



Daily Schedule Plan
Module 3 Ocala, Fl
Marion Baptist Association
Biblical Counseling: How to Do it Better?
(Digging Deeper into Teaching the Process and Procedures of Biblical Counseling)
Pastor Mike DeGuzman, OIC, ACBC

Module 3: Weekend 2

Saturday, March 4, 2023

7:30 am Doors open and sign in

8:00 am Worship and Prayer

8:10 am *Counseling Testimonies* (Pastor Mike DeGuzman)

A Counseling Process Model

8:30 am *God's Basic Truths for Marriage* (Pastor Mike DeGuzman)

9:20 am Break

9:30 am *The Role of the Husband* (Pastor Mike DeGuzman)

10:20 am Break

10:30 am *The Role of the Wife* (Pastor Mike DeGuzman)

11:20 am Break

11:20 am *Four Rules of Communication* (Pastor Mike DeGuzman)

12:00 pm Assign Projects for Growth (Pastor Mike DeGuzman)

Return to ministry locations, begin your "Projects for Growth," and joyfully anticipate Module 3, Weekend 3!

Weekend 3: Saturday, April 8, 2023, 08:00

Marion Baptist Association
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M3-3

- Addiction
- Anger
- Parenting



Module 3 Ocala, Fl
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God's Basic Truths for Marriage
Genesis 2:18-24

I. Marriage: _____ by God, Genesis 2:18

A. Man's ideas about marriage are _____:

1. Started by _____

2. For _____ culture

3. No longer _____

4. If it doesn't work out, _____ it.

B. God gave marriage, so God has _____ for marriage!

II. Marriage: _____ good. Genesis 1:31

A. Man's substitutes are not better

"If you want to be sexually active, nobody can tell you it's wrong." Planned Parenthood

B. God's plan: _____ good!

III. Marriage fills basic need or purpose.

A. Secular views are _____

(Proverbs 12:15 - the naive believe anything)

Wisdom - How to skillfully negotiate life

1. Not based on _____

In love = I get married. Out of love = I leave marriage

2. Not based on _____

3. Not based on _____

B. God tells basic purpose.

1. _____. Genesis 2:18: to provide companionship

2. If saved: Joshua 24:15: _____

IV. Marriage is a _____ Relationship

A. Involves _____ (Abandon, desert, forsake)

1. Abandon must be balanced with 1 Tim 5:8

1 Timothy 5:8 But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever

3. More than geographical _____.

4. Means:

a. Understanding T.P.T

• _____ - the family you grew up with as a child

• _____ - Your marriage (til death do us part)

• _____ - Your children begin the cycle

b. Settle _____ conflicts

c. Not slavishly dependent

d. Mate's concerns _____

B. Marriage involves _____

1. "_____ together."

2. "_____ to love."

God designed marriage to make us _____ - not happy

It is a covenant before God (Malachi 2:14)

3. Commitment to Christ -> Commitment to each other

Not:

But

Blind chance.

Convenience

How cards fall

Compatibility

c. Marriage involves _____ /Cleaving

Marriage is hard because there are two sinners living under one roof

V. Marriage is a _____:

A. Of a marriage in _____

B. B. Of how the church should _____ God (Ephesians 5:22-24)

Of the way Christ _____ (Ephesians 5:25-26)



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The Husband's Role in Marriage

Introduction:

Three words that describe the husband's role:

I. _____ – 1 Peter 3:7

A. A _____

1. World says: "You can't _____ a woman."

_____ yourself to strive to understand your wife!

2. A command that takes _____

3. A _____ that takes study (study godly women in the bible).
See "Fifty Questions To Ask Your Wife."

B. A Command to treat her as _____ – as a valuable vase

C. Learning affects your _____ life.

Psalm 66:18
Philippians 2:3-4

II. _____ – Ephesians 5:25

This is a command, not an option! You cannot command a feeling!

A. What is love?

1. American culture doesn't help (_____)

2. Biblical view:
 - John 3:16
 - Galatians 2:20
 - Romans 5:8

3. Biblical love is a test of true _____
 - Ephesians 5:25

B. What degrees of love are we to show?

1. _____ – 1 John 4:19 (I initiate)
 - 1 John 3:16; 4:11; 15:12

2. _____ – Ephesians 5:25

3. _____ – Ephesians 5:25 (Is she more important to you than you are to you?)

4. _____ - 1 John 3:18 (should be evident to all)

5. In Spite of her _____ – Romans 5:8 (What God has called us to do, He will also equip us to do)

6. Without _____ – Colossians 3:19

7. As your own _____ – Ephesians 5:28-29

III. _____ – Matthew 20

A. What leadership is not

1. A _____

a. Parable of laborers – v. 1-16

b. Example unselfish service – 20:17-19

c. Example of unselfish service 20:20-24

d. Theme of servanthood applied to _____

“The test of your servanthood is how you respond when you are treated like one.”

2. All the _____ making (Pilate should have listened to his wife. Adam should not have listened to his wife)

B. Positive – _____

Situation	Selfish Leader	Servant Leader
1. Children bickering in front of T.V.	_____ punishment	Teacher
2. Decision to buy a new car	Look at my new car	Communicates
3. Wife says something inappropriate at church	Belittle	Coach and encourage her to be Christ-like

1. Focus on _____ – Ephesians 5:25; Philippians 2:20-21; Ephesians 6:4
2. _____ oriented – Ephesians 5:26-28; 6:4
3. Set example of _____ – Philippians 4:9; Jeremiah 35:5-6
4. Solve _____ – Ephesians 4:29
5. _____ – 1 Timothy 2:11-12; 1 Timothy 3:4, 5, 12
6. Lives _____ with – Proverbs 5:18
7. _____ leadership

Answer the following topics from 0 - 5 as each relate to your perspective on your marriage

0 = Disagree completely----- 5 = Agree strongly

_____ **Abandonment** - I am actively present in my spouse's life physically, spiritually, financially, and emotionally.

_____ **Abstinence** - I experience consistent, loving, and good sexual intimacy. My goal is to ensure that my spouse is sexually satisfied.

_____ **Abuse** - I feel completely safe/secure against any type of physical, emotional, or financial abuse from my spouse. I experience consistent, loving, and good sexual intimacy where my spouse is satisfied.

_____ **Addictions** - There are no outside stimuli competing for my affections including, but not be limited to video games, social media, unreasonably long work hours, legal/illegal drugs, pornography, social media, video games, etc...

_____ **Adolescents** - I compliment my spouse in the way we raise our children. Their upbringing is not a source of argument or contention.

_____ **Adultery** - I do not seek physical, visual, emotional, or relational intimacy outside of my marriage relationship.

_____ **Affections** - I have no overwhelming desire for something/someone that causes anger, bitterness, jealousy, strife, sadness, etc... in our marriage

_____ **Anger** - I am able to communicate and work through difficult issues without clamming up or blowing up.

_____ **Apathy** - I am willfully, enthusiastically, and intentionally investing in our marriage relationship.

_____ **Assets** - I agree on the way our money is given, saved, and spent. There is no secrecy and no arguments.

_____ **Attitude** - I willingly pursue resolution and reconciliation with my spouse even in the most difficult challenges without enabling.

_____ **Authority** - I understand, agree with, and practice my biblical role as husband or wife in our marriage. I actively pursue my relationship with Christ through a local church, personal bible study, prayer and regular fellowship with other Christians.

Ways A Husband May Express Love To His Wife (How to convince your wife you love her)

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

You may express love to your wife by –

1. Functioning as the loving leader of your home
2. Frequently telling her and showing her you love her
3. Giving her a regular amount of money to spend in any way she chooses.
4. Leading family devotions regularly
5. Smiling and being cheerful when you come home from work.
6. Helping her wash and dry the dishes at least twice a week.
7. Taking care of the children for at least three hours every week so that she has free time to do whatever she wants.
8. Taking her out for dinner or to do some fun thing at least once a week.
9. Doing the “fix-it” jobs she wants done around the house.
10. Greeting her when you come home with a smile, a hug, a kiss, and an “Am I glad too see you. I really missed you today.”
11. Give her a lingering kiss
12. Patting her on the shoulder or fanny or holding her hand or caressing her frequently.
13. Being willing to talk to her about her concerns and not belittle her for having those concerns.
14. Looking at her with an adoring expression.
15. Sitting close to her.
16. Rubbing her back or...
17. Shaving or taking a bath or brushing your teeth before you have sexual relations.
18. Wearing her favorite after-shave lotion.
19. Writing love notes or letters to her.
20. Letting her know you appreciate her and what you appreciate about her. Do this often and for things that are sometimes taken for granted. Pretend you are trying to convince her you think she is great and very important to you.
21. Doing the dishes while she relaxes or takes a bubble bath.
22. Fulfilling her implied or unspoken desires and wishes as well as the specific requests she makes of you. Anticipating what she might desire and surprising her by doing it before she asks.
23. Playing with her; sharing her hobbies and recreational preferences enthusiastically; including her in yours.
24. Seeking to set a good example before the children.
25. Talking about her favorably to the children when she can hear you and when she cannot.

26. Bragging about her good points as a wife in every other area to others; letting her know you are proud to have her as your wife.
27. Maintaining your own spiritual life through Bible study, prayer, regular church attendance and fellowship with God's people.
28. Handling your affairs decently and in order; structuring your time and using it wisely.
29. Making plans prayerfully and carefully.
30. Asking her advice when you have problems or decisions to make.
31. Following her advice unless to do so would violate biblical principles.
32. Fulfilling your responsibilities.
33. Being sober, but not somber, about life.
34. Having a realistic, biblical, positive attitude toward life.
35. Discussing plans with your wife before you make decisions, and when the plans are made sharing them fully with your wife, giving reasons for making the decisions you did.
36. Thanking her in creative ways for her attempts to please you.
37. Asking forgiveness often and saying, "I was wrong and will try to change."
38. Actually changing where and when you should.
39. Sharing your insights, reading, good experiences with her.
40. Planning for a mini-honeymoon, where the two of you can do whatever you want to do.
41. Giving a low whistle or some other expression of admiration when she wears a new dress or your favorite negligee or....
42. Gently brushing her leg under the table.
43. Being reasonably happy to go shopping with her.
44. Relating what happened at work or whatever you did apart from her.
45. Reminiscing about the early days of your marriage.
46. Expressing appreciation for her parents and relatives.
47. Taking her out to breakfast.
48. Agreeing with her about getting a new dress or some other item.
49. Thanking her when she supports your decisions and cooperates enthusiastically at times when you know she doesn't fully agree.
50. Asking her to have sexual relations with you and seeking to be especially solicitous of her desires. Express gratitude when she tries to please you.
51. Buying gifts for her.
52. Remember anniversaries and other events that are special to her.
53. Watching the TV program or going where she wants to go instead of doing what you want to do. Do it cheerfully and enthusiastically.
54. Being cooperative and appreciative when she holds you, caresses or kisses you.
55. Being cooperative when she tries to arouse you and desires to have sexual relations. Never make fun of her for expressing her desires.
56. Running errands gladly.
57. Pampering her and making a fuss over her.
58. Being willing to see things from her point of view.
59. Being lovingly honest with her – no backdoor messages – no withholding of the truth that may hinder your present or future relationship.

60. Indicating you want to be alone with her and talk or just lie in each other's arms.
61. Refusing to "cop out" or "blow up" or attack or blameshift or withdraw or exaggerate when she seeks to make constructive suggestions or discuss problems.
62. Giving her your undivided attention when she wants to talk.
63. Cheerfully staying up past your bedtime to solve a problem or share her burdens.
64. Getting up in the middle of the night to take care of the children so that she may continue to sleep.
65. Holding her close while expressing tangible and vocal love when she is hurt, discouraged, weary, or burdened.
66. Planning vacations and trips with her.
67. Sometimes helping her yourself instead of telling the children to "help mommy."
68. Being eager to share a good joke or some other interesting information you have learned.
69. Joining with her in a team ministry in the church.
70. Doing a bible study or research project together.
71. Establishing a family budget.
72. Keeping yourself attractive and clean.
73. Being cooperative, helpful, as a co-host when you have people in for dinner or fellowship.
74. Asking her to pray with you about something.
75. Spending time with the children in play, study, and communication.
76. Acknowledging that there are some specific areas or ways in which you need to improve.
77. Refusing to disagree with her in the presence of others
78. Cooperating with her in establishing family goals and then in fulfilling them
79. Being available and eager to fulfill her desires whenever and wherever possible and proper.
80. Beginning each day with cheerfulness and tangible expressions of affection.
81. Planning to spend some time alone with her for sharing and communicating every day.
82. Remembering to tell her when you must work late.
83. Refusing to work late on a regular basis.
84. Taking care of the yard work properly.
85. Helping the children with their homework.
86. Refusing to compare her unfavorably with other people.
87. Handling money wisely.
88. Not allowing work, church, or recreational activities to keep you from fulfilling marriage or family responsibilities.
89. Trying to find things to do with her.
90. Being willing to go out or stay home with her
91. Being polite, courteous, and mannerly with her.
92. Refusing to be overly dependent on your parents or friends.
93. Developing mutual friends.
94. Providing adequate hospitalization insurance.
95. Trying to the level of your ability to provide housing and some support for your family in case you should die or become handicapped.

96. Being especially helpful and solicitous when she is not feeling well.
97. Being on time
98. Going to PTA with her
99. Letting her sleep in occasionally by getting the children breakfast and, if possible, off to school.
- 100-Frequently giving in to her and allowing her to have her own way unless to do so would be sinful.
- 101-Putting children to bed at night.
- 102-Being gentle and tender and holding her before and after sexual relationship.
- 103-Not nit-picking and finding fault, and giving the impression that you expect her to be perfect.

Copied from "*a homework manual for biblical living*" volume 2 by Wayne A. Mack

Score Card for Husbands

If you honestly evaluate yourself by this score card, you will be able to discern where you are failing and need to improve to be the husband God wants you to be. Suggestion: If you really want to know how you are doing, ask your wife to rate you.

Rating Scale: never =1; seldom =2; frequently =3; regularly =4.

___ Do I love my wife and am I expressing Biblical (unselfish) love to her as I should?

___ Do I love her even when I don't feel like it?

___ Do I regularly express my love in words?

___ Do I seek to provide for her varying desires (physical, emotional, intellectual, social, recreational, spiritual: for worth, appreciation, security, etc.)?

___ Do I protect her (physically, spiritually, socially, and emotionally)?

___ Do I assist her with chores and responsibilities?

___ Do I sacrifice for her?

___ Do I freely share my life, my concerns, etc., with her?

___ Do I regularly show appreciation?

___ Do I put her first in my life after my relationship with God?

___ Do I treat her with tenderness, respect, and courtesy?

___ Do I fulfill her implied or unspoken desires and wishes?

___ Do I frequently talk about her favorably in front of the children and other people?

___ Do I remember birthdays, anniversaries, and other special occasions?

___ Do I ask her advice frequently?

___ Do I ask forgiveness for failures quickly?

___ Do I accept her suggestions without becoming upset?

___ Do I change when she makes a suggestion? Do I handle the finances responsibly?

___ Do I give her money to spend as she wishes? Do I run errands gladly?

___ Do I take care of the children and let her do what she wants frequently?

___ Do I give her my undivided attention when she wants to talk?

___ Do I comfort and encourage her when she is hurt, fearful, anxious and weary?

___ Do I support her in her concerns and interests?

___ Do I plan to spend some time alone with her every day? Do I change personal habits that annoy her?

___ Do I encourage her initiative and creativity?

___ Do I treat her as a very worthwhile person who is as important or more important than I am?

___ Do I really make my relationship with her a priority matter?

* Take at least 10 of the questions that you have answers with a 3 or 4 and give one or two examples of times you manifested love to our wife in these ways.

* Select at least five ways in which you need to improve your expression of love to your wife. List these ways and plan what you will do to improve.

* Am I a good manager? (1 Tim.3:4,5; Eph.5:23).

___ Do I know what is going on in my home from day to day?

___ Am I leading my family in the direction it is going?

___ Do I know the skills and abilities, strengths and weaknesses, problems and concerns of family members?

___ Do I use the skills of family members?

___ Do I have clearly defined goals for my family?

___ Do I motivate family members to use their skills and develop their abilities?

___ Do I lead in family worship regularly?

___ Do I spontaneously talk about spiritual matters?

- ___ Do I delegate responsibilities clearly?
- ___ Do I hold family members accountable for their responsibilities?
- ___ Do I have clear Biblical convictions?
- ___ Have I made these convictions known in a specific way?
- ___ Do I set an example for my family in these convictions?
- ___ Do I have foresight in seeing potential problems and prepare my family for them?
- ___ Do I get along well with other family and help them to get along with each other?
- ___ Do I spend time with family members regularly, listening to them, playing with, encouraging them, communicating goals and directions to them?
- ___ Do I provide order and organization that gives/provides security?
- ___ Do I commend family members regularly?
- ___ Am I really in control of what is happening in my family?
- ___ Do I lead my family in church attendance and involvement?
- ___ Do I plan fun and recreational times for my family regularly?
- ___ Do I make decisions in a Biblical way?

* Take several of the questions that you answered with a 3 or 4 and give examples of how you lead your family in these areas.

* Take several leadership areas where these questions revealed some weaknesses and plan what you will do to improve in these areas.

Prepared by Dr. Wayne Mack

50 Questions to Ask Your Wife

1. What are your 5 favorite foods, with the most favorite first?
2. What are your 5 favorite kinds of meals, with the most favorite first?
3. What are your 5 favorite desserts, with the most favorite first?
4. What are your 5 favorite restaurants, with the most favorite first?
5. What is your favorite color?
6. What are your 5 favorite hobbies, with the most favorite first?
7. What are your 5 favorite recreations, with the most favorite first?
8. What are your 5 favorite sources of reading, with the most favorite first?
9. What gifts do you like?
10. What is your favorite book of the Bible? Why?
11. What is your favorite verse of the Bible? Why?
12. What is your favorite song?
13. What makes you the most fulfilled or happiest as a woman?
14. What makes you the most fulfilled or happiest as a wife?
15. What makes you the most fulfilled or happiest as a mother?
16. What makes you saddest as a woman?
17. What makes you saddest as a wife?
18. What makes you saddest as a mother?
19. What do you fear the most?
20. What other fears do you have?
21. What do you look forward to the most?
22. How much sleep do you need?
23. What are your skills?
24. What is your spiritual gift?
25. What are your weaknesses?
26. What things (personal, home, car, etc.) need repairing?
27. With what chores and responsibilities do you like my help?
28. What caresses do you enjoy the most?
29. What caresses do you enjoy the least?
30. What action of mine provides you the greatest sexual pleasure?
31. What other things stimulate you sexually?
32. At what times do you need assurance of my love the most?
33. How can that love be shown?
34. What can I do that will make it easier to discuss and work on areas or problems that are uncomfortable to you?
35. What concerns do you have that I do not seem interested in?
36. What things do I do that irritate you?
37. What desires do you have that we haven't discussed?
38. What do you enjoy doing with me, with the most enjoyable first?
39. What things can I do that show my appreciation for you?
40. What varying desires (spiritual, physical, emotional, intellectual, social, worth, appreciation, recreational, security, etc.) would you like me to provide?
41. In what ways would you like me to protect you (physically, spiritually, socially, emotionally)?

42. In what ways would you like me to sacrifice for you?
43. What things are first in my life? As you look at me, what do you see? What is your perception of me?
44. What implied or unspoken desires and wishes of yours would you like for me to fulfill?
45. What concerns and interests of yours would you like me to support?
46. How much time would be good for us to spend together each day?
47. In helping family members to use their skills and develop their abilities, what motivating factors would be helpful for me to use?
48. What can I do that provides the greatest comfort and encouragement for you when you are hurt, fearful, anxious, or worried?
49. What personal habits do I have that you would like changed?
50. What ways demonstrate to you that you are a very important person who is as important or more important than I am?

How to Show Love for Your Husband

1. Accept his authority
When you resist his authority, it:
 - a. May cause him to abdicate his role as leader.
 - b. May encourage you to assume his responsibility. He may not be too concerned about your failure.
 - c. May result in bitterness.
2. Show confidence in his decisions.
 - a. Expressing anxiety over his decisions may cause him to become defensive and reactionary
 - b. Questions asked in a spirit of eagerness to carry out his decisions may cause him to reevaluate poor decisions.
 - c. If he fails to reevaluate poor decisions and failure is imminent, you must remember God can teach him through failure
 - d. He does not want to fail. He learns more through failure than you imagine.
 - e. You must not say, "I told you so." Instead, focus on what God wants to teach you through the failure.
3. Be flexible about his priorities.
 - a. Your priorities are related to your view of life.
 - b. His priorities are related to a different view of life.
 - c. Both are important but you must realize that your husband is ultimately responsible for the direction of your family.
 - d. His reluctance to become concerned about your concerns may be a clue that you need to learn his priorities.
4. Don't resent his past failures.
 - a. He knows when you have not really forgiven him for things he has done in the past.
 - b. Don't try to use them as a way:
 - 1) To convince him he should listen to you.
 - 2) Of justifying your wrong response to him.
5. Build loyalty to him in the children
 - a. Your attitudes toward him are quickly picked up by the children.
 - b. Two things destroy their loyalty:
 - 1) Complaints during the day of things he has not done
 - 2) Fear of things he will do.
6. Be grateful to him.
 - a. When you are pleasantly surprised and genuinely grateful for "extras," this greatly increases his motivation to provide them.
 - b. When you expect "Extras" from him, his motivation for providing them decreases.

7. Be consistent with his discipline of the children.
 - a. Don't take sides against him.
 - b. Don't defend the children
This causes him to doubt your loyalty to him
He may feel you are trying to turn the children against him.

8. Don't correct him in public.
 - a. Don't use jokes about him or cutting remarks to him in front of other people in order to emphasize some change you would like to have in him.,
 - b. If he makes a mistake or misquotes someone, tell him about it privately. Then, only if his statement will have harmful results for someone.

From Faith Biblical Counseling Ministries



Module 3 Ocala, Fl

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Pastor Mike DeGuzman, OIC, ACBC

The Wife's Role in Marriage

Ephesians 5:22-24; 1 Peter 3:1-6

Goal: A wife understanding her role and learning to be joyful with it because of her trust in God.
For a wife to be joyful, she must be God's kind of woman.

Three words to describe her role:

I. _____

A. The history of mankind's response to submission

1. Started with _____ (Isaiah 14:13 – I answer to no one!)
2. _____ in the Garden of Eden – Genesis 3:5 (they both rebelled)
3. Extended to all _____ – Isaiah 53:6; Romans 3:10-18
4. _____ in the last days – 2 Timothy 3:1-2; 2 Peter 2:19; 1 Peter 2:21-23
5. As a result, submission is misrepresented and _____ – John 8:34; Romans 6:16; 1 Corinthians 7:21-23

Submission is joyful and _____

B. Wrong ideas about Submission

1. That the wife is _____ – Philippians 2:5-9; 1 Peter 3:7; Galatians 3:28

2. That the husband is _____ – Romans 13:1; 1 Peter 2:13-23
 - God who sets up authority is the One Who never makes a mistake

3. That a wife cannot think and should not _____ – Ephesians 4:15-16, 25; 2 Corinthians 5:10

4. That the wife has no _____ – 1 Peter 3:1-2
 - a. _____ is not acceptable
 - Rebekah – Genesis 27

 - b. A godly _____ is the greatest influence
 - Hannah – 1 Samuel 1-3

 - Eunice, Lois – 2 Timothy 1:5

C. Biblical teachings about submission

1. General Truth

- a. A _____ term to voluntarily (an act of the will) arrange yourself in rank under – 1 Peter 5:5-6
- b. A way of _____ for all believers – 1 Peter 2:13-23; Ephesians 5:21
- c. An _____ toward God – Romans 13:1-2; Ephesians 5:22
- d. A _____ of the wife’s love – John 14:15, 31; 1 John 5:3

2. Specifically to the _____

- a. A way to be truly _____ – 1 Peter 3:1-6 (Rebellion makes you ugly)
- b. A picture of the _____ obeying Christ – Ephesians 5:22-24; 1 Peter 2:21-23; 3:1
- c. Limited only by biblical _____, not personal preference

(1) God _____ gives ALL of His authority to any human leadership – Acts 4:19; 5:29; 1 Peter 3:6 “doing what is right”

(2) Therefore, a husband has no authority to ask his wife to sin

D. A _____ picture of submission demonstrated by Christ – Philippians 2:5-9; 1 Peter 2:21-23

The wife must choose between:

- Being _____ Christ (the most submissive) or Satan (the most rebellious)

- Being _____ or disobedient

- Growing or not _____

II. _____ Helper – Genesis 2:18

A. The meaning of the term

1. “fitting helper” = _____, complementing, corresponding to, fitted perfectly to, adapted to meet needs

- Literally – she makes up with is _____

2. Used 14 times to describe God being my _____ – Psalm 27:9; 30:10; 40:17; 63:7; 70:5

3. Therefore this is not a demeaning term; NOR is a wife a “_____ class” person!

B. _____ can complete and contribute as the wife can

1. _____ – find time to be together

- Husband’s _____ friend

2. _____

- Must be very careful not to satisfy emotional desires anyplace but with wife

3. _____

- No one else can have sex with him without guilt (naked & not ashamed)

4. _____

- Her relationship is not to hinder his spiritual life but to increase it

5. _____

- She has great influence on the children – the parent’s work as a team

6. _____ – Proverbs 31:10ff, 28

- She puts color and depth in the home

7. _____

- She is the husband’s best source of counsel

8. _____

- She is a vital part of his life and ministry

The wife’s job is to fill in the cracks of her husband’s _____. It is not to exploit the weaknesses.

It is a wise woman who _____ to focus on the things her husband does well.

III. _____ – Ephesians 5:33

A. Definition of the term

- “Reverence” = _____, regards, notices, honors, prefers, venerates, esteems, praises, loves, admires exceedingly

B. A wife should: reverence him, don't try to change him

1. A wife is _____ her husband's personalized Holy Spirit! (There are no vacancies in the Trinity)
2. _____ thankfulness
3. Be satisfied _____ circumstances
4. Be _____ in spite of emotions
5. _____ him when he does well
6. _____ him when he fails

C. Results of not reverencing:

- Resentment, _____, tension, destruction of love, discouragement, depression, hindering God's work through you

D. Important things a wife must remember:

1. God has a plan and God's plan _____

2. _____ him as he is – 1 John 4:11
3. Remember that she _____ him
4. Deal with her _____ log first – Matthew 7:3-5
5. Give her _____ to God – Philippians 2:3-9
6. Communicate biblically and in _____ – Ephesians 4:24-33

Score Card for Wives

Honestly evaluate yourself by this score sheet. Suggestion: If you really want to know how you are doing, ask your husband to rate you. Scale 1-4 (1= never; 2= seldom; 3= frequently; 4=regularly)

___ Do you try to make your home interesting, cheerful, and attractive, a place of rest and relaxation (devoting as much time, attention and study to it as you would a job downtown)?

___ Do you serve meals that are enticing in variety and attractiveness?

___ Do you handle finances that are your responsibility in a businesslike manner?

___ Do you keep yourself attractive (though not offensively so) in appearance in order that your husband will be glad to have everyone know that you are his wife?

___ Are you a good sport, cheerful, uncomplaining, and appreciative and not a nag?

___ Are you willing to let your husband have his own way and the last word when you disagree?

___ Do you avoid making a fuss over trifles and solve minor problems that you should handle alone?

___ Do you show respect and admiration for him, not comparing him unfavorably with other men, but making him think that you esteem him above all other?

___ Do you prevent your mother and other relatives from intruding unduly and show courtesy and consideration to his relatives?

___ Do you take a sympathetic and intelligent interest in his business, yet leave him a free hand, realizing that he must sometimes give time to his business that you would rather have him give to you?

___ Do you cultivate an interest in his friends and recreations, so you can make a satisfactory partner of his leisure hours?

___ Do you pray regularly with and for your husband and maintain a good devotional life?

___ Do you seek his counsel on important decisions?

___ Do you support his decisions and cheerfully assist him in fulfilling them?

___ Do you show respect and esteem for him with the children and other people?

___ Do you lovingly share your ideas, problems, joys, interests, and affection with him on a regular basis?

___ Do you enthusiastically and unselfishly seek to satisfy his sexual desires?

Prepared by Dr. Wayne Mack



Module 3 Ocala, Fl

Marion Baptist Association

(Digging Deeper into Teaching the Process and Procedures of Biblical Counseling)

Pastor Mike DeGuzman, OIC, ACBC

Four Rules of Communication

Ephesians 4:25-32

Introduction

1. Believers can learn to solve problems biblically and build good relationships.
2. The Bible tells us some important facts about our communication.
3. The Book of Ephesians provides us some great help in communication.

I. Be _____ – v. 25

A. Put off Lying, falsehood

Examples:

B. Put on speaking the _____

1. Why do you need to communicate?

- Because you are _____!

2. How do you need to communicate?

- Speak truth _____ (Ephesians 4:15)

Gossip is talking to or about someone who is not part of the _____

II. Keep _____ – v. 26-27

A. Solve today's problems _____.

B. Why is this important?

1. _____ 6:34: "Each day has enough trouble of its own."
2. Unresolved anger often leads to _____. (Become irritable and/or unhappy)
3. Clamming up gives the devil a _____ – Ephesians 4:27

Unresolved Anger > Resentment > Bitterness > Hatred > _____

C. Six questions to ask yourself before bringing up a difficult, sticky problem.

1. Do I have the _____ right? – Proverbs 18:13 – make sure it's clear
2. Should love _____ it? – 1 Peter 4:8 – is it sinful? Preference?
Hindering growth?
3. Is my _____ right? – Proverbs 15:23b – learn diffusing statements
4. Is my _____ right? – Ephesians 4:15

5. Are my words _____? – Ephesians 4:15

6. Have I _____ for God's help? – Proverbs 3:5

D. Model for put off/put on change – Ephesians 4:28

Anger is a God-given emotion intended to help us solve problems quickly and biblically.

III. Attack the _____, Not the _____ – vs 29-30

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

Always avoid and never use words like always and never

Put off hurtful words like “lazy” and “stupid.”

B. Put on words that build up and attack _____.

Loving means to be careful what you say and how you say it.

Focus on the other person's interest (Philippians 2:3-4)

Use edifying words

IV. _____, Don't React – vs: 31-32

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

1. Definitions

a. _____ – a smoldering resentment

- b. Wrath – flaring outbursts of wild rage
- c. Anger – internal smoldering, settled indignation or hostility that frequently seeks revenge
- d. _____ – harsh contention and strife, public quarreling, brawling
- e. Slander – speech that injures, ongoing defamation of another person that rises from a bitter heart.
- f. _____ – the desire to harm others or see them suffer.

2. The _____ tendency – Genesis 3:8-13

B. Put _____ communication that acts correctly – Ephesians 4:32

1. Definitions

- a. _____ – benevolent, helpful
- b. Tenderhearted – compassionate, sympathetic
- c. _____ – giving up your right to revenge or hold a grudge

2. The importance of replacing _____ reactions with godly actions (Romans 12:14-21)

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

Conclusion: Communicate like two lovers not two lawyers.

The Conference Table

- Meet every day if necessary
- Husband is the leader
- Meet at a table (writing can be done, harder to walk away, time needed to get to the table)
- The table becomes a symbol of hope
- Gives time for families to meet together and talk over the day's problems.

Rules of the Conference Table

Rule 1: Ephesians 4:25-32 is read aloud FIRST

Rule 2: At this table he discusses the problem in terms of his own responses to them (first setting right his own failure). This takes the log out of his eye according to Matthew 7:1-5.

- If he has been jealous, how he has felt bitter, how he has acted spitefully, how he has been angry, etc.
- He may also mention wrongs done toward others outside the home and may seek advice and help on how to best deal with them.
- He admits his own sins first and asks for forgiveness and help. This helps avoid similar problems in the future.

Rule 3: The offended party grants forgiveness based on Ephesians 4:32 and offers to help.

- Part of the help given may be some accountability actions on behalf of the other person.
- As he talks about himself and directs attention to his own failures, fears and sins, communication opens up.
- If he begins by confronting someone else at the table, a clash may occur. This cannot happen!
- When members of a family begin to confess sins to one another, they find that they can ask for and receive the help they need.
- Confession and forgiveness allows you to shift the focus from the person to the problem.

Rule 4: The conference table does not exist in order to tell others off.

Rule 5: Speak the truth, but always in love, and always with the intention of getting help.

Read back through Ephesians 4:25-32

Other Notes:

- If the rules are broken, a prearranged signal happens by someone recognizing that the standard of this passage is not being held and simply stands up.
- When someone stands up, the other participant recognizes that a rule was broken.
- If the one who is seated finds himself in the wrong, he immediately should say something like, "I understand what you're saying. Please sit down, let's talk about the problem instead of arguing and getting upset. Will you forgive me?"

This is not natural and will seem awkward for a few weeks. But, many things you've accomplished were awkward at first: riding a bike, ice skating, driving stick, etc...

This is part of not letting the sun go down on your anger.



Module 3 Ocala, FL

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Things to Say to Defuse an Argument

1. I really appreciate your concern about this.
2. Thank you for being interested in this problem.
3. I am glad you are concerned about this.
4. Am I hearing you correctly?
5. Am I hearing you right? Is this what you are saying?
6. Would you repeat that please?
7. Could you repeat that in a different way?
8. I see this is important to you; therefore, it is to me.
9. Let me think about that for a minute.
10. (Show genuine concern about mate's feelings!)
11. Thank you for taking the time to share this with me.
12. Do you have any suggestions as to what I could do to improve in this area? (Show appreciation!)
13. Did I hear you say it upsets you when I... (have a thankful spirit!) Thank you for sharing this with me.
14. Are you saying you want me to discuss issues of this kind with you before I make a decision? (Be thankful)
15. I am interested in what you are saying, but I'm not clear about what you mean. Could you say it in another way?
16. Let me see if I'm hearing you correctly.
17. How could I do that differently?
18. What, exactly, is it you see that I am doing: or doing wrong?
19. I was not clearly seeing that
20. Thank you for bringing that to my attention.
21. I am glad you pointed that out to me
22. When did that happen? I wasn't alert to that. (Be careful about the use of this statement. Make sure it is true!)
23. I see this is important to you so I'll make it a point to be more alert to it.