

Marriage and Family Counseling
OVERVIEW OF THE COURSE and
FOUNDATIONAL ISSUES

OVERVIEW OF THE COURSE

PART 1 - BACKGROUND INFORMATION: FOUNDATIONAL ISSUES FOR BIBLICAL MARRIAGE AND FAMILY COUNSELING

- I. Why is marriage and family counseling important?
- II. What is marriage and family counseling?
- III. What should be our basic resource for understanding and resolving problematic marriage and family relationships?
- IV. What kinds of marriage and family counseling should the church provide?
- V. What should the goals of biblical marriage and family counseling be?
- VI. What are the process dynamics of biblical marriage and family counseling?

PART 2 - UNDERSTANDING MARRIAGE BIBLICALLY

- I. God's concept of marriage
- II. Key factors in realizing God's concept of marriage

PART 3 - SPECIFIC ISSUES IN MARRIAGE AND FAMILY COUNSELING

- I. Role relationships
- II. Conflict resolution; problem solving in marriage
- III. Communication

INTRODUCTION

INTRODUCTION: WHAT IS THE WORLD'S VIEW OF A FAMILY?

I. HOW DOES GOD DEFINE A F_____?

A. The Old Testament family:

1. ELEPH (Judges 6:15)
2. BAYITH (Psalm 68:6)
3. MISPACHAH (Genesis 10)

B. The New Testament family:

1. PATRIA (Ephesians 3:14,15)
2. OIKEIOS (Matthew 10:25,34-37)

II. THREE KINDS OF FAMILIES DESCRIBED IN THE BIBLE.

A. N_____ families.

1. Genesis 10:1-5

B. E_____ families (kin).

1. 1 Timothy 5:8

2. Numbers 1:2,20

3. Nehemiah 4:14

C. The C_____.

1. Ephesians 3:15

2. Ephesians 2:19

3. 1 Timothy 3:15

III. F_____ OF THE FAMILY.

A. Extended

1. Proverbs 23:22

2. Mark 7

3. 1 Timothy 5:8

B. Nuclear

1. Ephesians 6:4

a. Commitment to nuclear s_____ commitment to extended.

2. Genesis 2:24

C. Church

1. 1 Timothy 5

IV. WHY IS IT NECESSARY TO DEFINE A FAMILY?

V. DEFINING A N FAMILY.

A. Wayne Mack's Concept of How God Would Define the Nuclear Family

1. A family is composed of a man and woman (it may or may not involve children);
2. Who are joined together by marriage, birth or adoption in a lifelong covenantal union;
3. Who under God's authority and by God's providence are unreservedly committed to each other;
4. Who support, sustain, protect, train, encourage, help and serve one another so that each person will become everything that God intended him to be (i.e. mature and complete in Christ and useful, productive and happy in this world), and
5. Who relate to one another in a God ordained way
6. So that personally and collectively they may glorify, enjoy and serve God
7. As they, out of love for and in obedience to God, seek to be fruitful and fill the earth and take dominion over creation subduing it and ruling over it
8. And as they, out of love for God and in obedience to their God and Savior, seek to bring others to trust, love, and serve Jesus Christ.

(Gen. 2:18-25; Deut. 4:9; Ps. 68:5,6; 127:4-6; Prov. 2:17; 10:1; 15:20; 17:6; 19:18; 23:22; 29:15; Is. 8:18; Mal. 1:6; 2:10-16; Mk. 7:5-16; II Cor. 12:14; I Tm. 2:3-5; 3:4,5,12; 5:1)

B. Edith Schaeffer's Description of What a Family Is:

1. An ecologically balanced environment (Eph.6:4)
2. A birthplace of creativity
3. A formation center for human relationships
4. A shelter in the time of storm (Prov. 14:26)
5. A perpetual relay of truth (Ps. 78:5-17)
6. A classroom par excellence
7. A museum of memories
8. A door that has hinges and a lock
9. A changing life mobile

VI. WHAT GOD INTENDS THE FAMILY TO BE AND DO :

1. Genesis 18:17-19
2. Deuteronomy 5:12-14,16
3. Psalm 78:1-7; Deuteronomy 4:9,10
4. Deuteronomy 6:1-9; Proverbs 4:1-5
5. 1 Corinthians 4:14,15; Hebrews 12:5-13; Proverbs 13:24
6. Psalm 127:3-5
7. Psalm 128:3
8. Psalm 68:6; Genesis 2:18
9. Proverbs 14:26
10. Job 1:4,5
11. 1 Timothy 5:1-8
12. Philippians 2:22
13. 2 Corinthians 12:14
14. Proverbs 22:6
15. Mark 7:6-13
16. Proverbs 23:22,24
17. Isaiah 49:15; Proverbs 17:17; 31:10-12; 1 Peter 3:2; Psalm 103:13; 1 Peter 3:7,8; Ephesians 5:28,29

VII. WHAT IS THE FEAR OF GOD?

The fear of God, is an all-encompassing inevitable response to a powerful and continuing awareness of:

1. The power of God. (Isaiah 6:5)

2. The unrivaled m_____ and a_____ of God. (Revelation 1:17)
3. Your d_____ and r_____ to God.
4. Your relationship with God and the priority of that relationship.
5. The supreme p_____ of God and His attributes.

VIII.WHAT E_____ DOES A HEALTHY, WHOLESOME FEAR OF GOD HAVE IN THE LIFE OF AN INDIVIDUAL?

The person who has a healthy, wholesome fear of God will be:

1. Lovingly and unreservedly committed and devoted to God.
2. A God centered person whose great concern is to structure his/her life and order his/her affairs and relationships in a manner that will please God.
3. A person for whom God's will is the important factor in all the decisions he/she makes.
4. A person for whom God is his/her reference point.
5. A person who naturally and spontaneously, as a reflex reaction, thinks about God. (Job 1; Psalm 10).
6. For a person, God is both that persons director and audience: God's pleasure is all that matters. (2 Corinthians 5)
7. A person walks with God in a close fellowship. (i.e. Enoch ~ Gen. 5; Heb. 11)
8. A person for whom God is not an inference or a logical deduction but a living reality.
9. A person who not just knows about God, but who knows God.
10. A person who's life revolves around Christ.
11. A person who is stimulated to relate to his wife and family and all other people in a God ordained way.

IX.HOW IS THIS HEALTHY, WHOLESOME FEAR OF GOD D_____ AND S_____?

The fear of God is developed and sustained by:

1. The Holy Spirit in the life of a person
 - a. 1 Timothy 4:7
 - b. Psalm 34
2. Who has been born again and brought to repentance from sin and faith in Jesus Christ as his only Savior and Lord
 - a. 1 Peter 1:15-19
 - b. Romans 3:18
 - c. Proverbs 8:13
3. As that person continually thinks about meditates on, worships, and fellowship with the true and living God
 - a. 2 Corinthians 4
4. Who has revealed Himself in the living Word (Jesus Christ) and the written Word (the Bible).
 - a. Hebrews 10

PART 1 - BACKGROUND INFORMATION: FOUNDATIONAL ISSUES FOR BIBLICAL MARRIAGE AND FAMILY COUNSELING

I.WHAT IS THE FAMILY AND WHY IS MARRIAGE AND FAMILY COUNSELING IMPORTANT?

A. Nine Characteristics of a Strong Family:

1. Strongly c_____ to the importance of the family in general and more particular to their own family.
2. Individual family members were encouraged to develop their i_____.
3. Family members were f_____ and a_____.
4. Family members knew and freely expressed their a_____ for each other.
5. Family members spent a lot of time together and enjoyed being with each other.
6. Family members c_____ frequently with each other.
7. Family members had clearly delineated and understood role definitions.
8. Family members had a high degree of religious orientation; they had strong faith commitments.
9. The family was open to a larger social network and involved others in their family and were involved with others outside the family.

B. Why is marriage and family counseling important?

1. The family is the basic building block of every other social unit or institution.
2. The first command in the Bible was given to a husband and wife. (*Genesis 1*)

3. The family is unique and irreplaceable in God's program.
4. God starts His revelation demand with extending teaching about marriage and the family. (Genesis 2)
5. Everything grows out of the family and is dependent on it.
6. Distortions and deficiencies in our families will produce distortions and deficiencies in every other human institution. (*Deut. 24; Josh. 7; Prov. 21:9; 14:1; 12:4; 15:25*)
7. The family is used as a means of reflecting His relationship with His people.
8. Negative impact that an ungodly family member can have on other family members.
9. The Bible teaches the important functions the family is to fulfill in the lives of its members.
10. The family is a special t_____ of Satan.
 - a. Satan is trying to tear down the family I_____ and S_____: How has marriage and family living changed?
 - i. Movement form rural living to urban living.
 - ii. Most fathers work away from the home and are unavailable to their families for large parts of the day and week.
 - iii. The number of married women and mothers with small children who work outside of and away from the home has increased exponentially.
 - iv. The role of the husband as the head of the family has been displaced and replaced on a large scale in society and even among many professional Christians.

- v. Solving marriage of personal problems by getting a divorce has become a widely accepted and legitimate even preferable course of action, the number of single families has exploded.

- vi. Living in the same place for long periods of time has become a rare occurrence.

- vii. The acceptance and influence of Judeo Christian principles and moral standards has diminished with these principles being frowned upon and ridiculed by multitudes of people.

- viii. The display of pornography, immorality, and obscenity through public media such as television, magazines, and movies has become epidemic.

- ix. Ownership of many of the products of modern technology has become common.

- x. New laws and regulations and restrictions that affect the family have been established.

- xi. The emphasis of the good life of materialism and almost unbridled hedonism is more common.

- xii. The trend toward practical atheism or being a hypocrite, professing one thing and living another way, is not considered abhorrent by many today.

- xiii. The average size of the family has decreased with deciding to have no children being an acceptable and even desirable option.

- xiv. Extramarital and premarital sex has become a widely accepted lifestyle.
- xv. Homosexuality has become accepted as an alternative lifestyle.

- xvi. People who oppose these lifestyles are considered to be hateful, prudish, judgmental, and homophobic.

- xvii. The role and function and importance of the family and the lives of individuals has changed; the family has been stripped of many of its former reasons for existence and replaced by people, institutions and organizations outside the family.
- xviii. Disrespect for and acts on biblical Christianity, Christian standards and values is debunked and belittled on a wide scale.
- xix. Secular psychologists and other behavioral experts have taken over the role that the church and its pastors previously played in guiding people on how to live and how to solve their personal and interpersonal problems.
- xx. People in general and children in particular are more widely exposed to unbiblical and ungodly ideas of marriage, the family morality, and parent/child relations.

- 11. The important role that family life is given among the requirements for leadership in the church.
- 12. The prevalence of marriage and family problems.
- 13. The way that God connects family relationships to our relationship with Him.
- 14. The Bible teaches that the family demands top loyalty next to God and His kingdom.

II. WHAT IS MARRIAGE AND FAMILY COUNSELING?

- A. It is every p_____ responsibility.

B. It is every h_____ and w_____ responsibility.

C. It is every e_____ responsibility.

D. It is every _____ responsibility.

III. WHAT SHOULD WE USE AS OUR BASIC RESOURCE FOR U_____ AND
R_____ PROBLEMATIC MARRIAGE AND FAMILY RELATIONSHIPS?

A. It should not be:

1. I _____
2. E _____
3. R _____
4. R _____ or L _____
5. H _____ A _____

B. It should be the Scriptures alone.

IV. WHAT KINDS OF MARRIAGE AND FAMILY COUNSELING SHOULD THE CHURCH
PROVIDE?

A. O_____ Counsel:

1. The regular teaching and preaching ministries of the church.
2. Making resources available.
3. Encouraging family development through scheduling of church activities.
4. The example of church leaders.
5. Restrictive Christian service involvement.
6. Spontaneous efforts of fellow Christians.

B. S_____ C_____ Counsel:

1. Preventative/Preparital Counseling
2. Remedial/Corrective Counseling

V. WHAT SHOULD THE GOALS OF BIBLICAL MARRIAGE AND FAMILY COUNSELING BE?

A. Biblical Rationale:

1. Proverbs 14:8
2. Proverbs 16:9
3. Proverbs 16:1
4. Proverbs 10:5
5. Proverbs 13:16
6. Proverbs 20:18
7. Proverbs 24:27

B. Benefits/Values of Good Goals

1. Planning
2. Evaluating progress
3. Sense of confidence and competence in counselee
4. Sustaining momentum
5. Keeping you on track
6. Saving time
7. Securing cooperation and participation on the part of the counselee

C. Characteristics of Good Goals

1. Shared by counselor and counselee
2. Reflect biblical values and perspectives
3. Two-factored: putting off and putting on (Eph. 4; Col. 3; 1 Ptr.)
4. Realistic and specific
5. Reflect particular deficiencies and needs of the individual or couple or family
6. Focused on heart change (Luke 6:43-44)
7. Properly motivated

D. Kinds of Goals

1. M_____ Goal
 - a. Maturity in Christ
 - b. God honored relationships
2. O_____ Goal
 - a. Discover unbiblical ways
 - b. Understand Godly ways
 - c. Facilitate biblical change
 - d. Accept unchangeable features
 - e. Growth in personal relationship with God
 - f. Personal responsibility

E. General Goals for Every Marriage & Family Counseling Situation:

1. To help each family member to develop a healthy fear of God.

2. Which will secure heart commitment from all family members to Christ and to His Word as the standard for all that is done and said.

Which will:

- a. Manifest itself in a desire and willingness to put off all that is unbiblical and thus dishonoring to God and destructive to their marriage and family relationships.
 - b. Produce a desire and willingness to put on all that is biblical and thus pleasing to God and good for their marriage and family relationships.
 - c. Foster and establish true companionship (the essence of marriage) between family members.
 - d. Facilitate on every level the resolution of the problems that initially brought them for counseling.
 - e. Lead to a deep unity and intimacy.
 - f. Cause their marriage to be a powerful witness for Christ and a tremendous example for others as they exemplify in their family the relationship between Christ and His church
 - g. Ultimately help them to fulfill the purpose for which they and their families exist, namely to bring glory and honor to God.
- F. Secondary or operational goals that will facilitate the accomplishment of these primary goals may include variables:
1. These secondary goals will include helping the family members to _____ and thus dishonoring to God and destructive to their marriage and family relationships.
 2. They will also include helping the family members to _____ and thus pleasing to God and good for their marriage and family relationships.
 3. They will also include helping the family members to:
 - a. _____ that initially brought them for counseling.
 - b. Foster and establish true companionship (the essence of marriage) between family members.
 - c. And promote the deep unity and intimacy God intends for family members.
- G. How to determine God's goals and accomplish them:

1. P_____
2. I_____
 - a. Counselee's expressed goals (Prov. 25:20)
 - b. Counselee's unexpressed goals (Prov. 20:5)
 - c. Go beyond most obvious (Prov. 25:7,8)
3. C_____ with Scripture
4. R_____
5. E_____
6. Put CAPT or 8 I's into practice

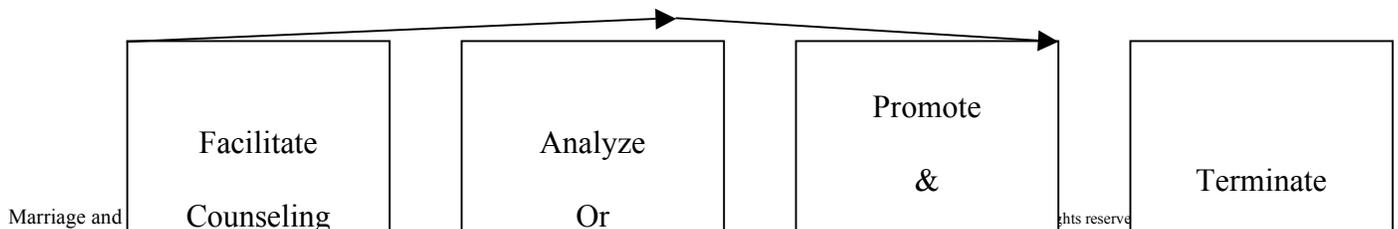
H. God's goals are four dimensional:

1. T_____ or Ultimate Dimension
2. I_____ Dimension
3. E_____ Dimension
4. E_____ Dimension

VI. WHAT ARE THE P_____ D_____ OF BIBLICAL MARRIAGE AND FAMILY COUNSELING?

A. The Process & Progress of Counseling

WORKING GOALS OF FAMILY COUNSELING
COUNSELOR'S TASKS





1. Facilitate Counseling **C**_____ (Involvement & Inspiration)

a. Before the session:

b. During the session:

c. After the session:

2. **A**_____ or **A**_____ (Inventory & Interpretation)

- a. Inventory
 - i. PDI
 - ii. Pay attention to communication/relationship dynamics of counselee's
 - iii. Ask appropriate questions & listen carefully
 - iv. Use facilitative responses
 - v. Have couples or families discuss a controversial topic in the counseling room
 - vi. Give data gathering homework
- b. Interpretation
 - i. Concepts of Marriage

ii. Four Responses to Conflict

iii. Matters of Conflict

iv. Family Life Stages

(1) Unattached Young Adults

- (a) r _____ to parents
- (b) occupational issues
- (c) social network
- (d) marriage decisions
- (e) sexual temptations
- (f) social pressure
- (g) envy and jealousy

(2) Courtship and Engagement

- (a) relating to one another in a deeper and more comprehensive way
- (b) honesty and realism in reference to self and other persons and their relationship

- (c) t _____ or o _____ mentality
- (d) appropriately moving to “we” from “you” and “I”
- (e) tunnel vision, interests, associations, relationships
- (f) business as usual
- (g) lack of reference point
- (h) parental problems

(3) Pre-Children

- (a) new life style – blending, adjusting
- (b) constant exposure to mate
- (c) fuller exposure of mate
- (d) parents and in-laws
- (e) scheduling problems
- (f) differing ideas or perspectives
- (g) new responsibilities and roles
- (h) facing reality
- (i) friends
- (j) unresolved problems
- (k) personal problems

(4) Expanding Family - Children

- (a) decrease of husband –wife privacy
- (b) decrease in standard of living (wife not working)
- (c) increase in expenses
- (d) increase in household, family work and responsibilities, physical fatigue
- (e) loss of freedom – more tied down
- (f) differing view about child rearing
- (g) differing views of responsibilities of father and mother
- (h) temptation to make children center of home and relationship
- (i) less time to do things together

(5) Maturing Family – (13-19)

- (a) puberty problems
- (b) school problems
- (c) increased demands of work
- (d) independence of children increasing
- (e) peer pressure
- (f) dating
- (g) increasing expenses
- (h) working wife
- (i) time together – family devotions
- (j) differing views about freedom, responsibility, and discipline
- (k) blameshifting

(6) Shrinking Family (Empty Nest)

- (a) less responsibilities – uselessness – discontentment – boredom
- (b) loneliness

- (c) adjusting to a new role in lives of children
- (d) guilt over failures as parents
- (e) accepting new family members
- (f) adjustments in husband-wife relationship; especially for wife if no career
- (g) relationship with in-laws of children
- (h) frustration over the neglect or failures of children
- (i) if children are the center of relationship – there is no center; if they are the glue – then no glue
- (j) aging parents
- (k) death of parents
- (l) decline of vitality and physical attractiveness

(7) Later Life (Older)

- (a) physical problems
- (b) financial problems
- (c) sexual problems
- (d) loneliness
- (e) increased temptation to worry, bitterness, self pity
- (f) guilt
- (g) failing health of one mate – senility
- (h) retirement of husband
- (i) differing views about what to do with the home, how to relate to children

(8) Death

v. Why have the family problems developed and continued?

- (1) Lack of i _____
- (2) Lack of i _____, insight or understanding
- (3) Lack of i _____ or i _____
- (4) Lack of i _____ skill
- (5) Lack of i _____

vi. What's the best way to meet with the couple?

vii. What if only one spouse will come?

3. P_____ & P_____ Necessary Biblical Changes

a. Instruction

i. Homework

Benefits:

- (1) God's perspectives and solution
- (2) Practical use of Scripture
- (3) Sets pattern for action and change
- (4) Means of gathering data
- (5) Sustains momentum, concreteness
- (6) Measuring stick
- (7) Decreases counselee dependence
- (8) Starting point for next session
- (9) Builds counselee's confidence
- (10) Forces implementation of biblical behavior
- (11) Problem solving for future
- (12) Helps counselee to become counselor

Nature of Good Homework:

- (1) Biblical
- (2) Specific
- (3) Practical
- (4) Flexible
- (5) Reportable

b. Inducement

c. Implementation

i. Four-Step Process of Biblical Change (2 Timothy 3:16)

- (1) T_____ biblical truths about important marriage and family issues
(Acts 15:35; 20:20,27)
- (2) R_____ and A_____ (Titus 2:15; Lk. 3:18,19; Jn. 3:19,20; 16:9; Rev. 3:19)
- (3) C_____ (literally means to stand up and make straight or upright again; to make right; to fix; to change; to reform or reshape something into what it was intended to be – Acts 24:2; Heb. 9:8-10)
- (4) T_____ (includes the idea of instruction; reproof and correction; but goes beyond to include the idea of disciplined training – Eph. 6:4; Heb. 12:6,11)

4. T_____ Counseling

a. Integration

i. When?

- (1) Understand problems from a biblical view.
- (2) Know what God wants them to do.
- (3) Regularly handle their problems in a biblical way.
- (4) Accurately diagnose their own problems and mistakes.
- (5) Accepting personal responsibility for failures
- (6) Searching for and finding biblical solutions on their own.
- (7) Face trials and handle them well.
- (8) Failed, identified why, and recovered.
- (9) Sharing what they're learning with others.
- (10) Others, including their children, begin to notice and comment on changes.
- (11) Others begin to seek their help.

ii. How?

- (1) Gradually
- (2) Give material and advice on what to do if the problems come back.
- (3) Give counselor a call or write a letter, letting him/her know how the family is doing.

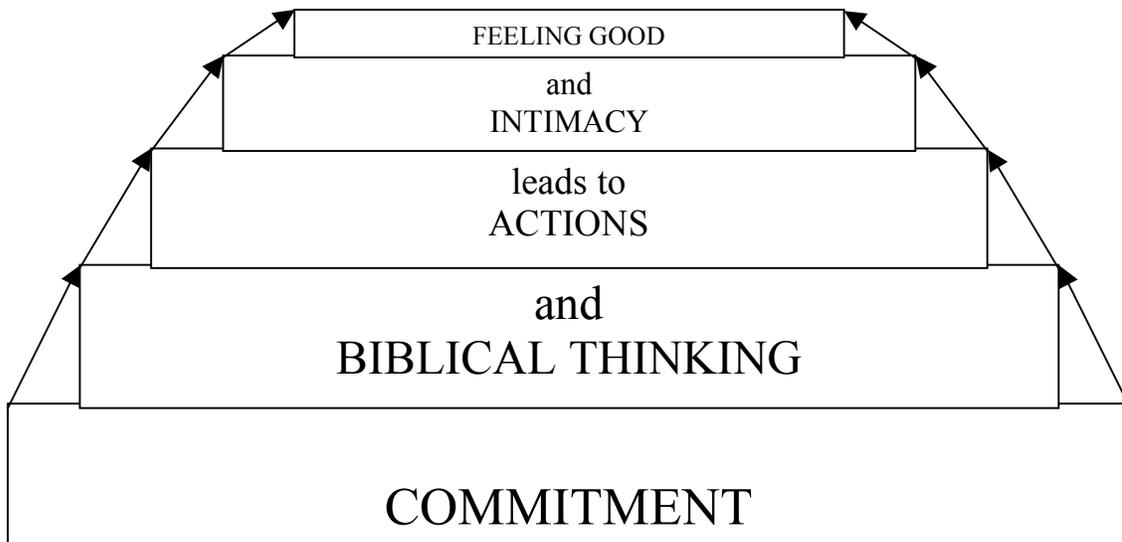
PART 2 - UNDERSTANDING MARRIAGE BIBLICALLY

I. GOD'S CONCEPT OF MARRIAGE

A. COMMON VIEW



B. BIBLICAL VIEW



C. Concepts of Marriage

1. Egalitarian
2. C _____
3. Disengaged
4. Economic
5. Romantic
6. Parallel
7. Slavemaster
8. Parent/Child
9. Group
10. Serial
11. Swinging, open ended
12. Cancellation, carbon copy
13. Biblical – Companionship (*Gen. 2:18; Prov. 2:17; Deut. 24:5*)

II. KEY FACTORS IN REALIZING GOD'S CONCEPT OF MARRIAGE

A. The Six P's of Commitment

1. P _____ of God for the marriage relationship

a. Companionship

i. Deep friendship involves:

- (1) (*Rom. 12:10*) Devotion
- (2) (*1 Ths. 4:9-10*) Love
- (3) (*Rom. 15:6; 14:1*) Accepting
- (4) (*Phil. 2:3,4*) Preference
- (5) (*Col. 3:13*) Forbearance & Forgiveness
- (6) (*1 Cor. 13:4,7*) Patience
- (7) (*Rom. 15:6,7*) Receiving & Accepting
- (8) (*Phil. 2:1-2; 4:2; Rom. 12:18; 14:19*) Making peace
- (9) (*1 Cor. 1:10,11*) Like-minded
- (10) (*Eph. 4:25; Co.. 3:9*) Honest
- (11) (*Mt. 5:21-26; Jm. 5:16*) Repentance
- (12) (*1 Ths. 5:11; Eph. 4:29*) Spurring on
- (13) (*Lk. 17:3; Mt. 18:15*) Reconciliation
- (14) (*Prov. 27:5,6; Gal. 6:1,2*) Confrontation
- (15) (*Gal. 5:13; Lk. 10:25-37; Jn. 13:14; 15:1; 1 Jn. 3:17-18*) Serving
- (16) (*Rom. 12:15; 1 Ptr. 3:8; 1 Cor. 12:25-26*) Bearing burdens
- (17) (*2 Cor. 1:3; 1 Ths. 4:18*) Comfort
- (18) (*Heb. 3:13*) Challenging
- (19) (*Jm. 5:16; Eph. 6:18*) Praying
- (20) (*1 Ptr. 4:8; Rom. 12:13*) Hospitable
- (21) (*Rom. 12:13; Acts 4:36,37; Lk. 10:25-37*) Giving

- (22) *(Phil. 1:5)* Joining together
- (23) *(Jn. 15:15)* Sharing
- (24) *(Phil. 2:4; Prov. 18:2,13; Job 21:1,2)* Listen
- (25) *(Prov. 17:17)* Available
- (26) *(Prov. 18:24)* Protecting
- (27) *(Rom. 14:13; 1 Cor. 13:7; Prov. 27:14)* Not a hindrance
- (28) *(Prov. 18:4; 17:7)* Time

b. Children *(Gen. 1:26-27; Mal. 2:15)*

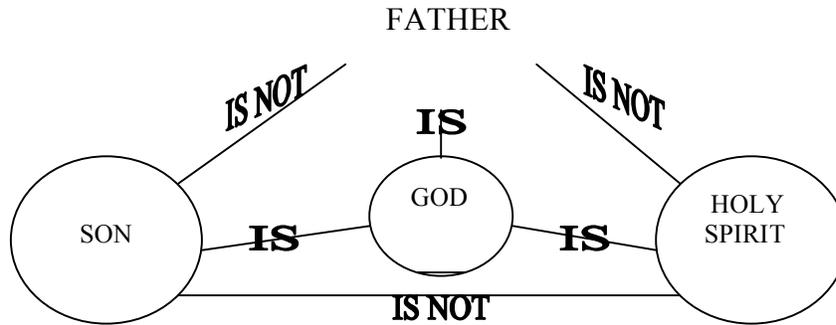
c. Caretaking of God's Creation; Co-Custodianship *(Gen. 1:28)*

d. Co-witnesses for Christ *(Eph. 5:22-32)*

e. Coalescence or Convergence

i. Being One Flesh:





- (1) A lifelong, comprehensive union of an entire man and woman to each other.
- (2) A complete partnership of a man and a woman in every area of life as long as they both shall live.
- (3) A relationship in which a husband and wife share their lives completely as long as they both shall live.

ii. It Would Include:

(1) Cognitive Area

(2) Emotional Area

(3) Social Area

(4) Work-Related Area

(5) Spiritual Area

(6) Physical and Sexual Area

(7) Aspirational Realm

(8) Facing Difficulties and Trials

2. Priority of the marriage relationship

a. Marriage priority over parent-child relationship

i. Guidelines for children when they marry:

(1) Don't allow parents to demean the mate.

(2) Don't complain to parents about mate.

(3) Consult with mate to make mutual decisions about in-laws.

(4) Include mate in conversations and activities with parents.

(5) Don't try to change mate merely to meet parent's approval.

(6) Function as a team in regards to both sets of parents.

(7) Treat mate's parents in the same way as your own.

(8) Look for every opportunity to commend mate to parents and inform them that mate makes you happy.

(9) If problems arise with in-laws, decide together the course of action.

- (10) Allow parents and in-laws to differ without being threatened, incriminated, becoming angry, or forcing them to agree.
- ii. Guidelines for parents in terms of children:
 - (1) Make relationship with mate most important, not relationship with children.
 - (2) In rearing, prepare children and yourself for them to leave.
 - (3) As they grow older, allow them more and more independence.
 - (4) Remember that children are on loan from God, not their belonging.
 - (5) Realize and accept the relationship changes dramatically upon marriage.
 - (6) Develop an adult relationship with married children.
 - (7) Refrain from doing anything which would weaken the child's marriage.
 - (8) Do everything in your power to strengthen their relationship.
 - b. Husband to cleave to his *wife*
 - i. How children need to leave their parents when they get married:
 - (1) Leaving a dependency relationship with their parents behind – ceasing to be emotionally and financially dependent on their parents.
 - (2) Leaving their parents behind as authority figures.
 - (3) Not allowing themselves to be threatened or bitter when their parents disagree with them.
 - (4) Not depending on their parents approval for their security and happiness in life.
 - (5) Leaving their parents behind as their chief confidence.
 - (6) Not allowing, fulfilling parental desires to be more important than fulfilling mates desires.

- (7) Establishing a peer relationship with their parents.
 - (8) Taking full responsibility for their own lives not decisions.
 - (9) Looking upon parents as advisors and resource persons.
 - (10) Being willing to respectfully listen to the views of their parents and then under God making their own decisions.
 - (11) Making their mates the most significant persons in their lives – mate’s opinion and insights and concerns more important than any other human beings opinions and concerns.
- ii. Ways children need to leave their parents when they get married:
- (1) Abandoning an unthinking, imitative, or reactionary relationship to their parents.
 - (2) Leaving their family of origins ideas about family structures and functioning behind.
 - (3) Being ready to give up my personal life styles and behaviors that hinder their marital relationship unless to do so contradicts the Bible.
 - (4) Refusing to play the blame game.
 - (5) Abandoning the thought that what parents did or didn’t do is determining for their own future; that they are permanently marred by what parents did or didn’t do.
 - (6) Being ready to objectively and realistically evaluate their parent’s and strengths and shortcomings and not overestimate either.
 - (7) Loving their parents in spite of faults, in spite of the fact that they aren’t everything they would like them to be.
 - (8) Being ready to examine their own standards to see if they are really biblical or just a reflection of parent’s lifestyle.

- (9) Respectfully discussing family backgrounds without becoming defensive or engaging in attacking and demeaning mate's family background.
- (10) Being prepared to change attitudes and behaviors that are not biblically based if they interfere with their marriage relationship.
- (11) Accepting and treating their mate's parents with the same respect and honor as their own.
- (12) Choosing to do what they do because they believe it is God's will and not merely because it would please their parents.

c. Become one flesh

3. Purity of the marriage relationship

Commitment (*Heb. 13:4; 2 Tm. 2:22; 1 Tm. 5:9; Job 31:1; Eph. 5*)

4. Perspiration in the marriage relationship (*Prov. 14:33; 24:30-34*)

5. Permanence of the marriage relationship (*Malachi 2:2-16*)

6. Preeminence of God in the marriage relationship (*Col. 1:18; Mt. 6:33*)

- a. Looking to God for direction in their life.
- b. Following God's directives.
- c. Consider it an honor to please God.

- d. Dependence on God for strength.
- e. Love for God's Word.
- f. Prayer.
- g. Love for Christ's church.
- h. Love for God's children.
- i. Look to God's children for help when problems arise.
- j. Desire God to be glorified in and through marriage.
- k. Eliminate anything in lives that dishonor Christ.
- l. Priority to maintain personal relationship with Christ.
- m. Seek God together.
 - i. Helps – What helps husbands and wives to promote and maintain...?
 - (1) Understanding the importance of promoting and maintaining the preeminence of God in your marriage relationship.
 - (2) Deciding to make its' maintenance a priority.
 - (3) Scheduling a regular time.
 - (4) Planning what you will do.
 - (5) Disciplining yourself to do it.
 - (6) Securing the proper tools for Bible study and spiritual growth.
 - (7) Periodically scheduling a block of time.
 - (8) Periodically setting aside a day for fasting and prayer.
 - (9) Make regular church and Sunday school attendance a part of your life.
 - (10) Discuss what you learn in church and Sunday school.
 - (11) Common ministries or service opportunities.
 - (12) Reading and discussing good literature together.
 - (13) Listening to and discussing edifying tapes.
 - (14) Listening to Christian music or Christian radio.
 - (15) Go on at least one Christian marriage retreat a year.
 - (16) Developing a common prayer list.
 - (17) Sharing your private devotions and reading.
 - (18) Regular weekly family conferences.
 - (19) Memorizing Scripture together.
 - (20) Seeking the assistance of people who are further along.
 - (21) Selecting a couple who is younger in the Lord to disciple them.

PART 3 - SPECIFIC ISSUES IN MARRIAGE AND FAMILY COUNSELING

I. ROLE RELATIONSHIPS

A. Leadership of the Husband

1. L_____ (*Eph. 5:25*)

a. Why should the husband love his wife?

i. John 3:16

ii. John 14:15

iii. John 15:13

b. How should the husband love his wife?

i. Cherish your wife

ii. Nourish your wife

iii. Show your wife

(1) Tell her

(2) By actions

(3) Time

iv. Characteristics of love: Following the Pattern of Christ

(1) Gracious (*Rom. 5:8*)

(2) Volitional (*Jn. 13:34*)

(3) Unending

(4) Unselfish (*Phil. 2:3,4; 1 Cor. 13:4*)

(5) Constructive (*Eph. 5:26*)

- (6) Sacrificial
- (7) Special
- (8) Aggressive (*1 Jn. 4:19*)
- (9) Manifested
- (10) Forgiving
- (11) Committed

2. L _____ (*Eph. 5:23-25*)

a. What leadership is *not*

i. Dictator (*Mt. 20:25-28*)

ii. Dominator

iii. Demanding

b. What leadership *is* (*Jn. 10:27*)

i. Focuses on needs of others (*Eph. 5:23; 6:4; Phil. 2:20*)

ii. Goal-oriented (*Eph. 5:26-28*)

iii. Example of control (*Phil. 4:9; Jer. 35:5-6*)

iv. Problem solver (*Eph. 4:9*)

v. Teacher/Instructor (*1 Tm. 2:11, 12; 3:4, 5, 12*)

vi. Motivator

vii. Coaching

viii. Managing his household well (*1 Tm. 3:4*)

ix. Pleasant/Joy to live with (*Prov. 5:18; Ecc. 9:9*)

3. L _____

- a. 1 Peter 3:7
 - i. C_____ as model
 - ii. Seek to understand
 - iii. Takes t_____ and e_____

B. Role of the Wife

1. Submission: What it is not
 - a. I_____ stagnation
 - b. Influence is impossible
 - c. Iniquitous manipulation
 - d. I_____
 - e. Immobility
 - f. I_____ of the husband
 - g. Inequality
2. Submission: What it is
 - a. Function and order
 - b. Way of life for every believer
 - c. Husband's teammate
 - d. Spiritual matter
 - e. Voluntary
 - f. All-inclusive command
 - g. An act of the will

- h. An attitude

II. CONFLICT RESOLUTION; PROBLEM SOLVING IN MARRIAGE

A. Problem Solving

1. Understanding and accepting a biblical perspective on disagreements and conflicts.

- a. In interpersonal relationships, disagreements are to be _____.
- b. Disagreements don't have to turn into conflicts
- c. Disagreements can be _____:
 - i. Awareness of sinfulness; pride
 - ii. Search the Scripture
 - iii. Prayer
 - iv. Examine our own ideas and thoughts
 - v. More communication
 - vi. Practice real servanthood
 - vii. Opportunity to glorify God
- d. Disagreements may be _____ if people are Christians
- e. If disagreements turn into conflicts, God wants them to be resolved

2. Identify how they are different

- a. 7 Common Areas In Which People Differ
 - i. Backgrounds
 - ii. Personal Tendencies
 - iii. Gender
 - iv. Perspectives
 - v. Expectations and Desires
 - vi. Values and Priorities
 - vii. Gifts and Abilities

3. Identify the unbiblical ways they are responding to their disagreements
 - a. Bitterness (*Heb. 12:15; Martha – Lk. 10:10*)
 - b. Wrath (*Prov. 12:16; 15:18; Herod – Mt. 2:16; Saul – 1 Sam. 20:27-33*)
 - c. Anger (*Eph. 4:26; elder brother – Lk. 15:28-30; Herodias – Mk. 6:19*)
 - i. Disappointment
 - ii. Sense of rejection or denial
 - iii. Dissatisfaction
 - iv. Hurt feelings
 - v. Fretting
 - vi. Irritability, annoyance, self pity, silence, withdrawal, pouting, avoidance, touchiness
 - vii. Garbage collecting, gunnysacking
 - viii. Sadness, despondency, depression
 - ix. Physical symptoms – vicer, high blood pressure, collis, fatigue, etc.
 - x. suicidal or homicidal thoughts
 - d. Clamor (*Col. 3:8; Rachel – Gen. 30:1,2; crowd – Mt. 27:23; Ephesians; Acts 19:32-34*)
 - e. Slander (*Rom. 3:8; 1 Cor. 4:13; religious leaders – Mt. 27:59-61*)
 - f. Malice (*Rom. 1:29; Ahab – 1 Kgs. 21; Herodias – Mk. 6:19; Esther 1,2; 5:9-14*)
4. Understand why they respond to disagreements in these unbiblical ways (*Eph. 4:22-24; James 3:14-4:3; Galatians 5:16*)
5. Turn their primary focus away from their differences to Christ (*1 John 1:3, 9; Ephesians 2:13-19; Philippians 4:2; Philippians 2:1-4; Romans 10:9,10*)
Quote from J.R. Miller – Secrets to a Happy Home Life
6. Develop the Christian attitudes or qualities that prevent or resolve conflicts (*Eph. 4:1-3*)
 - a. Humility

b. Gentleness

c. Patience

d. Forbearance

e. Diligence

7. Teach how to communicate effectively

See III.COMMUNICATION below

8. Give them a conflict resolution strategy

a. M_____ (*Mt. 18:16*)

b. A_____ (*1 Cor. 6*)

b. Church Discipline (*Mt. 18:17-20*)

9. Understand how to set up and conduct a family conference table

III. COMMUNICATION

A. Effective Communication

1. A process of sharing information with another person in such a way that the sender's message is understood in the way he intended it to be understood; the sender and receiver come to a common meaning.
2. Sending the message clearly and receiving it accurately.
3. The art of conveying information and meaning in order to gain a common understanding.
4. A process of sharing information in such a way that the people involved are mutually strengthened, encouraged and enriched.
5. A process of sharing information and meaning with another person in such a way that the two of them experience harmony, unity and emotional closeness.

B. Elements of Effective Communication

1. Accurately sending and receiving the right kind of n_____ -v_____ messages.
 - a. Continuous
 - b. Powerful
 - c. Misunderstood
2. Importance of becoming aware of what and how we are communicating non-verbally
3. Importance of becoming aware of and honest about what we really think, believe, and feel
4. Importance of explanation to others who may be affected
5. Importance of c_____

