

Teacher's Manual

Course Description

This course is part of the Family Ministries course of study and provides the fundamentals in understanding marriage and how – through teaching and pastoral counseling – to teach others how to make their marriages what God intended them to be so that they can enjoy their marriages to the fullest in this life. And in so doing glorify God and enjoy Him to the fullest.

Purpose of the Course

1. To establish in the mind of the student the Biblical concept and definition of a successful, fulfilling, joyous, life long marriage that brings glory to God and allows the couple to glorify God and enjoy Him forever.
2. To help the student develop a full understanding of God's plan revealed in His word, for marriage.
3. Identify and practice the skills, gifts and talents for the enriching of their own marriages.
4. Gain the skills to teach and counsel others to enrich their marriages.

Course materials.

- Dan Allender & Tremper Longman III. *The Intimate Mystery*. Downers Grove, Ill.; Intervarsity Pres., 2005.
- Tim & Beverly LaHaye. *The Act of Marriage, The Beauty of Sexual Love*. Grand Rapids, Michigan; Zondervan Press, 1998.
- Michael Saunders. *Marriage Enrichment: God's Loving Promises for Marriage*. Miami, Florida; M.I.N.T.S., 2006.
- Gary Smalley. *Making Love Last Forever*. Dallas, TX.; Word Publishing, 1996.
- Greg Smalley & Robert Paul. *The DNA of Relationships for Couples*. Carol Stream, IL; Tyndale House, 2006
- Ed Wheat & Gloria Oaks Perkins. *Love Life For Every Married Couple*. Grand Rapids, Michigan, Zondervan Press, 1997
- H. Norman Wright. *Communication, Key to Your Marriage*. Ventura, California: Regal Press, 2000.

Objectives of the course.

- 1- Student participation in classroom discussion
 - 2- Student comprehension of course materials
 - 3- Student familiarization with course bibliography
 - 4- Student development of ministry skills in Marriage Enrichment Education
 - 5- Student's retention of course materials and application to real ministry
 - 6- Student's application of course materials to their own marriage
- These objectives will be evaluated in four ways (See evaluation of the course).*

Structure of the course.

Lesson 1 - What is Marriage?

Homework:

1. Read chapter one and two of *Marriage Enrichment: God's Loving Promise*.
2. Choose your case study couple and set up an 7-week program of counseling.
3. Read - *Making Love Last Forever* by Dr. Gary Smalley

Lesson 2 - What is Marriage Enrichment?

Turn In This Week:

1. Turn in report of your first marriage enrichment counseling session.

2. Submit an initial proposal for a Couple's Marriage Enrichment Weekend Retreat for your church.

Homework:

1. Read chapter three of *Marriage Enrichment: God's Loving Promise*.
2. Read - *Love Life For Every Married Couple* by Dr. Ed Wheat

Lesson 3 - Why Do We Need to Practice Marriage Enrichment?

Turn In This Week:

1. Turn in report of your second marriage enrichment counseling session.
2. Submit a study guide for the Couples Retreat.

Homework:

1. Read chapter four of *Marriage Enrichment: God's Loving Promise*.
2. Read – *The DNA of Relationships for Couples* by Dr. Greg Smalley

Lesson 4 – Marriage Enrichment Begins With Safety

Turn In This Week:

1. Turn in report of your third marriage enrichment counseling session.
2. Submit a study guide for the Couples Retreat.

Homework:

1. Read chapter five of *Marriage Enrichment: God's Loving Promise*.
2. Read – *The Languages of Love*

Lesson 5 - Marriage Enrichment is Serving Our Spouses.

Turn In This Week:

1. Turn in report of your fourth marriage enrichment counseling session.
2. Turn in a report showing your language of love and your spouses language of love and what difference this makes in the way you treat each other

Homework:

1. Read chapter Six of *Marriage Enrichment: God's Loving Promise*.
2. Read - *The Intimate Mystery* by Dan Allender

Lesson 6 - Marriage Enrichment is Becoming One With Your Spouse.

Turn In This Week:

1. Turn in report of your fifth marriage enrichment counseling session.
2. Submit a list of 13 dates that you and your spouse can realistically (financially, child care, travel, work concerns, etc.) go on for the next quarter.

Homework:

1. Read chapter seven of *Marriage Enrichment: God's Loving Promise*.
2. Read - *Communication, Key to Your Marriage* by Norman Wright

Lesson 7 - Communication is the Secret to Marriage Enrichment.

Turn In This Week:

1. Turn in report of your sixth marriage enrichment counseling session.
2. Research and recommend a Christian Divorce Prevention Program with an explanation of the program and why you believe you can use this program in your ministry or church.

Homework:

1. Read chapter eight of *Marriage Enrichment: God's Loving Promise*.
2. Read - *The Act of Marriage, The Beauty of Sexual Love* by Tim Lahaye

Lesson 8- The Act of Marriage is Marriage Enrichment.

Turn In This Week:

1. Turn in report of your seventh marriage enrichment counseling session.
2. Turn in a list of 10 Christian Internet websites dealing specifically with sexual issues in Christian Marriage with a brief description of each.

Evaluation of the course

1. Student participation: One point may be given (15%) for each class hour attended.
2. Quizzes: One point (8%) for each class quiz passed.
3. Student homework: Two points may be given (15%) for each homework assignment for the 8 lessons.
4. Student readings: Bachelor level students will read 300 extra pages and write a 3-page book report. Master level students will read 500 pages and write a 5-page book report. Doctoral level students will read 5000 pages and present an annotated bibliography (20%).
5. Student case study: The writer of the course will assign a case study, which puts knowledge into action (17%).
6. Student exam: The student will demonstrate his/her understanding of the main concepts and content of the course materials (25%).

Chapter Questions and Answers

Chapter One

1- There are only two things that exist in the world today that were created by God before the fall of man into sin – what are they? (Nature and marriage)

2- Why was marriage so important? Why did God create it before sin came into the world? Why does God consider marriage so vital? (It is the way in which we will accomplish the purpose, for which He created us – to glorify Him and enjoy Him forever)

3- What does marriage truly accomplish? (The blessing of two people and the completion of them, it brings them pleasure and fulfillment, it causes them to enjoy God to the fullest.)

4- How does marriage bring the fullest enjoyment of God and life? (Marriage is the closest picture of what it means to have a personal, intimate, trusting relationship with the Lord)

5- Well, how are two sinful humans going to make a marriage relationship anything other than sinful? What has to happen in order to make marriage work? (The people and the marriage must be redeemed by Jesus Christ and we must place higher value on our spouses than we do on ourselves, or selfishness will always be a major problem in our marriages.)

6- What was the second act of Grace that God gave to Adam and Eve at the Fall? (Keeping marriage for the blessing of mankind.)

7- What is the other reason for God's creation of marriage? (It is the foundation upon which He has built all of society.)

8- What does leave and cleave mean? (Make your relationship with your spouse primary and all other relationships secondary)

9- What is the nature of marriage? (Sinful and in need of a Savior)

10- What is the main characteristic of people that cannot be tolerated in a happy marriage? (Selfishness) What is the marriage tie that motivates unity in marriage? (Unconditional love that comes from Christ through the Holy Spirit)

11- What two items did God decree to Adam and Eve after the fall concerning what will cause a marriage to work in the fullest sense? (1-Redemption through Christ. 2-Hard labor on the part of each spouse to serve the other.)

Chapter Two

1- What is Marriage Enrichment about? (The Lord Jesus Christ and the glory of God.)

2- What is the summary of Marriage Enrichment? (Opening your spouse's spirit to God and to you.)

3- What is Marriage Enrichment essentially? (An Attitude of Total Commitment.)

4- What is the total commitment of marriage? (Unconditional Love)

5- What makes us able to keep our marriages enriched? (The fact that Jesus lives within us, makes all His promises possible and true in our lives and for our marriages.)

6- How Has God Equipped a woman To Keep This Commitment? (Women are equipped by God to deeply desire a solid, romantic, safe and permanent relationship and they are gifted to know what one is.)

7- How has God equipped a man to keep this commitment? (Men are equipped and gifted to actually do the work involved to create a Christ-centered, glorious relationship.)

8- How Do We Grow In Our Relationship With Jesus? (The Spiritual Disciplines
a- Love the Lord, b- Study the Scriptures , c- Pray without Ceasing , d- Confess our Sins,
e- Worship together, f- Practice the Sacraments, g- Love one another, h- Love and Serve our Families.)

9- To understand marriage enrichment what must we first understand? In order to understand that, what do we need to understand. (Grace.) (Ourselves and our relationship to the Heavenly Father.)

10- When our hearts and our marriages are centered on Christ alone, we are able to do what? (Glorify God through the enjoyment of His unconditional love and grace.)

Chapter Three

1- God created and redeemed our marriages to be what? (Joyful, full of praise, and with a glorious purpose. It is to be full of happiness and joy. It is to be wonderful and if it is boring and routine then we are in sin. We need to be consistently practicing marriage enrichment because it is the happy work we do of putting happiness, pleasure and joy into our marriages and keeping it there.)

2- According to the way our culture practices marriage, why does marriage exist? (Marriage today exists only for the purpose of bringing happiness to the individual and can be ended when there is no happiness for at least one of the individuals involved.)

3- What is the humanization of marriage? (The belief system that God and the things of God are not relevant to our lives today. We do away with God and with all His teachings. This includes those teachings which concern the sanctity of marriage, the worth and value of marriage,

marriage as the foundational base of society and the belief that true happiness is found in a long term, monogamous, deeply intimate relationship.)

4- What is society's attack on marriage? (That what we have called marriage, as defined by God, is a false and even harmful belief. If there is a God He would never want people to be unhappy. Therefore, marriage must be whatever we define it to be in today's modern and sophisticated world that will bring the greatest happiness to the people involved.)

5- Who does society say is the building block of society? (The individual, not the couple, is now the basic unit of society and marriage has been replaced with the "right to happiness" of the individual, however each individual defines it, as the goal of society. Society is now focused on the individual and his rights and desires alone.)

6- Why are there so many marriage resources for Christians outside the church today? (It is because Christian marriages are in just as much trouble as non-Christian marriages and we don't know what to do about it. It is because the church is not doing a good job of addressing the needs of our marriages today.)

7- Why are our churches essentially silent on marriage? (Because we just assume that Christian people who know Christ personally automatically know how to have a successful, Christian marriage and the truth is we simply do not.)

8- How does our own selfishness hurt our marriages? (By entering into marriage thinking only about what we are going to get out of it. Our own happiness. Our own desires. Our own fulfillment.)

9- How can our spouse make us happy in our marriage? (Our spouse, our marriage, our whatever can never make us happy or fulfill us. They can never meet all our needs or desires. And in fact – they were never intended to and are not supposed to!! By the time we find this out we believe our only option is divorce.)

10- How do our fears affect our marriages? (If I know what I truly am, then what if my spouse finds out? How can they love me when they know how weak I am? When they discover what a mess I am? When they discover how I have betrayed them in thought word and deed? How can my marriage survive? Why would they ever stay with me? And we live in fear of losing everything.)

Chapter Four

1- What must be added to the concept of total marriage commitment to make the hearts of our spouse open up to us? (Heart safety.)

2- The first step toward a safe marriage is... (Taking responsibility for our own behavior and well being.)

3- The second step toward a safe marriage is... (Actually doing the work of caring for ourselves.)

4- The third step toward a safe marriage is... (Ministering to Our Spouse's Feelings.)

5- The fourth step toward a safe marriage is... (Ministering to Our Marriages.)

6- The definition of winning in a marital partnership conversation is...(Finding a solution that both partners feel good about.)

7- The fifth step toward a safe marriage is... (Respecting our Spouses Boundaries.)

8- Respecting each other's boundaries means two things. These are... (Receiving respect from others and receiving respect from ourselves.)

9- You can overcome your spouse's boundaries by... (Bowling them over" with the force and power and speed of your words, and by manipulating the person through guilt or a reward system or by lowering his or her own self-esteem.)

10- People who struggle with receiving respect from themselves must come to understand that... (Love does not always give in to every request, especially to intimidation!)

Chapter Five

1- What is the first step in valuing our spouse? (The first step in understanding the value of your spouse is to understand the sovereignty of God over us and the love of God for us.)

2- What is the place our spouse should have in our lives? (They are to be second in our lives to no one other than the Lord Jesus.) Why? (They are a living example of God's grace to us and His joy in us.)

3- How will I get my spouse to delight in me as God's gift to them? (By HONORING my spouse and working to open their spirit.)

4- How can we do that? (By you believing in your heart and proving with your words and actions that your spouse is number one in your heart and in your life.)

5- What does it mean to honor my spouse? (Honor means to attach great value or "awe" to a person. To be totally amazed and overwhelmed that this extremely special person has agreed to marry you because – for some unknown reason – they have decided to be in love with you. And the gloriousness of this joyous situation causes you to commit to making this person first in your life and serving them every day for the rest of your life!)

6- What is love? (Love is the mental permission that we give to our personalities to allow the emotions and feelings of the decision to be in love, to become part of our being and to begin to characterize who we are and to begin to shape our hearts and marriages. It is the decision, bathed in prayer and led by the Holy Spirit to allow our hearts to give themselves to another. It is the decision on any given day – when no emotions are present or even when negative, angry emotions are present to continue to be in love with our spouse.)

7- What is the first step in treasuring our spouses? (To love no one or no thing more than we love them. The only exception is our love for Jesus Christ, which must be our foundational love, or we will be incapable of truly loving our spouses.)

8- How important are the things that initially attract us to the person who will be our spouse in building our marriage relationship? (None of these things matter at all. While all the externals are important, they ultimately make no difference when we are deciding to be in love with someone we hope we will spend the rest of our lives with.) Why? (Those things that initially

attract us to each other are the instruments God uses to cause us to be ready to receive our spouses.)

9- What is it that causes us to continue to make the decision to be in love with our spouse? (Ultimately it is God who is love. After our complete love for God, we are to love our neighbor. Who is our closest neighbor? Our spouse is.)

10- What is God's priority for our lives and how does that relate to our marriage? (God's priority for us is to be like His beloved Son Jesus, which will meet all our needs. Jesus came to serve and to save His people. We are expected to be like Him and to work out our salvation through serving others ahead of ourselves, beginning first and foremost with our spouse. True and godly happiness comes from serving our spouse. Godly marriages come from loving our spouse more than we love ourselves.)

Chapter Six

1- How do you become one with Christ and with your spouse? (You receive them into your heart.)

2- What are some of the ways we become one? (a- by uniting our souls with Christ and with each other, b- through sexual intimacy, c- by tuning our thoughts and desires toward the same goals, d- by respecting and serving each other, e- by seeking to demonstrate to the world the love of Jesus our Lord, f- by being born of God and by living in His love.)

3- Becoming one with our spouse is a combination of what? (Communication, attitude and physical contact, sometimes sexual, sometimes not.)

4- What is the beginning point of the anatomy of being one? (Discovering what our spouses need to be happy.)

5- How is this an unwritten contract? (If you do the work to find out what your spouse needs to be happy - you are communicating to your spouse that you intend to provide these things.)

6- How do our marriage expectations get us into trouble? (We have been shaped by all the events and circumstances of our lives. We all come to the marriage with particular expectations. It only takes a few months for us to have our expectations totally dashed by the reality of living with another person who does not have our same past or expectations. The hurt and pain and insensitivity to this realization can be the death of the marriage before it even begins.)

7- What is one of the important gifts that men bring to the marriage? (They are equipped to find out what their wife needs to be happy and to provide this.)

8- What does this gift do for the man? (It gives them good self-esteem and self-confidence to be able to make their wives happy and to provide what they know their spouse desires. They are conquering a potential marriage problem and they are good at it.)

9- What are the four areas of happiness? (Security, Meaningful communication, Regular, romantic, emotional experiences and Physical touch.)

10- How do women respond to touch? (80% of what wives report that what they want and need from their husbands is non-sexual touch. It is a message to them that everything is ok in their relationship. Most wives have no struggle giving themselves sexually to their husband who has

put her and her needs first and has loved her in ways that called for him to sacrifice. Women need 8-12 meaningful, non-sexual, affectionate touches throughout a given day in order to be emotionally healthy. We communicate the state of our hearts, lives and feelings for each other through touch.

Chapter Seven

- 1- Good communication creates _____ (emotional intimacy) in marriage.
- 2- The 5 levels of communication are: (a. Sharing facts, b. Sharing ideas and opinions of others, c. Sharing our own ideas and opinions, d. Sharing your own personal beliefs, e. Sharing your inner most feelings.)
- 3- The communication level #4 is where our _____ (right to happiness) gene is most fully engaged.
- 4- Men and women are completely different both _____ and _____. (Physically and mentally)
- 5- List three ways in which men and women are different physically. (a. Women are more resistant to disease b. Men have more stamina, c. Men have thicker bones, which allow them to do heavy labor for extended periods.)
- 6- How are men and women different mentally? (Men think laterally and women think bi-laterally. 80% of men use left side of brain almost exclusively; 80% of women use right side most frequently but also use left side.)
- 7- What are the 5 ways in which men and women communicate differently? (a. Men want to discuss and express facts. Women fill their conversation with personal insights, intuitions and emotions about the subject being discussed. b. Men use communication to solve problems and find solutions. Women desire to give sympathy and find reasons for things. c. Men are objective. They have the ability to compartmentalize their lives. Women are more personal and “big picture” people. Their lives are a complete picture. All parts are interconnected. d. A woman cannot separate who she is from her surroundings. A man can compartmentalize his life and think of the various parts separately. e. Men think and communicate in a general way while women communicate and think in a very detailed way.)
- 8- What are the three foundational components of good communication? (a. Being a good listener, b. being a clear speaker, c. having shared experiences as a basis for your communication.)
- 9- What work do men and women have to do to listen well? (a. Men - resist the impulse to resolve everything our wives share with us. b. Women - resist the impulse to make their husbands be “touchy feely” in their conversations.)
- 10- What is the most significant point in speaking to your spouse? (The principle is that we must speak to our spouses in a way that they will understand clearly what we mean. We must speak to our spouse in their language – male or female.)
- 11- What is the significance of context and setting in communication? Security and support and emotional safety in a shared experience, in a setting that can be recalled are all aspects of

communication that make us have the desire to communicate more frequently and easily and readily.)

Chapter Eight

- 1- What is the act of marriage? (The act of marriage is the act of mutually satisfying sex.)
- 2- What does the act of marriage show us? (The condition of our marriage.)
- 3- Why is it impossible to have a good marriage without having good sexual experiences with your spouse? (Because marriage is an essentially emotional experience centered on and powered by your mental decisions and choices to be committed for life to your spouse. Thus sexual activity in marriage is not only physical, but is emotional, mental, and spiritual as well.)
- 4- What is at the core of sexual activity in marriage? (Sexual activity in marriage has at its core the deepest meanings for love and trust and security and life long companionship. Sexual activity in marriage affects our self-esteem, our self-image, and our joy of life. It affects every part of us very personally. It is extremely significant to our well being in all our parts. Therefore, a happy marriage just cannot last without a happy sexual experience.)
- 5- What is sexual intimacy? (Sexual intimacy is for man to be able to fully “glorify God and enjoy Him forever”. Jesus wants us to enjoy a happy and satisfying sexual intimacy with our spouses because it is part of the happy marriages He wants us to have. And because of our great and passionate love for Jesus Christ, we are able to have the great and passionate love for our spouses that creates great sex.)
- 6- How can we combine our spirituality with our sexuality? (In the same way that the Bible does this. The Bible cares about marriage and sex. God speaks of marriage and sex 736 times. God created sex. It is wonderful for us and pleasing to Him. Marital sexual relations please God.)
- 7- How do men think of sex mentally? (Men have a compartment for sex. Nothing has to go with it. They can separate the rest of life from their sexual desires. In his mind nothing has to go with his sex life. It has its own compartment.)
- 8- How do women think about sex mentally? (She sees life as a whole. A wife’s sex life is completely part of her heart, her makeup, and her personality. Her sex life is an intricate part of all that she is.)
- 9- What is good sex? (Sex that is mutually satisfying and that includes good communication. You absolutely must tell your spouse what you like or do not like sexually. Help them. Tell them. Show them what to do. Your spouse does not know what is going to help you have a great sexual experience unless you tell them. This kind of loving sexual communication is vital for an incredible sex life.)
- 10- What is our biggest problem in marital sex? (Manipulating our spouse to give us either sex through our relationship or to give us the relationship we want through sex.)