

# Marriage Building 101

*And the Lord God said, "It is not good that man should be alone; I will make him a helper comparable to him."*

*Genesis 2:18 (NKJ)*

*"Married people live longer, have better health, earn more money, accumulate more wealth, feel more fulfillment in their lives, enjoy more satisfying sexual relationships, and have happier and more successful children than those who remain single, cohabit, or get divorced.*

*"The Case For Marriage" by Linda Waite & Maggie Gallagher*

*He who finds a wife finds a good thing, and obtains favor from the Lord.*

*Proverbs 18:22 (NKJ)*

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## Session 1:

### Marriage: Something You Build, Not Find

#### A. It's Not Good To Be Alone – The Power of Two

1. **Genesis 2:18 (NKJ):** And the Lord God said, “It is **not good** that man should be alone; I will make him a helper who is comparable to him.”
2. **Ecclesiastes 4:9-12 (NKJ):** **Two** are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up. Again, if **two** lie down together, they will keep warm; but how can one be warm alone? Though one may be overpowered by another, **two** can withstand him. And a threefold cord is not quickly broken.
3. **Matthew 18:19-20 (NKJ):** Again I say to you that if **two of you** agree on earth concerning anything that they ask, it will be done for them by My Father, in heaven. For where **two** or three are gathered together in My name, I am there in the midst of them.”
4. **Proverbs 18:22 (NKJ):** He who finds a wife finds a good thing, and obtains favor from the Lord.
5. **Ecclesiastes 9:9 (NKJ):** Live joyfully with the wife whom you love, all the days of your vain life which He has given you under the sun, all your days of vanity; for that is your portion in life, and in the labor which you perform under the sun. **The wife God gives you is your reward** for all your earthly toil.
6. **1 Timothy 5:14 (NKJ):** Therefore I desire that the younger widows **marry**, bear children, manage the house and give no opportunity to the adversary to speak reproachfully.
7. **Matthew 19:4-6 (NKJ):** And He answered and said to them, “Have you not read that He who made them at the beginning ‘made them male and female,’ and said, ‘For this reason a man shall leave his father and mother and be joined to his wife, and the **two shall become one** flesh’? So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate.”
8. **Malachi 2:15 (NKJ):** But did He not **make them one**, having a remnant of the Spirit? And why one? He seeks **godly offspring**. Therefore take heed to your spirit, and let none deal treacherously with the wife of his youth.

## B. A Marriage Is Something You Build, Not Find.

1. **Matthew 16:18 (NKJ):** “And I also say to you that you are Peter, and on this rock I **will build** My church, and the gates of Hades shall not prevail against it.”
2. **Proverbs 24:3-4 (NKJ):** “Through wisdom **a house is built**, and by understanding it is established; by knowledge the rooms are filled with all previous and pleasant riches.”
3. **Proverbs 14:1 (NKJ):** “The wise woman **builds her house**, but the foolish pulls it down with her hands.”
4. **Psalms 127:1 (NKJ):** “Unless **the Lord builds a house**, they labor in vain who build it; unless the Lord guards the city, the watchman stays awake in vain. It is vain for you to rise up early, to sit up late, to eat the bread of sorrows; for so He gives His beloved sleep. Behold, children are a heritage from the Lord, the fruit of the womb is a reward. Like arrows in the hand of a warrior, so are the children of one’s youth. Happy is the man who has his quiver full of them; they shall not be ashamed, but shall speak with their enemies in the gate.”
5. **Jeremiah 29:4-7 (NKJ):** “This is what the Lord Almighty, the God of Israel, says to all those I carried into exile from Jerusalem to Babylon: **Build houses and settle down**; plant gardens and eat what they produce. Marry and have sons and daughters; find wives for your sons and give your daughters in marriage, so that they too may have sons and daughters. Increase in number there; do not decrease. Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper.”
6. **Proverbs 24:27 (NKJ):** “Prepare your outside work, make it fit for yourself in the field; and afterward **build your house**.”
7. **Luke 14:28 (NKJ):** “For which of you, **intending to build** a tower, does not sit down first and count the cost, whether he has enough to finish it. Otherwise, you might complete only the foundation before running out of money, and then everyone would laugh at you. They would say, there’s the person who **started that building and couldn’t afford to finish it!**”

## C. Great Relationships Are No Accident

*When two people are just alike, one of them is not needed.*

### 1. Everything God Made Hums With His Power

- A. Water
- B. Fire
- C. Marriage
- D. Sex
- E. Children
- F. Money

### 2. Job Descriptions

*For the first time in history, men and women are uncertain about their job descriptions.*

#### A. Men: Lovers, Leaders, Providers

- 1) **Lovers: Ephesians 5:25-29 (NKJ)** “Husbands, **love your wives**, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to **love their wives** as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church.”
- 2) **Leaders: 1 Corinthians 11:3 (NKJ)** But I want you to realize that the head of every man is Christ, and **the head of the woman is man**, and the head of Christ is God.
- 3) **Providers: 1 Timothy 5:8 (NKJ)** Anyone who **does not provide for the relatives, and especially for their own household**, has denied the faith and is worse than an unbeliever.

#### B. Women: Helpers, Managers of the Home, Lovers

- 1) **Helpers: Genesis 2:18, 21-22 (NKJ)** Then the Lord God said, “It is not good for the man to be alone. I will make **a helper suitable** for him. So the Lord God caused the man to fall into a deep sleep; while he was sleeping, he took one of the man’s ribs and then closed up the place with flesh. Then the Lord God made a woman

from the rib he had taken out of the man, and he brought her to the man.

- 2) **Managers: 1 Timothy 5:14 (NKJ)** So I counsel younger widows to marry, to have children, to manage their homes and to give the enemy no opportunity for slander.
- 3) **Lovers: Titus 2:4 (NKJ)** Then they can urge the younger women to love their husbands and children.

### C. Common Needs

- 1) Men:
  - a. Honor
  - b. Sex
  - c. Recreational companionship
  - d. Domestic support
- 2) Women:
  - a. Security
  - b. Affection
  - c. Leadership
  - d. Honesty

### D. God Made Us Different

- 1) Boys like things, girls like people.
- 2) Boys compete, girls co-operate.
- 3) Women value relationships, men value work.
- 4) Men are lunch-chasers, women are nest-defenders.
- 5) Men are performance oriented, women are relationship oriented.
- 6) Brain tests show that when a man's brain is in a resting state, at least 70% of its electrical activity is shut down while a woman's brain showed 90% activity during the same state. This shows that women are constantly receiving and analyzing information about their environment.
- 7) A woman knows her children's friends, hopes, dreams, romances, secret fears, what they are thinking, and how they are feeling. Men are vaguely aware of some short people living in the house.

- 8) Women have two X chromosomes, which gives them a greater variety of **color** than men.
- 9) Most women's peripheral vision is effective up to almost **180** degrees while a man's eyes are configured for a type of long distance tunnel vision.
- 10) Men's brains are pre-wired to see a **narrow** field of vision while women's brains decode information over a wider peripheral range.
- 11) Insurance statistics show that female drivers are less likely to be hit from the **side** at an intersection than are male drivers.
- 12) Women can see the contents of a refrigerator or closet without **moving** their heads while men move their heads from side to side and up and down as they scan for missing objects. That is why men are always accusing women of **hiding** things from them. Socks, shoes, underwear, butter, jelly, car keys, wallets – they are all there, they just can't see them.
- 13) Women's brains allow them to multi-task easier than men. They **hear** better. A woman can listen to one person face to face while monitoring another person's conversation. Men have difficulty hearing a conversation while there is a television on in the background or dishes clattering in the sink.
- 14) For every man who can sing in tune, there are **eight** women who can do it.
- 15) Women hear **5** tones, men hear **3** tones. That is why you will always hear a woman say, "Don't use that tone with me!"
- 16) A woman's skin is **10** times more sensitive to touch and pressure than a man's. That is why women attach so much importance to cuddling their men, children and friends.
- 17) A woman is **4 to 6** times more likely to touch another woman in a social conversation than a man is likely to touch another man.
- 18) When a woman is emotionally cut off or angry with a man, she is likely to respond by saying, "Don't **touch** me," a phrase that has little meaning to men.
- 19) A woman has **30-40%** more connections between the left and right brain than men.

- 20) Men and women use **different** parts of the brain when working on the same tasks.
- 21) A male brain is configured to concentrate on **one** specific, dedicated task at a time. It is specialized and compartmentalized.
- 22) Take a brain scan of a man when he is reading and you will find that he is virtually **deaf**.
- 23) Many a woman has been accused of making a man miss a turnoff because she was **talking** to him while he was driving.
- 24) The **toothbrush** test.
- 25) A three-year-old girl has nearly **twice** the vocabulary of a three-year-old boy, with her speech being nearly 100% comprehensible. Boys outnumber girls 13 – 1 in re-medial reading classes in public schools.
- 26) Girls have better **penmanship** because their specific language centers are prewired for better use of language, both spoken and written.
- 27) Boys don't do well early in school because their **verbal** abilities are inferior to those of girls. As a result they perform poorly in language and arts. They tend to feel stupid in front of girls and sometimes become class clowns or bullies as a cover up.
- 28) In later years, girls fall behind in physics and sciences where **spatial** ability is vital.
- 29) For women, all speech has one purpose; to **build** relationships and make friends. For men, to talk is to relate facts.
- 30) A woman will use **three** times more words during an average day than a man will.
- 31) A woman's brain is prewired to use **speech** as a form of expression. Men talk mainly inside their heads.
- 32) The primary way a woman gets problems out of her head is by **talking**. This is one of the reasons men accuse women of talking too much.

- 33) When a man listens to a woman, he thinks she is giving him a list of **problems** to fix. The longer she talks the more anxious or upset he gets and he starts telling her what to do.
- 34) Men need to understand that when a woman is talking, she doesn't want him to respond with **solutions**, she just wants him to know how she feels about them.
- 35) **74%** of working women and **98%** of non-working women identify the biggest failing of their husbands to be a reluctance to talk, particularly at the end of the day.
- 36) A man's sentences are **shorter** than a woman's and are more structured. They have a simple opening, a clear point, and a conclusion.
- 37) Most women can talk about **several** subjects simultaneously in a single sentence.
- 38) This multi-tracking ability is **frustrating** to a man and he can become completely dazed and confused.
- 39) That is why over **90%** of all secretaries and two-thirds of all social workers and counselors are women.
- 40) Most men can either speak or listen. They can't do both. That is why men **take turns** when talking.
- 41) In a typical male/female conversation, **76%** of interruptions are made by men.
- 42) Women use **indirect** speech when talking, which means she hints at what she wants or beats around the bush.
- 43) Men use **direct** speech and take words literally. This makes men appear abrupt and rude many times in their social relationships.
- 44) A woman can use an average of **six** listening expressions in a 10 second period to reflect and feed back the speaker's emotions. Men usually use none.
- 45) Around **90%** of women have limited spatial ability. That is why many women have trouble reading maps or parallel parking.

- 46) On three-dimensional video tests, boys outscored girls **4 to 1**. Visit any video or pinball arcade in the world and you will see that it is full of teenage boys using their spatial skills.
- 47) A study at Yale University of spatial ability found that **only 22%** of females could perform such tasks as well as men.
- 48) It was found that while **68%** of males could program a VCR or similar equipment from a set of written instructions on the first attempt, only **16%** of females could do it.
- 49) A series of IQ tests revealed that women have superiority over men in general intelligence, being around **3%** more intelligent than men despite having slightly smaller brains.
- 50) When it came to solving puzzles, men scored **92%** of the top honors to the women's **8%**. In spatial skills men are overwhelmingly superior to women.
- 51) Spatial ability in education is **not** a top requirement.

<u>Subject</u>	<u>Men</u>	<u>Women</u>
Biology	49%	51%
Business	50%	50%
History	54%	46%
Geography	56%	44%
Music	51%	49%
Social Ed.	47%	53%
General Studies	53%	47%
Classics	47%	53%
Physical Ed.	58%	42%

52) Spatial skill occupations

<u>Occupation</u>	<u>%Men</u>
Flight Engineer	100%
Engineer	99.9%
Race Car Driver	99.8%
Nuclear Engineer	98.3%
Pilot	99.2%
Air Traffic Control	94%
Architect	91%
Flight Deck Officer	90.5%
Accountant	83%

- 53) Boys love their toys. That is why **99%** of all patents, are registered by men.
- 54) As adults, **women** talk about diet, relationships, marriage, children, personalities, clothes, the actions of others, work relationships, and anything to do with people and personal issues.
- 55) As adults, **men** discuss sports, their work, news, what they did or where they went, technology, cars or mechanical gadgets.
- 56) A recent study conducted in five Western countries asked men and women to **describe** the kind of person they would like to be.
- a. Men overwhelmingly chose adjectives such as bold, **competitive**, capable, dominant, assertive, admired, and practical.
  - b. Women chose adjectives such as warm, **loving**, sympathetic, attractive, friendly, and giving.
- 57) Women rated **being of service** to others and **meeting interesting people** high on their scale of values; whereas men rated prestige, **power**, and **owning things** as important.
- 58) Men have always defined themselves by their **work** and accomplishments. Women define their own self-worth by the quality of their **relationships**.
- 59) If a woman is unhappy in her relationships, she **can't concentrate** on her work. If a man is unhappy at work, he **can't focus** on his relationships.
- 60) Under stress or pressure, a woman sees spending time talking with her spouse as **a reward**, but a man see it as **an interference** in his problem-solving process.
- 61) Women want to **cuddle** and talk, men want to **watch** a ballgame on TV.
- 62) Men leave women believing that they cannot **make them happy** because they can't provide enough.
- 63) A woman leaves a man not because she is unhappy with what he can provide, but because she is **emotionally unfulfilled**. She wants romance and conversation.

- 64) When a woman is **under stress she talks**. She is not looking for solutions – she receives comfort and relief from the process of talking.
- 65) When a man is **under stress he clams up** and stops talking. He uses his right brain to solve his problems or find solutions and he stops using his left brain to listen or speak. He can't solve problems and listen or talk simultaneously.
- 66) We are to use our **strengths to cover** each other's weaknesses, not attack them.
- 67) **What women look for**: 1. Personality; 2. Humor; 3. Sensitivity; 4. Brains; 5. Good grooming.
- 68) **What men look for**: 1. Personality; 2. Good grooming; 3. Brains; 4. Humor; 5. Good physical appearance.

## Session 2:

### Somebody Talk To Me

*Relational intimacy is the goal of communication.  
The greatest hindrance to communication in marriage is pride.*

#### A. I Will Think Before I Speak

1. **Proverbs 15:2 (NKJ)** The tongue of the wise uses knowledge rightly, but the mouth of the fool pours forth foolishness.
2. **Proverbs 15:28 (NKJ)** The heart of the righteous studies how to answer, but the mouth of the wicked pours forth evil.
3. **Proverbs 18:13 (NKJ)** He who answers a matter before he hears it, it is folly and shame to him.
4. **Proverbs 12:18 (NKJ)** There is one who speaks like the piercings of a sword, but the tongue of the wise promotes health.
5. **James 3:6 (NKJ)** And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell.
6. **James 3:8 (NKJ)** But no man can tame the tongue. It is an unruly evil, full of deadly poison.
7. **James 3:10 (NKJ)** Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so.
8. **Romans 2:1 (NKJ)** Therefore you are inexcusable, O man, whoever you are who judge, for in whatever you judge another you condemn yourself; for you who judge practice the same things.
9. **Ephesians 4:29 (NKJ)** Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.
10. **1 Peter 3:10 (NKJ)** He who would love life and see good days, let him refrain his tongue from evil, and his lips from speaking deceit.

## **B. Words Reveal The Heart.**

1. **Matthew 12:34** (NKJ) You brood of vipers, how can you who are evil say anything good? For the mouth speaks what the **heart** is full of.
2. **Matthew 12:35** (NKJ) A good man out of the good treasure of his **heart** brings forth good things, and an evil man out of the evil treasure brings forth evil things.
3. **Proverbs 23:7** (NKJ) For as he thinks in his **heart**, so is he. "Eat and drink!" he says to you, but his heart is not with you.
4. **Proverbs 4:23** (NKJ) Keep your **heart** with all diligence; for out of it spring the issues of life.

## C. Laws Of Communication

### 1. Visions, Goals, Plans

- A. **Proverbs 29:18 (NKJ)** Where there is no **revelation**, the people cast off restraint; but happy is he who keeps the law.
- B. **1 Corinthians 9:26 (NKJ)** Therefore I run thus: not with uncertainty. Thus I **fight**: not as one who beats the air.
- C. **Proverbs 21:5 (NKJ)** The **plans** of the diligent lead surely to plenty. But, those of everyone who is hasty, surely to poverty.

*According to a recent study, 80% of all Americans have no goals, 16% do have goals, 4% have goals and write them down, 1% have goals, write them down, and read them on a regular basis. That 1% will make nine times more income in their lifetime than the other 99%.*

### D. Proverbs 16: 3, 9

Commit your works to the Lord.  
He will establish your hearts.  
Man makes his plans.  
The Lord orders his steps.

Praying  
Thinking  
Planning  
Steps

### 2. Subjects to Discuss

Vocations	Money	Children	Roles
In Laws	Sex	Leisure	Friends
Hobbies	Spiritual Life	Home	Education

### 3. Languages of Love

### 4. How to Have a Fair Fight

- A. Pick the right time of the day.
- B. Stick to the subject.
- C. Listen carefully and watch the body language.
- D. Try to reach a conclusion.
- E. Forgive quickly.
- F. Don't bring up past mistakes.
- G. Don't correct in public.
- H. Don't talk of former spouses, boyfriends, or girlfriends.
- I. Never tell jokes about your spouse without their prior permission.
- J. Affirm or compliment your spouse in public every chance you get.

## 5. Communicating Wishes, Hopes, and Dreams

Annual vision retreat, quarterly get together, weekly meeting, 5 yr. plan.

	Year 1	Year 2	Year 3	Year 4	Year 5
<b>January</b>					
<b>February</b>					
<b>March</b>					
<b>April</b>					
<b>May</b>					
<b>June</b>					
<b>July</b>					
<b>August</b>					
<b>September</b>					
<b>October</b>					
<b>November</b>					
<b>December</b>					

## D. Conflict Resolution

The Primary Goal

***The number one predictor of divorce is the habitual avoidance of conflict.***

**A. "I will be a problem solver, not a problem maker, a peacemaker, not a peace taker."**

1. **Matthew 5:9 (NKJ)** Blessed are the **peacemakers**: for they shall be called sons of God.
2. **James 3:16 (NKJ)** For where envy and **self-seeking** exist, confusion and every evil thing are there.
3. **Proverbs 17:14 (NKJ)** The beginning of **strife** is like releasing water; therefore stop contention before a quarrel starts.
4. **Proverbs 20:3 (NKJ)** It is honorable for a man to **stop striving**, since any fool can start a quarrel.
5. **James 4:2 (NKJ)** You lust and do not have. You murder and covet and cannot obtain. You **fight** and **war**. Yet you do not have because you do not ask.
6. **James 4:6 (NKJ)** But he gives us more grace. Therefore He says: "God resists the **proud**, but gives grace to the humble."
7. **Proverbs 29:22 (NKJ)** An **angry** man stirs up strife, and a furious man abounds in transgression.
8. **Proverbs 21:19 (NKJ)** Better to dwell in the wilderness, than with a **contentious** and **angry** woman.
9. **Proverbs 26:21 (NKJ)** As charcoal is to burning coals, and wood to fire, so is a contentious man to **kindle strife**.
10. **Romans 2:8 (NKJ)** But to those who are self-seeking and do not **obey** the **truth**, but obey unrighteousness – indignation and wrath.
11. **Philippians 2:2 (NKJ)** Fulfill my joy by being **like-minded**, having the same love, being of one accord, of one mind.

12. **1 Peter 3:8 (NKJ)** Finally, (husbands and wives), all of you be of **one mind**, having compassion for one another; love as brothers, be tenderhearted, be courteous.
13. **Ephesians 4:25 (NKJ)** Therefore, putting away **lying**, “Let each one of you speak **truth** with his neighbor,” for we are members of one another.
14. **John 8:32 (NKJ)** And you shall know the **truth**, and the **truth** shall make you free.
15. **Jeremiah 9:5 (NKJ)** Everyone will deceive his neighbor, and will not speak the **truth**; they have taught their tongue to speak lies; they **weary themselves** to commit iniquity.
16. **Colossians 3:9 (NKJ)** Do not **lie** to one another, since you have put off the old man with his deeds.
17. **Philippians 2:3 (NKJ)** Let nothing be done through **selfish ambition** or **conceit**, but in lowliness of mind let each esteem others better than himself.
18. **Philippians 2:4 (NKJ)** Let each of you look out not only for his own interests, but also for the interest of **others**.
19. Take your spouses **dreams**, **desires**, and **aspirations** as seriously as your own.
20. The most common destructive traits in marriage are **dominance**, **passivity**, and **immorality**.

## E. Conflict Thoughts.

1. No married couple has ever lived **free** of conflict.
2. All conflicts can be **resolved**.
3. Peacemaking is a **two** way street.
4. Peace is not **permanent**.
5. North and South Korea can be said to be at **peace**, but it takes barbed wire, land mines, and vigilant troops to maintain it.
6. **Conflict** exposes our pride and the power of our sin, reminding us of our need for grace, mercy, and wisdom.
7. Greatest hindrance to communication in marriage is **pride** – self-confident, self-protecting pride.
8. A fool takes no pleasure in **understanding**, but only in expressing his opinion. (**Proverbs 18:2** *A fool has no delight in understanding, but in expressing his own heart. (NKJ)*)
9. Sin separates. Physical **closeness** is often a good gauge of our emotional, and relational closeness.
10. Some Christians say they have no **sin**, and thus deceive themselves and the truth is not in them, (**1 John 1:8** *If we say that we have no sin, we deceive ourselves, and the truth is not in us. (NKJ)*)
11. Conflict helps reveal the **weaknesses** in our marriage and the temptations in our hearts.
12. What causes quarrels and what causes fights among you? Is it not this, that your passions are **at war** within you? (**James 4:1-3** *Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members? You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask. You ask and do not receive, because you ask amiss, that you may spend it on your pleasures. (NKJ)*)
13. Many times when one spouse is **disappointed** by another, the response is anger and unkindness rather than love and self-control.
14. Many couples spend their lives **avoiding** conflict. They choose superficial “peace at any price.”

15. Sometimes couples can get **stuck** in their sin, ignorance, and pride.
16. In some cases couples don't argue, they just **withdraw**, refusing to deal with a sinful attitude.
17. What we say, or often don't say simply reflects the content of our **heart**.
18. For most people, the hardest changes involve **re-educating** one's heart and mind and taming one's tongue.
19. Correction and encouragement are **inseparable**. None of us ever matures beyond the need for encouragement, (because we are all still becoming more holy) or correction (because we still sin).
20. Conflict **resolution** draws us closer together.

***Proverbs 27:17*** *As iron strikes iron, so a man sharpens the countenance of his friend.*

## Session 3:

### Money Matters

#### A. Blessed or Broke? Attitudes, Beliefs, Behavior

##### 1. Poverty and prosperity are conditions of the soul.

**3 John 2 (NKJ)** *Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.*

##### 2. Real men accept responsibility.

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

##### 3. Financial warnings.

#1 *Don't love money. Love God.*

#2 *Don't become a slave to money.*

#3 *Wealth is deceitful and can choke the Word in your life.*

#4 *It is hard for rich people to enter the kingdom of Heaven.*

#5 *Never trust in wealth.*

#6 *Never set your heart on your riches.*

#7 *Wealth is worthless in the day of wrath.*

#8 *Beware of covetousness.*

#9 *To oppress the poor brings poverty.*

#10 *He who gets rich quick will not go unpunished.*

##### 4. Financial commandments.

#1 *Pay God the first 10% of your increase. The tithe goes to your local church.*

#2 *Provide for your own family's financial needs.*

#3 *Purchase a home for yourself and your family.*

#4 *Leave an inheritance for your children and grandchildren.*

#5 *Give to missions and other ministers.*

#6 *Pay your debts and your taxes.*

#7 *Give to the poor and to organizations that aid the poor.*

#8 *Give bountifully to every good work.*

#9 *Lay up treasures in your Heavenly bank account.*

#10 *Work with your own hands so you'll have something to share with those in need.*

## **B. Order Proceeds Increase.**

**Proverbs 24:3-4 (NKJ)** *Through wisdom a house is built, and by understanding it is established. By knowledge the rooms are filled with all precious and pleasant riches.*

### **1. Budget (Count the Cost)**

**Luke 14:28-30 (NKJ)** For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it – lest, after he has laid the foundation, and is not able to finish, all who see it begin to mock him, saying, ‘This man began to build and was not able to finish’.

### **2. File Box**

**Proverbs 24:3-4 (NKJ)** Through wisdom a house is built, and by understanding it is established. By knowledge the rooms are filled with all precious and pleasant riches.

### **3. Five principles of financial security.**

#### **Principle #1 – Keep Good Records**

**Proverbs 23:23 (NKJ)** Buy the truth, and do not sell it, also wisdom and instruction and understanding.

#### **Principle #2 – Tithe and Give**

**Proverbs 3:9-10 (NKJ)** Honor the Lord with your possessions, and with the first fruits of all your increase; so your barns will be filled with plenty, and your vats will overflow with new wine.

#### **Principle #3 – Save For The Future**

**Proverbs 13:11 (NKJ)** Wealthy gained by dishonesty will be diminished, but he who gathers by labor will increase.

#### **Principle #4 – Have A Spending Plan**

**Proverbs 21:5 (NKJ)** The plans of the diligent lead surely to plenty, but those of everyone who is hasty, surely to poverty.

#### **Principle #5 – Enjoy What You Have**

**Philippians 4:12-13 (NKJ)** I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both

to abound and to suffer need. I can do all things through Christ who strengthens me.

#### **4. Wills and Trusts**

**Proverbs 13:22 (NKJ)** A good man leaves an inheritance to his children's children, but the wealth of the sinner is stored up for the righteous.

## C. Channels of Income

**Ecclesiastes 5:19-20 (NKJ)** *As for every man to whom God has given riches and wealth, and given him power to eat of it, to receive his heritage and rejoice in his labor – this is the gift of God. For he will not dwell unduly on the days of his life because God keeps him busy with the joy of his heart.*

### 1. Finding our Gifts

**Romans 12:6-8 (NKJ)** *Having then gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith; or ministry, let us use it in our ministering; he who teaches, in teaching; he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness.*

**1 Peter 4:10-11 (NKJ)** *As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God. If anyone speaks, let him speak as the oracles of God. If anyone ministers, let him do it as with the ability which God supplies, that in all things God may be glorified through Jesus Christ, to whom belong the glory and the dominion forever and ever. Amen.*

### 2. Famous Failures

It's easy to look at successful people and assume that they get all the breaks in life and never fail at anything, but nothing could be further from the truth.

Albert Einstein – He was four years old before he could speak.

Thomas Edison – His teachers told him he was too stupid to learn anything.

Walt Disney – He was fired by an editor who claimed he didn't have any good ideas.

Enrico Caruso – His music teacher one told him, "You have no voice at all."

Abraham Lincoln – He entered the Black Hawk War as a captain and came out as a private, had two businesses fail, suffered a nervous breakdown, and was defeated in seven different elections before he was elected President of the United States.

Alexander Graham Bell – He was laughed at most of his life as he tried to raise money to produce his invention the telephone.

What do these great men have in common?

They all failed, but they kept on trying until they were successful. We can assume we're going to hit a home run the first time we go to the plate. It's going to take some practice and some time, but if we're diligent we will get there.

**Colossians 3:23** (NKJ) And whatever you do, do it heartily, as to the Lord and not to men,

**Ecclesiastes 9:10** (NKJ) Whatever your hand finds to do, do it with your might; for there is no work or device or knowledge or wisdom in the grave where you are going.

**Proverbs 4:23** (NKJ) Keep your heart with all diligence, for out of it spring the issues of life.

**Proverbs 10:4** (NKJ) He who has a slack hand becomes poor, but the hand of the diligent makes rich.

**Proverbs 12:24** (NKJ) The hand of the diligent will rule, but the lazy man will be put to forced labor.

**Proverbs 22:29** (NKJ) Do you see a man who excels in his work? He will stand before kings; he will not stand before unknown men.

### **3. This is My Life (See Appendix)**

#### **4. Three Kinds of Education**

- 1) Academic or scholastic education
- 2) Professional education
- 3) Financial education

## **D. The Power To Get Wealth**

**Deuteronomy 8:18** (NKJ) *And you shall remember the Lord your God, for it is He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day.*

### **1. There will always be an economy**

**Luke 17:26-30** (NKJ) *And as it was in the days of Noah, so it will be in the days of the Son of Man: They ate, they drank, they married wives, they were given in marriage, until the day that Noah entered the ark, and the floor came and destroyed them all. Likewise as it was also in the days of Lot: They ate, they drank, they bought, they sold, they planted, they built; but on the day that Lot went out of Sodom it rained fire and brimstone from heaven and destroyed them all. Even so will it be in the day when the Son of Man is revealed.*

### **2. Sowing and reaping**

**2 Cor. 9:6** (NKJ) *But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully.*

### **3. Tithing**

**Malachi 3:10** (NKJ) *Bring all the tithes into the storehouse, that there may be food in My house, and try Me now in this, says the Lord of hosts, "If I will not open for you the windows of heaven and pour out for you such blessing that there will not be room enough to receive it."*

### **4. Growing financially**

**Psalms 35:27** (NKJ) *Let them shout for joy and be glad, who favor my righteous cause; and let them say continually, "Let the Lord be magnified, who has pleasure in the prosperity of His servant."*

## Session 4:

### Having Children While Staying Sane

**Proverbs 17:6** (NKJ) *Children's children are the crown of old men, and the glory of children is their father.*

**Malachi 2:15** (NKJ) *But did He not make them one, having a remnant of the Spirit? And why one? He seeks godly offspring. Therefore take heed to your spirit, and let none deal treacherously with the wife of his youth.*

**Luke 2:52** (NKJ) *And Jesus increased in wisdom and stature, and in favor with God and men.*

#### A. Growing in Wisdom (Here by Divine Appointment)

##### 1. Planting a Vision

**Proverbs 29:18** (NKJ) *Where there is no revelation, the people cast off restraint; but happy is he who keeps the law.*

##### 2. Four Kinds of Kids – Simple, Scorners, Foolish, Wise

**Proverbs 1:20-22** (NKJ) *Wisdom calls aloud outside; she raised her voice in the open squares. She cries out in the chief concourses, at the openings of the gates in the city she speaks her words: "How long, you simple ones, will you love simplicity? For scorners delight in their scorning, and fools hate knowledge."*

##### 3. Four weapons of the enemy

**Ezekiel 28:11-16** (NKJ) *Moreover the word of the Lord came to me, saying, "Son of man, take up a lamentation for the king of Tyre, and say to him, 'Thus says the Lord God "You were the seal of perfection, full of wisdom and perfect in beauty. You were in Eden, the garden of God; Every precious stone was your covering: The sardius, topaz, and diamond, Beryl, onyx, and jasper, Sapphire, turquoise, and emerald with gold. The workmanship of your timbrels and pipes was prepared for you on the day you were created. "You were the anointed cherub who covers; I established you; You were on the holy mountain of God; You walked back and forth in the midst of fiery stones. You were perfect in your ways from the day you were created, till iniquity was found in you. "By the abundance of your trading You became filled with violence within, And you sinned; Therefore I cast you as a profane thing out of the mountain of God; And I destroyed you, O covering cherub, from the midst of the fiery stones.*

#### 4. Teach

**Genesis 18:19 (NKJ)** For I have known him, in order that he may command his children and his household after him, that they keep the way of the Lord, to do righteousness and justice, that the Lord may bring to Abraham what He has spoken to him.”

**Deuteronomy 6:6-9 (NKJ)** And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates.

**Psalms 78:4-8 (NKJ)** We will not hide them from their children, telling to the generation to come the praises of the Lord, and His strength and His wonderful works that He has done. For He established a testimony in Jacob, and appointed a law in Israel, which He commanded our fathers, that they should make them known to their children; that the generation to come might know them, the children who would be born, that they may arise and declare them to their children, that they may set their hope in God, and not forget the works of God, but keep His commandments; and may not be like their fathers, a stubborn and rebellious generation, a generation that did not set its heart aright, and whose spirit was not faithful to God.

**Psalms 112:1-3 (NKJ)** Praise the Lord! Blessed is the man who fears the Lord, who delights greatly in His commandments. His descendants will be mighty on earth; the generation of the upright will be blessed. Wealth and riches will be in his house, and his righteousness endures forever.

**Psalms 127:3-5 (NKJ)** Behold, children are a heritage from the Lord, the fruit of the womb is a reward. Like arrows in the hand of a warrior, so are the children of one's youth. Happy is the man who has his quiver full of them; they shall not be ashamed, but shall speak with their enemies in the gate.

**Psalms 128:1-4 (NKJ)** Blessed is every one who fears the Lord, who walks in His ways. When you eat the labor of your hands, you shall be happy, and it shall be well with you. Your wife shall be like a fruitful vine in the very heart of your house, your children like olive plants all around your table. Behold, thus shall the man be blessed who fears the Lord.

**Isaiah 28:9-10 (NKJ)** Whom will he teach knowledge? And whom will he make to understand the message? Those just weaned from milk? Those just drawn from the breasts? For precept must be upon precept, precept upon precept, line upon line, line upon line, here a little, there a little.

**Isaiah 54:13** (NKJ) All your children shall be taught by the Lord, and great shall be the peace of your children.

**Proverbs 22:6** (NKJ) Train up a child in the way he should go, and when he is old he will not depart from it.

**Ephesians 6:1-3** (NKJ) Children, obey your parents in the Lord, for this is right. "Honor your father and mother," which is the first commandment with promise: "that it may be well with you and you may live long on the earth."

## **B. Growing In Stature (Self-Discipline)**

### **1. Rules, Regulations, Rewards and Punishments**

**Ephesians 6:4 (NKJ)** And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.

### **2. Being fair**

**Micah 6:8 (NKJ)** He has shown you, O man, what is good; and what does the Lord require of you but to do justly, to love mercy, and to walk humbly with your God?

### **3. Trained**

**Proverbs 22:6 (NKJ)** Train up a child in the way he should go, and when he is old he will not depart from it.

### **4. Spirit, soul and body**

**1 Thessalonians 5:23 (NKJ)** Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

## C. Growing in Favor with God (Gifts, Callings, Jobs, Vocations)

### 1. Gifted

**1 Peter 4:10-11 (NKJ)** As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God. If anyone speaks, let him speak as the oracles of God. If anyone ministers, let him do it as with the ability which God supplies, that in all things God may be glorified through Jesus Christ, to whom belong the glory and the dominion forever and ever. Amen.

### 2. The Parable of the Talents

**Matthew 25:14-30 (NKJ)** “For *the kingdom of heaven is* like a man traveling to a far country, *who* called his own servants and delivered his goods to them. And to one he gave five talents, to another two, and to another one, to each according to his own ability; and immediately he went on a journey. Then he who had received the five talents went and traded with them, and made another five talents. And likewise he who *had received* two gained two more also. But he who had received one went and dug in the ground, and hid his lord’s money. After a long time the lord of those servants came and settled accounts with them. “So he who had received five talents came and brought five other talents, saying, ‘Lord, you delivered to me five talents; look, I have gained five more talents besides them.’ His lord said to him, ‘Well *done*, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.’ He also who had received two talents came and said, ‘Lord, you delivered to me two talents; look, I have gained two more talents besides them.’ His lord said to him, ‘Well *done*, good and faithful servant; you have been faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.’ “Then he who had received the one talent came and said, ‘Lord, I knew you to be a hard man, reaping where you have not sown, and gathering where you have not scattered seed. And I was afraid, and went and hid your talent in the ground. Look, *there* you have *what is yours*.’ “But his lord answered and said to him, ‘You wicked and lazy servant, you knew that I reap where I have not sown, and gather where I have not scattered seed. So you ought to have deposited my money with the bankers, and at my coming I would have received back my own with interest. Therefore take the talent from him, and give *it* to him who has ten talents. ‘For to everyone who has, more will be given, and he will have abundance; but from him who does not have, even what he has will be taken away. And cast the unprofitable servant into the outer darkness. There will be weeping and gnashing of teeth.’

**1 Peter 1:6-7 (NKJ)** In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ,

**James 1:2-4 (NKJ)** My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

**James 1:12-15 (NKJ)** Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him. Let no one say when he is tempted, "I am tempted by God"; for God cannot be tempted by evil, nor does He Himself tempt anyone. But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.

### **3. Working**

**Psalms 90:17 (NKJ)** And let the beauty of the Lord our God be upon us, and establish the work of our hands for us; yes, establish the work of our hands.

**Psalms 104:23 (NKJ)** Man goes out to his work and to his labor until the evening.

**Psalms 24:27 (NKJ)** Prepare your outside work, make it fit for yourself in the field; and afterward build your house.

**Proverbs 26:14-16 (NKJ)** As a door turns on its hinges, so does the lazy man on his bed. The lazy man buries his hand in the bowl; it wearies him to bring it back to his mouth. The lazy man is wiser in his own eyes than seven men who can answer sensibly.

**Proverbs 13:4 (NKJ)** The soul of a lazy man desires, and has nothing; but the soul of the diligent shall be made rich.

### **4. Education**

**Psalms 37:11 (NKJ)** But the meek shall inherit the earth, and shall delight themselves in the abundance of peace.

**Matthew 5:5 (NKJ)** Blessed are the meek, for they shall inherit the earth.

**James 4:2 (NKJ)** You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask.

**2 Timothy 2:15 (NKJ)** Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.

## **D. Favor with Man (Friends, Courtship and Sex)**

### **1. Friends**

**Proverbs 22:24-25 (NKJ)** Make no friendship with an angry man, and with a furious man do not go, lest you learn his ways and set a snare for your soul.

**2 Timothy 3:1-5 (NKJ)** But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power. And from such people turn away!

**Proverbs 14:7 (NKJ)** Go from the presence of a foolish man, when you do not perceive in him the lips of knowledge.

**Proverbs 27:17 (NKJ)** As iron sharpens iron, so a man sharpens the countenance of his friend.

### **2. Courtship**

**Genesis 2:18 (NKJ)** And the Lord God said, "It is not good that man should be alone: I will make him a helper comparable to him."

**(See Ruth & Boaz)**

**Jeremiah 29:5-7 (NKJ)** Build houses and dwell in them; plant gardens and eat their fruit. Take wives and beget sons and daughters; and take wives for your sons and give your daughters to husbands, so that they may bear sons and daughters – that you may be increased there, and not diminished. And seek the peace of the city where I have caused you to be carried away captive, and pray to the Lord for it; for in its peace you will have peace.

### **3. Sex Education**

**1 Corinthians 7:3-6 (NKJ)** Let the husband render to his wife the affection due her, and likewise also the wife to her husband. The wife does not have authority over her own body, but the wife does. Do not deprive one another except with consent for a time that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control. But I say this is a concession, not as a commandment.

**Proverbs 5** Drink Water From Your Own Well

**Proverbs 6** Avoiding Immorality

**Proverbs 7 Wrong Place, Wrong Time**

## Session 5:

### Building a Fire in the Rain

#### A. Building a Fire in the Rain (How to ruin your sexual relationship)

The world is full of people, married people, married Christians, who have dreadful sex lives. If you don't believe that just ask any marriage counselor. How could something that has the potential to be so wonderful and so much fun end up being such a miserable experience? Every couple is unique and the details of every situation vary. But here are some sure-fire ways guaranteed to ruin your sexual relationship in marriage.

##### 1. Neglecting the other areas of married life

- a. Sex was designed to be a physical expression of a couple's **spiritual** and **emotional** intimacy.
- b. That's why sex between two people who are not connected at the heart and soul feels **superficial** and **cheap**.
- c. Couples who pursue only physical intimacy will one day wake up and find that physical pleasure is **not enough** to hold a relationship together.

##### 2. Be Selfish

- a. What does selfish sexuality look like?
  1. A husband who never considers his **wife's desires**.
  2. A wife who uses sex as a **weapon** or as **leverage**.
  3. The great calling of believers is to consider others more **important** than ourselves.
  4. According to I Corinthians 7:3-5, **our bodies** actually belong to our spouses and we are not to **deprive** each other sexually.

##### 3. Have Unrealistic Expectations

- a. Many spouses live under a host of **sexual** misconceptions and fallacies.
- b. The most dangerous legends are that everyone else is having **more** sex and **better** sex.
- c. You're not **competing** with anyone else. Trying to do so only leads to **trouble**.

##### 4. Indulging in Pornography

- a. Pornography in all of its forms has done more to **wreck** the sex lives of married couples than almost anything else.

- b. What wife can compete with the surgically enhanced women of porn or the computer altered images?

## 5. Asking Your Spouse To Do Something That Violates Their Conscience

- a. Your spouse may not be as liberated as you think they are.
- b. Forcing your spouse into activities that cause them to feel weird will cause them to be even less liberated.

## 6. Be Unfaithful

- a. The single most devastating thing you can do to your spouse is to commit adultery.
- b. God can heal these kinds of situations, but there will always be regrets and scars. There will be mistrust and disgust for a long time.

## B. Why Did God Create Sex? (Proverbs 5, 6, & 7)

### 1. Procreation

- a. Be fruitful, multiply and replenish the earth.

**Genesis 1:27-28 (NKJ)** So God created man in His own image; in the image of God He created him; male and female He created them. Then God blessed them, and God said to them, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth."

- b. I would that the younger women marry, bear children, guide the house...

**I Timothy 5:14 (NKJ)** Therefore I desire that the younger widows marry, bear children, manage the house, give no opportunity to the adversary to speak reproachfully.

### 2. Pleasure

- a. **Proverbs 5:19 (NKJ)** As a loving deer and a graceful doe, let her breasts satisfy you at all times; and always be enraptured with her love.
- b. **Deuteronomy 24:5 (NKJ)** When a man hath taken a new wife, he shall not go out to war, neither shall he be charged with any business; but he shall be free at home one year, and bring happiness to his wife whom he has taken.

- c. **“Happiness”** (samach) a spontaneous, un-sustained feeling of jubilation. A feeling so strong that it finds expression in some external act. A feeling prompted by some external and un-sustained stimulus.
- d. **Genesis 18:12 (NKJ)** Therefore Sarah laughed within herself saying, “After I have grown old, shall I have **pleasure**, my lord being old also?”
- e. **Genesis 26:8 (NKJ)** Now it came to pass, when he had been there a long time, that Abimelech king of the Philistines looked through a window, and saw, and there was Isaac, showing endearment to Rebekah his wife.

### C. Obtaining and Maintaining Sexual Intimacy

- 1. Sexual intimacy takes **time**. (Song of Solomon 1-7)
- 2. Sexual intimacy requires good **timing**. (Song of Solomon 5:2)
- 3. Sexual intimacy requires **communication**.
- 4. Sexual intimacy requires **time away** (Song of Solomon 7:10-12)

### D. Mental Fidelity

- 1. A model marriage involves being faithful, even in one's **mind**.
- 2. It is God's will that you should be sanctified; that you should avoid **sexual immorality**. (I Thessalonians 4:3 KJV)
- 3. Each of you should **control** his own body in a way that is **holy** and **honorable** (I Thessalonians 4:4 KJV)
- 4. Do not allow **passionate lust** to run out of control like the heathen who do not know God. (I Thessalonians 4:5 KJV)
- 5. In the matter of sexual morality, no one should **wrong** his brother or sister or take advantage of them. The Lord will **punish** men for all such sins as we have already told you and warned you. (I Thessalonians 4:6 KJV)
- 6. God did not call us to be **impure** but to live a holy life.
- 7. You have heard it said by them of old time, thou shalt not commit adultery. But I say unto you, that whosoever **looks** on a woman to lust after her has committed adultery with her already in his heart. (Matthew 5:27-28 KJV)
- 8. I made a covenant with my **eyes** not to **look** lustfully at a woman...does God not see my ways and count my every step? (Job 31: 1-7 KJV)
- 9. Flee from **sexual immorality**. All other sins a man commits are outside his body, but he who sins **sexually** sins against his own body. (I Corinthians 6:18) NIV
- 10. Do you not know that your body is a **temple** of the Holy Spirit, who is in you, whom you received from God? You are **not** your own, you were **bought** at a price. Therefore, **honor** God with your body. (I Corinthians 6:19-20 NIV)

### E. What if I Have Messed Up?

- 1. If we **confess** our sins, He is faithful and just to **forgive** our sins and to **cleanse** us from all unrighteousness. (I John 1:9 KJV)

2. The Spirit of the Lord is upon me because He hath anointed me to preach good tidings unto the meek, to **bind up** the brokenhearted, to proclaim **liberty** to the captives, and the opening of the **prison** to them that are bound. (Isaiah 61:1-3 KJV)
3. Come unto me all ye that **labor** and are **heavy** laden and I will give you **rest**. Take my yoke upon you and learn of me, for I am meek and lowly in heart, and you shall find **rest** for your souls. (Matthew 11:28-30 KJV)
4. **Acknowledge** your sin, **confess** your sin, **ask** forgiveness for your sin, **receive** forgiveness for your sin.

## F. A Job to Do

1. The husband should fulfill his **marital duty** to his wife, and likewise the wife to her husband. (I Corinthians 7:3 KJV)
2. The wife's **body** does not belong to her alone but also to her husband. In the same way, the husband's **body** does not belong to him alone but also to his wife. (I Corinthians 7:4 KJV)
3. Do not **deprive** each other except by mutual consent and for a time so that you may devote yourselves to **prayer**. Then come together again so that **Satan** will not **tempt** you because of your lack of self-control. (I Corinthians 7:5 KJV)

## G. Learning to be Lovers

1. Have the right **motive**.
2. Start **yesterday**.
3. Avoid society's **expectations**. (Ken and Barbie Doll Syndrome)
4. Eliminate **routines**. (Dishes, diapers, dinner, sex)
5. Practice **tenderness**.
6. Set **perimeters** for your affections.
7. Respect each other's **comfort zones**.
8. Never **criticize** your spouse's response.
9. Practice proper personal **hygiene**. (Wash your nasty self).
10. It's okay to **laugh** even during sex.
11. You have a **lifetime** to figure it out. So relax and enjoy!
12. Sex can never make a **bad marriage** good. It's what you do out of bed that affects the quality of what goes on in bed – not the other way around.

## H. Common Problems

1. Inhibited Sex Drive
  - a. **Medical** problems.
  - b. Unresolved **anger**.
  - c. **Fear** of intimacy.
  - d. Stress and **fatigue**.

## 2. Male Obstacles

- a. Pornography
- b. **Ignorance** of the female anatomy

## 3. Female Obstacles

- a. Guilt or previous **abuse.**
- b. Inhibition.

- 4. Every sexual problem is a **couple** problem.
- 5. Every sexual problem has a **solution.**
- 6. Solutions require **additional knowledge.**
- 7. **Daily behavior** affects your depth of pleasure.

## Bonus:

### What To Do Now?

#### We Have Not Because We Ask Not (Praying Together)

*Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. Matthew 18:19 (NKJ)*

##### A. Don't Ask, Don't Get

1. **Philippians 4:6 (NKJ)** Be anxious for nothing, but in everything, by prayer and supplication with thanksgiving, let your requests be made known to God.
2. **James 4:2 (NKJ)** You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask.
3. **I John 5:14-15 (NKJ)** Now this is the confidence we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us --- whatever we ask, we know that we have the petitions that we have asked of Him.
4. **John 14:13-14 (NKJ)** And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it.
5. **John 16:23-24 (NKJ)** And in that day you will ask Me nothing. Most assuredly, I say to you, whatever you ask the Father in My name, He will give you. Until now you have asked nothing in My name: Ask and you will receive, that your joy may be full.
6. **Mark 11:24 (NKJ)** Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.
7. **Matthew 18:19 (NKJ)** Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven.
8. **Ephesians 3:20 (NKJ)** Now to Him who is able to do exceedingly abundantly above all that we ask or think according to the power that works in us.
9. **Psalms 5:3 (NKJ)** My voice You shall hear in the morning, O Lord; In the morning I will direct it to You, and I will look up.

## B. Seeking God is Not an Option

1. **Psalm 34:10** (NKJ) The young lions lack and suffer hunger; but those who seek the Lord shall not lack any good thing.
2. **Proverbs 8:17** (NKJ) I love those who love Me; and those that seek Me diligently will find me.
3. **Hebrews 11:6** (NKJ) But without faith it is impossible to please Him; for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.
4. **James 4:8** (NKJ) Draw near to God and He will draw near to you.

## C. Hindrances to Answered Prayer

1. **Sin. Psalm 66:18-19** (NKJ) If I regard iniquity in my heart, the Lord will not hear. But certainly God has heard me; He has attended to the voice of my prayer.
2. **Arguing. I Peter 3:7** (NKJ) Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.
3. **Deceitful Speech. I Peter 3:10-12** (NKJ) He who would love life and see good days, let him refrain his tongue from evil, and his lips from speaking deceit. Let him turn away from evil and do good; let him seek peace and pursue it. For the eyes of the Lord are on the righteous and His ears are open to their prayers, but the face of the Lord is against those who do evil.'

## D. The Nature of Prayer

1. **Ephesians 6:8** (NKJ) Knowing that whatever good anyone does, he will receive the same from the Lord, whether he is a slave or free.
2. **Philippians 4:6** (NKJ) Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known unto God.
3. **I Thessalonians 5:17** (NKJ) Pray without ceasing.
4. **2 Timothy 1:3** (NKJ) I thank God, whom I serve with pure conscience, as my forefathers did, as without ceasing I remember you in my prayers night and day.

5. **Summary** – Always, with all prayer, for all saints, and all authority in everything, without ceasing, pray, request, and make supplication, with thanksgiving and expectation.

### **E. Where, How and When To Start**

1. Start with **yourself**.
2. Much easier to say, “hey would you **pray** with me about this for just a minute,” than it is to launch an official “devotional time.”
3. Make a **detailed list** of needs in every area of your home, family, work, etc.
4. Put major requests on **index cards** you can carry with you. Write out at least **three** scriptures on the back of each card as a reference for your faith.
5. Start each prayer with a “**thank you**’ God attitude.
6. Be as **specific** and **detailed** as you can when praying.
7. Keep it **short** and to the **point**.
8. When you are through praying, **briefly** ask your spouse if there is anything they need prayer for. If not, thank them for agreeing with you and go on about your business.

### **F. Keep a Prayer Log.**

1. Keep a **prayer journal** of your requests.
2. As they are **answered**, check them off and put a date next to them.

### **G. Prioritize, Prioritize, Prioritize, Focus, Focus, Focus**

1. **Psalm 37:23 (NKJ)** The **steps** of a good man are ordered by the Lord, and He delights in his way.
2. **Proverbs 16:9 (NKJ)** A man’s heart plans his way, but the Lord directs his **steps**.
3. **Romans 8:26 (NKJ)** Likewise the Spirit also helps in our weaknesses. For we **do not know** what we should pray for as we ought: but the Spirit Himself makes intercession for us with groanings, which cannot be uttered.

## **G. The Common Sense Guide To Praying Together**

1. The project priority form.
2. The project action form.
3. Your Bible.
4. A Concordance.
5. A logbook.

## 50 Things Every Couple Should Know

1. The difference between what makes your spouse tick and ticked off. (**I Peter 3** dwell with knowledge).
2. How to make your spouse laugh. (**Proverbs 17:22** A merry heart does good like a medicine).
3. Positive memories become anchors for the future storms. (**Proverbs 10:76** Memory of the just is blessed).
4. Please and thank you are not just words for children. (**I Peter 3:8** Be courteous one to another).
5. Not to yell at each other unless the house is on fire. (**Proverbs 15:1** Soft answer turns away wrath).
6. Your spouse has positive qualities you should affirm regularly. (**Proverbs 7:21** With much faith speech and flattery of her lips she forced him).
7. It is fun to be spontaneous: tickle, dance, or join your spouse in the shower. (**Proverbs 27:6** sacrifices of joy).
8. The qualities within your spouse that ignited your interest when you first met. (**Revelation 2:4-5** Left first love – remember, repent, re-do).
9. Major house projects may need to be followed by minor marital counseling. (**Psalms 133:1** Good for the brethren to dwell together in unity).
10. The importance of maintaining sexual attraction. (**Song of Solomon 7:10** I am my beloveds and his desire is toward me).
11. How to use a camera and photo album to document your relationship. (**Psalms 77:11** Surely I will remember thy wonders of old).
12. Your spouse's favorite magazine. (**I Peter 3:8** Finally, brethren be ye all of one mind).
13. To celebrate the little things in your lives. (**Romans 12:15** Rejoice with them that rejoice).
14. To not replace the evening gown with the bathrobe. (**Song of Solomon 6:4** Thou are beautiful my love).
15. Your own intimate vocabulary (which is foreign to other family members). (**I Corinthians 2:7** But we speak the wisdom of God in a mystery).

16. The quality of your marriage isn't handled by how few problems you have, but how you handle the problems. (**Matthew 5:9** Blessed are the peacemakers).
17. TV executives don't care about marriage communication. (**Mark 13:5** Take heed lest any man deceive you).
18. Marriage should have more dreams than nightmares. (**Proverbs 29:18** Where there is not vision the people perish).
19. Biblical writers refer to the act of sex as, "to know." (**Philippians 2:3** Let each esteem the other better than themselves).
20. You should keep your spouses insecurities private. (**1 Peter 4:8** Love covers a multitude of sins).
21. A quick phone call when you're going to be late can diffuse a potential explosion. (**Proverbs 2:10** Knowledge is pleasant to the soul).
22. How to establish realistic expectations. (**Luke 14:28** Sit down first, and count the cost).
23. How to take responsibility for our actions instead of blaming our spouse. (**Romans 2:1** Be careful when you judge someone for when you judge someone else you condemn yourself for it takes on to know one).
24. How to face stressful events peacefully. (**Proverbs 1:33** We shall dwell safely and be quiet from fear of evil).
25. The importance of being straightforward about getting your needs met. (Ephesians 4:15 Speaking the truth in love, that you may grow up).
26. The attractiveness of a positive attitude. (**Philippians 4:13** I can do all things through Christ).
27. It is ok to read a book or take a course on improving your marriage. (**1 Peter 2:2** Desire the sincere milk of the word that you may grow thereby).
28. A walk together is good for both the heart and the soul. (**Amos 3:3** Can two walk together unless they agree).
29. Money problems are a major cause of divorce. (**Luke 16:11** Not faithful, in handling wealth, who will trust you with true riches).
30. Ignored problems will not get solved on their own. (**Hosea 4:6** My people are destroyed for a lack of knowledge).

31. How to dream big together. (**Matthew 18:19** If any two of you shall agree as touching anything that they shall ask it shall be done of them of my Father in heaven).
32. The value of creating a safe environment to openly share your feelings. (**James 1:19** Be swift to hear, slow to speak, slow to wrath).
33. How to turn a negative thought into a positive statement before the brain engages the mouth. (**I Corinthians 10:5** Casting down imaginations).
34. It is better to help your partner be on time instead of blaming them for being late. (**Ecclesiastes 4:9-10** Two are better than one for if one falls, he has another to help him up).
35. How to interpret your spouse's non-verbal communication. (**Luke 5:22** Jesus perceived their thoughts).
36. The silent treatment was invented by a kindergartner. (**James 4:2** You have not because you ask not).
37. How to avoid the same sexual routine. (**Song of Solomon 7:12** They went out into the country to make love).
38. Happily married people do exist. (**I Peter 3:15** Be ready to give an answer to everyone who asks you of the hope that is in you).
39. A few simple rules for resolving the conflict. (**I Peter 3:9** Do not render evil for evil, or railing for railing).
40. The importance of planning fun into your schedule. (**Proverbs 13:12** Hope deferred makes the heart sick).
41. To be proud when introducing your mate. (**I Peter 3:7** Giving honor unto the wife/Ephesians 5:33 Wives reverence your husbands).
42. Sticks and stones are much less painful than words carelessly spoken. (**Proverbs 18:21** Life and death are in the power of the tongue).
43. Men reach their sexual peak at about age 20; women at about age 35. (**I Corinthians 7:5** Defraud ye not one another).
44. Encouragement before marriage is kindness, but encouragement after marriage is a necessity. (**Hebrews 3:13** Exhort one another daily).

45. It is not the number of years you are married that counts but what you do during those years. (**John 10:10** Jesus came to bring life and life more abundantly).

46. The importance of a weekly meeting to discuss problems, family, calendar, goals, finances, and so on. (**Proverbs 16:3, 9** Commit your works to the Lord and He will establish your thoughts. Man makes his plans and the Lord orders his steps).

47. The past, is past, move on. (**Philippians 3:13** Forgetting those things which are behind and reaching forth).

48. Orgasm isn't the name of a Biblical city. (**Proverbs 5:19** Be thou ravished always with her love).

49. To ask for your spouse's advice. (**Proverbs 11:14** Where there is no counsel the people fall).

50. That God can meet every single one of your needs. (**I Peter 3:12** The eyes of the Lord are over the righteous spouse and his ears are open to their prayers).