



## CHRISTIAN COUNSELING SERIES (CLASS #14)

### Counseling Topic: "Beware and Be Warned!"

- Jesus said in Matthew 7:15-27 - "Beware of false prophets, who come to you in sheep's clothing, but inwardly they are ravenous wolves. You will know them by their fruits. Do men gather grapes from thornbushes or figs from thistles? Even so, every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, nor can a bad tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Therefore by their fruits you will know them.

"Not everyone who says to Me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of My Father in heaven. Many will say to Me in that day, 'Lord, Lord, have we not prophesied in Your name, cast out demons in Your name, and done many wonders in Your name?' And then I will declare to them, 'I never knew you; depart from Me, you who practice lawlessness!'

"Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock. "But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall."

- Jesus also said in Matthew 12:25 - "Every kingdom divided against itself is brought to desolation, and every city or house divided against itself will not stand.

#### > Topic: CHARACTER STUDIES

~ Study #1 - "Common life setbacks of passive-aggressives"

Posted October 8, 2017 | Reviewed by Ekuia Hagan

Psychiatrist Daniel Hall-Flavin describes passive-aggressive behavior as "a pattern of indirectly expressing negative feelings instead of openly addressing them. There's a disconnect between what a passive-aggressive person says and what he or she does."

Here are four major categories of passive-aggression, with excerpts from my books, How to Successfully Handle Passive-Aggressive People and A Practical Guide for Passive-Aggressives to Change Towards the Higher Self:

#### - Category One: Disguised Verbal Hostility

Examples: Negative gossip. Sarcasm. Veiled hostile joking — often followed by "just kidding." Repetitive teasing. Negative orientation. Habitual criticism of ideas, solutions, conditions, and expectations.

**- Category Two: *Disguised Relational Hostility***

**Examples: Sullen resentment. Simmering anger. The silent treatment. The invisible treatment. Social exclusion. Neglect. Backstabbing. Two-faced. Mixed messages. Deliberate button-pushing. Negative or discomfoting surprises. Overspending. Indirectly hurting something or someone of importance to the targeted person.**

**- Category Three: *Disguised Task Hostility***

**Examples: Procrastination. Stalling. Forgetting. Stonewalling. Withholding resources or information. Professional exclusion. Denying personal responsibility. Excuse-making. Blaming. Broken agreements. Lack of follow-through. Resistance. Stubbornness. Rigidity. Avoidance. Inefficiency, complication, incomplection or ruination of a task.**

**- Category Four: *Hostility Towards Others Through Self-Punishment ("I'll Show YOU")***

**Examples: Quitting. Deliberate failure. Exaggerated or imagined health issues. Victimhood. Dependency. Addiction. Self-harm. Deliberate weakness to elicit sympathy and favor.**

**~ *Study #2 - Abusive Men: Top 10 Signs of an Abusive Man***

**By Stephany Alexander**

**- Are you attracted to abusive men? Here are the top 10 signs of an abusive man.**

**Abusive men are often survivors of abuse themselves. Signs of an abusive man can range from emotional, verbal, physical, or sexual abuse. Frequently an emotionally abusive man is also a verbally abusive man or a combination of all abuse types. A sign of an abusive man can usually be found after a few dates if you pay attention, ask a lot of questions and do some investigating into his past.**

**Abusive relationships are characterized by control games, violence, jealousy and withholding sex and emotional contact. An emotionally abusive man is harder to pin-point and a skilled, abusive man can easily make you think you aren't good enough or that everything is your fault. It is just as difficult to recover from emotional abuse as it is from physical abuse. Emotional abuse causes low self-esteem and depression.**

**An abusive man may tell you he loves you or that he will change, so you won't leave. However, the more times you take him back, the more control he will gain. Empty promises become the norm. Make sure you pay attention to his actions and not merely his words. As the old saying goes, "actions speak louder than words."**

**Abusive relationships are never abusive in the beginning. If they were, women would dump the abusive men immediately in search of a good man. According to the American Psychological Association Force on Violence and Family, over 4 million American women experience a serious assault by a partner each year!**

**- Abusive behavior touches all ranges of society.**

We have broken down the top 10 signs of an abusive man. If your partner exhibits one or more of these signs, it may be time to reevaluate your relationship and seek help or get out.

- 1. Jealousy & Possessiveness** – Becomes jealous over your family, friends, co-workers. Tries to isolate you. Views his woman and children as his property instead of as unique individuals. Accuses you of cheating or flirting with other men without cause. Always asks where you've been and with whom in an accusatory manner.
- 2. Control** – He is overly demanding of your time and must be the center of your attention. He controls finances, the car, and the activities you partake in. Becomes angry if woman begins showing signs of independence or strength.
- 3. Superiority** – He is always right, has to win or be in charge. He always justifies his actions so he can be “right” by blaming you or others. A verbally abusive man will talk down to you or call you names in order to make himself feel better. The goal of an abusive man is to make you feel weak so they can feel powerful. Abusers are frequently insecure and this power makes them feel better about themselves.
- 4. Manipulates** – Tells you you're crazy or stupid so the blame is turned on you. Tries to make you think that it's your fault he is abusive. Says he can't help being abusive so you feel sorry for him and you keep trying to “help” him. Tells others you are unstable.
- 5. Mood Swings** – His mood switches from aggressive and abusive to apologetic and loving after the abuse has occurred.
- 6. Actions don't match words** – He breaks promises, says he loves you and then abuses you.
- 7. Punishes you** – An emotionally abusive man may withhold sex, emotional intimacy, or plays the “silent game” as punishment when he doesn't get his way. He verbally abuses you by frequently criticizing you.
- 8. Unwilling to seek help** – An abusive man doesn't think there is anything wrong with him so why should he seek help? Does not acknowledge his faults or blames it on his childhood or outside circumstances.
- 9. Disrespects women** – Shows no respect towards his mother, sisters, or any women in his life. Thinks women are stupid and worthless.
- 10. Has a history of abusing women and/or animals or was abused himself** – Batterers repeat their patterns and seek out women who are submissive and can be controlled. Abusive behavior can be a generational dysfunction and abused men have a great chance of becoming abusers. Men who abuse animals are much more likely to abuse women also.

If you continue to stay in an abusive relationship because you think he will change and start treating you well, think again. An abusive man does not change without long-term therapy. Group counseling sessions are particularly helpful in helping abusive men recognize their abusive patterns.

Type A personality types seem to be more prone to abusive behavior due to their aggressive nature. Drugs and alcohol can create or further escalate an abusive relationship. Alcoholics Anonymous and Narcotics Anonymous are excellent programs for an addict. The abuser's partner should also seek help for their codependent behavior at Codependents Anonymous.

If the abusive man is not willing to seek help, then you must take action by protecting yourself and any children involved by leaving. By staying in an abusive relationship you are condoning it. If you are scared you won't be able to survive because of finances, pick up the phone book and start calling shelters. Try calling family, friends and associates and ask them if they can help or know of ways to help. Once you leave, the abuser may cry and beg for forgiveness but don't go back until you have spoken to his counselor, and he has completed long-term therapy successfully. Be prepared for the abuse to increase after you leave because the abuser has lost control. The Bureau of Justice Statistics states that on the average, more than three women are murdered by their husbands or boyfriends every day so please be careful. If your partner is not willing to seek help for his abusive behavior, your only option is to leave.

**- EVERY HUSBAND MUST FOLLOW EPHESIANS 5:25-33 - *Husbands, love your wives, just as Christ also loved the church and gave Himself for her, that He might sanctify and cleanse her with the washing of water by the word, that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church. For we are members of His body, of His flesh and of His bones. "For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh." This is a great mystery, but I speak concerning Christ and the church. Nevertheless let each one of you in particular so love his own wife as himself, and let the wife see that she respects her husband.***

**~ Study #3 - "Are you a Contentious Woman?"**  
*by Dr. Linda Karges-Bone*

**"It is better to live in a corner of a roof, then in a house shared with a *contentious woman*."**  
Proverbs 21:0

**"It is better to live in a desert land, then with a *contentious and vexing woman*."** Proverbs 21:19

**"It is better to live in a corner of the roof then in a house shared with a *contentious woman*."** Proverbs 25:24

**"A constant dripping on a day of steady rain and a *contentious woman* are alike. He who would restrain her restrains the wind, and grasps oil with his right hand." Proverbs 27:15**

**"The *woman of folly* is boisterous. She is *naïve*, and knows nothing." Proverbs 9:13**

**"So is a beautiful woman *who lacks discretion*." Proverbs 11:22**

**> Are You a Contentious Woman?**

- 1. Do you feel that it is your duty to remind your husband that it is time to: (a) mow the lawn, (b) take out the trash, (c) wash the car?**
- 2. Are you convinced that if you tell your husband often enough that it is important for him to spend more time with the children, he will do just that?**
- 3. Does the thought of asking your husband to complete a task just one time and then waiting until he gets ready to do it make you feel anxious and frustrated?**
- 4. Do you frequently correct your husband in front of others or challenge his parenting in front of the children.... even and especially when you don't agree with him?**
- 5. Can you list 3 bad points about your husband's personality right now?**
- 6. In the last 24 hours, have you begun a conversation with your husband by saying one of the following: (a) You don't ever, (b) If you would just, or (c) I already told you.....?**
- 7. If your husband is not a believer or a practicing Christian, do you think that tricking, begging, or developing insidious plans that will get his heathen-self into church will actually do any good?**
- 8. When your husband doesn't respond to a request just the way that you want or when you want....do you withhold intimacy (read that sex) as a form of manipulation?**
- 9. When your husband sees you coming, does his expression change to one of fear and or withdrawal?**
- 10. As you left your husband today, could your last encounter with him best be described as: (a) warm and loving, (b) casual, (c) cold?**

**- If you answered YES to fewer than 3 of the items: Congratulations. You are either: (a) a saint, (b) married 15 years or longer and have figured this thing out, or (c) constantly studying scripture and praying for God's blessing on your marriage.**

**If you answered YES to 4-7 of the items: Caution is needed. You are treading on dangerous ground in your marriage. You're nagging and lack of respect for your spouse could result**

in one of the following: (a) an uneasy truce and co-habitation instead of a loving marriage, (b) outright hostility, or (c) an affair on one or both parts.

If you answered YES to more than 7 items: Your middle name is Contentious Woman. Your husband refers to you, and he isn't joking....as SHE WHO MUST BE OBEYED. You probably spend most of your time: (a) complaining about your spouse, (b) dreaming of ways to get rid of your spouse, or (c) so busy with other projects that you forget that you have a spouse. Your husband, on the other hand.... has retreated to the corner of the roof, which translates to: (a) his workplace, (b) the golf course or fishing boat, or (c) fantasizing about (less crabby) another woman.

- How did you do? What are you thinking? I'll bet many of you, especially those of you who scored 4 or more are thinking one of the following:

1. What about the man.....isn't HE responsible?
2. You don't know what you're talking about lady.... I don't care how many letters you have after your name.
3. It's not my fault....it is my personality that makes me that way or my dysfunctional family upbringing or the fact that I got married: (a) too young, (b) to the wrong man, or (c) before I was saved.

~ Let Us Change a Contentious Nature:

-By your words: "A gentle answer turns away wrath, but a harsh word *stirs up anger.*" Proverbs 15:1

-Through your actions: "The wise woman builds her house, but the foolish tears it down *with her own hands.*" Proverbs 14:1

-With your decisions: "*Pride goes before destruction. And a haughty spirit before stumbling.*" Proverbs 16:18 and "*Choose for yourselves today whom you will serve.... but as for me and my house, we will serve the Lord.*" Joshua 24:15

-By keeping in The Word of God: "Thy word have I treasured in my heart that I may not sin against Thee." Psalms 119:11

-With your loyalty and respect: "For how do you know, *O wife*, whether you will save your husband?" 1Cor. 7:13

-With your attitude: "Put on *the full armor of God*, that you may be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places." Ephesians 6:11

-By picking your battles: "Keeping away from strife is an honor for a man, But *any fool will quarrel.*" Proverbs 20:3

**-In your obedience:** "No temptation has overtaken you but such as in common to man; and *God is faithful*, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, that you may be able to endure it." 1 Cor.10:13

**-By choosing to live in God's grace:** "For sin shall not be master over you, for *you are not under the law*, but under grace." Romans 6:14

**-In searching your own heart:** "The heart is more deceitful than all else, and is desperately sick. Who can understand it? I the Lord *search the heart*, I test the mind." (Jeremiah 17:9)  
A contentious woman is not a happy woman. There is no peace in it. There is no victory. There is no resolution of conflicts nor control over circumstances. Sin always begets sin. And, as the Word of God tells us, *the wages of sin is death.*

A contentious woman can witness the death of: Her marriage.... her friendships with other women.... the respect of colleagues.... the trust and companionship of her children..... the destruction of her Christian witness.

> **How do you leave the Contentious Woman behind:**

1. It is your duty to love your husband and to respect him. Treating a man like a child by nagging and pushing will challenge his brain-wired need for independence. He will react all right....by ignoring you.

2. Learn to praise your husband, in clear, natural, authentic words, when he engages in a behavior or practice that you desire. He will feel validated and respond, in time, by repeating that behavior. That includes.....spending time with the children, dealing with your family, or even in the bedroom.

3. This is a tough one. Once is enough. Ask your husband once. Remind your husband once. Mention it, whatever it is, one time. Then allow him the freedom to do it when and how he chooses to. Resist the urge to do it yourself, unless life or limb are in danger. Then wait. Close your eyes if you have to, and wait.

4. Show respect for your husband by listening to him, even if he is not making sense. Do not blurt into conversations to correct him, nor interject when he is dealing with your children. It is rude. It is wrong. It is also the quickest way to destroy communication, period. Research shows that men's brains simply do not process language as quickly as women do. His silence may not be a punishment; it may be a process. Let the process work.

5. Practice looking for the good in your husband. Focus on three good qualities that he has. Tell him about those good qualities. Tell others about those qualities. Thank God for those qualities. Soon, the negative qualities will seem far less visible, and you will wonder why they ever mattered so much. So many women .... married 15-25 years have

told me...."I can't believe we used to argue about X....it really wasn't important." These women had learned to look for the good in their husbands.

**6. Guard your sharp tongue. Accusations back men into a corner. The male animal will choose flight, rather than fight. He knows that he cannot win in a verbal engagement with you. You talk faster, better, and you have an amazing ability to recall every low down, sorry, nasty thing he ever did.....Also, guard your sharp tongue with other people. Stop and think before you speak.**

**7. Praise God for the fact that an unbelieving or backslidden husband is sanctified by your belief. 1Cor. 7:13 reminds us: "*For how do you know, O wife, whether you will save your husband?*" and "*Only as the Lord has assigned to each one, as God has called each, in this manner let him walk.*"**

**8. Intimacy, in the form of touching, sexual expression, and gentle words is a form of healing. It is a message...."I accept you as you are." Scripture is clear that we are not to withhold ourselves in marriage. It is because God, who created intimacy and everything else .... knew that we needed this form of love in order to stay close.... literally and figuratively. Dr. Gary Chapman, writing in *The Five Languages of Love*, details the deep, cognitive, and physical need that men have for physical intimacy. You already recognize the power that you have in physical intimacy. Do not be tempted to abuse that power.**

**9. Every day, imagine yourself as the Proverbs 31 Woman. "*Strength and dignity will be her clothing.*" Stand up straighter. Look people in the eye. Maintain your dignity. God has given you all the resources you need to maintain your dignity in all situations.**

**- If you choose to move from Contentious Woman to the Strength and Dignity of the Proverbs 31 Woman, here are some scriptures to help...**

**"A *gracious* woman attains honor." Proverbs 11:16**

**"She opens her mouth in *wisdom*. And the teachings of *kindness* are on her tongue." Proverbs 31: 26**

**"*Strength and dignity* are her clothing and she smiles at the future." Proverbs 31:25**

**"She *does him good* and not evil *all the days* of her life." Proverbs 31:12**

**"Your wife shall be like a *fruitful* vine within your house. Your children like olive plants around your table." Psalm 128:3**

**"But a *prudent wife* is from the Lord." Proverbs 19:14**

**"But a woman *who fears the Lord*, she shall be praised." Proverbs 31:30**



**The opposite of a Contentious Woman is a "Woman at Peace". Isaiah 57:19 promises:**  
*"Peace, peace to him who is far and to him who is near, says the Lord and I will heal him."*

**A woman at peace with who she is in Christ Jesus is free from the contention and strife that once plagued her. Her husband is free to come down from the corner of the roof where he has been camped out. Her home is sanctified by the promise and hope that are found through the transforming of our hearts and minds in Christ Jesus.  
God bless you all.**