



## *Keys to Companionship*

*Nevertheless let every one of you in particular so love his wife  
even as himself; and the wife see that she reverence her husband.  
Ephesians 5:33*

# Marriage Enrichment Morning Schedule

May 15, 2021

*Theme: Keys to Companionship*

*Ephesians 5:33 - Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband.*

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|-------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| 9:00-9:45   | Session 1 <ul style="list-style-type: none"><li>• Pig Personality Test</li><li>• Lesson – Marriage on THE Rock</li></ul>                   |
| 9:45-10:00  | Break                                                                                                                                      |
| 10:00-10:45 | Session 2 <ul style="list-style-type: none"><li>• Couples of the Bible Trivia Test</li><li>• Lesson – Resolving Marital Problems</li></ul> |
| 10:45-11:00 | Couple's Prayer Time                                                                                                                       |
| 11:00-11:30 | Break & Lunch                                                                                                                              |
| 11:30-12:00 | Session 3 <ul style="list-style-type: none"><li>• Couples Craft</li></ul>                                                                  |

# Couple's Prayer Sheet

## **Praises**

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## **Prayer Requests**

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## **Things To Do Together**

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## Session #1 – Marriage on THE Rock



Matthew 7:24-25

Video: Super Marriage Tips

Building your marriage upon the instructions of the Bible is building your marriage on the Rock, Jesus Christ.

### **1. Introduction**

- A good marriage is difficult to maintain
- Men and women both have needs and desires – Ephesians 5:33
  1. The primary desire of a woman is to feel loved
  2. The primary desire of a man is to feel respected
- Men and women both hear, see, and speak differently
  1. “Blue” and “pink” hearing aids, glasses, and megaphones
- I want us to look at some things that Lisa and I have found to be very helpful in having and maintaining a good marital relationship.

### **2. The Integrity of Our Commitment**

- Commitment to the duration of marriage
  1. We each vowed, “For better or for worse, in sickness or in health, till death do us part.” Jesus said, “What therefore God hath joined together, let not man put asunder.” (Mark 10:9)
  2. There is integrity in our character. “Integrity” means, “an unimpaired condition, honesty, adherence to a code of moral values.”

- Commitment to fidelity in marriage.
  1. Getting and being married means that you will have no liaisons, physical encounters, infidelity, or emotional intrigue or bonding with the opposite sex.

### 3. **Seriousness about Our Biblical Roles**

- Every husband is to love his wife – Ephesians 5:33
  1. As our own body – 5:28
  2. As Christ loves the church – 5:25
    1. Prophet – represent God before the family
    2. Priest – represent the family before God
    3. King – ensure provision and protection
- Wives are to submit their wills to their husband
  1. As unto the Lord – 5:22
  2. Respect him rather than tearing him down (Men, be worthy of that respect).
- Submitting yourselves to one another (Ephesians 5:20) is a commitment to keep your lives on THE Rock.
- Practicalities
  1. Husbands, lead in everything
    1. Make decision upon good counsel from your wife
    2. Lead in all areas – from being the first to apologize to being the first to support
  2. Wives, encourage in everything
    1. A woman who refuses to reverence her husband will eventually dominate him and cause him to become resentful
    2. Loving feelings follow loving actions
  3. The day-in and day-out realities of marriage are accomplished only in the power of the Holy Spirit – Ephesians 5:18

### 4. **Learn to enjoy each other**

- This is the idea of “companionship” that Malachi 2:14 speaks of.
  1. Marriage was never intended to be the sharing of two careers, two incomes, two plans and one house.
  2. Rather, marriage is the sharing of two lives together.
  3. **“Leave and cleave”** is referenced four times in the Scriptures.
- Do things together
  1. Work at developing interests in the same things
  2. Write 10 things to do together

- Some activities were just never really designed to be enjoyed as husband and wife (e.g. men and women shop VERY differently).

### **5. Have open and honest communication**

- To have the kind of love and respect we are to have for one another, there must be open and honest communications (Ephesians 5:21)
  1. That means speaking AND listening
- Marriage is no place for secrets

### **6. Learn to laugh together – Proverbs 17:22**

- Laughter is a daily requirement in marriage.
- “The most wasted of all days is the one without laughter.” E.E. Cummings
- Learn to laugh and have fun together. “All the days of the afflicted are evil: but he that is of a merry heart hath a continual feast (Proverbs 15:15).
- Marriage without joy is like a wagon without springs...

Your marriage is worth saving.

Recommit today to giving your best, regardless of your situation.

Jesus is the Rock we all need to build our marriage upon. It takes two people to choose to have a marriage on THE Rock. It only takes one person to choose to have a marriage on the rocks.

## Session #2 – Resolving Major Marital Problems



Ephesians 4:20-27

Video: It's Not About the Nail

Change is possible (John 17:17) and solutions are available (2 Timothy 3:16-17)!!!

### **1. Major Problem Areas**

- Some problems all couples face
  1. Squeezing a tube of toothpaste
  2. A wife's cold feet in bed
  3. A husband's dirty socks
  4. Negative cash flow
  5. Installing toilet paper
- Other marriage problems
  1. Self-centeredness – 2 Timothy 3:2
  2. Sexual infidelity (Adultery & Pornography)
  3. In-Laws (Out Laws?)
  4. Empty nest syndrome
  5. Lack of self-control
  6. Wrong priorities
  7. Indebtedness
  8. Disciplining children
  9. Spirituality / Spiritual desires
  10. Poor communication
  11. Insecurities / Baggage from Past Relationships or Family of Origin

## 2. How to Resolve Marriage Problems

- Resolving marriage problems presupposes:
  1. Marriage – holy before God
  2. Problems – every family has them
  3. Resolution to resolve – you have the desire to fix the problems
  4. An acceptable approach to resolve marriage problems:
    - Unacceptable ways:
      - Calling your mother-in-law and telling her she can have your wife back! (involving a 3<sup>rd</sup> party in your marriage)
      - Take an overdose of buttermilk and end it all (food therapy)
      - Take an extended vacation after he leaves for work (abandonment)
      - Continue in your present condition and see who can be the most miserable (refusing to change / ignoring the problem / hoping the other one changes. Btw, the deadline for the Guinness Book of World Records is December 27<sup>th</sup>)
    - Acceptable method is the biblical vehicle of communication
- Marriage is a “Covenant of Companionship” – Malachi 2:14
  1. Your covenant explicitly requires an agreement to meet your spouse’s needs for companionship sexually, socially, and spiritually.
  2. Your covenant is for the rest of your life and, therefore, your covenant is final.
    - What you have sitting beside you is all you get!
    - Take it or take it, but you cannot leave it!
- Principles to follow in resolving problems through communication
  1. Identify your problems
  2. Remember, you are looking for a resolution, *not* a winner. (Galatians 6:1)
  3. Examine your problem in light of the Scripture – 2 Timothy 3:16-17
    - Always have the mindset that you will abide by whatever the Bible says
      - If you do not see the answer in precept, look for it in principle



- Be honest with your evaluation and application of Scripture
4. Build up the other (Ephesians 4:29) even in the midst of problems
    - Speak kindly and lovingly
    - Use no harsh words – remember you have to live together after dealing with the problem.
  5. Attack the problem only, not each other. Anger has no place in problem solving. (Philippians 4:2)
  6. Seek pastoral counseling if you can't get your problems resolved in a couple of days. (Philippians 4:3)
    - Pastoral counseling provides aid to resolve a problem by sifting it through Scripture in order to provide God's solution
  7. Be forgiving (Ephesians 4:32)
    - "I won't bring it up again, to you or to anyone else"
  8. Remember, love endures! (1 Corinthians 13:4-7). Also, the Bible states that, "Love covers the multitude of sins." (1 Peter 4:8)
  9. Don't go to bed with unresolved problems (Ephesians 4:26)
  10. End all problem-solving times with a hug and a kiss. (1 Peter 3:7)

**Your marriage is worth all the effort it takes!**

## Marriage Moments

*From the Bible...?*



Sarah: Hey hun, how was your day?

Abraham: I tried to sacrifice Isaac earlier but God provided a ram...

Sarah:



## Couples of the Bible

1. What was the name of Abraham's wife?
  - a. Rachel
  - b. Sarah
  - c. Rebekah
  - d. Leah
  
2. How was Isaac's wife chosen?
  - a. His father chose a local girl for him to marry
  - b. Isaac fell in love with his friend's daughter
  - c. His father sent a servant to choose a wife from his own family
  - d. Isaac fell in love with his servant girl
  
3. Which of his wives did Jacob love the most?
  - a. Leah
  - b. Zilpah
  - c. Rachel
  - d. Bilhah
  
4. What happened to Shechem, the prince who fell in love with Dinah, the daughter of Jacob?
  - a. He married Dinah
  - b. He, his father, and the men of his city were slain by Dinah's brothers
  - c. He invited Dinah's family to live in his city
  - d. He eloped with Dinah, who never saw her family again
  
5. Where did Moses meet his future wife?
  - a. At a well in the land of Midian
  - b. In Pharaoh's palace in Egypt
  - c. In the wilderness on the journey to the Promised Land
  - d. At the house of one of the Israelites
  
6. What were the restrictions for the daughters of Zelophehad?
  - a. They must only have one husband each
  - b. They must marry within their own tribe
  - c. They must marry before the age of thirty
  - d. They must marry whoever is chosen by the priest
  
7. What was the name of Ruth's second husband?
  - a. Elimelech
  - b. Mahlon
  - c. Chilion
  - d. Boaz

8. What was the name of Abigail's first husband?
  - a. Goliath
  - b. Uzzah
  - c. Joash
  - d. Nabal
  
9. Samson loved Delilah so much that she persuaded him to tell her what?
  - a. The secret of his strength
  - b. Where the Ark of God was located
  - c. How to defeat the Israelites
  - d. How many Philistines he had killed
  
10. What convinced David that he was in love with Bathsheba?
  - a. He saw her take a bath
  - b. He had dinner with her
  - c. She was his servant
  - d. He saw her with her husband
  
11. Who did Amnon love, and then hate even more than he had loved her?
  - a. Dinah
  - b. Tamar
  - c. Leah
  - d. Abigail
  
12. Who told his wife not to worry that she was barren and said, "Am not I better to thee than ten sons?"
  - a. Abraham
  - b. Jacob
  - c. Elkanah
  - d. Manoah
  
13. In the love poetry of Song of Solomon, how is the lady's hair described?
  - a. As a rushing waterfall
  - b. As a stream of silver
  - c. As a bed of lilies
  - d. As a flock of goats
  
14. What was the occupation of Hosea's wife?
  - a. Housekeeper
  - b. Dyer of cloth
  - c. Harlot
  - d. Money lender

15. Who does Jesus say are the two most important people to love?
  - a. Your spouse and your parents
  - b. God and your neighbor
  - c. God and your spouse
  - d. Your spouse and your children
  
16. Which married couple did Paul become friends with in Corinth?
  - a. Ananias and Sapphira
  - b. Aquila and Priscilla
  - c. Jason and Lydia
  - d. Peter and Mary
  
17. What does Paul say is the greatest?
  - a. Faith
  - b. Hope
  - c. Love
  - d. All three
  
18. What is Paul's command to husbands in his letter to the Colossians?
  - a. Love your wives, and do not be bitter towards them
  - b. Ensure that your wife loves you before you marry her
  - c. Love your wives, and ensure they keep an orderly house
  - d. Ensure that your wife respects you
  
19. How does the writer describe marriage in Hebrews?
  - a. Loving
  - b. Perfect
  - c. A gift
  - d. Honorable
  
20. Of what is the husband's love for the wife a symbol?
  - a. God's love for us
  - b. Christ's love for the church
  - c. Man's love for woman
  - d. Adam's love for Eve

## **PIG Personality Test Results:**

1. If your pig is drawn toward the Top of your paper, you are an optimistic person with a positive attitude. You generally anticipate the best possible outcomes of actions and events. In other words, you see the glass as half full.
2. If your pig is drawn toward the Bottom of your paper, you tend to be more of a pessimistic person. You generally expect the worst. You see the glass as half empty.
3. If your pig is drawn toward the Middle of your paper, you are a realist who tends to face facts and deal with them realistically. You see the glass as dirty and put it in the dishwasher.
4. If your pig is drawn facing Left, you believe in tradition, are friendly, outgoing and tend to remember dates and birthdays. *Hint for husbands: remember your wife's birthday but never her age.*
5. If your pig is drawn facing Right, you are innovative and active but not as good about remembering dates.
6. If your pig is drawn facing Forward, you are direct, straightforward, welcome discussion, and often enjoy playing the devil's advocate.
7. If your pig is drawn with Many Details, you are analytical, cautious, careful and may be distrustful.
8. If your pig is drawn with Few Details, you are more impulsive, care little for detail and are willing to take risks.
9. If your pig is drawn with 4 Legs showing, you are secure, stick to your ideals, and can be stubborn.
10. If your pig is drawn with Less than 4 Legs showing, you may be insecure, uncertain, or living through a period of major change.
11. The Larger the pig's Ears you have drawn, the better Listener you are.
12. And last but not least, the Longer the pig's Tail you have drawn, the more satisfied you are with the quality of your love life.