

A large, thick red heart outline is centered on the page. The heart is drawn with a brush-like texture, giving it a hand-painted appearance. It is superimposed over a background of light blue architectural blueprints. The blueprints show various lines, grids, and circular markers, typical of a technical drawing. The overall color palette is soft, with the red heart providing a strong contrast against the blue background.

# *Marriage By Design*

2025

Mike and Sherry DeGuzman were married on December 20, 1986 at the tender age of 19. Thirty five years later, they now have 8 children and 8 grandchildren. Mike and Sherry have presented Marriage by Design in China, Ukraine, South Africa, Greece, and in a number of churches, homes, colleges, and other venues in the Southeastern United States.

Mike has been a certified biblical/nouthetic counselor since 2009 with the Association of Certified Biblical Counselors (formerly the National Association of Nouthetic Counselors) and is currently on staff with Biblical Counseling Ministries Worldwide whose goal is to train biblical counseling trainers throughout the world. Mike has been serving as the senior pastor of Community Bible Church in Ocala, Florida since 2010 and was previously on staff with Community Bible Church in Beaufort, South Carolina.

*Marriage by Design Part 1*  
*The Priority of Marriage*

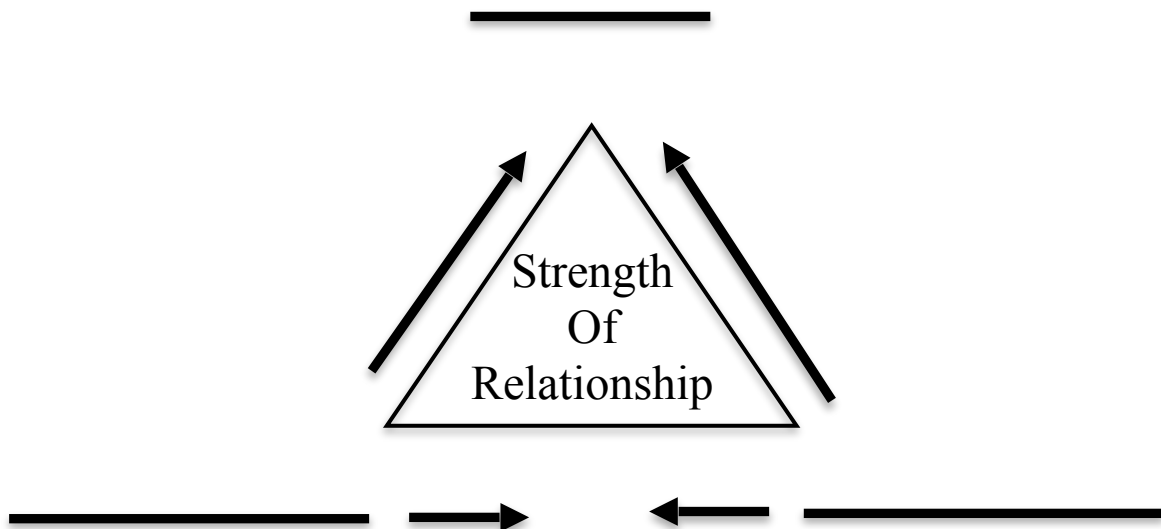
*Introduction*

*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 in Marriage

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

*Isaiah 1:2-3 Listen, O heavens, and hear, O earth; For the Lord speaks, "sons I have reared and brought up, but they have revolted against Me. "An ox knows its owner, and a donkey its master's manger, but Israel does not know, My people do not understand."*

6. \_\_\_\_\_

\_\_\_\_\_ % of all marriages today begin with people who live together first

Those who have sex before marriage increase their risk of divorce by \_\_\_\_\_ %

7. \_\_\_\_\_

8. \_\_\_\_\_

*Amalgamate = to combine or unite to form one organization or structure.*

9. \_\_\_\_\_

*James 1:20 The anger of man does not achieve the righteousness of God.*

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

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. *Designed for* \_\_\_\_\_

2. *Designed for* \_\_\_\_\_ - \_\_\_\_\_

3. *Designed for* \_\_\_\_\_

4. *Designed for* \_\_\_\_\_

5. *Designed to* \_\_\_\_\_ *Christ*

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*Success*

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*Survival*

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*Failure*

*From: The Slight Edge*

### *Week 1 Homework*

Scripture	Read Ephesians chapters 1-3. From these chapters, write out as many benefits of being in Christ as you can find (should be close to 30). Be ready to talk about them when we come together next week.
Scripture Memory	Memorize and be ready to recite 2 Corinthians 5:9
Theological Reading	Read the booklet, "What do you do when your marriage goes sour?" and write out how the author defines "love" and "forgiveness." Be ready to speak about them next week.
To "Do"	Go on a date together (husband in charge of doing something his wife would enjoy). Needs to be pre-planned and intentional.
Prayer	<ol style="list-style-type: none"><li>1. Pray for yourself through this seminar that you will be teachable and willing to change as God gives conviction and guidance.</li><li>2. Pray for your spouse that God will use this to speak to his or her heart in order to have a marriage that pictures Christ and His bride</li><li>3. Pray with each other at least once this week (before a meal does not count)</li></ol>
Church	Attend at least two services this week and write down the things that God is teaching you about yourself or your marriage.

## ***The Motives in Our Marriages***

### ***I. Biblical Love Defined***

- a. ***Eros: We get the term “\_\_\_\_\_” from this word. It's love that has to do with \_\_\_\_\_ pleasure. The greater the pleasure, the greater the love. The lesser the pleasure, the lesser the love.***

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

***Problem 1: If Eros is the Foundation, Your Marriage is Not \_\_\_\_\_***

***Problem #2: We \_\_\_\_\_***

- b. ***\_\_\_\_\_ : is a love based on \_\_\_\_\_.***

- c. ***\_\_\_\_\_ : Is a love based on common interests, affections, attractions, or shared goals.***

- d. ***Agape: Unconditional Love***

***Agape love is not based on your ability, your looks, our interests, or our relationship. Agape love is a love that you have for a person based on the fact that \_\_\_\_\_ loves you.***



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

**I. The Four Promises of Forgiveness**

- 1. I promise I will \_\_\_\_\_ bring it up or use this \_\_\_\_\_ you again.**

**“I am relinquishing my right to ever bring this up in a hurtful way 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 \_\_\_\_\_.***

## ***II. The Problem of the Heart***

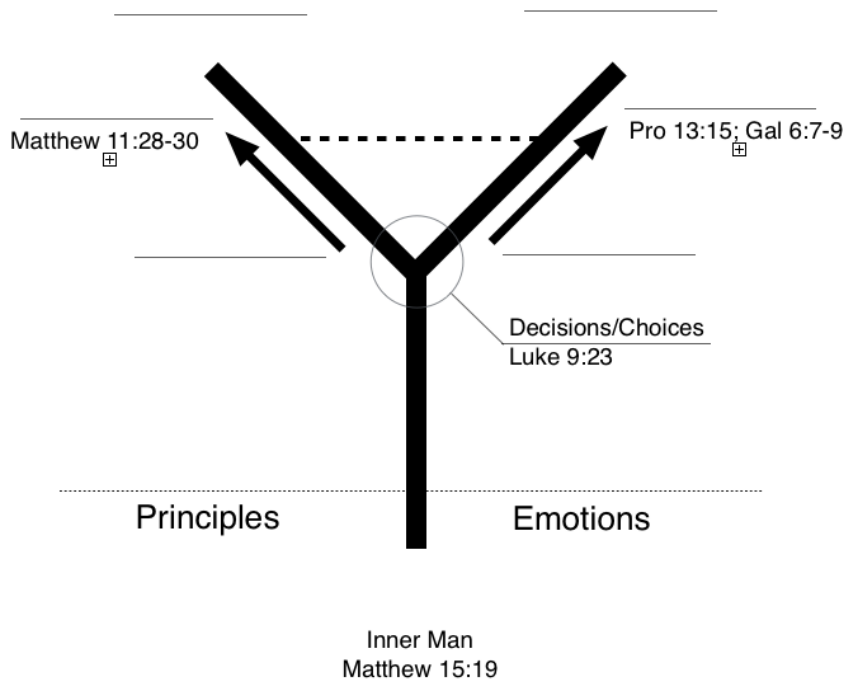
### **Matthew 15:17-20**

***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.”***



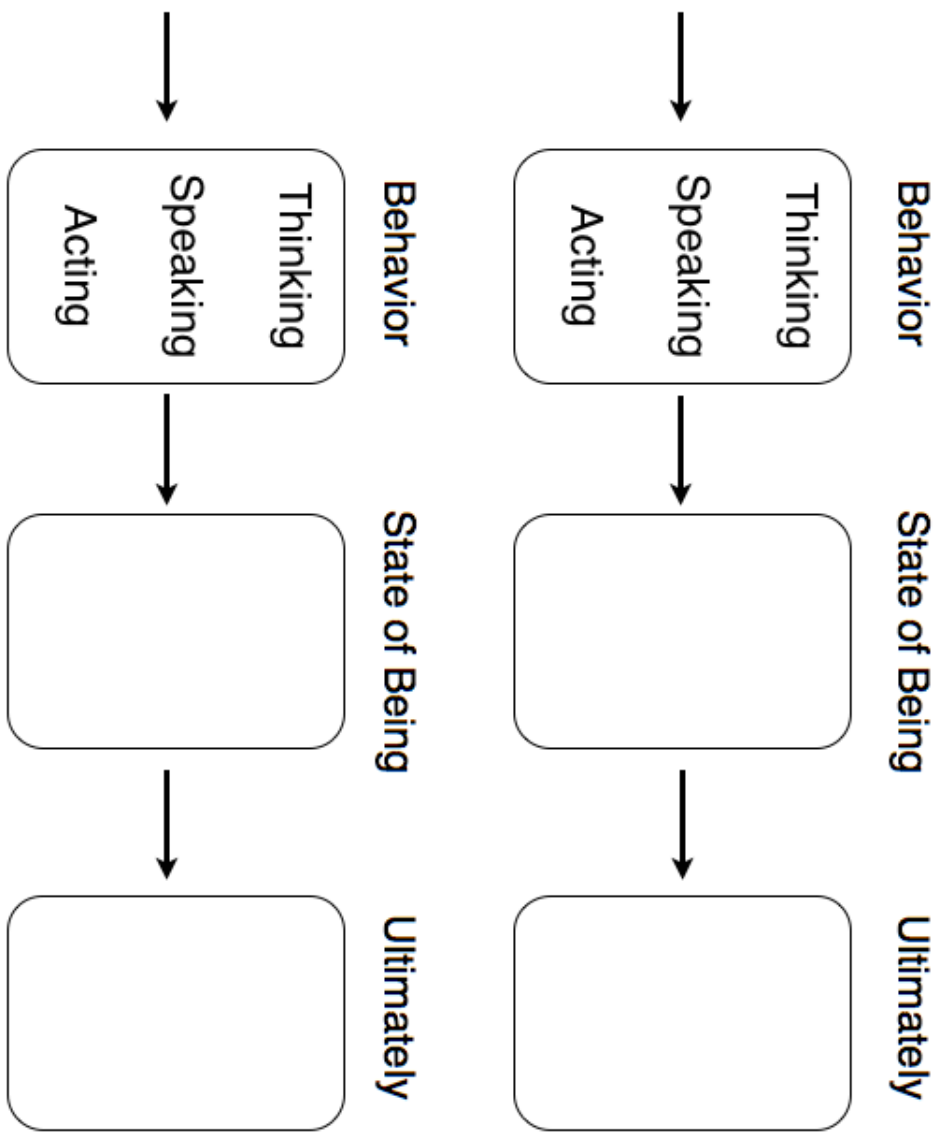
***Ezekiel 14:3 Son of man, these men have set up their idols in their hearts and have put right before their faces the stumbling block of their iniquity.***

***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.***

*“I do what I do because I want what I want”*



I'm finding more and more that the biggest issues of our marriages have nothing to do with the actual offense but our reaction to the offense.

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

## Homework for week 2

Scripture	Read Colossians chapters 1-2. From these chapters, write out as many benefits of being in Christ as you can find (should be close to 15). Be ready to talk about them when we come together next week.
Scripture Memory	Memorize and be ready to recite 1 Corinthians 10:31
Theological Reading	Read addendum 1 and be ready to speak about anything new you learned or reminders the author gave
To "Do"	Go on a date together (wife in charge of doing something her husband would enjoy). Needs to be pre-planned and intentional.
Prayer	<ol style="list-style-type: none"><li>1. Pray for yourself through this seminar that you will be teachable and willing to change as God gives conviction and guidance.</li><li>2. Pray for your spouse that God will use this to speak to his or her heart in order to have a marriage that pictures Christ and His bride</li><li>3. Pray with each other at least once this week (before a meal does not count)</li></ol>
Church	Attend at least two services this week and write down the things that God is teaching you about yourself or your marriage.

## Addendum 1

In American society, the heart usually means our emotions. Biblically, the term is much richer. Elyse Fitzpatrick's book *Idols of the Heart: Learning to Long for God Alone* shows that the heart consists of our mind (thoughts, beliefs, understandings, memories, judgments, conscience, and discernment), affections (longings, desires, feelings, imaginations, and emotions), and will (the part of us that chooses what actions we take). Thus the heart is the inner person. The will is especially important when studying forgiveness from the heart. Consider the Parable of the Unforgiving Servant in [Matthew 18:21-35](#).

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

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

"For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. When he had begun to settle *them*, one who owed him ten thousand talents (billions of dollars) was brought to him. But since he did not have *the means* to repay, his lord commanded him to be sold, along with his wife and children and all that he had, and repayment to be made. So the slave fell *to the ground* and prostrated himself before him, saying, 'Have patience with me and I will repay you everything.' And the lord of that slave felt compassion and released him and forgave him the debt. But that slave went out and found one of his fellow slaves who owed him a hundred denarii (days' wages); and he seized him and *began* to choke *him*, saying, 'Pay back what you owe.' So his fellow slave fell *to the ground* and *began* to plead with him, saying, 'Have patience with me and I will repay you.' But he was unwilling and went and threw him in prison until he should pay back what was owed. So when his fellow slaves saw what had happened, they were deeply grieved and came and reported to their lord all that had happened. Then summoning him, his lord said to him, 'You wicked slave, I forgave you all that debt because you pleaded with me. Should you not also have had mercy on your fellow slave, in the same way that I had mercy on you?' And his lord, moved with anger, handed him over to the torturers until he should repay all that was owed him.

"My heavenly Father will also do the same to you, if each of you does not forgive his brother from your heart." (NASB-95)

From this parable, we see that forgiveness always costs the forgiver. Forgiving us cost Jesus His life! Likewise, in God's economy, unforgiveness always costs the un-forgiver ([Matthew 6:15](#)).

Then what does biblical forgiveness look like? Jay Adams in the Christian Counselor's Manual states that if I forgive you, I am making three promises.

1. I promise not to bring the matter up again to use against you. God's example is that He remembers our sin no more ([Jeremiah 31:34](#); [Hebrews 8:12](#), [10:17](#)). He does not forget, but He chooses not to call the sin to mind.

2. I promise not to bring up the matter to anyone else against you. This is a promise not to commit the sin of gossip ([Romans 1:29](#); [1 Timothy 5:13](#)).
3. I promise not to dwell on the matter. When we keep turning something painful over in our minds, we are likely to become bitter, which is sin ([Ephesians 4:31](#)).

Each of these promises is a matter of the will, not emotions. We choose them to please and glorify God ([1 Corinthians 10:31](#)), to obey God because in Christ He has forgiven us ([Ephesians 4:31-32](#)), and to bless the one forgiven. However, these promises do not address the powerful emotions we may feel that scream against forgiving. Simply telling ourselves, "Don't feel that way!" will not help. Instead, since reaching full forgiveness can be a process, we add two more promises.

4. When the feelings of pain come to mind, I promise to act as if I have forgiven (because I have), to remind myself of the first three promises, and then to redirect my thinking according to [Philippians 4:8](#), i.e., to what is true, right, noble, pure, etc.
5. I promise to treat you as if the sin never happened. (Such kindness does not preclude possible consequences, e.g., an abusive spouse going to jail for crimes committed, or a child forfeiting a desired opportunity. Forgiveness implies commitment to pursue reconciliation to the extent possible. Reconciliation requires that forgiveness occurs first.)

By these two promises, I acknowledge that the pain is real and I reaffirm the first three promises. At first, this can be very difficult, but by making it a habit, in time my emotions will let go of the pain, anger, and other negative feelings that attended the situation. Later, I may even "forget."

When should we forgive? Twice, the passage shows expressing forgiveness upon the other person's confession or promise to make up for the matter. What if the other person refuses to confess, or cannot? In such a case, do we fail to forgive? No, in light of [Matthew 6:15](#), we should not hold back. God does give us some options.

- If we can overlook a sin so that it does not keep coming to mind ([Proverbs 19:11](#)), we can simply forgive it as a private transaction with God. But if the other keeps repeating the offense, we need to address it for the sake of the other's sanctification.
- If it is a deeper wound, we may still be limited to the private transaction. Suppose, for example, that the person has died?
- Before we address the situation, we must first take the log out of our own eye ([Matthew 7:1-5](#)), confessing our own sins. If the offender is available, we gently address the matter privately ([Matthew 18:15](#)). A helpful opening would describe the situation and ask if we did something to cause offense leading to the other's action. If an unbeliever rejects the approach, we may have to drop it. With a believer in Christ, [Matthew 18:15-20](#) applies.



- Between spouses, the husband should be first to humble himself, confess, and ask forgiveness, for he is to model godly leadership for his wife, including confession of sin ([Ephesians 5:25](#); [Luke 9:23](#)). If he refuses, his wife should take the initiative in obedience to Christ. Perhaps the Spirit will use her obedience to motivate him. (But beware, abusers usually interpret such initiative as weakness and as license to continue abusing. Dealing with abuse is a separate topic.)
- If I am the recipient of this approach, I must take it seriously and not brush it off or turn it against the other as his or her problem—how would that be like Christ? Nor may I demand that the other “get over it,” a self-serving response, but repent.

Suppose someone sins, confesses, repents, receives forgiveness, and keeps repeating the pattern. If we raise the issue, are we violating the first promise? Not if we aim to help that one replace the sinful habit with a godly one ([Ephesians 4:22-24](#)). We could open with, “I am concerned about a pattern in your life and where it is leading.” Be prepared for resistance and calmly state that you want to help.

The promises are profound, costly, and NOT optional. “Forgive us our debts (sins) as we also have forgiven our debtors” ([Matthew 6:12](#)). If we refuse to forgive, what have we prayed against ourselves?

Is this kind of forgiveness too difficult? If so, then we realize that genuine forgiveness from the heart is both an act of the will and supernatural. If not, we have probably been practicing biblical forgiveness for some time. In either case, we all need the Holy Spirit’s help to live out God’s kind of forgiveness toward others. If we ask, He will be pleased to help us do it.

If we willingly practice forgiveness from the heart in the little things, including gently addressing matters with offenders, we will please God and grow more like Christ. In addition, God will strengthen our “forgiveness muscle” for greater potential tests. Our graciousness may even avert some possible trials—God alone knows. Further, God will equip us through our faithful obedience to help others through their trials calling for forgiveness ([1 Corinthians 1:3-4](#)). Let’s all choose to forgive biblically!

This blog is adapted from a biblical counseling homework assignment “Forgiveness from the Heart,” © 2013, 2020 by Robert Kagels.

As we begin tonight, I want to first go backwards and cover the diagram we missed last week...It comes from Steve Viars book, "Putting Your Past in its Place."

### *Called to Mutual Submission*

Broken marriages don't just affect the husband and the wife.

- \* More than \_\_\_\_\_ percent of the adolescents in psychiatric hospitals come from broken homes
- \* Nearly \_\_\_\_\_ of teen suicides occur in households where a parent has been absent

2 Timothy 3:1-4,13 But realize this, that in the last days difficult times will come. For men will be lovers of self, lovers of money, boastful, arrogant, revilers, disobedient to parents, ungrateful, unholy, unloving, irreconcilable, malicious gossips, without self-control, brutal, haters of good, treacherous, reckless, conceited, lovers of pleasure rather than lovers of God... 13 But evil men and impostors will proceed from bad to worse, deceiving and being deceived

Ephesians 5:22-25 Wives, be subject to your own husbands, as to the Lord. 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. But as the church is subject to Christ, so also the wives ought to be to their husbands in everything. Husbands, love your wives, just as Christ also loved the church and gave Himself up for her

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 \_\_\_\_\_ 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 \_\_\_\_\_ to be used.

The Roman view of women in that day, Roman historian Jerome said, "Marriage was simply legalized \_\_\_\_\_." To a Roman world, a woman was disposable and dispensable. She was an object of pleasure and when he was through with her, he would get rid of her.

The Jewish view of women in that day, “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 \_\_\_\_\_.” Jews divorced their wives on a whim.

Women are now being told that men should \_\_\_\_\_ to them.

Women are now co-heirs of God.

A man should lay down his \_\_\_\_\_ for his wife.

A woman should be treated with dignity and \_\_\_\_\_.

Ephesians 5:15-18 Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil. So then do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is dissipation, but be filled with the Spirit,

Ephesians 5:19-20 speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father;

Ephesians 5:21 and be subject to one another in the fear of Christ.

Mark 9:35b “If anyone wants to be first, he shall be last of all and servant of all.”

Luke 18:14b for everyone who exalts himself will be humbled, but he who humbles himself will be exalted

1 Peter 5b-6 clothe yourselves with humility toward one another, for God is opposed to the proud, but gives grace to the humble. Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time

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

Hebrews 13:17 Obey your leaders and submit to them, for they keep watch over your souls as those who will give an account. Let them do this with joy and not with grief, for this would be unprofitable for you

Ephesians 5:22 Wives, be subject to your own husbands, as to the Lord.

Ephesians 5:25 husbands, love your wives, just as Christ also loved the church and gave Himself up for her.

Ephesians 6:1 Children, obey your parents in the Lord, for this is right

Ephesians 6:4 Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord

Ephesians 6:5 Slaves, be obedient to those who are your masters according to the flesh, with fear and trembling, in the sincerity of your heart, as to Christ

Ephesians 6:9 And masters, do the same things to them, and give up threatening, knowing that both their Master and yours is in heaven, and there is no partiality with Him.

The average age of today's video gamer is \_\_\_\_\_ years old. Manhood in our culture now means to grow up and be good at playing.

There are men who have incredible amounts of power and authority in their workplace but when they come home, they are \_\_\_\_\_ and disengaged.

Jesus calls the Holy Spirit, His \_\_\_\_\_!

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 5:21-22 (literally)... Submit to one another in the fear of Christ. Wives, to your own husbands, as to the Lord.

Ephesians 5:25 Husbands, love your wives, just as Christ also loved the church and gave Himself up for her

Matthew 20:25-27 But Jesus called them to Himself and said, “You know that the rulers of the Gentiles lord it over them, and their great men exercise authority over them. “It is not this way among you, but whoever wishes to become great among you shall be your servant, and whoever wishes to be first among you shall be your slave;

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

Next week:

Sacrificial Submission...the Role of Husbands

Respectful Submission...the Role of Wives

### Week 3 Homework

Scripture	Read Ephesians chapter 5 daily. From that passage, write out as many things you can find about what you are to “do” because of who you are in Christ. Be specific on things that deal with mutual submission in love.
Scripture Memory	Memorize and be ready to recite James 1:19-20
Theological Reading	Read Addendum 2
To "Do"	<p>Go on a date together (husband in charge of doing something his wife would enjoy).</p> <p>Do 3 acts of kindness for your spouse this week (above and beyond the normal things you do).</p>
Prayer	<ol style="list-style-type: none"><li>1. Pray for yourself through this seminar that you will be teachable and willing to change as God gives conviction and guidance.</li><li>2. Pray for your spouse that God will use this to speak to his or her heart in order to have a marriage that pictures Christ and His bride</li><li>3. Pray with each other at least three times this week (before a meal does not count)</li></ol>
Church	Attend at least two services this week and write down the things that God is teaching you about yourself or your marriage.

Addendum 2  
*The Secret to a Holy Marriage (By Van Johnson)*

Solicited or not, many engaged or young married couples hear at some point a variation of the phrase, “the secret to a happy marriage is...” followed by any number of possible answers from those older couples in their lives. Some answers are obviously better than others as they are evaluated in light of God’s Word, and there is no doubt all offerings are well intended. One of my favorite exercises in marriage counseling is to ask couples what they themselves would offer as “the secret.” Their responses typically yield some valuable insights to their own hearts’ values. This conversation also gives me the opportunity to bring some clarity and instruction from God’s Word into the relationship.

### **Holy vs. Happy**

When couples seek counseling, they often assume the common objective I have for them is a happy marriage, a good marriage. While this is not a sinful objective and they are not necessarily wrong to assume this, the question we must ask from the Bible is whether or not this is *God’s* objective for their marriage. I have found [Romans 8:28-29](#) to be immensely helpful in clarifying the right objective, as clearly within these verses we find God’s definition of good—not only for marriage, but for all of life for every believer. In this passage, Paul defines good as our holiness, conformity to the image of Christ. The first question couples must ask themselves is *whose* definition of good they are using for their lives and their marriage. This can be incredibly impactful, because often the truthful answer is *their own definition*, not the *Lord’s*. Helping them to understand that our loving Father has in mind for them a lifelong process, their sanctification, reframes every aspect of the relationship, for certainly the “all things” of [Romans 8:28](#) includes their spouse. God’s objective of Christlikeness is far greater than even the noblest worldly pursuits they may have set for themselves. When we are able to move from talking about the secret to a happy marriage to talking about the secret to a *holy* marriage, real progress is being made.

### **Pride vs. Humility**

We must turn to God’s Word to understand what it looks like practically to seek a holy marriage. One passage that helps us do just that is [Philippians 2:3-4](#). Marriage as a sanctifying relationship does more to reveal individual pride than virtually anything else in life. The lowliness of mind to which we are all commanded in these verses is perhaps most immediately given the opportunity for expression when we look to our spouse. Particularly for couples in crisis, it becomes clear that at some point they began to forget that the most significant “other” they are to esteem in their lives is their spouse. The key is helping the couple move from humility as an abstract principle to concrete action. A favorite example of mine is to point out that all but the most cowardly husband, when given the opportunity, would lay down his life willingly for his wife. When this opportunity comes in the form of taking out the trash at the wife’s request when it is late at night in sub-zero weather because the next day is garbage day however, reluctance creeps in. The call from [Philippians 2:3-4](#) is to exercise humility towards one another even in the humblest of circumstances. If there be any resistance to this, or skepticism as to its direct relationship to Christlikeness, the beautiful illustration of this principle at work is in verses 5-11,



as we see this lowliness of mind fully displayed in our Savior. For Him, the embrace of humility was quite literally decades of obedience to the will of His Father—the overwhelming majority of which we do not even have recorded for us in Scripture. If the Son of God would walk this path, giving us a living example, before enabling us to do the same through His sacrificial death, how could we be unwilling to follow?

### **My Secret**

If it has not become clear already, my answer to the question of the “secret to a happy marriage” is humility. To the extent couples will focus on being humble towards one another, other important elements such as love, communication, and patience will inevitably follow. This is not my promise, it is the promise of the God who guarantees the good works He has begun in us will be faithfully completed ([Philippians 1:6](#)). His work in us, and the hope for any married couple, is that we will be like *Christ* when He is done with us. Better than any cultural conception of happiness, this is the beauty of a holy marriage.

## ***Respectful Submission: The Role of Wives***

Ephesians 5:15-33 Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil. So then do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is dissipation, but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father; and be subject to one another in the fear of Christ. Wives, be subject to your own husbands, as to the Lord. 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. But as the church is subject to Christ, so also the wives ought to be to their husbands in everything. Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, so that He might sanctify her, having cleansed her by the washing of water with the word, 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. So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church, because we are members of His body. 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. This mystery is great; but I am speaking with reference to Christ and the church. 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.

I. \_\_\_\_\_ Submission: The Role of Wives

A. Her Submission is to her \_\_\_\_\_ as to the Lord

The reason we have a problem with submission 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.

1. 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.

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.

2. Submission is a voluntary 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.

3. Submission is a testimony (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,”

## B. How to be Disrespectfully Submissive

1. Only submit when you \_\_\_\_\_
2. Nag him about his \_\_\_\_\_
3. Shop until you \_\_\_\_\_
4. Ignore your own need for \_\_\_\_\_
5. Never stop \_\_\_\_\_

If your husband is not being the spiritual leader in your home... \_\_\_\_\_ tell him that he needs to be the spiritual leader in the home.

## C. How to be Respectfully Submissive

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 submission 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 heart, not just your \_\_\_\_\_
5. Let him see your \_\_\_\_\_ and \_\_\_\_\_ spirit

## II. Concluding Thoughts

1. Leadership is about \_\_\_\_\_, not title.

2. Submission is your \_\_\_\_\_ ally

You submit for the benefit of \_\_\_\_\_

## III. 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 are a \_\_\_\_\_.

5. Submission is a \_\_\_\_\_ to get your way.

Scripture	Read Ephesians chapter 4 daily. From that passage, write out as many things you can find about the specific things that characterize someone who is no longer the old person but a new person.
Scripture Memory	Memorize and be ready to recite Ephesians 4:32
Theological Reading	Read Addendum 3 (ways a wife may express respectful submission to her husband). Follow the instructions at the beginning of the addendum.
To "Do"	<p>Go on a date together (wives in charge of doing something her husband will enjoy).</p> <p>Do 3 acts of kindness for your spouse this week (above and beyond the normal things you do).</p>
Prayer	<p>1. Pray for yourself through this seminar that you will be teachable and willing to change as God gives conviction and guidance.</p> <p>2. Pray for your spouse that God will use this to speak to his or her heart in order to have a marriage that pictures Christ and His bride</p> <p>3. Pray with each other at least four times this week (before a meal does not count)</p>
Church	Attend at least two services this week and write down the things that God is teaching you about yourself or your marriage.

### *Addendum 3*

#### ***Ways A Wife May Express Respectful Submission To Her Husband***

(How to convince your husband that you love him)

Evaluate the way you express love to your husband. Go over the list and circle the ways you are neglecting. Ask your husband to go over the list and put a check mark in front of the ways he would like you to express love. Ask him to add other things to the list.

You may express love to your husband

1. Greet him at the door with a smile, a hug, a kiss, and a kind expression like, "I am glad to see you. I really missed you today."
2. Having a cup of coffee, tea or cold drink ready for him when he comes home.
3. Give him a lingering kiss
4. Let him know you like to be with him and organize ways to spend time with him
5. Be willing to talk to him about his concerns and not belittling him about them
6. Support him and cooperate with him enthusiastically when he makes decisions
7. Tease and flirt with him
8. Seek to arouse him and sometimes be the aggressor or leader in sexual relations
9. Ask him to have sexual relations more than he would expect you to.
10. Sit close to him. Hold his hand or rubbing his back or...
11. Wear his favorite nightgown or dress or perfume or...
12. Express your love in words or notes.
13. Let him know how much you appreciate him and what you appreciate about him
14. Try to anticipate what he might desire or surprise him by doing it before he asks.
15. Play with him (tennis, golf, games, etc.); share his hobbies and interests
16. Enthusiastically cooperate with him in devotions and prayer as you set a good example to the children and their attitude toward devotions and prayer
17. Maintain your own spiritual life through regular bible study and prayer.
18. Handle your affairs decently and in order; structure your time by using it wisely.
19. Be willing to face and solve problems even if it means discomfort, change, and effort.
20. Fulfill your responsibilities
21. Ask for his advice and frequently follow it
22. Be ready to leave at the appointed time.
23. Thank him in creative ways for his attempts to please you.
24. Ask for forgiveness and actually changing where you should.
25. Read the literature he asks you to read and share your insights.
26. Let him know when he has tough decisions to make that you believe he will choose the right thing and that he has your support.
27. Buy gifts for him
28. Watch sporting events with him and be interested
29. Keep the house neat and clean
30. Cook creatively and faithfully
31. Have devotions with the children when he is not able to be there.
32. Maintain his disciplinary rules when he is not present.

33. Be appreciative and cooperative when he holds you, caresses or kisses you.
34. Lovingly give him your input when you think he is in error.
35. Offer positive suggestions in areas he can improve or be more productive without begging, being pushy, nagging, or preaching.
36. Run errands gladly.
37. Seek to complete him, not compete with, him
38. Be lovingly honest with him – no back door messages – no withholding of truth.
39. Be willing to see things from his point of view
40. Pamper him and make a fuss over him.
41. Be happy and cheerful
42. Gently brush his leg under the table.
43. Have candlelight and music at dinner.
44. Go for a walk together.
45. Let him know that you miss him when he is out of town or away
46. Relate what happened to you during your day.
47. Share your fears, concerns, joys, failures, etc...
48. Seek to support your ideas with biblical insights and good reasons.
49. Give him your undivided attention when he wants to talk.
50. Cheerfully stay up past your bedtime to resolve a disagreement or problem.
51. Hold him close while expressing genuine concern and tangible and vocal love when he is hurt, discouraged, weary, or burdened.
52. Plan vacations or trips together
53. Brag to others about him
54. Join with him in a team ministry at the church
55. Do a bible study together.
56. Do a good job in bookkeeping about family finances and/or help prepare taxes
57. Keep yourself attractive and clean.
58. Develop and use the spiritual gifts God has given you.
59. Ask him to pray with you about something.
60. Stay within the family budget and even save some aside for special surprises.
61. Be excited about the gospel, answered prayer, opportunities to help other people.
62. Make a list for him of things that need to be done around the house.
63. Be content with your standard of living.
64. Don't make nostalgic comments about your father's way of providing, etc...,
65. Acknowledge some specific areas or ways in which you need to improve.
66. Take care of his clothes so that he is always dressed well.
67. Appreciate and help his mother and father and relatives as needs arise.
68. Refuse to argue with or embarrass him in the presence of others.
69. Cooperate with him in establishing family goals and helping fulfill them.
70. Tell him before he asks you that you think he has done a good job.
71. Be available and eager to fulfill his desires when appropriate and possible.
72. Begin each day with cheerfulness and tangible expressions of affection.
73. Let the children know that you and your husband are in agreement;

Adapted from “a homework manual for biblical living” volume 2 by Wayne A. Mack



1 of 8  
Sacrificial Submission: The Role of Husbands

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

Ephesians 5:15-33 Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil. So then do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is dissipation, but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father; and be subject to one another in the fear of Christ. Wives, be subject to your own husbands, as to the Lord. 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. But as the church is subject to Christ, so also the wives ought to be to their husbands in everything. Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, so that He might sanctify her, having cleansed her by the washing of water with the word, 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. So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church, because we are members of His body. 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. This mystery is great; but I am speaking with reference to Christ and the church. 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.

Just be sure the husband is the spiritual leader and the head of the marriage, it does not mean that he is more \_\_\_\_\_ than his wife or children. It does mean that he is called to \_\_\_\_\_.

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 knowledge.

1. The \_\_\_\_\_ Dictator

2. The \_\_\_\_\_ Pleaser

## II. Proper Picture of Biblical Leadership

1. He Must Lead In: \_\_\_\_\_ Love (Verse 25)

2. He Must Lead In: \_\_\_\_\_ Love (Verse 25)

How can I take steps to love sacrificially?

We love best by \_\_\_\_\_ our families.

a. Sacrifice your time (to lead, you must plan...calendar out your family time.)

1. \_\_\_\_\_ time with your wife

2. Plan time as a \_\_\_\_\_

3. Leave work \_\_\_\_\_

4. \_\_\_\_\_ an appointment to be with your family

b. Sacrificing your convenience

1. Eat dinner \_\_\_\_\_ as a family

2. Do \_\_\_\_\_ together. Just sit down and read the bible if nothing else.

3. Make the \_\_\_\_\_ decisions

4. When both of you are home, the \_\_\_\_\_ should be the one doing the discipline. That's part of being the leader. It's the most loving thing to do.

3. He Must Lead in: \_\_\_\_\_ Love (Verses 26-27)

I must \_\_\_\_\_ speak negatively about my wife to others!

Jesus Christ loved the church so much that He makes the church \_\_\_\_\_.

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

4. He must lead in: \_\_\_\_\_ 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. He Must Lead In: \_\_\_\_\_ Love (Verses 30-31)

Intimacy happens when I let someone into a part of my life that's not \_\_\_\_\_ available to everyone else.

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

Practical help for men:

1. Purpose to develop your wife's greatest treasures and \_\_\_\_\_
  - a. \_\_\_\_\_ time together
  - b. Set and help plan goals for your wife and children.
  - c. Discover ways to help her be more successful. ... Don't know? Ask her!
2. Do little things so she knows that she \_\_\_\_\_.
  - a. Get the little jobs done that you said you'd do
  - b. Go for walks
  - c. Take time just to talk
  - d. Get the babysitter and don't make her do it
  - e. Decide where to eat
  - f. Call without needing anything

What loving your wife as Christ loved the church DOES NOT mean:

1. You \_\_\_\_\_ do what your wife wants (passive pleaser).
2. You \_\_\_\_\_ have a life (you need time with men. Hang out with men, work out with men.
3. You \_\_\_\_\_ her dependent on you (don't smother your wife).
4. You \_\_\_\_\_ all the shots (arrogant dictator).

5 of 8  
Homework for Week 5

Scripture	Read Ephesians chapter 5 daily. From that passage, write out as many things you can find about the specific things it says about imitating Christ and being filled with the Spirit.
Scripture Memory	Memorize and be ready to recite James 1:19-20
Theological Reading	Read Addendum 4 (ways a husband may express sacrificial submission to his wife). Follow the instructions at the beginning of the addendum.
To "Do"	<p>Go on a date together (husbands in charge of doing something his wife would enjoy).</p> <p>Do 3 acts of kindness for your spouse this week (above and beyond the normal things you do).</p>
Prayer	<p>1. Pray for yourself through this seminar that you will be teachable and willing to change as God gives conviction and guidance.</p> <p>2. Pray for your spouse that God will use this to speak to his or her heart in order to have a marriage that pictures Christ and His bride</p> <p>3. Pray with each other at least five times this week (before a meal does not count)</p>
Church	Attend at least two services this week and write down the things that God is teaching you about yourself or your marriage.

Ways A Husband May Express Sacrificial Submission 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. Being the loving leader of your home
2. Frequently tell her and show her you love her
3. Make sure she has a regular amount of money to spend in any way she chooses.
4. Lead family devotions regularly
5. Smile and being cheerful when you come home from work.
6. Help her wash and dry the dishes at least twice a week.
7. Take care of the children for a few hours each week to give her free time for herself
8. Take her out for dinner or to do some fun thing at least once a week.
9. Do the “fix-it” jobs she wants done around the house.
10. Greet her when you come home with a smile, a hug, a kiss, and an “I am I glad to see you. I missed you today.”
11. Give her a lingering kiss
12. Pat her on the shoulder or fanny or holding her hand or caressing her frequently.
13. Be willing to talk to her about her concerns and not belittle her for having them.
14. Look at her with an adoring expression.
15. Sitting close to her. Rub her back or...
16. Shave or take a bath or brush your teeth before initiating sexual relations.
17. Wear her favorite after-shave lotion.
18. Write love notes or letters to her.
19. Let her know you appreciate her and what you appreciate about her.
20. Do the dishes while she relaxes or takes a bubble bath.
21. Fulfill her implied or unspoken desires and wishes. Anticipate what she might desire and surprise her by doing it before she asks.
22. Play with her; share her hobbies and recreational preferences enthusiastically
23. Set a good example before the children.
24. Talk about her favorably to the children when she can hear you and when she can't.
25. Brag about her publicly and let her know you are proud to have her as your wife.
26. Maintain your own spiritual life through Bible study, prayer, regular church attendance and fellowship with God's people.
27. Handle your affairs decently and in order; structure your time and use it wisely.
28. Make plans prayerfully and carefully.
29. Ask her advice when you have problems or decisions to make.
30. Follow her advice unless to do so would violate biblical principles.
31. Fulfill your responsibilities.
32. Being sober, but not somber, about life.
33. Have a realistic, biblical, positive attitude toward life.

34. Discuss plans with your wife before making decisions, and when the plans are made, share them fully with your wife, giving reasons for making the decisions you did.
35. Thank her in creative ways for her attempts to please you.
36. Ask forgiveness often and say, "I was wrong and will try to change." Then change
37. Plan a mini-honeymoon, where the two of you can do whatever you want to do.
38. Give an expression of admiration when she walks by
39. Gently brush her leg under the table.
40. Be reasonably happy to go shopping with her.
41. Relate what happened at work or whatever you did apart from her.
42. Reminisce about the early days of your marriage.
43. Express appreciation for her parents and relatives.
44. Take her out to breakfast.
45. Agree with her about getting a new dress or some other item.
46. Thank her when she supports your decisions and cooperates enthusiastically at times when you know she doesn't fully agree.
47. Ask her to have sexual relations with you and seeking to be especially solicitous of her desires. Express gratitude when she tries to please you.
48. Buy gifts for her.
49. Remember anniversaries and other events that are special to her.
50. Watch the TV program or go where she wants to go instead of doing what you want to do. Do it cheerfully and enthusiastically.
51. Be cooperative and appreciative when she holds you, caresses or kisses you.
52. Be cooperative when she tries to arouse you and desires to have sexual relations.
53. Never make fun of her for expressing her desires.
54. Run errands gladly.
55. Pamper her and making a fuss over her.
56. Be willing to see things from her point of view.
57. Be lovingly honest with her – no backdoor messages – no withholding of the truth that may hinder your present or future relationship.
58. Indicate you want to be alone with her and talk or just lie in each other's arms.
59. Refuse to "cop out" or "blow up" or attack or blameshift or withdraw or exaggerate when she seeks to make constructive suggestions or discuss problems.
60. Give her your undivided attention when she wants to talk.
61. Cheerfully stay up past your bedtime to solve a problem or share her burdens.
62. Get up in the middle of the night to take care of the children so that she may continue to sleep.
63. Hold her close while expressing tangible and vocal love when she is hurt, discouraged, weary, or burdened.
64. Plan vacations and trips with her.
65. Help her yourself instead of telling the children to "help mommy."
66. Be eager to share a good joke or some other interesting information you've learned.
67. Join with her in a team ministry in the church.
68. Do a bible study or research project together.
69. Establish a family budget and live by it.
70. Keep yourself attractive and clean.
71. Be cooperative, helpful, as a co-host when you have people visiting

72. Ask her to pray with you about something.
73. Spend time with the children in play, study, and communication.
74. Acknowledge specific areas or ways in which you need to improve.
75. Refuse to disagree, argue, or embarrass her in the presence of others
76. Cooperate with her in establishing family goals and then in fulfilling them
77. Be available and eager to fulfill her desires whenever possible and proper.
78. Begin each day with cheerfulness and tangible expressions of affection.
79. Plan to spend some time alone with her for sharing and communicating every day.
80. Make sure to let her know when you must work late.
81. Refuse to work late on a regular basis.
82. Take care of the yard work properly.
83. Help the children with their homework.
84. Refuse to compare her unfavorably with other people.
85. Handle money wisely.
86. Don't allow activities to keep you from fulfilling marriage or family responsibilities
87. Discover new things to do with her. (Be willing to go out or stay home with her)
88. Be polite, courteous, and mannerly with her.
89. Refuse to be overly dependent on your parents or friends
90. Develop mutual friends.
91. Provide adequate insurance.
92. Provide for your family in case you should die or become handicapped.
93. Be especially helpful and solicitous when she is not feeling well.
94. Be on time
95. Let her sleep in occasionally. Get the children breakfast and, if possible, off to school.
96. Frequently give in to her unless to do so would be sinful
97. Put the children to bed at night.
98. Be gentle and tender and holding her before and after sexual relationship.
99. Not nit-picking and finding fault, and giving the impression that you expect her to be perfect.

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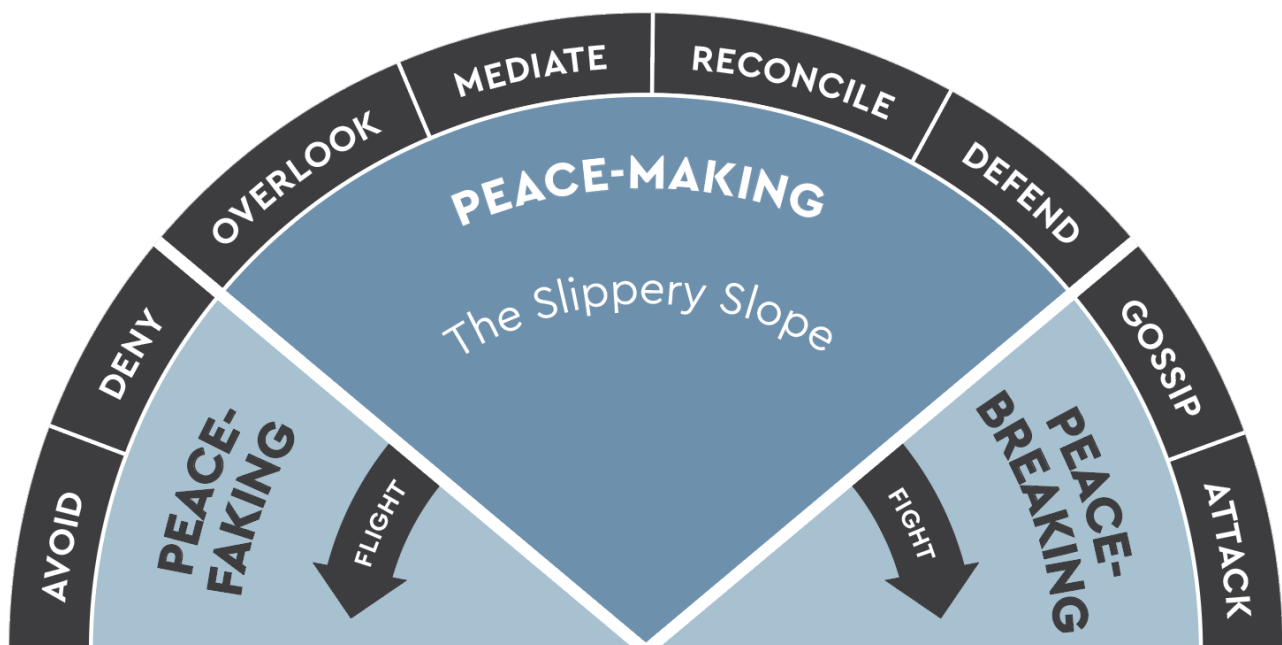


*Marriage by Design Part 6*  
*God's Design for Resolving Conflict*

Proverbs 18:21 Death and life are in the power of the tongue, and those who love it will eat its fruit.

Proverbs 12:18 (NIV) Reckless words pierce like a sword, but the tongue of the wise brings healing.

John 8:10-11 Straightening up, Jesus said to her, "Woman, where are they? Did no one condemn you?" She said, "No one, Lord." And Jesus said, "I do not condemn you, either. Go. From now on sin no more."



<b>I</b> _____	These are good, God-given desires. Desires are not necessarily sinful. We want things like love, respect, safety, security, acceptance, Godly family, marriage, children, provide for family, etc.
<b>I</b> _____	A slippery slope occurs where we start thinking what we want is what we need in order to be happy, fulfilled, pleased, etc., in life.
<b>I</b> _____	Here we say, "I must have" or "I deserve to have" my desires met. Both feet are in the sin pool now and idolatry has taken root.
<b>I am</b> _____	When we don't get what we really, really, really, really, really want, we question God's character, love and mercy. We get angry, depressed, fearful, etc.
<b>I</b> _____	Because idols demand a sacrifice, we play the judge and issue a verdict that needs to be carried out because our desire (functional savior) did not get satisfied.
<b>I</b> _____	When our desires don't get satisfied, we respond by lashing out in anger, tearing down the person, or inflict self-harm to ourselves in the form of "addiction" or other ways.

## I. The Four G's of Conflict

Conflict: A difference in opinion or purpose that frustrates someone's goals or desires.

a. G \_\_\_\_\_ God

First Question: "How can I \_\_\_\_\_ God in this conflict?"

Second question: "How can I approach this conflict as an act of \_\_\_\_\_?"

1 Corinthians 10:31 Whether, then, you eat or drink or whatever you do, do all to the glory of God.

Romans 11:36 For from Him and through Him and to Him are all things. To Him be the glory forever. Amen.

b. G\_\_\_\_\_ the Log Out

Matthew 7:1-5 Do not judge so that you will not be judged. “For in the way you judge, you will be judged; and by your standard of measure, it will be measured to you. “Why do you look at the speck that is in your brother’s eye, but do not notice the log that is in your own eye? “Or how can you say to your brother, ‘Let me take the speck out of your eye,’ and behold, the log is in your own eye? “You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye.

7 A’s of Confession

A\_\_\_\_\_ Everyone Involved

A\_\_\_\_\_ if, but, and maybe

A\_\_\_\_\_ specifically

A\_\_\_\_\_ the hurt

A\_\_\_\_\_ the consequences

A\_\_\_\_\_ your behavior

A\_\_\_\_\_ for forgiveness (and A\_\_\_\_\_ time)

c. G \_\_\_\_\_ Restore

#### Four Promises of Forgiveness

- \* I promise to never bring this up again to use it against you
- \* I promise that I won't allow my mind to dwell on the offense
- \* I promise that I will not tell others
- \* I promise that I will not allow this to hurt our relationship

Galatians 6:1-2 Brethren, even if anyone is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; each one looking to yourself, so that you too will not be tempted. Bear one another's burdens, and thereby fulfill the law of Christ.

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

O \_\_\_\_\_ what you can, when you can.

Psalms 103:8 The LORD is compassionate and gracious, Slow to anger and abounding in lovingkindness.

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! <sup>6</sup> 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 \_\_\_\_\_. There have been more homes destroyed by words than houses destroyed by fire.

Scripture	Read through Psalm 32 a few times this week. As you read through it, begin taking notes on the benefits of forgiveness and the burden of unforgiveness. How do you see this working in your life and marriage?
Scripture Memory	Memorize and be ready to recite Ephesians 4:29
Theological Reading	Work through some of the "Questions for Couples" worksheet (below) this week on your date night.
To "Do"	<p>Go on a date together (wives in charge of doing something her husband would enjoy).</p> <p>Do 3 acts of kindness for your spouse this week (above and beyond the normal things you do).</p>
Prayer	<p>1. Pray for yourself through this seminar that you will be teachable and willing to change as God gives conviction and guidance.</p> <p>2. Pray for your spouse that God will use this to speak to his or her heart in order to have a marriage that pictures Christ and His bride</p> <p>3. Pray with each other at least 6 times this week (before a meal does not count)</p>
Church	Attend at least two services this week and write down the things that God is teaching you about yourself or your marriage.

Take some time together each week to get to know one another better. In the early weeks, you will probably spend more time in the “Light” and “Medium.” As conversation improves, you will find yourself more comfortable in the “Heavy” questions.

Light	Medium	Heavy
1. What are your 5 favorite foods, with the most favorite first?	1. What makes you the most fulfilled or happiest as a spouse?	1. What caresses do you enjoy the most? Least?
2. What are your 5 favorite meals, with the most favorite first?	2. What makes you the most fulfilled or happiest as a parent?	2. At what times do you need assurance of my love the most?
3. What are your 5 favorite desserts, with the most favorite first?	3. What makes you saddest?	3. What can I do that will make it easier to discuss and work on areas or problems?
4. What are your 5 favorite restaurants, with the most favorite first?	4. What do you fear the most?	4. What concerns do you have that I do not seem interested in?
5. What is your favorite color?	5. What do you look forward to the most? Why?	5. What things do I do that irritate you?
6. What are your 5 favorite hobbies, with the most favorite first?	6. What are your skills?	6. What desires do you have that we haven't discussed?
7. What are your 5 favorite sources of reading, with the most favorite first?	7. What is your spiritual gift?	7. What things can I do that show my appreciation for you?
8. What gifts do you like?	8. What is your weakness?	8. What desires (spiritual, physical, emotional, intellectual, social) would you like me to provide?
9. What is your favorite book(s) of the Bible? Why?	9. What things (personal, home, car, etc.) can I help with?	9. In what ways would you like me to care for you (physically, spiritually, socially, emotionally)?
10. What is your favorite verse(s) of the Bible? Why?	10. With what chores and responsibilities do you like my help?	10. In what ways would you like me to sacrifice for you?
11. What is your favorite song?	11. What are three things you enjoy doing with me, with the most enjoyable first.	11. What things are first in my life?
12. Who were your childhood heroes? Why?	12. What concerns and interests of yours would you like me to support?	12. What is the best way to confront you when you are in sin?
13. Which do you enjoy more? Seeing people to see or going places?	13. What is one thing I can do this week to demonstrate my love for you?	13. What can I do to provide the greatest comfort and encouragement for you when you are hurt, fearful, or anxious?
14. If you could go anywhere in the world, where would you go? Why?	14. How much time would be good for us to spend together each day?	14. What personal habits do I have that you would like changed?

## **God's Design for Resolving Conflict Part 2**

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.

1. **Be** \_\_\_\_\_ – v. 25

**A. Put off lying, falsehood**

**B. Put on speaking the** \_\_\_\_\_

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

2. **Keep** \_\_\_\_\_ – v. 26, 27.

**A. Solve today's problems today**

**B. Why is this important?**

1. **Matthew 6:34** “Each day has enough trouble of its own.”

2. **Unresolved anger often leads to** \_\_\_\_\_.

- ***When one is bitter they are irritable and unhappy.***

3. \_\_\_\_\_ **up gives the devil a foothold**

- ***When people* \_\_\_\_\_ *talking, the devil has won!***

- ***Jesus was never angry when He was personally attacked!***

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

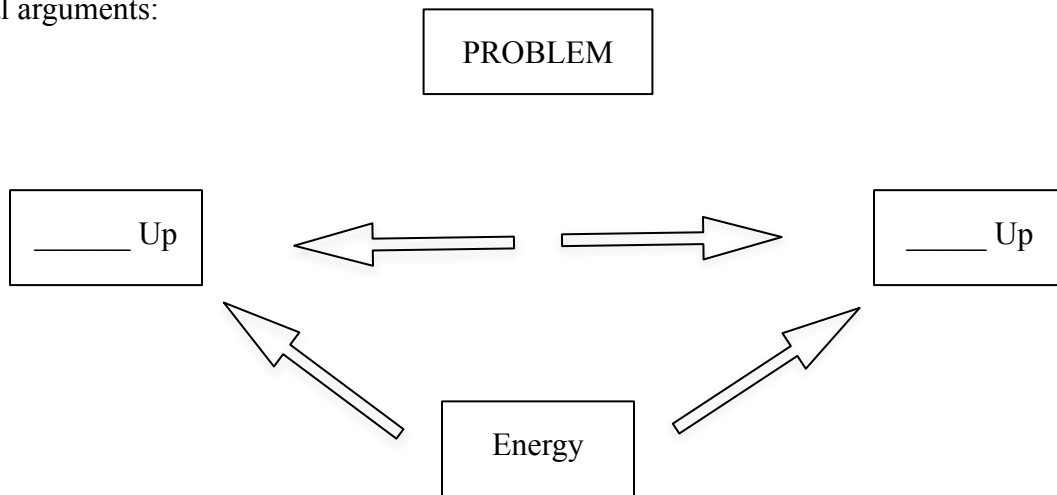
*Unresolved anger = \_\_\_\_\_ = bitterness = hatred = \_\_\_\_\_*

*Six questions to ask yourself before bringing up a difficult, sticky problem:*

1. *Do I have the \_\_\_\_\_ right? Prov 18:13 – Make sure its clear*
2. *Should love \_\_\_\_\_ it? 1 Peter 4:8 – Is it sinful? A preference? Is it hindering growth?*
3. *Is my \_\_\_\_\_ right? Prov 15:23b Transition statements to diffuse argument in packet*
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*

3. *Attack the Problem, not the \_\_\_\_\_*

Typical arguments:





***Practical Thoughts for Solving Problems:***

- 1. We're not to just be right,***
- 2. We're not to just tell the \_\_\_\_\_,***
- 3. We're not to just win an argument.***
- 4. We're called to a higher calling and that's to \_\_\_\_\_ others up.***

***Stop Hiding Behind:***

- 1. I was right or "Well...it's the truth!"***
- 2. I was frustrated***
- 3. I had a \_\_\_\_\_ day***
- 4. That's not what I meant***

***A. Put off words that tear down and \_\_\_\_\_ the person.***

***B. Put on words that build up and attack \_\_\_\_\_.***

***4. Act, Don't React - vv: 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 \_\_\_\_\_ – Ephesians 4:31***

***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 properly - Ephesians 4:32***

***Definitions:***

***Kind – benevolent, \_\_\_\_\_.***

***Tenderhearted – compassionate, sympathetic.***

***Forgiving – giving up your right to \_\_\_\_\_ or hold a grudge***

***Conflicts occur only when each person \_\_\_\_\_. It takes two to argue***

***5. Learn to \_\_\_\_\_***

***- We listen best by \_\_\_\_\_***

***- We listen best by \_\_\_\_\_***

***- We listen best by \_\_\_\_\_***

***\* “Are you saying...”***

***\* “Tell me more about...”***

***\* “Can you give me an \_\_\_\_\_ ...”***

***\* “I’m confused about...”***

***\* “What did you mean when you said...”***

***- We listen best by \_\_\_\_\_***

***\* “You believe I didn’t take time to hear you out.”***

***\* “The way you see it, then, is...”***

***\* “You seem to believe I was being dishonest (or harsh/insensitive) about...”***

***\* “I get the impression that I have really disappointed you.”***

***\* “You were really hurt by what I said about you at dinner.”***

- *We listen best by* \_\_\_\_\_

The P-A-U-S-E principle:

**P - P** \_\_\_\_\_ (pray, get the facts, seek godly counsel, develop options)

**A - A** \_\_\_\_\_ relationships (show genuine concern and respect for others)

**U - U** \_\_\_\_\_ interests (identify others' concerns, desires, needs, limitations, or fears)

**S - S** \_\_\_\_\_ for creative solutions (prayerful brainstorming)

**E - E** \_\_\_\_\_ options objectively and reasonably (evaluate, don't argue)

*c. Go and be Reconciled*

**For Continuing Projects for Growth:**

1. \_\_\_\_\_ *God's Word*

2. \_\_\_\_\_ *God's Word*

3. *Read/listen to* \_\_\_\_\_ *material*

4. \_\_\_\_\_ *date nights*

5. *Have ears to* \_\_\_\_\_ *in church*

6. *Keep* \_\_\_\_\_ *together.*

## *Conference Table*

In this document, ‘he’ can be “he” or “she.”

Meet every day if necessary

- 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.