

Counseling Guidelines For Many Aspects of Marriage!

By -- Dr. Edward Watke Jr.

- Preface -

Here you will find many aspects of marriage dealt with for the purpose of counseling those in need. Homework is one of the most important aspect in counseling and knowing what to give the couple to study and then seeing them apply truth and bring change is one of the greatest joys and benefits in the counseling process. *Here is homework ideas.* This material would also lend itself for teaching and preaching. I have often shared these truths in the class room, from the pulpit and then in the informal times in someone's home. May God use it through you!

- Table of Contents -

Communication Guidelines	pg. 2
Helps In Building Communication Skills	pg. 4
The Roles of a Husband and Wife	pg. 6
Why Marriages Fail	pg. 11
Helps in Counseling the Husband	pg. 15
Helps in Counseling the Wife	pg. 16
Husband's Place in Marriage	pg. 17
Wife's Place in Marriage	pg. 21
Why Is Marriage In the Plan of God?	pg. 25

Communication Guidelines

Probably one of the greatest weaknesses in the home is the failure to build and maintain good communication skills. More families hurt each other because of the sins of the tongue than in any other area of daily life. Often people just are not following Biblical guidelines and principles in their daily relationships.

First consider the following verses: Proverbs. 18:21; Job 19:2;
James 3: 8-10; I Peter 3:10; Ephesians 4:25-32

Think about these guidelines, work at implementing them into life as you study the portions of Scripture given:

1. Be a ready listener and do not talk until the other person has finished talking. (Prov. 18:13; James 1:19)
2. Recognize in the following verses the importance God's puts on listening. (Luke 8:18; Heb. 3:7,15; Heb. 4:7; Rev. 2:7, 11, 17, 29; 3:6, 13, 22)
3. Be slow to speak. Think first. Don't be hasty in your words. Speak in such a way that the other person can understand and accept what you say. (Prov. 15:23, 28; 29:20; James 1:19)
4. Repeat the other person's conversation given and then say, "*Explain to me more exactly what you meant.*" Give the person the time and the right to explain further and hold your peace while doing so!
5. Don't go to bed angry! Each day clear up the offenses of that day. Speak the truth, but do it in love. Do not exaggerate. (Eph. 4:15,25; Col. 3:9; Matt. 6:34; Eph. 4:26,27)
6. Do not use silence to frustrate the other person. Explain why you are hesitating to talk at this time. (Prov. 10:19; 15:28; 16:21,23; 18:2; 20:15; Col. 4:6)
7. When you are in the wrong, admit it and ask for forgiveness, and ask how you can change. (Prov. 12:15; 16:2; 20:6; 21:2; Matt. 5:23-25; Luke 17:3; James 5:16)
8. Do not be involved in quarrels. It is possible to disagree without quarreling. (Prov. 17:14; 20:3; Rom. 13:13; Eph. 4:31)
9. Do not respond in uncontrolled anger! Use a soft and kind response and tone of voice. (Prov. 14:29; 15:1; 25:15; 29:11; Eph. 4:26, 29, 31)
10. When someone confesses to you, tell him you forgive him. Be sure it is truly forgiven (release the person from the wrong) and not brought up to the person, to others, or to *yourself* again. (Prov. 17:9; Eph. 4:32; Col. 3:13; I Pet. 4:8)
11. Avoid nagging! (Prov. 10:19; 16:21,23; 17:9; 18:6,7; 21:19; 27:15)
12. Do not blame or criticize the other person. Instead restore... encourage... edify... praise and give appreciation. (Rom. 14:13; 12: Gal. 6:1; I Thess 5:11)

Counseling Guidelines for Married Partners

13. If someone verbally attacks, criticizes, or blames you, do not respond in the same manner. (Rom. 12:17, 21; I Pet. 2:23; 3:9; Col. 3:12-14)
14. Try to understand the other person's opinion. Make allowances for differences.
15. Be concerned about the other person's interests. Minister to them in the areas of interest in their life. (Eph. 4:2; Phil. 2:4; 3:15, 16)

Consider:

- This has been a study of Biblical directives for promoting good communication and good relationships with other people.
- To really make this yours, and to practice becoming more Biblical in your communicating, you may wish to sign the following agreement to implement these guidelines in your daily life. (*Husband and wife ought to both sign*)

Name _____ Date: _____

Name _____ Date: _____

Helps In Building Communication Skills

A. Communication Exercise:

1. Visualize an automobile in your mind. Each person is to jot down two adjectives to describe it as you visualize it. Do the same for a chair, a house, a father, a mother, a good time, love, etc.
2. Share your notes with each other. How much do your mental images differ? (Do this with your spouse if married, or with someone else.)
3. What does this tell you about communication? How do you think a man and woman differ in the way they look at things?
4. The connotation of words may vary greatly. This is why we can be so emotional about what someone has said because we interpret their words totally different than they do.

B. What attitudes or messages do the following sentences convey to you?

- Do they convey respect, appreciation, consideration, encouragement, affection, love or disdain, disrespect, rudeness, animosity, hostility, rejection?
 - Try to imagine yourself hearing these sentences from someone else.
 - In the blank after the sentence write in the word from the list above that best gives the meaning you feel is there.
1. "You don't really care!" _____
 2. "I really need you!" _____
 3. "Well, what do you have to complain about today?" _____
 4. "It sounds like you had a difficult day. Is there any way I can help you?"

 5. "You shouldn't feel that way!" _____
 6. "I'm really sorry that you feel that way. How can I help? I'll be glad to pray for you and with you, or do anything that I can!" _____
 7. "I don't see why you feel that way! I can't understand why you act like this!"

 8. "You never kiss me!" _____
 9. "You know what, honey? I really love you and like to have you hold me and kiss me." _____
 10. "Well, what do you know! Miracles still happen. You're ready on time."

Counseling Guidelines for Married Partners

11. "Hey, hon. I just want you to know that I really appreciated the way you hurried to be ready to go on time." _____
12. "You always forget what I ask you to do!" _____
13. "Honey, you're terrific, and getting better all the time." _____
14. "I like the way you smile. You really brighten my day." _____
15. "How come you could get home early tonight when you don't do it other nights?" _____
16. "I wish that you'd learn to cook like my mom!" _____
17. "That was a super meal. You are a fantastic cook, dear." _____
18. "We ought to have company more often. It's the only time we get good food around here." _____
19. "Boy, it's great you got home early. I really miss you during the day." _____
20. "You never take care of the things I ask you to do!" _____

C. Reflect on the study of *communication guidelines* and work on things you need to change.

1. List the item that you most need to work on changing. Work on one item at a time. Recognize these failures as sin and act on them accordingly.
2. Write down two specific actions you can take to improve these items toward change.
3. Share these with your mate and ask for help in changing.
4. Get other suggestions concerning how you can improve these items of failure.
5. If you do not have a mate, share with a close Christian friend.

The Roles of a Husband and Wife

Introduction:

Possibly couples fail as much in not fulfilling their roles as any area of marriage relationships.

- God has a perfect blueprint which if “lived out” will make a vast difference.
- Since the Heavenly Father planned a couples relationship and then created them “male and female,” surely the planner and the Creator knows best how the couple ought to relate!
- The couple must plan to take their proper place (Eph. 5). In the Church, everybody is not the head, or the eyes, or the ear, but all are needed in their own place of function as seen in I Corinthians 12. This also applies to the marriage relationship.
- In any team, organization, or association, each person knowing and fulfilling their prescribed role is essential for harmony and efficiency (I Corinthians 2:12-25, especially verses 12, 18-20.)
- We must accept God’s authority in assigning roles. (Psa. 119:128)

I. The Biblical Role of a Wife

A. Be a submitted follower (Eph. 5:22,24; Col. 3:18; Tit. 2:5; I Pet. 3:1-6; Gen. 3:16)

1. Negative, what this does not mean

- a. Submission is not just for women, but for all Christians. (Eph. 5:21; Phil. 2:3-4; I Pet. 5:5; Rom. 13:1; Heb. 13:17)
- b. Submission does not make the women the slave (or doormat) of her husband. (Prov. 31:10-31)
- c. Submission does not mean that the women should be idle, _____, reclusive, or _____. (Prov. 31)
- d. Submission does not mean that she should never give advice or opinions. Her views are equally as valid as anyone’s within the limits of God’s Word. (Prov. 31:26; Acts 18:26; Judges 13:12-23)
- e. Submission in no way means she is inferior to or holds an inferior position to the man. (Luke 2:51; I Cor. 11:3; John 5:30; I Cor. 12)
The man’s and woman’s positions are different but it is not a matter who is superior or inferior. The husband is to make his wife the queen of his home, rather than to “harass, hound, or hurt his wife.

2. Positively, what it does mean.

- a. Submission is the wife’s responsibility. She is place herself under the leadership of her husband. The wife is commanded by God to be s submissive but the husband is never told or commanded to tell her to submit. (Eph. 5:22; I Pet. 3:1)

Counseling Guidelines for Married Partners

- b. Submission is obligatory, not optional for the believer.
(I Pet. 3:1; Luke 2:51; Eph. 5:22,24; Col. 3:18)
- c. Submission is a spiritual matter! The wife cannot be submissive to God without being submissive to her husband. (Eph. 5:22; I Cor. 11:3)
- d. Submission involves attitude as well as action! (John 4:34; Psa. 40:7-8; Prov. 31:13; John 14:15) (words as well)
- e. Submission extends to all areas of life, except for the higher authority of God and His Word. (Eph. 5:24; 1:22; Col. 3:18; Cf. Acts 5:28, 20 I Pet. 5:1-6)

B. Be a submitted Helper, the help-meet! Definition of a help-meet! (Gen. 2:18-22)

- 1. Literally, she was made to be a **help**, or “aid, helper, support” that is **meet**, or sufficient for the opposite part, the other side, her husband. She was made to be a support to the man’s weak areas! And we have them, men!
- 2. God made the woman to be man’s helper, to help him to **do** what God has commanded him (them) to do. (I Cor. 11:9)
- 3. God made her to be a **suitable** helper. (Prov. 18:22; 31:10-11) Too often the wife countermands, belittles, makes light of, or resists her husband’s leadership or directions. This is rebellion to God’s command.
- 4. God made the women to be a complement to the man. (I Cor. 11:11) Here to often the husband acts independently, does not rely on his wife as a helper, and treats her with disdain and resentment. She is equal in everything but human strength, and position. **Treat her as equal!**

C. Be a creative complement, by

- 1. making her house a home, (Prov. 31:11,20).
- 2. being dependable and trustworthy with her responsibilities.
(Prov. 31:11, 12; I Cor. 4:2)
- 3. discussing problems, disagreements, and true feelings with her husband openly, lovingly, and honestly. (Eph. 4:15,25; Prov. 31:26; 27:5-6)

It is the man who opens the door for communication! A wife has tremendous frustration when he does not communicate. She cannot make the full decision, yet she must keep the home together. She cannot communicate with a man who is a loner, a pouter, a wrathful and angry man, or an alcoholic. She cannot do it! Sir, you are the key!

- 4. be a creative, industrious member of the team. Keep family goals ahead of personal ones (Psa. 128:3; Prov. 31).
- 5. show interest in her husband’s problems and concerns.
(Phil. 2:3-4; 2:20-21)
- 6. maintain a good spiritual life (I Pet. 3:1-2, 7; I Tim. 2:9-15).

Counseling Guidelines for Married Partners

7. cooperate with her husband in rearing the children for the Lord.
(Eph. 6:1-4; Prov. 31:26-28; 6:20-23; I Tim. 5:13-14)
8. be grateful, reverence your husband. (Eph. 5:33b; Rom 13:7)
9. show confidence in your husband, show admiration for him.
(Eph. 5:33b; I Cor. 13:4-8)

II. The Biblical Role of a Husband

A. Be a serving leader.

1. The command of leadership. (Eph. 5:23; I Cor. 11:3)
2. The attitude in leadership
 - a. Not dictatorial, demanding, bossy, harassing, or hounding his wife
 - b. Leadership must be viewed as a **service** to the ones led, not dominance over the ones he is serving. (Matt. 20:20-28 *vs. 28; John 13:1-15; Phil. 2:6-8; Mk. 10:45).
 - c. Leadership must be viewed as a service to Christ, to the family, and not as self-service. (Matt. 20:28; Acts 15:26)
3. The activity of leadership.
 - a. It involves the principle of continuous companionship, for you cannot lead those with whom you do not share your life. You cannot lead your family if you do not take time to meet their needs. (Cf. Christ/disciples; I Pet. 4:7).
 - b. It involves teaching those that you lead what God wants, what they are responsible to DO, and how to do it! (I Cor. 14:35; *"Knowing God's will by knowing the Word of God and leading your family accordingly."* (Col. 4:12; Eph. 5:17; 6:6; Psa 37:23)
 - c. It involves example, **being** what God wants you to be, and not just appearing so! (Phil. 4:9; I Thess. 2:7-10; I Pet. 5:3)
 - d. It involves making informed, correct decisions, and delegating responsibility. (Cf. Christ and his disciples; John 4:1,2; Mk 1:35-38; 6:7, 35-43)
 - The father/ husband needs to be goal- oriented.
 - The father/husband needs to be joy- oriented.
 - The father/husband needs to be solution- oriented.

Never make a decision when you are angry or when you are discouraged and down! You will have the results of failure of you do, and your family will be hurt as well. We should never make a decision when we are angry or depressed for we will regret it and have to undo it if that is even possible.

How long did it take you to admit wrong? To admit when you failed? How long did it take for you to say, "Forgive me, I'm sorry and I am wrong."

Counseling Guidelines for Married Partners

If I you are a good leader, and make a poor decision, your spouse should be the first to know about it. Admit, and deal with it! The children need to see that dad is a real man, who knows how to ask for forgiveness and to give it as well.

Don't degrade you spouse! **A good leader. . .**

1. does not scoff at his spouse,
2. is not critical of his spouse,
3. is not bossy, dictatorial or demanding,
4. treats her as an equal, as a rational, moral, creative being,
5. gives her the greatest characteristic of love which is **respect**. The very heart of true love is respect. If we have lost respect, we do not have much, but when we have respect, then true love can grow.
6. Understands that good leadership is built on biblical love, honor, and respect.

B. Be a godly leader; the husband is commanded to be a lover, as Christ loves!

1. The pattern of this love. (Eph. 5:25, 28, 33)
 - a. This is "divine- love"; agape love, the love that gives because of need, not because of worthiness.
 - b. Obeying the command to love (agape love) will produce the feeling of love. Feelings do not produce love, but godly love will produce the emotions that are a part of true love.
 - c. *Eros* love and *Phileo* love are both to be controlled by *Agape* love.
 - d. Love is to be given as an act of the will. God's love, an unconditional love, is to be lived out in the home. *"Correct biblical thinking will produce correct action, from which will follow correct feeling."*
2. The manifestation of this love. How can we show it?
 - a. **Say it!** We are commanded to **speak** of our love, just as God tells us of His love in hundreds of ways. (John 15:9; Rom. 5:8; I John 4:19)
 - b. Loving as Christ loves! (Eph. 5:25-29)
 - taking the initiative in love, (vs. 25)
 - giving a sacrificial love, (vs. 25)
 - having a purpose in his in love, (vss. 26-27)
 - an unselfish, serving love (vss. 28-29)
 - a nourishing and cherishing love. (vss. 28-29)
 - c. meeting needs! (I Pet. 3:6; I Tim. 5:8; I John 3:17; Eph. 5:28; Rom. 8:32)
 - physical needs -- provision and protection
 - emotional needs -- approval, affection. Tokens of love reveal you are thinking about her when you not with her.
 - social needs -- companionship, friendship; *"She is your best friend."*
 - recreational needs -- exercise, time alone, rest, and time away from work and routine

Counseling Guidelines for Married Partners

- sexual needs - satisfying her, not *yourself* should be your priority in this area; pleasing her and not yourself first! (I Cor. 7:1-5)
- d. sacrifice for her. Give of your time and money. (Eph. 5:25; Phil. 2:5-6; 2:20-21)
- e. Share your life with her, not with someone else! Sharing your plans, dreams, feelings, fears, goals, plans, and needs. (I Pet. 3:7)
- f. Praise **her** in sincerity! Tell her what is good about her, not just for what she does. Thank her for the way she meets her responsibilities! (I Pet. 3:7-12; Prov. 31:28; Eph. 5:20)
- g. Share kind thoughts! (I John 3:18; Col. 3:19; Phil. 4:8) *“When we depreciate something mentally, we will treat it (or them) accordingly! Negative thoughts will bring negative actions, words, and reactions.”*

C. Be a conscientious learner.

1. The husband must learn to manifest love.
2. The husband must learn to demonstrate unconditional love.
3. The husband must learn to demonstrate a walk in love. (Eph. 5:1-2) As a normal result, the wife will reciprocate, amplify, and shower this love to everyone in the home.
4. The husband must learn to be a leader by demanding of himself the kind of dedication to his task and the kind of openheartedness to his family that will aid consistent, godly leadership. (I Cor. 15:58; Gal. 6:7-9)
5. The husband needs to learn to be a godly, spiritual leader. He ought to be the prayer warrior of the home. (Cf. Phil. 1:9-11; Col. 1:9-11)

D. Be a support to your wife, (I Pet. 3:7)

1. Be sensitive to her,
2. give honor to her,
3. dwell together as heirs together,
4. live so prayers are not hindered.

Why Marriages Fail

Introduction:

When we look at many Christian marriages we often wonder why there are so many problems, failures, divorces, sorrows, losses, and loneliness.

Divorce is a major problem, even in the best of churches. Over 3,000 Americans a day are experiencing a separation. And just think of all the heartache children experience.

I. CAUSES ENUMERATED . . . SECONDARY PROBLEMS:

A. Breakdown in communication.

1. Not a root problem, but a major contributor to a couple's problems.
2. Reason -- failure to follow Bible instructions and patterns, Eph. 4:15, 25-32. (Study two lessons on communication found in *Treasures of Truth*.)
 - a. Principle of honesty, speaking the truth in love, vs.. 15, 25
 - b. Principle of daily problem solving, vs.. 26, 27
 - c. Principle of edification, vs. 29
 - d. Principle of Biblical action, vs.. 31, 32
3. A progressive problem
 - a. Small problems become larger problems.
 - b. Offended partner views mate as always wrong.
 - c. Hurt leads to resentments.
 - d. Resentments lead to breakdown in objectivity, then a growth in:
 - bitterness, and hostility
 - sarcasm, scorn, and contempt may be practiced

B. Lack of knowledge concerning Biblical roles

1. Dependent upon roles of parents as an example.
2. Lack leads to accusing and excusing. (blame shifting)
3. Understanding limited to teaching, to exposure when growing up.
4. Biblical counselors need to show couples their proper roles, thereby leading them to unity and joy.

C. Unresolved personal conflict

1. Marriage was not designed to be a place of refuge for those who have been battered by life experiences.
2. Marriage was never designed to be a haven of rest for the mentally disturbed and emotionally fractured.

Counseling Guidelines for Married Partners

3. Marriage was not designed to become a treatment center. (A medical center to nurse the wounded and the broken hearted)
4. When personal problems “spill over” into the marriage, marital stability is hindered. *“I’m a grand canyon of needs, hope you fill all of them!”*
5. According to statistics, most second marriages fail. Failures of the first marriage are taken into the second, and third, and fourth marriage.
6. Example of unresolved conflicts:
 - a. resentment toward parents since days of their youth
 - b. jealousy toward a sibling, selfishness, and envy
 - c. hostilities embraced over the previous years
 - d. unforgiveness toward past events, circumstances, and people

(Marriage can be “doomed” before the marriage ever takes place.)

D. Failure to honor marital commitment

1. Marriage is a divine institution. (Gen. 2:18-24; Mal. 2:14-16)
(Many go into marriage with the attitude that if it does not work, we will just split!)
2. Marriage was designed to have physical permanence. (Eph. 5:30-32)
3. Divorce was never a part of God’s plan or purpose. (Mal. 2:11-16)
4. Practical aids toward commitment
 - a. Read marriage vows together regularly, (once a week for the first year, once a month for the next five years.)
 - b. Memorize Eccl. 5:4-5
 - c. Love is not the cornerstone for permanence, but the determination of commitment is the foundation of a marriage.

Marriage does not depend upon love for its existence, rather love depends upon marriage permanence for its continued existence and growth.

The marriage itself gives love its permanence and continuance so it can mature and develop in order to bring glory to God. Marriage is for keeps! Commitment sets the stage for love to blossom!

E. Financial pressures

1. Society places great emphasis upon materialism! This view sets the stage for financial difficulties. (I Tim. 6:6-17)
2. overspending, no budgeting, no plans, little understanding
3. Society by ads, etc., creates interest, desire, Many promises are given to consumers, the idea is to get wealth get popularity, feel good, etc.

Most singles have little idea of household finances. It is very difficult for them to understand unless one has been there, or been taught. They have no idea what is involved.

Counseling Guidelines for Married Partners

*The consumer is convinced of needs! Fifty percent of what is marketed
is not really needed anyway.*

F. Improper goals, priorities, aims in life

G. Being unequally yoked

1. religion and denominational barriers
2. social and racial barriers

II. PRIMARY CAUSES OF MARITAL PROBLEMS:

A. Unconfessed, unforsaken personal sins and habits

1. Anger, wrath, inner hostilities
2. selfish, self-centered living and desires
3. lazy, irresponsible, slothful, undisciplined
4. full of resentments and bitter of heart
5. hard-hearted, uncompassionate

B. Dominant sinful thoughts and attitudes

1. Self-talk practices that embrace inner critical thoughts, scorn, contempt, etc.
2. Embracing of "belief systems" that are full of lies instead of Biblical truth
(See book... *Why Do I Feel as I Feel and Do as I Do?*)
3. Attitudes that are damaging, hurtful which flow out of inner thought evaluations.
(Prov. 23:7; Isa 26:3; Rom. 8:5-8; II Cor. 10:3-5; Psa. 139:23-24; Psa 19)

C. Life-dominating destructive personal sins habits

1. Lustful thinking, illicit sexual living, building mental fantasies, etc.
reading pornographic materials, viewing nudity, etc. on TV.
2. idols of the heart
3. gambling, drugs,
4. adultery, fornication, homosexuality (Col. 3:5)

III. PRACTICAL SUGGESTIONS IN COUNSELING:

A. Consider the potential of life-dominating sins.

B. Consider the presence of presence causes (B above)

C. Consider anything of any significance,

Counseling Guidelines for Married Partners

1. make an entry in the agenda column of your materials, etc.
2. after a broad sweep of data gathering, (extensive approach) then explore details. (See materials about principles in counseling.)

IV. INSIGHTS CONCERNING MARRIAGE:

A. Marriage was designed to accomplish four things

1. Procreation -- (Gen. 1:28; Psa 1:27; I Tim. 5:14)
2. Partnership -- (Gen. 2:18; Mal. 2:11-16) To eliminate solitude, to meet the need of a *help meet*.
3. Meet God-given physical sexual desires -- (I Cor. 7:2-5; Prov. 4:18-21)
4. Provide happiness -- (Gen. 26:6-9; Eccl. 9:9; Heb. 13:4)

B. The fall of man makes marriage difficult.

C. Prerequisites for a successful marriage:

1. Proper relationship with Christ Jesus as Lord, (Rom. 14:9) and
2. yielding to the power and control of the indwelling Holy Spirit.
3. The need of basic similarities:
 - a. better if they have similar interests, goals, priorities,
 - b. better if they have similar backgrounds,
 - c. better if they have similar circumstances in their rearing,
 - d. better if they have similar social, economic, and religious backgrounds,
 - e. better if they have similar political and philosophical views,
 - f. better if their temperament, personalities complement one another.
4. Some things that would cause the marriage to run smoother:
 - a. proper understanding of differences between men and women,
 - b. proper understanding of marital roles,
 - c. proper understanding of finances,
 - d. proper understanding of child rearing,
 - e. proper understanding of how to communicate.

Helps In Counseling The Husband

Here are some ideas, suggestions to help a husband put to practice some things that God commands him to do in his relationship to his wife.

1. Understanding the husband's role

a. List three ways you could love your wife sacrificially, then do them.

- _____
- _____
- _____

b. List six ways that your wife is special to you.

- _____
- _____
- _____
- _____
- _____
- _____

c. List four ways you could nourish your wife, then do them. (Eph. 5:28, 29)

- _____
- _____
- _____
- _____

d. List four ways you could cherish you wife, then do them.

- _____
- _____
- _____
- _____

2. Getting to know your wife

a. Interview your wife and fill in the questionnaire of 50 things about your wife. (I Pet. 3:7a)

b. Interview your wife about how you can show sexual love to her that would be more meaningful, and in keeping her likes and dislikes.

c. Ask your wife to give you ideas of what things you do, or say that **hurt her**.

- things you do:
- things you say:

3. List some things you should do (or change) to become a "serving leader." *Things you should do.*

- _____
- _____
- _____
- _____

Things you should change.

- _____
- _____
- _____
- _____

List your greatest needs below, from 0 - to 10. (10 being the greatest need.)

- a. anger _____ b. bitterness _____ c. irritableness _____
 d. impatience _____ e. hostilities _____ f. depression _____
 g. indifference _____ h. laziness _____

I am committed to work on the foregoing problem, to seek help, to apply Bible truth and to bring about change -- no matter the cost.

Name: _____

Date: _____

Helps In Counseling a Wife

Here are some practical helps to aid the wife in fulfilling her role and applying Biblical truth in her daily life.

1. Understanding her role.

a. Why did God give the husband the leadership role according to these verses?

- I Tim. 2:13 _____
- I Cor. 11:8,9 _____
- I Tim. 2:14 _____

b. List four ways you could better show your husband your willingness to be a submitted follower and do them.

- _____
- _____

c. List four ways you could “*reverence -- adore, appreciate -- build up*” your husband? (and do them) (Eph. 5:33)

- _____
- _____

2. Understanding how to build personal beauty.

a. List four ways you can cultivate inner beauty, as found in I Peter 3:1-6? (do them)

- _____
- _____

b. In what ways could you show your husband your love by improving your attractiveness to him.

- _____
- _____

3. Understanding how to minister in the sexual area.

a. Interview your husband about how you can show sexual love to him in the ways that would be more meaningful, and in keeping his likes and dislikes.

- _____
- _____

b. Do you understand why sex is so important to your husband?

Why do you think it is?

I am committed to work on the foregoing problem, to seek help, to apply Bible truth and to bring about change -- no matter the cost.

Name: _____

Date: _____

The Husband's Place in Marriage!

Tonight almost everyone in the world will go to a place he calls "*home*." The very basis of life is built upon the home. Rich, poor, black, white, cottage, or mansion -- we all have a place to call home. There are many problems facing the home today. None are so great but that the needs could be met. It depends largely upon leadership in the home.

Many problems face America, but none are so terrible as the breakdown of the American home, especially the Christian home. We should fear disloyalty, strife, contention, and disintegration at the level of the home more than we fear any political enemy. God will judge America because of moral deterioration.

The greatest force against the deterioration of America is strong homes. The person with the greatest responsibility to the success of the home is the husband.

God has given us His divine blue-print for marriage. His plan, will, and purpose cannot be improved upon!

What does God say to the husband?

I. HE IS TO BUILD A RELATIONSHIP OF LOVE. (Eph. 5:25, 29)

A. Christ maintains a relationship of love to us!

1. The pattern of love in the home is the pattern of Christ and the church.
2. Christ used His relationship to the saved, His bride as an example of the love of a husband in the home.
3. How holy! What a responsibility! What a pattern to emulate and imitate.

B. The Husband is to love "even as" Christ loves!

1. Christ took the initiative in love. (I Pet. 4:19)
 - a. He *first loved us*, although we did not deserve it.
 - b. He first gave Himself a *living sacrifice*, (John 10:11, 14-18)
 - c. The husband must take the leadership in giving love first, rather than allow neglect, hardness, and indifference. (Col. 3:19)
2. Christ's love was a sacrificial love, a self-devoted love, as He laid down His very life for the church. (Eph. 5:25 b)

C. Christ had a purpose in His love. (Eph. 5:25-27)

1. The man's love must spring from what he can do for her rather than what she is to him, or can do for him.
2. He must purpose to present "back to himself" a loving wife based upon how he treats her.
3. Christ purposed to edify, to cleanse, to prepare the church for Heaven. The husband is an initiator and the wife is basically a responder.

Counseling Guidelines for Married Partners

- a. She can only respond to what the husband is -- just as a laborer can only respond to what his foreman is like!
 - b. The husband must be a channel of grace and help to his wife (I Pet. 3:7)
 - c. He must be a spiritual leader, to bless, encourage, and edify.
4. His love is a giving love as Christ unendingly gives, gives and gives again to meet our needs. (caring, purifying, interceding, etc.)

D. Christ's love is an exclusive love, specifically for His own, the bride, the church.

1. So the husband should manifest a very special love, delighting in his wife in a precious love.
2. A love this is intimate and unselfish.

E. Christ's love is a ministering love, (Eph. 5: 28,29)

1. The husband is to love his wife like his own body ; as he ministers to his self, he is to minister to her.
2. He is to nourish his wife as Christ nourishes the church. To ***nourish*** is to "support, direct, minister in every way possible.
3. He is to cherish his wife as Christ cherishes the church. To ***cherish*** is to consider very valuable, to protect, to adore and to make her the queen of his home.

F. Christ's love is an unconditional love.

1. His love is not a love of passion, or affection or just fondness for, but a love that is given to the unworthy.
2. His is a love, not of dominance over, but a love that serves.
Illustration of what unconditional love truly is in live.

G. Christ's love is a divine love -- "Agape" love. (John 15:9; I Cor. 13:1-8)

1. This love is a spiritual, selfless, unselfish love.
2. This love is an enduring, ministering love.
3. This love is given as an act of the will, and the motive flows from the giver, and has nothing to do with the worthiness of the recipient.
4. This love is a love of the will, freely given, or can be fully withheld.

H. The husband is to build a divine quality of love. (I Cor. 13:1-8)

1. That does not vaunt itself, is not puffed up.
2. A love that does not behave itself unseemly, that does not seek after it's own.
3. A love that believeth all things, endureth all things, and hopeth all things.

II. HE IS TO GIVE LEADERSHIP THROUGH LOVE, Eph. 5:23; I Cor. 11:3

- The word *husband* means “*house-band*,” one who “*binds*” his home together.
- He is responsible to bind the home together, to support, to cherish and build it.
- He is to bind the marriage together with his ministry spiritually, materially, mentally, and emotionally -- meeting the needs of his wife and family.

A. The position of leadership (Eph. 5:23; I Cor. 11:3, I Pet. 3:1,6,7)

1. The husband is “*head of the wife, even as Christ is head of the church.*”
2. This is by divine appointment, by divine decree.
3. A woman ought to be glad about this for it relieves her of much primary duty.
4. Husband’s ought to be slow to exalt about this, or to be proud about this, but ought to have humility and meekness rather than boldness.
5. Such leadership is not of superiority or advantage, but of great ***responsibility***.

B. The ministry of headship -- *Chain of command*: God the Father-- Christ, the Son -- the husband -- to the wife. (Study I Cor. 11:3.)

1. Directional duties -- (Psa. 32:8; I Cor. 11:3)

What was Christ’s relationship to the Father?

- His came to “do the Father’s will.” (Jh. 4:34; 5:30; 6:38; 8:29)
- He came to “speak the Father’s words.” (Jh. 8:28; 7:16-17; 17:8)
- He came to “glorify the Father.” (Jh. 17:4)
- He came to “manifest the Father.” (Jh. 14:8-9; 17:26)

- a. The husband is there to fulfill all the above.
- b. The husband ought to meditate on all this means in his leadership.

2. Provisional duties -- (I Pet. 3:7-12; I Pet. 3:5-6; I Tim. 5:8)
He that does not provide for his own is worse than an infidel.

Just as Christ give every provision necessary for His own -- for the bride, the church -- so should the husband provide for his own. (See Rom. 8:32)

3. Spiritual duties --

- a. Be the prayer warrior of the family. (Eph. 6:18)
- b. Teach his family to pray, how to pray and the blessing of prayer.
- c. To pray Biblical prayers (Phil. 1:9-11; Col. 1:9-11; Eph. 1:16-21)

The best praying we will ever do is to pray back to the Lord His promises, and requests, and the examples of Paul and others and the things for which they prayed. *We should make the requests as given in the above portions the fuel for our prayer life for our family.*

Counseling Guidelines for Married Partners

- As the chief intercessor, and leader in devotional life
- To bring about spiritual growth

C. The activity of leadership!

1. The husband ought to be:

- Provider • Protector • Priest • Prophet
- Pal and • Partner

2. The husband must have:

- a. A servant's heart! (Matt. 20:28; Col. 3:23)
- b. A humble heart! (James 4:6-10; Psa. 51:17)

3. The husband must serve as unto Christ. (Col. 3:23-25)

Come home to serve the family. So he should constantly consider, "*How can I serve my family, what can I do to manifest a servant's heart?*"

D. Live Joyfully with Your Wife and Family! (Eccl. 3:12; 5:19-20; 9:9; Prov. 5:18)

This position is ordained of God, patterned by Christ and commanded from the dawn of creation and the fall of man into sin! (Cf. Genesis chapters 1, 2, 3)

The Wife's Place in Marriage!

Introductory thoughts:

1. Equality with men is a terrible burden for women to bear. Equality is really not the question.
2. Women are neither inferior to men nor superior to them. They are simply a different creation of God.
3. Another pulse beats in their veins, another way of thinking, of feeling, of being. God made it that way. God did not make a woman to be like a man.
4. A woman are wonderfully different, wonderfully good at being women; superior, if you please, at being "feminine," but tragically poor at assuming man's role.
5. Every woman needs to understand what God wants of her.
 - a. Herein lies her happiness, her fulfillment, and satisfaction.
 - b. To step out of that God-given place and seek to fill another role brings untold misery to all involved.
6. There is no substitute for a life given over to Jesus Christ, for a genuine relationship with God.
7. A Christian wife is one who has gotten off the throne of her own life and let Jesus Christ reign there.

I. ENTERING INTO THE POSITION OF SUBJECTION (Eph. 5:22; I Cor. 11:3)

For success of a home and husband-wife relationship, there must be not only his leadership in love, but also her submission.

- The Word clearly teaches the wife's place in her relationship to the husband.
- Anyone who does not submit will bring untold trouble, strife, and sorrow.
- Anyone who does submit will bring untold blessing in her own life.
- Not only the husband but also all who touch her life will see the beauty of her person that is produced by a sweet submissive spirit.

A. The fact of submission (Eph. 5:22,24; Col. 3:18; I Pet. 3:1-6; Gen. 3:16; Tit. 2:4)

- This is considered a distasteful subject to most wives.
- Many do not want to accept the God-given teaching or yield in daily life to that which is God's will.
- But herein lies a woman's strength and beauty spiritually.

1. The fact is seen in creation - the woman was made for the man. (I Cor. 11:8-9)
2. The fact is seen in the fall -- Gen. 3:16
3. The fact is seen in God's plan and purpose -- (Col. 3:18; Tit. 2:3-5; I Pet. 3:1-6)

Counseling Guidelines for Married Partners

4. The fact is seen as the “divine key” to a wife’s happy, faithful, successful womanhood.

B. The nature of submission! (Eph. 5:21, 22)

1. It is a part of her spiritual walk -- to submit as unto the Lord. (I Cor. 11:3)
For it is spiritual, as unto the Lord.
2. To be obedient to her husband is part of her obedience to Christ.
(Eph. 5:22,23)
3. Submission is a cause for rejoicing and thanksgiving, not sorrow.
(The greater responsibility lies upon the husband but if the wife is not joyful, the husband & children won’t be.)
 - a. There is the joy that comes out of obedience.
 - b. There is the joy of ministering to the husband.
 - c. There is the joy of exemplifying God’s order.
4. Submission is the complementary teaching of the husband as head -- head *in love, by love and through* loving leadership.

C. The ground or foundation of subjection (submission)

1. It is because of the command of the Lord. (Eph. 5:33; Col. 3:18; Tit. 2:4)
2. It is based on the husband’s God-ordained position as head. (Gen. 3:16)
3. It is not forced, but voluntarily given by the wife even as Christ voluntarily laid down His life for us. (I Cor. 11:3)
 - a. The husband isn’t to command his wife to obey.
 - b. Her submission arises out of loyal attachment, from conscious need of support, and a God-given position.
4. Her submission exists on the basis of the man’s
 - a. position as the husband,
 - b. superiority in those attributes which enable and entitle him to lead -- larger, stronger, bolder, and mental and emotional qualities that are in a leader.

D. The extent of her submission. (Eph. 5:24; I Pet. 3:1-6)

1. Submission in everything -- home, money, dress, company etc.
2. But not man’s unlimited control. Both are under the higher authority of the Word of God.

Note: The balance is a husband loving as Christ loves the Church, and being a *servant leader*. He is there to bless -- not hound, hurt, harass, or consider himself as a dictator, fulfilling his own capricious will. In fact **if** he loves as Christ loves, leads as Christ leads she will find submission to be a delight and joy. The husband can make the marriage a joy or a sorrow; a blessing or a blight for he is the initiator and she is basically a responder and can only respond to what he is. As an obedient wife she is very vulnerable to his person, manner, attitudes, words, and actions.

Counseling Guidelines for Married Partners

3. The wife sets the example of submission to her children.
4. The husband can take the proper place of “*head of the home*” only as the wife respects, and honors the husband, thereby giving the children the example to do likewise.

The obedience given by children probably will be in direct proportion to that which the wife gives the husband.

5. The husband and wife ought to discuss everything. Making decisions together as ONE as they pray about everything together.
6. He has the right to delegate any authority and leadership to the wife as under his direction.
7. They should work together as a president and vice-president of a corporation, each giving total loyalty, respect, and cooperation, but one still in command.

E. The purpose of such submission

1. To bring glory to God. (I Cor. 10:30-32; II Thess. 1:11-12; Eph. 1:12)
2. To have the God-planned IMPACT.
3. To avoid basic problems.
4. To encourage the husband’s growth and maturity.
5. To build respect and honor to the husband.
6. To live out a picture of Christ and the Church. (Eph. 5:30-32)

II. ENTERING INTO THE PRIVILEGE OF BEING A “HELP-MEET”

(Gen. 3:18, 20c)

A. She must decide to be a suitable helper alongside.

1. Will she be a resident or a complement and completer or just a housewife ?
2. Will she contribute, as a “suitable helper,” giving deference to her husband, and complementing his leadership? (Rom. 12:10)

B. She must decide...

III. ENTERING INTO THE COMMAND TO ADORE HER HUSBAND

(Eph. 5:33c)

God commands a wife to “*reverence her husband!*” What does not mean?

A. It means to esteem him highly for who he is.

B. It means to highly appreciate, notice, and admire.

C. It means to adore him for who he is.

D. It is means to appreciate, brag on, praise the husband to his face.

1. Many women have never learned to properly admire, and show reverence to the husband.
2. They think they are the “*pin to break the balloon*” of their husband’s egotism.
3. They think they are called of God to keep their husband humble and they work at it.

E. The wife is to reverence , not try to revamp her husband.

1. She is not the Holy Spirit to him.
2. She is not to nag, and manipulate.
3. She needs to give her “rights” to God.
4. To avoid unthankfulness she must not allow herself to feel that she deserves better.
5. She must learn to love her husband as he is and deal with her own inner problems. (Consider I Pet. 3:1-6, example of Sarah.)

What Is Marriage in the Plan of God?

Introduction:

What is marriage is God's plan and purpose? Why do people get married? Some of the reason might include:

- Because of infatuation
- Because everyone is doing it
- In order to leave home, to get away from parents
- Because of passion
- Because they "fell in love," which is not a Biblical concept.

What do we understand marriage to be if we embrace the Biblical truths about marriage? The Biblical teaching and foundation of all we know about marriage is found in Genesis 1:26,27 and 2:18-24. These portions are very important.

- To begin with, in salvation, we are married to Christ. (Rom. 7:4; II Cor. 11:2)
- This would teach us that marriage pictures salvation and visa-versa.

The above mentioned portions seem so simple and self-explanatory so we feel that probably every Christian understands and has come to accept these portions as given.

- This is not true for our "Corinthian-like society" has permeated the thinking of many saved people. Many have embraced the ideas, ideals, and beliefs of the unsaved.
- A lot of Christians have embraced relativism and the teachings of a pluralistic society.
- We live in a world that would have us believe that, "*We have outlived the usefulness of marriage and the family unit and living together without marriage is fully acceptable to many.*"

I. MARRIAGE IS GOD RESPONDING TO MAN'S NEED: (Gen. 2:18-20)

It is obvious that marriage is of God, therefore man did not dream it up, nor does he need a mandate from the majority for marriage to be acceptable or to make it work.

A. Adam did not ask for a spouse, a mate.

1. He was not aware of his need.
2. God states that it is not good for the man to be alone. (vs. 18)
3. God states "*But for Adam there was not found a help-meet.*" (vs. 20)
 - a. In the process of naming the animals, none found to whom Adam could relate.
 - b. God meets this need (vss. 21-22).
4. Only God could meet Adam's need. Marriage can and will work since it is of God. We must listen to God's counsel and not ignore God's truth.

B. God gave: created Eve and brought her unto Adam. (vss. 21-22)

1. Bible principle: Eve was a gift to Adam to be received as such.
 - a. Your spouse is God's gift to you. He only gives good gifts. (Jas. 1:19)
 - b. God expects you to treat your spouse as a God-given gift.

2. Bible principle: God gave the right one to Adam.
 - a. Did God give you the right one?
 - b. Did He make a mistake? We must accept the person God gave us as the very one He chose for us. (That is also true of our children, and our children need to learn to accept their parents as God-given gifts.)

3. Marriage is very good in God's purpose and plan. (1:31)
 - a. Man's substitutes are not good, nor do they work.
 - b. God's creation was good, and marriage very good.
 - c. God gave marriage for God has the answers. We must be convicted of that. Even the unsaved are obligated to keep God's law. (Prov. 2:17; Exod. 20.)
 - d. Man would teach that:
 - Marriage was man's idea as he evolved.
 - Marriage was for the western culture, but is out of date now.
 - Marriage is no longer useful, doesn't work, so we ought to ditch it.
 - The world teaches that the action is in premarital and extra-marital sex. (This is fully acceptable if you truly *love the person*, so they say!)
 - e. Marriage fills man's basic need or purpose
 - for companionship, (2:18) (Inter-twining - two persons sharing ideas, ideals, goals, aims, purposes, etc.)
 - for service as families, for the Lord. (Josh 24:15)
 - f. What marriage is NOT --
 - It is not based on love. (Love is not the foundation of marriage.)
 - It is not based on sex. (This is not the major purpose for marriage.)

Sexual aspects are important. (II Cor. 7:1-5) Sexual aspects are central to marriage and very vital. To fail to participate actively with spouse is sin. But, sexual aspects alone do not make the marriage.

II. MARRIAGE IS A RESPOND OF TOTAL ACCEPTANCE: (Gen. 2:23; Rom. 15:7)

A. Adam had to totally accept Eve just as she was.

1. Acceptance is the opposite of rejection. (See Romans 15:7.)
 - a. Rejection brings friction and bondage. When ever someone rejects another person they are in bondage toward one another and are unable to minister to the other person. Consider what happens when a person rejects the pastor or the pastor rejects someone. They cannot minister to each other.

Counseling Guidelines for Married Partners

- b. We so easily compare mate with someone else and then begin the thoughts of rejection by negative comparisons.
- 2. Bondage makes it difficult, if not impossible, for two people to minister to one another.
 - a. So they do not pray together.
 - b. So they do not study, or read the Word together.

B. Often in the dating process, people are attracted to an opposite.

At first that seems grand, but later it is very easy for them to practice rejection out of the differences between them. Often people are very critical about the other person who sees things differently.

C. The lack of acceptance means:

- 1. pushing the other person away,
- 2. building a wall between the two,
- 3. never entering into the leaving, cleaving, and weaving process, (Gen. 2)
- 4. a great deal of criticism, friction, and potential scorn and contempt,
- 5. a loss of respect, trust, and honor. (Then they find it very difficult to love.)

III. MARRIAGE IS A RESPONSE OF TOTAL COMMITMENT: (Gen. 2:24; Mal. 2:11-16)

A. This involves leaving. (A strong word meaning to abandon, to forsake.)

- 1. To leave must be balanced with Deut. 4:9 and I Tim. 5:8. *“cut apron strings”*
- 2. Means much more than geographical leaving, for one can move far away and still basically consider what parents would think, what dad or mom would want, and do, etc.
- 3. Spouse is the **V I P !**
 - a. Closest person in all the world must be the spouse, must be # one.
 - b. We begin with an empty nest, and we will end with an empty nest,
 - c. Children are not secure because we love them, but because the parents love each other.
- 4. Parents are important, and our ongoing relationship with them important.
 - a. Settle any past conflicts with parents.
 - b. Rid yourself of any resentments and forgive.
 - c. Don't be slavishly dependent upon parents, but do consider their counsel when you can.
 - d. Put spouses concerns first.

B. This involves cleaving:

1. Meaning to be “glued together,” to “weld together, to cling to, adhere to.”
2. Total commitment, for love is **not** the foundation of marriage, but commitment is!
 - a. Love can blossom and grow when the two are committed.
 - b. Love can be built over time, when they are committed. They can learn to love. (Eph. 5:1,2; I Thess. 4:9; Matt. 6:19; I John 4:16-21)
3. Commitment to God and to one another.
4. Commitment:

NOT (out of)	BUT (because of)
out of blind chance	out of deliberate choice
for convenience	out of obedience
out of fate	because of a covenant with our God
based on compatibility	but brought together in God’s will.
5. Commitment, like we are to cleave unto the Lord. (See Acts 11:21-23.)

D. This involves weaving our lives together. A heart to heart, soul to soul, mind to mind and body to body response as we build oneness.

- Becoming one; weaving lives together, regardless of:
- lost health, • lost wealth, • loss of job, • loss of ability
 - staying together, drawing closer over time through all the joys, events, or circumstances of life. *Facing everything together as one!*

IV. MARRIAGE IS A BEAUTIFUL PICTURE:

A. Of Christ and the Church. (Eph. 5:30-32)

1. As His bride and He the bridegroom.
2. As the One to whom we will be united at the marriage supper.

B. Of how the church should obey Christ. (Eph. 5:22-24)

1. To submit to; (Rom. 6:13; 12:1)
2. To be in subjection unto. (I Pet. 2:20 - 3:7)

C. Of the way Christ loves us! (Eph. 5:25-27)

1. He has a purpose in His ministry in us - to present us to Himself as stated in Ephesians.
2. He works in us because of His great love toward us.
3. His desire is for us to be blameless in His sight.