

# Marriage Enrichment Index

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# **The Roles of the Husband & Wife**

## THE ROLES OF THE HUSBAND AND WIFE

**SCRIPTURE: EPH. 5:21-32 (READ OUT LOUD)**

**ICEBREAKER: THE ROLE OF THE HUSBAND -VS- THE ROLE OF THE WIFE CAN BEST BE UNDERSTOOD WHEN WE UNDERSTAND WHY GOD HAS CREATED US DIFFERENTLY.**

MEN WERE CREATED BY GOD AND OPERATE BEST IN THE AREA OF \_\_\_\_\_ & \_\_\_\_\_.

WOMEN WERE CREATED BY GOD AND OPERATE BEST IN THE AREA OF \_\_\_\_\_ & \_\_\_\_\_.

Both men and women have strengths and weakness. It is critical that we stop looking at our spouse like we see ourselves. And begin to see them as they see themselves. Allow me to explain by way of illustration:

ILLUSTRATION 1. I AM GOING TO TAKE 5 OBJECTS AND SHOW THEM TO YOU. IT IS IMPORTANT THAT YOU WRITE DOWN THE 1<sup>ST</sup> THING THAT COMES INTO YOUR MIND WHEN YOU SEE THE OBJECT (DO NOT ALLOW YOU SPOUSE OR FRIEND NEXT TO YOU TO SEE YOU PAPER).

- 1.
- 2.
- 3.
- 4.
- 5.

YOU SEE WE SEE THE WORLD FROM DIFFERENT PERSPECTIVES!

ILLUSTRATION 2. THE TEST OF THE DEPARTMENT STORE OR THE MALL!  
MEN \_\_\_\_\_ & WOMEN \_\_\_\_\_.

ILLUSTRATION 3. HAVE YOU EVER GONE OUT TO DINNER WITH OTHER COUPLES? WHAT HAPPENS WHEN ONE OF YOU HAS TO GO TO THE BATHROOM?

GUYS:  
GIRLS:

WOMEN CAN DEVELOP A RELATION ANYWHERE, EVEN IN A BATHROOM!

THIS IS WHY EPH. 5:21-32 TELLS THE MEN 4 TIMES TO \_\_\_\_\_ THEIR WIVES, AND 2 TIMES TELLS THE WIFE TO \_\_\_\_\_ TO THEIR HUSBANDS.

3. **STORGAE**: THIS FORM OF LOVE IS MISSED BY MANY GUYS, AND HAS TO DO WITH \_\_\_\_\_ AND \_\_\_\_\_.

IL. OF HOW I LEARNED THIS THE HARD WAY: Women need \_\_\_\_\_ and men need \_\_\_\_\_.

COMMUNICATE TO HER THAT SHE IS THE ONLY \_\_\_\_\_. SHE IS YOUR MISS AMERICA! SHE NEEDS TO HEAR IT FROM YOU.

4. **PHILEO**: THIS IS WHERE WE GET THE WORD "Philadelphia", the city of \_\_\_\_\_!

PHILEO MEANS \_\_\_\_\_. OUR SPOUSES ARE TO BE OUR CLOSEST FRIENDS.

A WORD ABOUT "SEASONS" OF FRIENDSHIPS:

5. **AGAPE**: LAST AND MOST IMPORTANTLY IS LOVE THAT COMES FROM \_\_\_\_\_.

ROMANS 5:5 "God has poured out His love into our hearts by the Holy Spirit which He has given to us."

ANOTHER TRANSLATION SAYS: "The love of God has been shed abroad in our hearts....."

THIS LOVE IS \_\_\_\_\_. IT SAYS NO MATTER WHAT YOU DO TO ME, I HAVE MADE UP MY MIND AND MY HEART TO LOVE YOU WITHOUT CONDITION OR RESERVATION.

THIS IS WHY CHRISTIANS SHOULD HAVE THE BEST MARRIAGES. THEY HAVE ACCESS TO SUCH A DEEP WELL OF LOVE WHICH UNBELIEVERS CAN NEVER DRAW FROM.

## THE SIX PRINCIPLES OF LEADERSHIP

1. KEEP THE CHANNELS OF COMMUNICATION \_\_\_\_\_.

ILLUSTRATION: LIKE A PIPE

THIS PRINCIPLE WORKS IN EVERY REALM OF LIFE. WHAT WOULD HAPPEN IF AT A FACTORY THE OWNERS AND SUPERVISORS NEVER COMMUNICATED WITH THE EMPLOYEES?

THE NUMBER ONE THING COUPLES FIGHT OVER IS \_\_\_\_\_.

## PART 2 – THE AFFIRMING HELPMATE

OUR TEXT: EPH. 5:21-22,32

Submit to one another out of reverence for Christ. Wives, submit to your husbands as to the Lord..... However, each one of you also must love his wife as he loves himself, and the wife must respect her husband. (NIV)

**THIS IS PROBABLY ONE OF THE MOST MISUNDERSTOOD AND ABUSED SCRIPTURES IN THE ENTIRE BIBLE.**

This is not a license to make the wife a silent doormat. No women should submit to \_\_\_\_\_ and or \_\_\_\_\_ abuse.

What this type of abuse has created:

1. **PASSIVE/AGGRESSIVE WIVES.** This is where the wife is \_\_\_\_\_ submissive, but inwardly she is maneuvering to get her way. This becomes a life of manipulations. Outwardly submitting in word, but underneath using things like sex to get one's way.
2. **WOUNDED WIVES:** Wives that are not living up to their full \_\_\_\_\_.

So what is genuine submission?

Real submission is found in a relationship where the wife feels \_\_\_\_\_, where she has learned to value her husband's godly decisions and judgements and leadership.

Out of \_\_\_\_\_ she is naturally responsive to his decisions, knowing that her opinion matters. She knows that just as Christ laid down His life for the church, that this man of God would do the same.

This becomes true heart felt \_\_\_\_\_.

What does a man need?

If a woman needs love a man needs \_\_\_\_\_, or another word is "affirmation."

**SIX THINGS A MAN NEEDS:**

1. **HE NEEDS TO BE \_\_\_\_\_.** Of course this needs to be earned and should be one of the first things developed in a solid marriage.

## THE SIX CHARACTERISTICS OF A GODLY WIFE

1. She \_\_\_\_\_ without giving advice.
2. She provides wise \_\_\_\_\_.
3. She supports her husband's \_\_\_\_\_.
4. She \_\_\_\_\_ his need for personal \_\_\_\_\_.
5. She affirms his \_\_\_\_\_ especially during stressful times.
6. She \_\_\_\_\_ for her husband on a regular basis!

# **Intimacy in Marriage**

## *Intimacy in Marriage*

### *Intimacy Defined:*

- 1. Shared \_\_\_\_\_: explain*
- 2. To \_\_\_\_\_ or be known: likes and dislikes*
- 3. They sat down together & he told her his heart. Intimacy is the \_\_\_\_\_ of ones heart with another.*
- 4. One soul in 2 \_\_\_\_\_..*
- 5. Or what the bible calls " \_\_\_\_\_ ". Read Gen. 2:24*

*Intimacy has to be \_\_\_\_\_ to be defined. Seldom spontaneous-it has to be cultivated. Over the years our love should grow together-eternal bounds.*

### *Types of Intimacy: (to be covered in this meeting)*

- 1. Emotional-*
- 2. Spiritual-*
- 3. Sexual/Physical-*

### *How to Cultivate Intimacy in these three areas:*

#### *1. Emotional Intimacy:*

*Shared experienced together-it takes a \_\_\_\_\_ to develop emotional closeness. It grows. If you have not been in the relationship for years than a good exercise is History Sharing:*

*\*share experiences from your childhood: (write one down now)*

*\*do you have a crazy aunt or uncle? Tell your future spouse all about them!*

*\*share emotional experiences and share the emotion of the experience.*

*\*do you recall the first or best vacation you went on? Share the experience and bring the other person into a dimension of your world.*



*Learn to play together:*

1) *private* \_\_\_\_\_

2) *private* \_\_\_\_\_

3) *private* \_\_\_\_\_

4) *private* \_\_\_\_\_

5) *private* \_\_\_\_\_ (*rituals of play in the bonds of mutual agreement*).

*Be:*

*-spontaneously*

*-Repetitious*

# **Fighting Fair**

## ***Fighting Fair***

***Introduction to this section:***

***Love, Anger & Marriage: “Married couples – the relation of marriage allows for the state of anger more than any other type of relationship – fighting is a given.” Marriage is two people combining their problems.***

### **BIBLICAL EXAMPLES**

***1. Fighting is nothing new It has existed from the fall of man!***

***A. Adam & Eve – Genesis 3:8-13***

***She did it....it’s her fault.***

***B. Abraham & Sarah – Genesis 21:8-9***

***Ishmael (16, 17 years old) & Isaac – being weaned.***

***-What is going on in this family unit? It is a mixed family with sibling rivalry.***

***-Ishmael has been displaced by Isaac.***

***1) Treated poorly by Abraham who poured out all kinds of love on Ishmael. Then comes:***

***2) Isaac the chosen one – Sarah:***

***Marital conflict – throw him out “this was very grievous to Abraham....”***

***C. Isaac & Rebecca/Jacob & Esau – Genesis 25:27-28, Genesis 27***

***Favored different children – the fight for the blessing.***

***D. David fought with Micah – 2 Samuel 6:20-23 They fought about his dancing which she was very displeased about and they fought and as a result, never had sex afterward. David next falls into adultery. ( 2 Samuel 11).***

3. *The “silver screen” gives us the idea that we can have:*

- A. Intimacy*
- B. Communication*
- C. Sensuality*
- D. Quality sex in relationships*

4. *Newly married couples expect not only to have these in their marriages, but they expect to have it all at once! And when their marriage partner does not live up to their expectation, the result is:*

- A. Anger & /Resentment. – over time not dealt with = ANGER/BITTERNESS.*

5. *Unrealistic expectations of wives: They want their husbands to:*

- A. Brad Pitt- masculine*
- B. Matthew McCaughey - charisma, humor, personality*
- C. Hugh Grant - sensitivity, romance*

6. *The man thinks, what chance did I have?*

7. *Unrealistic expectations of husbands: They want their wives to:*

- A. St. Theresa - holiness*
- B. Jennifer Aniston/Angelina Jolie- beauty*
- C. Rachel Ray - cook/homemaker*

8. *Most men expect, consciously or unconsciously to have a wife like mom. She will probably be like her mother more than anyone else. Most men also want sex every night.*

9. *While all that most women want candy, roses, and help with the dishes.*

10. *Most newly married couples have vision of marriage with the honeymoon always existing.*

11. *Add to this living in a rapid changing society – with all cultural and economic pressures, and you have war in the marriage.*

- 2) *The other side of the coin is the husband who will rule over the checkbook with the iron rod. These masculine tyrants do not care whether the wife works or not. They say "all the \$ goes into the checking account and if you want \$ you ask me for it!"*

*This wife never thought she would be treated as a child when she married you, and she resents it! When she has to beg for \$, it says that he does not trust her, she is not mature to manage \$.*

*Michele & I share in this duty.*

*Set up a budget: husband and wife should have separate allowances which neither has to account to the other for. We are working on adding this back into our budget.*

*Other areas: \$ can lead to anger*

*Never make a major purchase without your spouse: don't show up at home with a new \$15,000 car, or a boat.....*

*Family Fights:*

- 1) *Where are we going to spend Easter? We went over to your mother's last time...or*
- 2) *When the in-laws come over to visit or when you go over to their house.*

*At home your spouse is your wife and your children's mother; at your in-laws home, she is their daughter, your child's mother, the granddaughter of their parents, and somewhere down the list she's your wife. Roles reverse themselves.*

*Your emotional allegiance must move from your parents to your spouse. "For this cause shall a man/woman leave his father and mother and cleave to his wife, and the two shall become one.."*

# **The Seven-Year Itch**

## The Seven-Year Itch

The \_\_\_\_\_ time when you are sensible to \_\_\_\_\_.

“No one enters into marriage saying, I’m going to have an \_\_\_\_\_.”  
(Norman Wright) Yet, statistics shows that \_\_\_\_\_ of all marriages in the United States have an affair.

- 1) Christians delay longer in going for \_\_\_\_\_.
- 2) They remain much more \_\_\_\_\_ about their affairs.

Being a \_\_\_\_\_ Christian does not protect you from the seven-year itch.

Refusing to acknowledge the possibility that you could be attracted to someone of the opposite sex – even in appropriate situations does not make you \_\_\_\_\_!

“The only way to avoid the trap is admitting that given the right circumstance, at the \_\_\_\_\_ time, you could be unfaithful. And, until then, you are a prime \_\_\_\_\_.”

We must constantly yield ourselves to the grace of God!

I am asked, “Are you shocked when you here of Christians having an affair?” No, I am never shocked, just \_\_\_\_\_ at the fall.

Never surprised – I’ve heard of many major people falling.

Everybody gets \_\_\_\_\_.

Why do people commit adultery? Many of whom have strong convictions against it. They even have a high sense of \_\_\_\_\_.

### Women:

Sex has almost nothing to do with it. “The voice which calls women off the straight and narrow is that yearning quest to satisfy \_\_\_\_\_.”  
(James Dobson)

By nature, most women are romantic.

Pastoral Counseling = \_\_\_\_\_.

Co-worker having marital problems -- Handling Rattlesnake

Watch out when you begin to spend a great deal of \_\_\_\_\_ with another person of the opposite sex.

You Must Establish \_\_\_\_\_ in our culture!

1. Never spend \_\_\_\_\_ alone with a person of the opposite sex.
2. Never \_\_\_\_\_ alone with a person of the opposite sex.
3. Never be in a \_\_\_\_\_ alone with a person of the opposite sex.

“A man after God ‘s heart fell.” (\_\_\_\_\_)

“Take heed when you think you stand lest you \_\_\_\_\_.”

Watch out if you think it \_\_\_\_\_ happen to you.

If your marriage is \_\_\_\_\_ in a predictable or unpredictable crisis, then spending time with someone from the opposite sex is RISKY.

Four questions to ask yourself if you have an adulterous thought:

1. Is my marriage in good repair?

--Are most \_\_\_\_\_ - needs being met?

--Do I feel warm, loyal, and sexually attracted to my \_\_\_\_\_?

--If there are problems between you, are you working \_\_\_\_\_ to resolve them or are you letting resentment accumulate?

2. Do I find this other person \_\_\_\_\_?

--Would you feel the same way about this person if they were 20 years older, 100 pounds heavier, and who had a husband who collected guns?



# **Seasons of a Marriage**

## Seasons of a Marriage

Norman Wright

### Five Predictable Crisis:

1. Birth of first \_\_\_\_\_.
2. Seven-year \_\_\_\_\_.
3. Empty \_\_\_\_\_.
4. Mid-life \_\_\_\_\_ -- men and women.
5. Death of a \_\_\_\_\_.

The key to a successful marriage is \_\_\_\_\_ (3x). We will all experience much change over the next \_\_\_\_\_ years. Change is apart of \_\_\_\_\_.

### **BIRTH OF FIRST CHILD:**

“The arrival of a \_\_\_\_\_ marks the beginning of a new family structure and even a new marital outlook. The novice mother and father find new patterns of behavior, discover new joys and suffer new stresses. They begin to notice greater uncertainties and fears. \_\_\_\_\_ is risky.”  
(Norman Wright)

Major Crisis → First Baby

When a baby comes into a home everything changes.

Your wife was before their birth:

1. Your \_\_\_\_\_;
2. Your \_\_\_\_\_;
3. Your \_\_\_\_\_;
4. Your \_\_\_\_\_;
5. Your \_\_\_\_\_;
6. Your co-\_\_\_\_\_;

It is gradual – as the last child reaches 15 → not as interested in you (healthy independence).

Stress and pressure can strengthen you if you prepare.

### Mid-life Crisis:

#### MEN:

1. Middle age is when a man feels in a week, he'll be as \_\_\_\_\_ as ever.
2. When you are too young to get on \_\_\_\_\_ security and too old to get a new \_\_\_\_\_.
3. When you are sitting home on a Saturday night and the \_\_\_\_\_ rings and you hope it's not for you.
4. When you \_\_\_\_\_ the older generation and begin to \_\_\_\_\_ the young ones.
5. Your classmates are growing \_\_\_\_\_ and bald.
6. You are warned to \_\_\_\_\_ down by a doctor instead of by a policeman.
7. You want to see how long your car will last instead of how \_\_\_\_\_ it will go.

A man here will dump his wife for the same reasons he married her = stability, supportive, independent. Now dull, frail and too conventional → They grew apart.

Men work hard → count the \_\_\_\_\_!

Some go to arms of other women, others quit their jobs. New life style → Frustration.

Men reverse → passive, intimate, tenderness.

Women reverse → autonomous, aggressive, independent (job).....seek career, cognitive.

# MONTHLY INCOME AND EXPENSES

## GROSS INCOME PER MONTH

Salary \_\_\_\_\_  
 Interest \_\_\_\_\_  
 Dividends \_\_\_\_\_  
 Other (\_\_\_\_\_) \_\_\_\_\_  
 Other (\_\_\_\_\_) \_\_\_\_\_

## LESS:

1. **Tithe** \_\_\_\_\_  
 2. **Tax** (Est. - Incl. Fed., State, FICA) \_\_\_\_\_

## NET SPENDABLE INCOME

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3. **Housing** \_\_\_\_\_  
 Mortgage (rent) \_\_\_\_\_  
 Insurance \_\_\_\_\_  
 Taxes \_\_\_\_\_  
 Electricity \_\_\_\_\_  
 Gas \_\_\_\_\_  
 Water \_\_\_\_\_  
 Sanitation \_\_\_\_\_  
 Telephone \_\_\_\_\_  
 Maintenance \_\_\_\_\_  
 Other (\_\_\_\_\_) \_\_\_\_\_  
 Other (\_\_\_\_\_) \_\_\_\_\_

4. **Food** \_\_\_\_\_

5. **Automobile(s)** \_\_\_\_\_  
 Payments \_\_\_\_\_  
 Gas and Oil \_\_\_\_\_  
 Insurance \_\_\_\_\_  
 License/Taxes \_\_\_\_\_  
 Maint./Repair/Replace \_\_\_\_\_

6. **Insurance** \_\_\_\_\_  
 Life \_\_\_\_\_  
 Medical \_\_\_\_\_  
 Other (\_\_\_\_\_) \_\_\_\_\_

7. **Debts** \_\_\_\_\_  
 Credit Card \_\_\_\_\_  
 Loans and Notes \_\_\_\_\_  
 Other (\_\_\_\_\_) \_\_\_\_\_  
 Other (\_\_\_\_\_) \_\_\_\_\_

## 8. Enter./Recreation

Eating Out \_\_\_\_\_  
 Baby Sitters \_\_\_\_\_  
 Activities/Trips \_\_\_\_\_  
 Vacation \_\_\_\_\_  
 Other (\_\_\_\_\_) \_\_\_\_\_  
 Other (\_\_\_\_\_) \_\_\_\_\_

## 9. Clothing

## 10. Savings

## 11. Medical Expenses

Doctor \_\_\_\_\_  
 Dentist \_\_\_\_\_  
 Drugs \_\_\_\_\_  
 Other (\_\_\_\_\_) \_\_\_\_\_

## 12. Miscellaneous

Toiletry, cosmetics \_\_\_\_\_  
 Beauty, barber \_\_\_\_\_  
 Laundry, cleaning \_\_\_\_\_  
 Allowances, lunches \_\_\_\_\_  
 Subscriptions \_\_\_\_\_  
 Gifts (incl. Christmas) \_\_\_\_\_  
 Cash \_\_\_\_\_  
 Internet \_\_\_\_\_  
 Other (\_\_\_\_\_) \_\_\_\_\_  
 Other (\_\_\_\_\_) \_\_\_\_\_

## 13. Investments

## 14. School/Child Care

Tuition \_\_\_\_\_  
 Materials \_\_\_\_\_  
 Transportation \_\_\_\_\_  
 Day Care \_\_\_\_\_  
 Other (\_\_\_\_\_) \_\_\_\_\_

## TOTAL EXPENSES

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## INCOME VERSUS EXPENSES

**Net Spendable Income** \_\_\_\_\_

**Less Expenses** \_\_\_\_\_

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