

Pre-Marital Counseling Participant's Guide

NOTES FOR PRE-MARITAL COUNSELING
PARTICIPANT'S GUIDE – SESSION ONE

GOD'S DREAM FOR YOUR MARRIAGE

1. GOD'S _____ FOR MARRIAGE

"At last!" Adam exclaimed. "She is part of my own flesh and bone! She will be called `woman,' because she was taken out of a man." This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. Now, although Adam and his wife were both naked, neither of them felt any shame. – Genesis 2:23-25

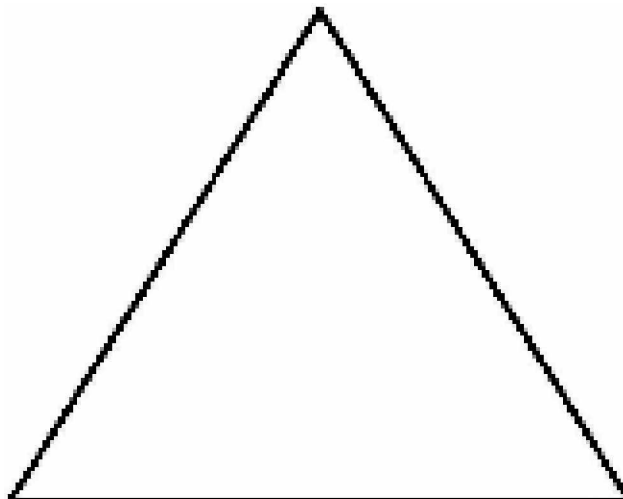
Male and female created he them; and blessed them, and called their name Adam, in the day when they were created. – Genesis 5:2 (KJV)

...the two are united into one. – Genesis 2:24b

○ **United** _____

○ **United** _____

○ **United** _____



2. GOD'S _____ FOR MARRIAGE

This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. – Genesis 2:24

_____ **from Parents**

This explains why a man leaves his father and mother ...

_____ **on Spouse**

This explains why a man leaves his father and mother and is joined to his wife...

3. GOD'S _____ FOR MARRIAGE

Shared _____

Shared _____

Shared _____

The Christian wife brings holiness to her marriage, and the Christian husband brings holiness to his marriage. Otherwise, your children would not have a godly influence, but now they are set apart for him. – 1 Corinthians 7:14

| |
|--|
| <p><u>HOUSEKEEPING ITEMS</u></p> <p>Date and Time of next Appointment: _____</p> <p>Next Session Topic: <i>FOUR KEYS TO INTIMACY</i></p> |
|--|

NOTES FOR PRE-MARITAL COUNSELING
PARTICIPANTS'S GUIDE – SESSION TWO

FOUR KEYS TO INTIMACY

KEY #1 –C_____

Give honor to marriage, and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery.

– Hebrews 13:4

RED FLAGS WHEN DEALING WITH THE OPPOSITE SEX

1. Do not spend time alone with them, at lunch, on any type of outing, or go anywhere with them without their spouse and/or your spouse present.
2. Do not talk on the phone with them just to chit chat – if it isn't about business, or something you must discuss, don't do it.
3. If for some reason you need to hug them, do it from the side rather than the front.
4. Do not say or do anything that could be interpreted as flirting.
5. If you find yourself thinking about someone else more than you do your spouse, you need to cut off that relationship immediately.

Drink water from your own well—share your love only with your wife.

– Proverbs 5:15

KEY #2 – C_____

My dear brothers and sisters, be quick to listen, slow to speak, and slow to get angry. – James 1:19

**SIMPLE HINTS FOR HUSBANDS AND WIVES BY DR. ED WHEAT
(from his book, "Love Life.")**

FOR WIVES:

- (1) Never repeat to anyone else the things your husband tells you in private.
- (2) Give your husband your total enthusiastic attention and listen with interest while he becomes more comfortable in expressing himself.
- (3) Do not interrupt him or come to conclusions about what he is saying.
- (4) Acknowledge that you understand even if you disagree, and repeat his thoughts and feelings back to him so that he is sure you understand. Don't

let your disagreements sound like disapproval.

FOR HUSBANDS:

- (1) Spend time together alone really listening to your wife because you want to understand her better. Of course this means turning the TV off!
- (2) Look at your wife and move close to her while you are talking.
- (3) Plan times when you will be uninterrupted and then give her the gift of your interested attention.
- (4) Pay attention to your wife when other people are around. This will mean more to her than you know.

“Because women usually feel more need to talk than men, husbands should learn that they can love their wives just by listening. I mean really listening: concentration accompanied by eye contact.” – Ed Wheat

KEY #3 – C_____

In the same way, you husbands must give honor to your wives. Treat her with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. If you don't treat her as you should, your prayers will not be heard. – 1 Peter 3:7

KEY #4 – C_____

The husband should not deprive his wife of sexual intimacy, which is her right as a married woman, nor should the wife deprive her husband. The wife gives authority over her body to her husband, and the husband also gives authority over his body to his wife. So do not deprive each other of sexual relations. – 1 Corinthians 7:3-5a

HOUSEKEEPING ITEMS

Date and Time of next Appointment: _____

Next Session Topic: ***MEN & WOMEN: ENJOYING THE DIFFERENCE***

NOTES FOR PRE-MARITAL COUNSELING
PARTICIPANT'S GUIDE – SESSION THREE

MEN AND WOMEN: ENJOYING THE DIFFERENCE

1. DIFFERENT _____

So God created people in his own image; God patterned them after himself; male and female he created them. – Genesis 1:27

But in relationships among the Lord's people, women are not independent of men, and men are not independent of women. For although the first woman came from man, all men have been born from women ever since, and everything comes from God. – 1 Corinthians 11:11-12

2. DIFFERENT _____

3. DIFFERENT _____

And further, you will submit to one another out of reverence for Christ. You wives will submit to your husbands as you do to the Lord. For a husband is the head of his wife as Christ is the head of his body, the church; he gave his life to be her Savior. As the church submits to Christ, so you wives must submit to your husbands in everything. And you husbands must love your wives with the same love Christ showed the church. He gave up his life for her to make her holy and clean, washed by baptism and God's word. – Ephesians 5:21-26

THREE SPECIFIC INSTRUCTIONS FROM EPHESIANS 5:21-26

1. Husbands and wives are to submit to _____ out of reverence for Christ.
2. Wives are to submit to their _____ as they do to the _____.
3. Husbands are to _____ their wives as _____ loved the _____.

4. DIFFERENT _____

HOUSEKEEPING ITEMS

Date and Time of next Appointment: _____

Next Session Topic: ***CONFLICT RESOLUTION: HOW TO FIGHT FAIR***

NOTES FOR PRE-MARITAL COUNSELING
PARTICIPANTS'S GUIDE – SESSION FOUR

CONFLICT RESOLUTION: HOW TO FIGHT FAIR

Some Facts About Conflict

1. Conflict Is _____.
2. Conflict Is An _____ For _____.
3. Conflict Must Be _____ Or It Will _____.
4. Conflict Demands _____ So No One Gets _____.

How To Diffuse Conflict In Your Marriage

D – _____ **THE PROBLEM**

A wise person is hungry for truth, while the fool feeds on trash. – Proverbs 15:14

I – _____ **A TIME TO** _____

"So if you are standing before the altar in the Temple, offering a sacrifice to God, and you suddenly remember that someone has something against you, leave your sacrifice there beside the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God." – Matthew 5:23-24

F – _____ **ON THE** _____ **PROBLEM**

It's harder to make amends with an offended friend than to capture a fortified city. Arguments separate friends like a gate locked with iron bars. – Proverbs 18:19

F – _____ **THEIR PAIN**

Finally, all of you should be of one mind, full of sympathy toward each other, loving one another with tender hearts and humble minds. – 1 Peter 3:8

U – _____ **THE** _____ **PROBLEM**

People's thoughts can be like a deep well, but someone with understanding can find the wisdom there. – Proverbs 20:5 (NCV)

S – _____ **THINGS** _____ **BETWEEN YOU**

Never pay back evil for evil to anyone. Do things in such a way that everyone can see you are honorable. Do your part to live in peace with everyone, as much as possible. – Romans 12:17-18

THREE TIPS FOR RECONCILIATION:

1. Own Your Responsibility.
2. Confess, “I was wrong.”
3. Ask forgiveness – “Will you forgive me?”

E – _____ **A SPECIFIC** _____ **PLAN**

HOUSEKEEPING ITEMS

Discuss any final wedding plans.

"All Scripture quotations are taken from the Holy Bible, New Living Translation, copyright © 1996 unless otherwise noted. Used by permission of Tyndale House Publishers, Inc., Wheaton, Ill 60189. All rights reserved."