IF HE IS THIRSTY, GIVE HIM A DRINK; FOR IN SO DOING YOU WILL HEAP BURNING COALS ON HIS HEAD."
- 21 Do not be overcome by evil, but overcome evil with good.

Genuine repentance is seen in that you are willing to accept the consequences of your sin with _____ and not _____.

To build trust, you have to own your wrongs quickly and _____ to change. That's the idea of confession and repentance.

IV. Commit to Reconciliation

1. _____ in Your Marriage

Philippians 2:3-4 Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others.

2. _____ for Trust

Galatians 5:19-21 Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, 20 idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, 21 envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God.

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 22 gentleness, self-control; against such things there is no law.

3. Practice Biblical _____

Proverbs 11:13 A gossip betrays a confidence, but a trustworthy man keeps a secret.

Set time aside every day for the two of you to talk. It doesn't have to be long but it does have to be _____.

By Committing to Communicate:

- You are telling your spouse that you _____ him or her
- You are telling your spouse that you take the relationship _____
- You are telling your spouse that you are committed to examining yourself and willing to _____

4. Don't _____

5. Take _____

Addendum 1: (Adapted from Brad Bigney)

Keeping Your Marriage Pure in a Sex-Craved World Genesis 39:1-20

Proverbs 28:13 He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion.

Genesis 39:1-20 (Read 1-12)

I. Form a Habit of Slamming the Door on the First Hint of Sexual Temptation

When Augustine was still wrestling with the idol of sexual sin in his life, he said, "Lord, deliver me from lust...but not yet."

Genesis 39:7-8a It came about after these events that his master's wife looked with desire at Joseph, and she said, "Lie with me." But he refused! Three great words!

Are you fully committed to keeping your marriage pure? Are there areas you may be stepping across the line?

- Are you fully committed to please God and saying sexually pure no matter what?
- Can you think of a situation where you still might consider checking it out?
- Do you have any reservations because you think you might be missing out on "real love" or something "better" than what you have in Christ or your spouse?
- Do you wrestle at all with thinking you never should have gotten married to your spouse to begin with?
- Do you wrestle with thinking there's still someone or something out there that is who you were supposed to be with - so you're still "looking?"

Talk about how we've complicated everything with marriage (courting, dating, soul mates, perfect person). It used to be, "Hi, I'm Mike. Can I have your phone number and can we go out?"

Just get married to a growing Christian and start growing in sanctification together!

II. Make Sure to Keep God a Big Part of Your Life Daily

Two reasons why this is so important:

1. Without unhurried time with God, you won't have healthy fear of God or any sense of His holiness.
2. Without unhurried time with God, you won't be tasting or being satisfied in anything sweeter than what the world has to offer in sexual sin.

Genesis 39:8-9 But he refused and said to his master's wife, "Behold, with me here, my master does not concern himself with anything in the house, and he has put all that he owns in my charge. "There is no one greater in this house than I, and he has withheld

nothing from me except you, because you are his wife. How then could I do this great evil and sin against God?"

Nobody wakes up in the morning suddenly saying they're going to be an adulterer. Sexual sin begins subtly when when thoughts of God grow dim and get pushed to the margins of your heart.

There are many motivations not to commit sexual sin. Here are some you need to think through well:

- My sexual sin would discredit the name of my Lord Jesus - dragging His name in the mud
- My sexual sin breaks my promise to God, self, spouse, children, and others
- My sexual sin means I lose my ministry to my family and others.
- My sexual sin would force me to one day stand fact to face with Jesus, and to give an account of why I did it.
- My sexual sin would bring great pleasure to Satan, as well as the enemies of God and everything that is good
- My sexual sin would give a world, who hates God, another reason to mock Christianity, and to belittle my Savior, and to say, "All Christians are hypocrites."
- My sexual sin would bring the heavy hand of God's discipline upon me because that's what Hebrews 12 talks about when it says, "Whom the Lord loves he disciplines and chastens
- My sexual sin could cause me to lose the trust and respect of my children - who will struggle massively with what I've done and why...and would carry with them into their marriage a huge QUESTION MARK as to what it means to be a faithful spouse
- My sexual sin would bring great shame to my church family and cause the community to pull away
- My sexual sin would shake the faith of anyone I've ministered to and anyone that looks up to me spiritually and make it easier for them to walk away from faithfulness to the Lord.
- My sexual sin would cause the irretrievable loss of years of witnessing to my unsaved friends and family members.
- My sexual sin would rain down pain on the people I love the most, that are closest to me, because they are the ones that will take the biggest hit from the shrapnel of my selfish, sinful choices.
- My sexual sin means I will lose friendships
- While I chose to sin sexually, I cannot choose the consequences of that sin
- My sexual sin tells the world that God is not good!

III. Make Sure To Plan Ahead For Most Vulnerable Times

For Joseph, this was an on-the-job temptation because it's his boss' wife who's trying to seduce him. And she's relentless.

Genesis 39:10 As she spoke to Joseph day after day, he did not listen to her to lie beside her or be with her.

Romans 13:14 But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts.

Proverbs 27:12 A prudent man sees evil and hides himself, the naive proceed and pay the penalty.

It is amazing how often we walk into known areas of temptation without any plan or resolution as to how we will react. The business trip today is one of the biggest areas of sexual temptation.

I'll put it to you bluntly: Frequent flyers face frequent temptations because the flesh goes crazy in the context of anonymity. when you're removed from your normal, familiar circumstances, the flesh is much more likely to whisper to you, 'Hey! Nobody knows you here' or 'Nobody back home has to ever know about this.'

If you travel, this is a good written plan to put in place.

Business Travel Plan for Avoiding Sexual Temptation

- Begin praying for purity days before the trip
- If possible, do not ride in a car alone with someone of the opposite sex
- Do not confide in someone of the opposite sex about any struggles in your marriage, nor listen to someone else of the opposite sex tell you about struggles in their marriage
- Avoid the newsstand; bring your own newspaper
- Avoid staying in hotels with in room porn/adult movies
- Make reservations in hotels with workout room.
- As soon as you enter the room pray Psalm 101 and commit your stay to God; repeat every morning v. 2-3 "I will be careful to lead a blameless life...I will set before my eyes no vile thing..."
- Bring and set out a picture of your spouse and children
- Exercise every day
- Call your spouse every morning/evening
- Ask your spouse to pray for you before you leave and during your stay
- Maintain a routine. Discipline yourself to get up early each morning. Do not just lie in bed.
- Have a time with the Lord (Bible reading and prayer) every day for at least 20 minutes
- Go to bed by 11:30 p.m. at the latest.
- Bring at least one interesting book to read, both business related and personal related
- If back at hotel prior to dinner, get a meal at a restaurant or take out. May watch TV only while eating, then work, read, or exercise til bedtime.
- If back at work after dinner, work until finished
- Ask spouse to specifically ask you as to whether you followed your plan and avoided sin. Have them specifically ask you if you failed in any area, and have them ask if you lied.
- Meet only in public places if absolutely necessary to meet with someone of the opposite sex.

IV. Be Radical in Your Fight to Stay Pure

Genesis 39:12 She caught him by his garment, saying, "Lie with me!" And he left his garment in her hand and fled, and went outside.

A. Pay Attention to the Little Stuff

"The actual descent into sin begins without much fanfare. When looking into the Grand Canyon, the first step down seems insignificant. Rather than a huge, noticeable leap of rebellion, (sin) is marked by small steps of spiritual casualness or indifference, and a lack of sensitivity to right and wrong. It doesn't capture our attention; spiritual indifference and apathy don't attract notice. After all, everyone coasts now and then, we think." Addictions, Ed Welch, p. 67

Ephesians 5:3 "But immorality or any impurity or greed must not even be named among you..."

Not even a hint of sexual immorality! That has to be what you are shooting for: 'not even a HINT.' Why? Because in most cases, long before you step into gross sexual sin, you're already guilty of dozens of little compromises that you thought were no big deal.

A Chain of Events that Leads to Adultery Wayne Mack

1. Presence of certain internal and/or external circumstantial factors
2. Growing awareness of a particular person
3. Time spent thinking about the person's attractiveness
4. Unplanned, innocent meetings, contacts
5. Spend time comparing with present mate
6. Spend time thinking about personal unhappiness
7. Planned, intentional contacts
8. After occasion - seek other person out for conversation
9. Continue fellowship with this person after others depart
10. Increasing awareness of good feelings when you are with the other person
11. Compare the way you feel about this person with the way you feel about your mate
12. Compare the way you are treated by this person with the way you are treated by your mate
13. Look for ways you can be with the other person for apparently legitimate reasons
14. Exchange of apparently innocent forms of physical contact
15. Escalates to more passionate embracing and kissing
16. Practice denial, and start rationalizing
17. Experience struggles with your conscience
18. Desire for contact with each other continues
19. Actual sexual involvement
20. Frequent covert meetings
21. Double life
22. Others are suspicious and confront you
23. Defensiveness, denial
24. Truth revealed or exposed
25. Decision time (1 of 3 choices)

- a. Decide to continue the adultery and remain married
- b. Make plans to separate or get divorced
- c. Repent and seek to rebuild marriage

B. Prayerfully Think about the Sin Beneath the Sin

Matthew 22:37-39 And He said to him, " 'YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.' "This is the great and foremost commandment. "The second is like it, 'YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.'

"The wars of sex and money are never just a battle with the temptations of the surrounding culture; they're never just about behavior or about what we do with our bodies. Christ is saying that our behavior is more directed by what's inside us than the people and situations outside us. He's saying that sexual struggles are inescapably struggles of the heart. Physical adultery is simply the boy going where the heart has long ago gone." Sex & Money, Paul David Tripp, p. 45

Matthew 15:19 For out of the heart come evil thoughts, murders, adulteries, fornications, thefts, false witness, slanders.

C. Humble Yourself and Allow Other People Into Your Life

Proverbs 18:1 He who separates himself seeks his own desire, He quarrels against all sound wisdom

Satan is halfway to victory when he can isolate you and convince you to try to deal with it on your own.

James 5:16 Confess your sins to one another, and pray for one another, that you may be healed.

"Some people have spectacular failures where in an instant they abruptly burst into flames, crash, and burn. But the more common way that people get into trouble evolves from hundreds of tiny decisions - decisions that go undetected - that slowly, like water tapping on a rock, wear down a person's character. Not blatantly or precipitously, but subtly over time, we get caught in a web of cutting corners and compromise, self-deceit and wrong thinking, which goes unchallenged by anyone in our lives." Brad Bigney

For those who have already fallen, there's hope, there's help, and there's grace to start again. Jesus died on the cross to rescue people just like you and me from sins - including sexual sins.

1 Corinthians 6:9-11 Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived; neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor homosexuals, nor thieves, nor the covetous, nor drunkards, nor revilers, nor swindlers, will inherit the kingdom of God. Such were some of you; but you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus Christ and in the Spirit of our God.

Sexual Purity Covenant

I will never open any program for sexual stimulation

1 Corinthians 6:13b "Yet the body is not for immorality, but for the Lord; and the Lord is for the body.

2 Timothy 2:22 "Flee youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart."

I will never purchase or download anything pornographic. I will not sit and watch television programs that are sexually stimulating.

Ephesians 5:5 "For this you know with certainty, that no immoral or impure person or covetous man, who is an idolater, has an inheritance in the kingdom of Christ and God."
Psalm 101:3 "I will set no worthless thing before my eyes."

I will guard my eyes and abstain and avoid always any sexually stimulating material of any type. I will not watch sexually stimulating videos of any kind - regardless of the movie rating

Psalm 39:1a "I will guard my ways."

Matthew 6:22-23 The eye is the lamp of the body; so then if your eye is clear, your whole body will be full of light. "But if your eye is bad, your whole body will be full of darkness. If then the light that is in you is darkness, how great is the darkness!

Job 31:1 "I have made a covenant with my eyes; why then should I look upon a young woman?"

I will not participate in computer chat rooms or Facebook developing relationships with other women or men through the internet.

Matthew 12:36-37a "And I say to you, that every careless word that men shall speak, they shall render account for it in the day of judgment. For by your words you shall be justified."

I will not cultivate any emotionally intimate one-on-one relationship other than with my spouse.

Exodus 20:14 "You shall not commit adultery."

Exodus 20:17b "You shall not covet your neighbor's wife."

Proverbs 5:15-20 Drink water from your own cistern And fresh water from your own well. Should your springs be dispersed abroad, Streams of water in the streets? Let them be yours alone And not for strangers with you. Let your fountain be blessed, And rejoice in the wife of your youth. As a loving hind and a graceful doe, Let her breasts satisfy you at all times; Be exhilarated always with her love. For why should you, my son, be exhilarated with an adulteress And embrace the bosom of a foreigner?

I will not replace the risk of personal relationships with the impersonal safety of my computer or smart phone. I will not retreat to it and out of life.

Matthew 22:37-39 "You shall love the Lord your God with all your heart, with all your soul, and with all your mind...and you shall love your neighbor as yourself."

Our first priority are relationships! Not things. Working on our relationship with God and other people should take precedence over time on the computer.

I will spend my constructive energy not with the television or in the unreality of virtual reality on the computer, but in the reality of the real world. I will never use the internet to satisfy my own selfish, self-centered desires wanting to stimulate my fleshly passions."

Romans 13:14 "But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts."

When doing research on the internet, I will work only to find the information needed and get off, no idle surfing. I will strictly limit my experimental time on the computer and devote myself more to truth than to technique.

John 8:32 "You shall know the truth and the truth shall set you free."

I _____ on this day _____,
pledge by God's grace at work in me to fight to honor this vow before God and men.