

HOPE & HEALING PARTICIPANTS WORKBOOK

© 2008 by Hope & Healing Ministries, Inc. All rights reserved.
Revised 2010

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any way by any means—electronic, mechanical, photocopy, recording or otherwise—without the prior permission of the copyright holder, except as provided by USA copyright law.

Unless otherwise noted, all Scriptures are taken from the Holy Bible, New International Version, Copyright © 1973, 1978, 1984 by the International Bible Society. Used by permission of Zondervan Publishing House. The “NIV” and “New International Version” trademarks are registered in the United States Patent and Trademark Office by International Bible Society.

Scripture references marked NASB are taken from the New American Standard Bible, © 1960, 1963, 1968, 1971, 1972, 1973, 1975, 1977 by The Lockman Foundation. Used by permission.

Scripture references marked NLT are taken from the Holy Bible, New Living Translation, copyright © 1996. Used by permission of Tyndale House Publishers, Inc., Wheaton, Illinois 60189. All rights reserved.

Scripture references marked RSV are taken from the Revised Standard Version of the Bible. © 1946, 1952, 1971 by the Division of Christian Education of the National Council of the Churches of Christ in the U.S.A. Used by permission.

Welcome to Hope & Healing. During the first week's meeting we will be sharing with you who we are, what our purpose is and what our goals are for you. And we'll fill you in on how these next ten weeks will look. This is a ministry that is here to help you.

This workbook has been printed simply for convenience. If we could do so efficiently, we would give you only those papers necessary for the current week. We are going to cover a lot of ground over these next ten weeks and we don't want you to be overwhelmed by the materials.

So, **we suggest that you not read ahead.** Each week we will cover the materials for that week and then after the meeting you'll be free to explore further that which we covered. If you try to read ahead, much of the material won't make sense and it will in fact be confusing. What this workbook contains is pieces of the puzzle, not the entire puzzle. We'll put it all together during our meeting times.

Each individual will have their own workbook, so we encourage you to write down questions or make notes as we go along. You will need to bring this workbook with you to each class. The answers for the video worksheet blanks can be found on pages 71 and 72.

May the Lord use this time, this support group and these people to reveal to you His ability to heal and the reason we can all have hope.

God bless,
Your Hope & Healing Facilitators

**We suggest you not read further until
after the first meeting.**

HOPE AND HEALING SUPPORT GROUP 10 Week Schedule

Place of meeting _____
Day & time of meetings _____

_____	Week 1	Introduction / Terminology Commitment Sharing
_____	Week 2	Sharing Faith
_____	Week 3	Anger/Resentment Never Going Back Gender groups
_____	Week 4	Depression Losses / Enduring the pain Gender groups
_____	Week 5	Repentance / Confession Intro forgiveness / Admitting Roles Gender groups
_____	Week 6	Talk / Intimacy / Prayer Gender groups
_____	Week 7	Accountability / Hedges Gender groups
_____	Week 8	Individual meetings
_____	Week 9	Forgiveness Time for Reflection
_____	Week 10	Biblical marriage

Facilitator contact information:

PARTICIPATING COUPLES

CRITERIA FOR GROUP:

- 1) The adultery has been revealed, confessed to and the affair ceased.
- 2) Both husband and wife are willing to commit to the 10 week class.
- 3) Both husband and wife are willing to commit to work on restoring their marriage. Both understand this process requires time and energy.
- 4) A referral from a counselor or Pastor. The purpose of the referral is to validate the couple is ready to benefit from a support group setting and also gives the couple a viable resource.
- 5) Both understand and are willing to agree to the confidentiality requirements of the group

WE ASK YOU TO AGREE WITH US TO DO THE FOLLOWING:

- 1) I will make every effort to attend all 10 meetings, understanding you can only benefit by what you receive.
- 2) I will keep all information shared in the group confidential; including that shared in the gender groups.
- 3) I will be honest.
- 4) I will be patient & kind to the other members – especially my spouse as we allow God to work in each of our lives. I will not try to manipulate or pressure other group members (especially my spouse) to do what I think best.
- 5) I will do the homework assigned as much as possible.
- 6) I understand that leaders may seek professional counsel for some issues without identifying the couple involved.

We ask both of you to sign in agreement with each other and the group.

Date

Week One Video

INTRODUCTION TO HOPE AND HEALING

WHO WE ARE

Hope and Healing began in 1998 by two couples brought together by their mutual counselor to support one another in their adultery recovery. The desire, the need, to have access to another couple that had survived adultery and ended up with a marriage that worth saving – was the catalyst.

Together they developed a curriculum for a support group with others in this same crisis. Through God's grace and leading in this process, their own personal healing was also accomplished. The benefit of another couple coming alongside only emphasized what was to become the cry of their hearts. An adultery recovery ministry was born.

Facilitators are not, nor do they claim to be, experts or have clinical training that would qualify them as such. They are peers, ordinary people who have survived an extraordinary experience and are willing to share what they have learned. We have worked under the direction of and continue to be advised by a licensed Christian counselor.

PURPOSE

Mission statement:

To offer hope for healing from the devastation of adultery.

To provide tools for building a Biblical foundation for restoration.

As an individual

As a couple

As a functioning member of the body of Christ

To serve in obedience to scripture:

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort,

who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows.

II Corinthians 1:3-5 (NIV)

GOAL

1) SUPPORT

So you won't feel alone

So you won't feel like you're failing

To provide an arm and a safe shoulder

2) ENCOURAGE

We'll be your cheering section

We'll tell you the truth

When it gets rough – we'll help you remember why it's worth it

3) OFFER HOPE

When the world tells you it's hopeless, we who have lived through it will tell you it's not.

4) PROVIDE PRACTICAL STRATEGIES

We'll share things that helped and things that hurt

We'll share things we've learned from others, including experts

We'll share Biblical truth that works in real life

Week One Video TERMINOLOGY

ADULTERY:

Intimate activity with someone other than your spouse
Unfaithfulness to covenant vows – to your marriage vows
“illegal contact”

What are the vows / promises of marriage?

Love / honor / cherish

This is a promise that this person is now the #1 person in your life
Through various circumstances (health, wealth, etc.)

Forsaking all others

Reserved the intimacy of the marriage relationship for the person you married

You will not violate that promise

Anytime we put another person in that relational space we promised to our partner,
be it sexual
or emotional
or both,

we have committed adultery. We have violated the intimacy of marriage, we have broken our promise, we have had an illicit relationship.

Shirley Glass author of *Not Just Friends* puts it this way:

“In a committed relationship, (marriage), a couple constructs a wall that shields them from any outside forces that have the power to split them. They look at the world outside their relationship through a shared window of openness and honesty. The couple is a unit, and they have a united front. An affair erodes their carefully constructed security system. It erects an interior wall of secrecy between the marriage partners, at the same time it opens a window of intimacy between the affair partners. The couple is no longer a unit.

AFFAIR:

Any illicit relationship that fits the definition of adultery

INFIDEL:

The one who strays and gets involved in an illicit relationship

SPOUSE:

The one married to the infidel

PARTNER:

The person with whom the infidel was involved

REVELATION:

The event where the infidel admits to the spouse that an illicit relationship has occurred.
Can be a series of events culminating in a series of admissions.

TIME OR HOW LONG:

The length of your recovery and your spouses recovery cannot be predetermined.
Remember the infidel typically began dealing with this issue when the affair began – if not sooner

The time can be severely extended.

Whenever you are not honest with one another

Whenever you choose to not participate in the hard work of recovery

TYPES OF AFFAIRS

Taken from *Torn Asunder* by Dave Carder

	<u>CLASS 1</u> <u>One-night stand</u>	<u>CLASS 2</u> <u>Entangled Affair</u>	<u>CLASS 3</u> <u>Sexual Addiction</u>
BIBLICAL ISSUSTRATION	David and Batsheba 2 Samuel 11-12	Samson and Delilah Judges 16	Eli's sons I Samuel 2:22
DESCRIPTON	One night stand	Long term relationship	Multiple partners
DEVELOPMENT	Immediate	Gradual	Impulsive
EMOTIONAL INVOLVEMENT	None	Intense	None
SEXUAL ACTIVITY	Single experience, intense, lustful, passionate	Only much later in relationship; after friendship established	Immediate and repeated with multiple partners and increasingly distorted sexual activity
REMORSE / REPENTANCE	Usually immediate and intense	Initially none, initial grief is for lost relationship; later grief possible	Only after acting out episode, internal tension escalates until another episode is inevitable

Week One Video COMMITMENT

COMMITMENT

The act or process of entrusting, act of doing

In adultery - a decision to do everything within your power to heal your marriage.

1. COMMIT TO _____

Walk this path with Him

Sit at his feet

Seek His guidance

Be willing to do it His way.

WHY: Because He is _____
He is the source
He is able to guide

HOW: _____
It doesn't have to look any particular way

Suggestion: begin with Psalms –
collection of letters to God written by people who are struggling

2. COMMIT TO _____

1) You will focus on being the husband or wife God has called you to be.

WHY: Because God _____

HOW: *Let go of the "I was _____"*

Let go of the "I wish _____"

3. COMMIT TO _____

2) Establish an environment for healing.

WHY: Because the goal is to _____

HOW: Commit to _____
A healthy marriage requires trust and intimacy

Commit that you'll not be satisfied with less than _____
Willing to go the distance it takes

HOW TO SAVE A DYING MARRIAGE

WHAT KILLS A MARRIAGE?

- 1) **Unresolved issues**
- 2) **Unmet expectations**
- 3) **Underestimated differences**
- 4) **Unforgiven mistakes**

WHAT SAVES A MARRIAGE?

- 1) **Accept responsibility for my actions.**
Galations 6:5 (NLT) for we are each responsible for our own conduct.
- 2) **Believe God can work in my marriage.**
Matthew 19:26 (NLT) Humanly speaking, it is impossible. But with God everything is possible.
- 3) **Commit to do whatever it takes.**
Galations 6:9 (NIV) Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.
- 4) **Deal with unresolved hurts.**
James 5:16 (NIV) Therefore confess your sins to each other and pray for each other so that you may be healed.
- 5) **Enlist support from others.**
Proverbs 12:15 (NASB) The way of a fool is right in his own eyes, But a wise man is he who listens to counsel.

Taken from: Pastor Jeff Leis, Yosemite Church, Merced, CA Sept. 2001

THE THREE R'S

Recover / Recovery

Dictionary – to get back something, to regain control

Scripture – to make well, to save, to have, hold on

Mark 16:18 (NASB) they will pick up serpents, and if they drink any deadly [poison,] it shall not hurt them; they will lay hands on the sick, and they will recover. "

(God would protect and heal those doing His work)

Luke 4:18 (NASB) "The Spirit of the Lord is upon Me, Because He anointed Me to preach the gospel to the poor. He has sent Me to proclaim release to the captives, And recovery of sight to the blind, To set free those who are downtrodden,

(physical healing)

Involves our emotions and our physical response to those emotions (me)

Reconcile / Reconciliation

Dictionary – make friendly again

Scripture – put an end to hostility

Assumes a breakdown & involves a change in relationship, it doesn't just happen

Matthew 5:23 (NASB) "If therefore you are presenting your offering at the altar, and there remember that your brother has something against you, 24 leave your offering there before the altar, and go your way; first be reconciled to your brother, and then come and present your offering.

2Corinthians 5:18 (NASB) Now all [these] things are from God, who reconciled us to Himself through Christ, and gave us the ministry of reconciliation,

(Christ reconciled us to God)

He also gave us the ability and responsibility to reconcile with others)

Involves the mind and the will (me & you)

Dr. Donald Harvey, "Surviving Betrayal", "there must be a forgiver & one who seeks forgiveness"

Restore / Restoration

Dictionary – bring back to health, return to a normal state

Scripture – mend, repair, complete, give back, moving back to point of departure

Lifelong personal process that requires God

but also a process applicable to marriage relationship

Galations 6:1 (NIV) Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. (We are to help one another)

Acts 3:19-21 (NIV) Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord, and that he may send the Christ, who has been appointed for you--even Jesus. He must remain in heaven until the time comes for God to restore everything, as he promised long ago through his holy prophets.

(Complete restoration will be when Christ returns)

Involves the soul / spirit (me & you with God)

Week One Homework

The following psalm is prayer for deliverance from being oppressed and for restoration. It communicates a conflict in the soul of a believer. A conflict between sense and faith, sense objecting and faith answering. Those of us in adultery recovery often have a similar conflict. Read the Psalm and consider his words.

Psalm 42 (NLT)

¹ As the deer pants for streams of water, so I long for you, O God. ² I thirst for God, the living God. When can I come and stand before him? ³ Day and night, I have only tears for food, while my enemies continually taunt me, saying, "Where is this God of yours?" ⁴ My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks--it was the sound of a great celebration! ⁵ Why am I discouraged? Why so sad? I will put my hope in God! I will praise him again--my Savior and ⁶my God! Now I am deeply discouraged, but I will remember your kindness--from Mount Hermon, the source of the Jordan, from the land of Mount Mizar. ⁷ I hear the tumult of the raging seas as your waves and surging tides sweep over me. ⁸ Through each day the LORD pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life.

⁹ "O God my rock," I cry, "Why have you forsaken me? Why must I wander in darkness, oppressed by my enemies?" ¹⁰ Their taunts pierce me like a fatal wound. They scoff, "Where is this God of yours?" ¹¹ Why am I discouraged? Why so sad? I will put my hope in God! I will praise him again--my Savior and my God!

INSTRUCTIONS FOR COUPLES SHARING

This is your week to share with us. We understand how difficult this week is for you.

We ask you to share your stories for the following reasons:

- 1) It gets all of us past the “what do they know”**
- 2) It sets the stage for honesty**
- 3) It builds trust**
- 4) It allows all of us to maximize the amount of time we have together.**

We want all of you to know our primary focus:

We do not see any of you as the good guy and the bad guy.

We see marriages in trouble and our goal is to help the marriage – period

We do not pretend to understand the path that brought you here any more than you can comprehend ours.

INFIDEL

Type of affair

Relationship of partner(s)

How long did it go on

Any obvious reasons you made this choice

How & why did it end

SPOUSE

Did you know or suspect

How did you find out

What has happened since

Predominant areas of struggle

What counsel have you received

**We suggest you not read further until
after the second meeting.**

Week Two Video FAITH

Hebrews 11:1 (NIV) *Now faith is being sure of what we hope for and certain of what we do not see.*

Let's define _____

The Greek word means a firm persuasion, a conviction based upon hearing

Faith is believing God

It involves a surrender to God and the conduct inspired by that surrender.

Faith gives your *belief* substance, it makes *belief* a tangible thing

What "in faith" we hope for and are certain of is *what* _____

God is who He says He is

God can do what He says He'll do

Faith comes from _____ – it enables us to do what he calls us to do

Romans 12:3 (NIV) ... in accordance with the measure of faith God has given you.

How much do we need?

Matthew 17:20 (NIV) ... I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you."

It's not how much – it's what we _____ with what we have

1) Our faith grew because we found that God was _____

2Corinthians 12:9 (NIV) But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness..."

Our faith grew because we found we were not enough – and God was.

2) Our faith grew because God never _____ **us**

Deuteronomy 31:6 (NIV) ...the LORD your God goes with you; he will never leave you nor forsake you."

Allowing us to experience the reality of His sufficiency.

3) Our faith grew because we learned the truth about God's _____

2Corinthians 1:3 (NIV) Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

Our faith grew because a faithful God comforts us _____ our troubles NOT _____ of them.

Week Two Homework

Matthew 22:36-38 (NIV)

36 "Teacher, which is the greatest commandment in the Law?"

37 Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.'

38 This is the first and greatest commandment.

HOMEWORK FOR WEEK 2:

- 1) Focus on your relationship with God
This is the only relationship you can change
- 2) Read Mark 9:21-24. Pray that God would help you with your unbelief
- 3) Discuss with your spouse where you are in your relationship with God
- 4) Discuss where you want to be
- 5) Pray for your spouses' relationship with God to grow
This relationship is strictly between your spouse and God

WEEK 2
FAITH

Questions for consideration & conversation:

- 1) What has been your definition of faith? Does it line up with God's?
- 2) Do you believe God is sufficient for you? Why or why not.
- 3) Do you believe God can heal your marriage?
- 4) Are you struggling with your faith now?
- 5) How have you visualized God's comforting? Has that helped or hurt this process?

**We suggest you not read further until
after the third meeting.**

Week Three Video ANGER & RESENTMENT

Definition:

In scripture – various words used refer to

Strong _____ passion – some say the strongest passion of all
Aristotle says it is desire with grief

Other words used to define anger are indignation, wrath, exasperation, fury

Anger is a _____ response to inflicted harm or perceived harm

When is anger a _____?

Psalm 145:8 (NIV) The LORD is gracious and compassionate; slow to anger and rich in love.

What becomes sin is how we allow natural responses to _____

Ephesians 4:26 (NIV) In your anger do not sin. Do not let the sun go down while you are still angry,

We believe unresolved anger becomes _____

“an unhealthy mutation of a normal emotion” “anger with a history” Dr. Donald Harvey

Who is angry?

_____ Betrayed, lied to, violated

_____ Caught in sin, reminded of failure. unresolved anger issues

So what do we do?

1. _____ the anger
Recognize it for what it is. Don't pretend it doesn't exist

2. _____ the anger
a. do not stuff it
b. be honest
c. don't get defensive or offensive

Proverbs 15:1 (NIV) A gentle answer turns away wrath, but a harsh word stirs up anger.
focus on the commitment and healing

3. don't allow your anger to _____
Proverbs 29:22 (RSV) A man of wrath stirs up strife, and a man given to anger causes much transgression.
take a break if you need to

4. be willing to _____
deal with the cause

How long does the anger last?

Until you _____ believe the cause has been dealt with

Ephesians 4:3&32 (NIV) Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Week Three Video NEVER GOING BACK

3 things you do not want to go back to that can motivate you to deal with the anger

1) Never go back to believing _____ cannot fall.

Romans 3:23 (NIV) for all have sinned and fall short of the glory of God,

Jeremiah 17:9 (NIV) The heart is deceitful above all things and beyond cure. Who can understand it?

Never believe that your marriage is above _____
circumstances
person
opportunity

2) Never go back to old _____

identify negative ones and eliminate them.

some were expectations

Sometimes we expect things of others that they are not gifted to do,
yet we hold them to the task as if it were the only proof of their love acceptable to us.

Often the key is one partner feeling distanced from the other.

What words or actions, or lack thereof, brought on the feelings?

Have you felt this way before?

Were the circumstances similar?

3) Never go back to _____

The most destructive form is the _____ type.

If it is an issue – deal with it.

If it is not then LET IT GO!

What has God said about anger? Do I believe it enough to deal with it?

Psalm 4:4 (NIV)

In your anger do not sin; when you are on your beds, search your hearts and be silent.

Psalm 37:8 (NLT)

Stop your anger! Turn from your rage! Do not envy others--it only leads to harm.

Proverbs 14:17 (NLT)

Those who are short-tempered do foolish things, and schemers are hated

Ecclesiastes 7:9 (NIV)

Do not be quickly provoked in your spirit, for anger resides in the lap of fools.

Ephesians 4:31-32 (NIV)

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Colossians 3:8-10 (NLT)

But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. Don't lie to each other, for you have stripped off your old evil nature and all its wicked deeds. In its place you have clothed yourselves with a brand-new nature that is continually being renewed as you learn more and more about Christ, who created this new nature within you.

James 1:19&20 (NIV)

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.

Week Three Homework

Read the following passage. Apply the words to the way you are handling your anger and your marriage habits that were not healthy. Consider the possibility of a healthy relationship with your spouse, the potential to have a marriage that brings both of you joy.

In addition, consider the “witnesses” – our children, family and friends that could watch the restoration of a marriage and a man and woman that valued God’s perspective above their own.

HEBREWS 12:1-13 (NLT)

1 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily hinders our progress. And let us run with endurance the race that God has set before us. 2 We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish. He was willing to die a shameful death on the cross because of the joy he knew would be his afterward. Now he is seated in the place of highest honor beside God's throne in heaven. 3 Think about all he endured when sinful people did such terrible things to him, so that you don't become weary and give up. 4 After all, you have not yet given your lives in your struggle against sin. 5 And have you entirely forgotten the encouraging words God spoke to you, his children? He said, "My child, don't ignore it when the Lord disciplines you, and don't be discouraged when he corrects you. 6 For the Lord disciplines those he loves, and he punishes those he accepts as his children." 7 As you endure this divine discipline, remember that God is treating you as his own children. Whoever heard of a child who was never disciplined? 8 If God doesn't discipline you as he does all of his children, it means that you are illegitimate and are not really his children after all. 9 Since we respect our earthly fathers who disciplined us, should we not all the more cheerfully submit to the discipline of our heavenly Father and live forever? 10 For our earthly fathers disciplined us for a few years, doing the best they knew how. But God's discipline is always right and good for us because it means we will share in his holiness. 11 No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way. 12 So take a new grip with your tired hands and stand firm on your shaky legs.

13 Mark out a straight path for your feet. Then those who follow you, though they are weak and lame, will not stumble and fall but will become strong.

WEEK 3
Anger / Resentment / Never Going Back

Questions for consideration & conversation:

- 1) Which of the four suggestions for dealing with your anger do you struggle with the most?
- 2) Do you fear anger or resentment more?
- 3) Did you or do you now believe you are incapable of committing adultery? Why?
- 4) Are you a verbal complainer or a non-verbal one?
- 5) Are you willing to develop new habits with your spouse? Do you have any ideas about how to start?

Individual consideration:

- 1) Are you struggling with any of the commitments we talked about the first week?
To God – to walk this path of recovery with Him
To yourself – that you will focus on being the spouse God called you to be
To your spouse – to establish an environment for healing
- 2) Were you able to focus on your relationship with God this week? What is your biggest struggle?
- 3) Are you angry? Do you know why?
- 4) Is your spouse angry? Do you know why?
- 5) Apart from the adultery, can you identify one area in your marriage you believe would be unhealthy to return to? Would your spouse agree?

**We suggest you not read further until
after the fourth meeting.**

Week Four Video LOSSES

Romans 6:23 (NIV) *For the wages of sin is death,
Adultery is sin and adultery brings death.
but the gift of God is eternal life in Christ Jesus our Lord.*
The good news is that there is hope and an offer of new life.

But there is also painful loss. (Ecclesiastes 3:1&6)

5 common areas of loss

1) **Purity of the marriage** _____

Common response is temporary
Acknowledge the violation, grieve the loss, & be honest with one another
Allow God's healing process to progress on His timetable

2) _____

Yes, unfaithfulness has occurred but again, faithfulness can be restored
Faithfulness is to be a lifestyle for every husband and wife

3) _____

TRUST IS LEARNED AND EARNED

It requires hard work by both of you – it takes 2 to rebuild trust
Onus is on the infidel - willingness to be accountable
Spouse needs openness to rebuilding trust
Parallel to broken leg in a cast

4) _____ **of who you thought you were**

As an individual and as a couple

5) _____

2 primary areas of loss

1) _____

2) _____

LOSSES CAUSE depression & pain

Week Four Video DEPRESSION & PAIN

Definition of depression:

characterized by discouragement, feeling inadequate & hopeless
common and _____ human reaction to sin, shame, stress & circumstances.

Romans 5:3-5 (NIV) God offers & gives us _____

James 1:2-4(NIV) God offers us our own _____ and _____

What can we do to help ourselves?

_____ : take care of your body

_____ : support from godly same sex friends, counseling

_____ : prayer, scripture, at His feet

How can we help our _____

Be there, allow grace, do the work of healing, build new memories

WHAT CAN WE DO ABOUT THE _____ ?

Accept it

Be willing to endure it

THINGS THAT CAN MAKE THE PAIN _____

1) _____

Refuse to be honest

Focus on blaming the other.

Share too much

2) Our _____

World's view of marriage, sexuality & adultery

Entertainment

3) Unhealthy _____ of the pain

“Spare me”

“Short circuit”

Week Four Homework

We are not the first, nor the last human to experience loss, depression & pain.
Read these scriptures and find hope that God will do the same for you as He did for them.

Psalm 40:1-3 (NIV)

1 I waited patiently for the LORD; he turned to me and heard my cry.

2 He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.

3 He put a new song in my mouth, a hymn of praise to our God.

Many will see and fear and put their trust in the LORD.

Jeremiah 15:18&19 (NIV)

18 Why is my pain unending and my wound grievous and incurable? Will you be to me like a deceptive brook, like a spring that fails?

19 Therefore this is what the LORD says: "If you repent, I will restore you that you may serve me; if you utter worthy, not worthless, words, you will be my spokesman. Let this people turn to you, but you must not turn to them.

Ecclesiastes 3:1-6 (NIV)

1 There is a time for everything, and a season for every activity under heaven:

2 a time to be born and a time to die, a time to plant and a time to uproot,

3 a time to kill and a time to heal, a time to tear down and a time to build,

4 a time to weep and a time to laugh, a time to mourn and a time to dance,

5 a time to scatter stones and a time to gather them, a time to embrace and a time to refrain,

6 a time to search and a time to give up, a time to keep and a time to throw away,

AS A COUPLE:

Discuss which of these three areas contributes to the biggest stumbling block you are encountering in the healing process.

Does your spouse see it the same way?

WEEK 4
Losses – Depression - Pain

Questions for consideration & conversation:

- 1) Which of these losses has affected you the most?
- 2) What is your biggest obstacle to rebuilding trust?
- 3) Are any of you depressed? What helps? What makes it worse?
- 4) What do you fear most as you go through the pain?
- 5) Can anyone relate to the “spare me” or “short circuit”?

Individual consideration:

- 1) Have you discussed your losses with your spouse?
- 2) How has your church life been impacted?
- 3) Are you depressed? What does that look like?
- 4) Can you name the primary source of your pain? (Not a person!)
- 5) Can you share your pain with your spouse? Why or why not?
- 6) Do you see your spouse’s pain? Why or why not?

**We suggest you not read further until
after the fifth meeting.**

Week Five Video REPENTANCE

Repentance:

to return, especially a spiritual return.

They mean to change your mind or purpose, to have a change of heart.

It is to turn _____ sin and turn _____ God.

Acts 3:19 (NIV) Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

And repentance is _____ simply feeling sorrow or regret.

2Corinthians 7:9 (NIV) ...I am happy, not because you were made sorry, but because your sorrow led you to repentance.

“godly sorrow means feeling bad because you have offended God. Worldly sorrow means feeling sad because you got caught or you suffer unpleasant consequences”.

Ken Sande, *The Peacemaker*,

‘One may feel sorrow over sin, but that doesn't necessarily equate with repentance. How do we tell the difference? Here is the acid test: Those who are truly repentant will not care if they lose the respect of the entire world, as long as they make it right with God.’

Bible.com

Biblical repentance is part of adultery recovery for _____ of us.

It may be an overt behavior

It may be more covert

It may be an attitude,

VERSES ON REPENTANCE FOR EACH INDIVIDUAL TO CONSIDER:

*Isaiah 30:15 (NIV) This is what the Sovereign LORD, the Holy One of Israel, says:
"In repentance and rest is your salvation, in quietness and trust is your strength,*

Romans 2:4 (NIV) Or do you show contempt for the riches of his kindness, tolerance and patience, not realizing that God's kindness leads you toward repentance?

The writer of Hebrews wrote the following about Esau's "repentance" – the implication was that his sorrow was over his lost blessing, not over his sin against God.

Hebrews 12:16-17 (NIV) ... godless like Esau, who for a single meal sold his inheritance rights as the oldest son. Afterward, as you know, when he wanted to inherit this blessing, he was rejected. He could bring about no change of mind, though he sought the blessing with tears.

Week Five Video CONFESSION

James 5:16 (NIV) “*confess your sins to each other*”

1John 1:9 (NIV) *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

The words used in scripture mean
profess, express, speak that which is agreeable to fact and truth.

It is the recognition and declaration of _____
not in line with God.& we agree it's sin

Who then needs to confess?
_____who have sinned.

And to whom do we need to confess?
First and foremost is _____ *Psalm 51:4 (NIV) Against you, you only, have I sinned...*
_____ you've sinned against

“The Seven A’s of Confession” *Peacemaker*, Ken Sande

- 1. Address everyone involved** –those _____affected
- 2. _____ the words *if, but & maybe.***
- 3. _____specifically.**

Suggestion for adultery “The Dance of Restoration”, Abel Ortega and Melodie Fleming

- An admission of the duration of the affair
- An accounting of when, how and where the affair started
- A confession of any lies told during the affair
- A replacement of these lies with the truth
- An admission of any contact with the partner after the affair is made known
- An honest answer to any question asked by the spouse.

- 4. Acknowledge the _____**
- 5. _____ the consequences.**
- 6. Alter your _____**
- 7. _____ for forgiveness.**

Week Five Video INTRODUCTION TO FORGIVENESS

DEFINITION

DICTIONARY: cease to demand penalty, cease to blame, cease to feel resentment about

SCRIPTURE: send away, release, set free, offer gift of grace or bestow a favor

LETTING GO OF THE RESENTMENT FOR BEING _____

Required components (according to Charles Stanley)

1) _____ an injury has occurred

2) Recognize that a _____ is owed

3) _____ the debt

Forgiveness is NOT:

1) Not containing or restraining our _____

2) Not letting someone off the _____ hook

3) Not an _____

4) Not _____

Why should I forgive?

1) *Forgive in _____ to God*

Ephesians 4:32 (NIV) Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Philippians 2:13 (NIV) for it is God who works in you to will and to act according to his good purpose.

2) *Forgiving _____ us from sin's control / from oppression*

Galatians 5:1 (NIV) It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Consider:

What does God mean when He talks about forgiveness?

Where do you want to end up at the end of the adultery recovery?

Who do you want to be?

Week Five Video ADMITTING OUR ROLES

REALITY #1:

Every marriage has _____
compilation of behaviors, attitudes, and responses
cause pain, disillusionment & disappointment

REALITY #2

Every person does not react to their marital issues by committing _____
choice
result of avoiding conflict
result of the opposition they face

REALITY #3

You will have issues _____ adultery recovery
difference is how you'll deal with them

SO WHAT IS IT WE'RE TRYING TO ACCOMPLISH?

1. What we want to be able to accomplish is _____ & _____ we'll handle our marital issues – the point being to keep the things that separate us at a minimum
2. What we want to establish is a relationship that deals with issues in a _____ manner and allows for resolution that is acceptable to both parties.
3. What we want is a marriage that you both enjoy and benefit from – so much so that you want to do everything you can to _____ it.

TOOLS

1. _____ the issues
2. Don't _____ the issues
3. Understand that your spouses perception is _____
4. Don't be _____ to come back to an issue later

DEALING WITH THE ISSUES

	Unhealthy Way #1 “The Martyr”	Unhealthy Way #2 “The Blamer”	Healthy Way “God’s Child”
PROBLEM	Person 1 injures Person 2	Person 1 injures Person 2	Person 1 injures Person 2
RESPONSE OF INJURED PARTY	Person 2 <u>accepts all responsibility</u> “It’s all my fault!” “If only I had”	Person 2 <u>denies all responsibility</u> “It is not my fault!” “He/She is just a rotten....”	Person 1 & 2 deal with the issues and problems that led to person 1’s choice Equal responsibility to resolve these issues
RESULT	Person 1 is off the hook And will therefore never deal with the issues	Person 2 never discusses or faces the issues	Person 1 must deal with his/her choice of response to those issues & problems Both together work on resolving the relationship issues & problems The relationship has the potential to heal and a path to restoration
	The relationship suffers Complete healing and restoration is not possible	The relationship suffers Complete healing and restoration is not possible	

Week Five Homework

As we deal with the issue of forgiveness, we tend to be at one end of the spectrum or the other. We are either quick to forgive without realizing the long term problems of not allowing God to do the healing that must first take place in order that a thorough work can be done in our lives; or we determine that we will not or we can not forgive because the hurt, betrayal or injustice is too great.

There is a story in the book of Numbers that can help us get a perspective.

The Lord told Moses to send 12 men to explore the land of Canaan which the Lord stated he was giving to Israel. Ten men brought back reports of overwhelming odds and the other two (Caleb and Joshua) came back saying they were to obey the Lord and go and take the land which God was giving them. The people rebelled and refused to go. The 10 men died, and God told Moses that the people would now wander for 40 years in the desert for their disobedience.

Numbers 14:39 (NIV) When Moses reported this to all the Israelites, they mourned bitterly.

40 Early the next morning they went up toward the high hill country. "We have sinned," they said. "We will go up to the place the LORD promised."

41 But Moses said, "Why are you disobeying the LORD's command? This will not succeed!

42 Do not go up, because the LORD is not with you. You will be defeated by your enemies,

43 for the Amalekites and Canaanites will face you there. Because you have turned away from the LORD, he will not be with you and you will fall by the sword."

44 Nevertheless, in their presumption they went up toward the high hill country, though neither Moses nor the ark of the LORD's covenant moved from the camp.

45 Then the Amalekites and Canaanites who lived in that hill country came down and attacked them and beat them down all the way to Hormah.

In this scripture we read how Israel swung from one extreme to the other but without stability and control. They had lost connection with their fixed point, which was God Himself. After spying out the Promised Land, Joshua challenged the nation to obey God and invade. Instead, they listened to the fearful report of the 10 other men and held back. Then after God judged them, they rushed ahead without His approval.

We often exhibit those same tendencies

Fear either keeps us from moving forward in faith

Self-reliance leads us to make rash decisions without seeking God's direction

WEEK 5
REPENTANCE – CONFESSION
INTRO TO FORGIVENESS – ADMITTING OUR ROLES

Questions for consideration & conversation:

- 1) What does it mean to turn from sin and turn to God?
- 2) The video offered suggestions of what to include in confession of adultery. Did any of the things on this list cause you concern or raise questions?
- 3) What has been your definition of forgiveness?
- 4) Do you have more difficulty identifying issues or trying to deal with them?
- 5) Which of these four areas is causing you as an individual the most difficulty in healing?

Individual consideration:

- 1) How can you tell if repentance is genuine?
- 2) Look at the seven A's of confession. Which of these is causing you the most problems?
- 3) What is your biggest barrier to forgiveness?
- 4) On a scale of one to ten (one being nothing and ten being everything you can) – how do you think you're doing in facilitating the healing process?
- 5) On a scale of one to ten (one being nothing and ten being everything you can) – how do you think your spouse is doing in facilitating the healing process?

**We suggest you not read further until
after the sixth meeting.**

Week Six Video TALK

DEFINITION OF TALK

to put ideas into words, to convey to another what you're thinking

Talking is the _____ that can deliver trust, forgiveness and healing.

Things to help avoid the common stumbling blocks to talking:

1) JUST _____ IT

TOOLS:

“What I understand you saying is....”

2) _____ THE QUESTIONS & _____ THE QUESTIONS

TOOLS:

“do you really think the truth can hurt any more than what I'm imagining?”

“do you really want me to answer that question?”

3) _____ WITH ANGER AND EMOTIONAL OUTBURSTS

TOOLS:

Time outs

Venting: gets it all out

Processing: involves venting but the result is to let it go.

If you're the recipient: *Proverbs 15:1 a gentle answer turn away wrath*

4) KEEP IT _____

TOOLS:

Ask permission to share

Don't minimize or criticize

Focus on healing! The goal is to develop or re-establish intimacy!

_____ *is the KEY to intimacy*

Week Six Video
INTIMACY & PRAYER

WHAT INTIMACY IS _____

Being married, having sex, based only on what “they” do,

DEFINED: a close and confidential relationship
a deep and thorough _____

DIFFERENT KINDS:

- _____ – sex, tenderness, caring
- _____ – common interests, mutual friends
- _____ – sharing needs, feelings, hopes, dreams
- _____ – ideas, philosophies, values
- _____ – a relationship with God

NOT BEING IN TOTAL _____ WITH ONE ANOTHER

It is the knowing and the appreciating of our differences, mutual respect

INTIMACY COSTS:

- _____ - risk giving more than you receive, it’s not always easy
- _____ - perseverance, self evaluation, responsibility
- _____ - this person gets priority
- _____ - risk being hurt because you’re honest

I Corinthians 3:10 – you are building together with God one brick at a time

HOW DO WE GET THERE:

- Let go of what doesn’t _____
- Focus on what _____ can do to help the journey
- Realize it’s a _____

PRAYER – “the _____ of intimacy”

Marriage is the human relationship most in line with the intimacy God desires with us

- Also – pray for our spouse
- That they would be _____ to building & re-building intimacy
- That they would be _____ to do the work with you
- That _____ would become for them the oasis of intimacy

WORDS OF WISDOM

“No yadha, no nada!”

Sherman Glenn

(Yadha is a Hebrew word for know. It means to perceive, understand and acquire knowledge.)

“Progress is impossible without change, and those who cannot change their minds cannot change anything.”

George Bernard Shaw

“On a television talk show some time ago the guest was an actor, well-known for his romantic roles on film. Predictably, he was asked, “What makes a great lover?” I am confident everyone watching the show (myself included) expected the standard macho-playboy response. To the surprise of the host and the audience, his answer raised eyebrows all across America. It went something like this:

“A great lover is someone who can satisfy one woman all her life long, and can be satisfied by one woman all his life long. A great lover is not someone who goes from woman to woman to woman. Any dog can do that.”

Strike the Original Match, Charles R. Swindoll

“Where’s home for you?’ a fellow asks a fellow traveler on a plane. “Wherever she is” comes the reply, as the man points to his wife.”

Seamus Heaney

“It doesn’t happen all at once,” said the Skin Horse. “You become. It takes a long time. That’s why it doesn’t often happen to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are REAL, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don’t matter at all, because once you are REAL you can’t be ugly, except to the people who don’t understand.”

Velveteen Rabbit, Margery Williams

Ten Relational Needs

Instructions: Select three needs that are typically important to you.

You	Other (friend, spouse, co-worker)
<input type="checkbox"/> Acceptance: Receiving another person willingly and unconditionally, especially when the other’s behavior has been imperfect. Being willing to continue loving another in spite of offenses. (Romans 15:7)	<input type="checkbox"/>
<input type="checkbox"/> Affection: Expressing care and closeness through physical touch; saying “I love you.” (Romans 16:16; Mark 10:16)	<input type="checkbox"/>
<input type="checkbox"/> Appreciation: Expressing thanks, praise or commendation. Recognizing accomplishment or effort. (Colossians 3:15b; I Corinthians 11:2)	<input type="checkbox"/>
<input type="checkbox"/> Approval (Blessing): Building up or affirming another; affirming both the fact of and the importance of a relationship. (Ephesians 4:29; Mark 1:11)	<input type="checkbox"/>
<input type="checkbox"/> Attention: Conveying appropriate interest, concern, and care; taking thought of another; entering another’s world. (I Corinthians 12:25)	<input type="checkbox"/>
<input type="checkbox"/> Comfort: Responding to a hurting person with words, feelings, and touch; to hurt with and for another’s grief or pain. (Romans 12:15b; Matthew 5:4; II Corinthians 1:3-4; John 11:35)	<input type="checkbox"/>
<input type="checkbox"/> Encouragement: Urging another to persist and persevere toward a goal; stimulating toward love and good deeds. (I Thessalonians 5:11; Hebrews 10:24)	<input type="checkbox"/>
<input type="checkbox"/> Respect: Valuing and regarding another highly; treating another as important; honoring another. (Romans 12:10)	<input type="checkbox"/>
<input type="checkbox"/> Security (Peace): Harmony in relationships; freedom from fear or threat of harm. (Romans 12:16, 18)	<input type="checkbox"/>
<input type="checkbox"/> Support: Coming alongside and gently helping with a problem or struggle; providing appropriate assistance. (Galatians 6:2)	<input type="checkbox"/>

Excerpt from Top Ten Relational Needs, Copyright 1997 Relationship Press
 For more information contact Intimate Life Ministries 800-881-8008, www.greatcommandment.net

Relational Needs Questionnaire

Instructions: Respond to these questions by placing the appropriate number beside each item:

- | Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree |
|-------------------|----------|---------|-------|----------------|
| -2 | -1 | 0 | +1 | +2 |
- ___ 1. It's important that people receive me for who I am, even if I'm a little "different."
 - ___ 2. It's important to me that my financial world be in order.
 - ___ 3. I sometimes become "weary in well doing."
 - ___ 4. It's vital to me that others ask me my opinion.
 - ___ 5. It's important that I receive physical hugs, warm embraces, etc...
 - ___ 6. I feel good when someone "enters into my world."
 - ___ 7. It's important for me to know "where I stand" with those who are in authority over me.
 - ___ 8. It is meaningful when someone notices that I need help and then they offer to get involved.
 - ___ 9. If I feel overwhelmed, I want someone to come alongside me and help.
 - ___ 10. I feel blessed when someone recognizes and shows concern for how I'm feeling.
 - ___ 11. I like to know if "who I am" is of value and is meaningful to others.
 - ___ 12. It is important to me to express myself—what I think, feel, etc.—to those around me.
 - ___ 13. It means a lot to me for loved ones to initiate saying to me, "I love you."
 - ___ 14. I resist being seen only as a part of a large group--my individuality is important.
 - ___ 15. I am blessed when a friend calls to listen and encourage me.
 - ___ 16. It's important to me that people acknowledge me not just for what I do but for who I am.
 - ___ 17. I feel best when my world is orderly and somewhat predictable.
 - ___ 18. When I've worked hard on something, I am pleased when others express gratitude.
 - ___ 19. When I "blow it," it's important to me to be reassured that I'm still loved.
 - ___ 20. It's encouraging to me that others notice my effort or accomplishments.
 - ___ 21. I sometimes feel overwhelmed with all I have to do.
 - ___ 22. I want to be treated with kindness and equality by all regardless of my race, gender, looks, or status.
 - ___ 23. I like to be greeted with a handshake or other appropriate friendly touch.
 - ___ 24. I like it when someone wants to spend time with me.
 - ___ 25. I am blessed when a "superior" says, "Good job."
 - ___ 26. It's important to me for someone to express care for me after I've had a hard day.
 - ___ 27. When facing something difficult, I usually sense that I need other people's input and help.
 - ___ 28. Written notes and calls expressing sympathy after a serious loss or difficulty are/or would be meaningful to me.
 - ___ 29. I feel good when someone close to me shows satisfaction with the way I am.
 - ___ 30. I enjoy being spoken of or mentioned in front of other people.
 - ___ 31. I would be described as a person who likes hugs and/or other caring touch.
 - ___ 32. When a decision is going to affect me, it's important to me that I am involved in the decision.
 - ___ 33. I am blessed when someone shows interest in what I'm working on.
 - ___ 34. I appreciate trophies, plaques, or special gifts as permanent reminders of something significant I have done.
 - ___ 35. I sometimes worry about the future.
 - ___ 36. When I'm introduced into a new environment, I typically search for a group to connect with.
 - ___ 37. The thought of change (moving, new job...etc.) produces anxiety for me.
 - ___ 38. It bothers me when people are prejudiced against someone just because they dress or act differently.
 - ___ 39. I want to be close to friends and loved ones who will be there "through thick and thin."
 - ___ 40. I am blessed by written notes and other specific expressions of gratitude.
 - ___ 41. To know that someone is praying for me is meaningful to me.
 - ___ 42. I am bothered by "controlling" people.
 - ___ 43. I am blessed when I receive unmerited and spontaneous expressions of love.
 - ___ 44. I am pleased when someone carefully listens to me.
 - ___ 45. I am blessed when people commend me for a godly characteristic I exhibit.
 - ___ 46. I typically don't want to be alone when experiencing hurt and trouble.
 - ___ 47. I don't enjoy working on a project by myself; I prefer to have a partner.
 - ___ 48. It's important for me to feel a "part of the group."
 - ___ 49. I respond to someone who tries to understand me and who shows me loving concern.
 - ___ 50. I would rather work with a team of people than by myself.

To score the questionnaire, see next page.

Excerpt from Top Ten Relational Needs, Copyright 1997 Relationship Press

Relational Needs Questionnaire: Scoring

1. Add up your responses (-2, -1, 0, +1, +2) to items:

1 _____
19 _____
36 _____
38 _____
48 _____
Total _____

These responses relate to the need for ACCEPTANCE.

2. Add up your responses to items:

2 _____
17 _____
35 _____
37 _____
39 _____
Total _____

These responses relate to the need for SECURITY

3. Add up your responses to items:

18 _____
20 _____
25 _____
34 _____
40 _____
Total _____

These responses relate to the need for APPRECIATION

4. Add up your responses to items:

3 _____
15 _____
21 _____
33 _____
41 _____
Total _____

These responses relate to the need for ENCOURAGEMENT

5. Add up your responses to items:

4 _____
14 _____
22 _____
32 _____
42 _____
Total _____

These responses relate to the need for RESPECT.

6. Add up your responses to items:

5 _____
13 _____
23 _____
31 _____
43 _____
Total _____

These responses relate to the need for AFFECTION.

7. Add up your responses to items:

6 _____
12 _____
24 _____
30 _____
44 _____
Total _____

These responses relate to the need for ATTENTION.

8. Add up your responses to items:

7 _____
11 _____
16 _____
29 _____
45 _____
Total _____

These responses relate to the need for APPROVAL

9. Add up your responses to items:

10 _____
26 _____
28 _____
46 _____
49 _____
Total _____

These responses relate to the need for COMFORT.

10. Add up your responses to items:

8 _____
9 _____
27 _____
47 _____
50 _____
Total _____

These responses relate to the need for SUPPORT.

The Expressions of Our Hearts

Communication is not easy! We each have our own way of expressing our love. We tend to think that our spouse is sure to understand our method. Wrong! In most marriages, God in His infinite wisdom, allows us to fall in love with someone of the exact opposite personality and a totally different style of communication. That is why we are attracted to each other. We are drawn to someone who completes us, rather than someone we compete with; someone who makes us feel good emotionally. The reality is that your way of expressing love may be as difficult for your spouse to comprehend as a foreign language.

There are several books out on the subject of love languages. One very good one is *The Five Love Languages* by Gary Chapman, published by Northfield (Moody Publishers). We highly recommend this book for learning more about how to express your love. What we are going to share is based on his material.

The first point in learning about our “love-giving/receiving” styles is to find out what our spouse’s emotional needs are and what our personal emotional needs are. When undergoing any task we must figure out the components before we can achieve success. Ask yourselves these questions as you read the following expressions:

How do I express love? What makes me feel loved?

Let’s take a look at five ways we tend to express our love.

Expression #1 – Encouraging Words:

Not words to manipulate or coerce, but genuine words of kindness, acceptance, appreciation, affirmation and forgiveness spoken with gentleness, humility and sincerity. *1 Thessalonians 5:11 (NIV) Therefore encourage one another and build each other up...*

Expression #2 – Excellent Time:

This is not just time spent together but rather a quality time of sharing and listening to each others thoughts, feelings, desires, and experiences that will lead to a meaningful and deeper understanding of each other. Giving your spouse your undivided attention.

Song of Solomon 2:10 (NIV) My lover spoke and said to me, "Arise, my darling, my beautiful one, and come with me.

Expression #3 – Exceptional Gifts:

This is not buying the first item you see as you enter a store, but spending time choosing the “perfect gift” that says to your spouse how valuable they are to you. This is choosing something that will bring a smile to your spouses face, and not based on cost. Not all gifts need to be purchased; your thoughtfulness, your presence or your expression can be a most precious present.

Romans 12:8 (NIV)... let him give generously ...

Expression #4 – Endearing Services:

Not the things we do grudgingly, but the acts we do to please our spouse. A “honey-do” list written on your heart, thought through because you know what they like, desire, or need. Let’s not get hung up on “women’s work” or “men’s work”, but just doing the work that needs to be done.

Colossians 3:23 (NIV) Whatever you do, work at it with all your heart, as working for the Lord, not for men,

Expression #5 – Embracing Touch: Not just sex, even though sex is the epitome of physical touch, this expression involves all manner of touch that makes your spouse feel special, secure and loved. Holding hands, a back rub, a hug. Remember this is about meeting your spouse’s emotional needs rather than your physical needs.

Song of Solomon 7:10 (NIV) I belong to my lover, and his desire is for me.

As you decide which is your natural expression and which one meets your spouses emotional needs, think about what makes you feel happy and feel loved and what puts a smile on your spouse’s face.

We each have a specialty. A style that comes easily as we express our emotional feelings of love, but it is usually expressed out our own need and not our spouses. What our spouse needs may not come naturally to us, so to enable them to feel loved we must allow God to stretch us. Expressing our love so our spouse can hear it is a choice. Love must put our spouse first and in doing so; we become the mate God intended us to be. Ephesians 5:21 and 1 Corinthians 13: 4-7. “Love never fails.”

Husband: I enjoy giving 1. _____ 2. _____

I need to receive 1. _____ 2. _____

Wife: I enjoy giving 1. _____ 2. _____

I need to receive 1. _____ 2. _____

PRAYING FOR YOUR SPOUSE

We encourage you to pray for your spouse.
The verses below can be used as a tool to guide your prayers.

*Hosea 2:6 (NIV) Therefore I will block her path with thornbushes;
I will wall her in so that she cannot find her way.*

Pray that the way of sin would be difficult

John 17:15 (NIV) My prayer is not that you take them out of the world but that you protect them from the evil one.

Jesus' prayer for His disciples was one of protection

James 5:16 (NIV) Therefore confess your sins to each other and pray for each other so that you may be healed...

Praying for one another enables healing

Dishonesty, lying, refusing to be accountable blocks healing

1Peter 4:7 (NIV) The end of all things is near. Therefore be clear minded and self-controlled so that you can pray.

Pray for God's help so you can be clear minded and self controlled

Pray for even the desire to be clear minded and self controlled

These could be the "last days" of our marriages

Mark 9:23-24 (NIV)

23... "If you can?" said Jesus. "Everything is possible for him who believes."

24 Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!"

Pray for God to help you and your spouse when you're having trouble believing what he says.

Proverbs 3:5&6 (NIV)

5 Trust in the LORD with all your heart and lean not on your own understanding;

6 in all your ways acknowledge him, and he will make your paths straight.

Pray for the ability to trust the Lord to direct your path

Philippians 1:9 (NIV) And this is my prayer: that your love may abound more and more in knowledge and depth of insight,

This is our prayer for you and one you can pray for all of us

That we would have God's love and His perspective

His perspective is healing from the heart,

Not a superficial picture of healing

Week Six Homework

Go on a “talking” date

Husband initiates & plans

Wife sets date and arranges child care if needed

Pray with each other on the onset of your date

Pray that each of you would be able to enjoy this time together

During the date describe to each other what attracted you to your spouse

Think on these verses prior to your date:

Zechariah 8:16 (NLT)

But this is what you must do: Tell the truth to each other. Render verdicts in your courts that are just and that lead to peace.

Psalms 127:1 (NLT)

Unless the LORD builds a house, the work of the builders is useless. Unless the LORD protects a city, guarding it with sentries will do no good.

Proverbs 24:3&4 (NIV)

By wisdom a house is built, and through understanding it is established; through knowledge its rooms are filled with rare and beautiful treasures.

WEEK 6
TALK / INTIMACY / PRAYER

Questions for consideration & conversation:

- 1) What is the biggest obstacle to you & your spouse talking?
- 2) Questions by the spouse & answers by the infidel is a common problem area. Why do you think that is so?
- 3) Do you want to work on restoring intimacy more than you are afraid of being vulnerable?
- 4) Acknowledging that an intimate marriage would include honesty and not include infidelity, define your idea of an intimate marriage.
- 5) How has the adultery affected your prayer life?

Individual consideration:

- 1) Are you willing to accept a time out called by your spouse? Why or why not?
- 2) If you could ask your spouse to do one thing that you believe would help you as a couple talk – what would it be?
- 3) Identify the type of intimacy that needs the most work in your marriage?
- 4) Where is your intimacy with God?
- 5) Can you pray for your spouse? What do you pray for?

**We suggest you not read further until
after the seventh meeting.**

Week Seven Video ACCOUNTABILITY

Accountability?

It means to be responsible, to explain, to be answerable to someone else.

Being accountable helps to _____ us from costly consequences.

Wikipedia: an obligation to lead a life consistent with one's own values.

Who is it we are accountable to?

First and foremost to _____

Romans 14:12 tells us...So then, each of us will give an account of himself to God...

Secondly to our _____

Ecclesiastes 4:12 (NIV) Though one may be overpowered, two can defend themselves.

Thirdly to _____ in the body of Christ

1 Corinthians 12:24&25 tells us ...God has combined the members of the body... so that there should be no division in the body, but that its parts should have equal concern for each other.

Accountability is a _____ not a one time act or just during recovery

Can ask the hard questions,
You trust with honest answers.
The same sex

Qualities of an accountable person:

1. They need to be _____

2. They need to have _____

3. They need to be _____

4. They need to be _____

5. They need to be _____

Remember it is an investment but the rewards are great.

Week Seven Video HEDGES

What are hedges?

simple _____ we put in place to help us with the constant battle in the flesh over lust.
1 Corinthians 6:18 (NIV) tells us to "Flee from sexual immorality..."

Why?

Because _____ is immune to sexual temptation.

"Danger signs"

When you're too _____ to have time to be alone with God.

When you're too busy to spend a least one relaxed evening a week with your _____

When you feel you _____ more attention than you're getting at home.

When you're glad your spouse _____ hear or see what you just did.

When the _____ in your marriage is fading

When your charisma, appearance & personality are attractive to the opposite sex and you _____ it

When you enjoy fantasizing about a person _____ than your spouse.

When a person of the opposite sex makes themselves _____ to you by their behavior.

When a person of the _____ sex tells you how wonderful you are & how much they like you.

When scriptures concerning adultery are not for you because you _____ have that problem

When you feel _____ for yourself because the relationship with your spouse is less than you deserve.

Men – when you find yourself becoming _____ to the "damsel in distress"

Women – when you find yourself _____ being a damsel in distress.

When you find yourself telling an opposite sex friend "my spouse just doesn't _____ me".

Practical behaviors that can serve as hedges to protect you and those around you.

Number 1 2's company, 3's _____

Number 2 _____ your hands

Number 3 Guard your _____

Number 4 Avoid _____

Number 5 Do not admit an _____ to another person

Number 6 Remind yourself & your spouse that they are number _____

Number 7 Spend _____ with your spouse

**20 Questions for Guiding
Opposite-Sex Friendships in Marriage**
Dr. Todd E. Linaman

If you have ever wondered whether or not your close opposite-sex friendship poses a potential threat to your marriage take a few moments to answer the questions below. Read each question carefully and then quickly and honestly record the first answer that comes to mind.

1. Is your spouse unaware of your opposite-sex friendship? Yes No
2. Would you ever behave differently around your friend if your spouse were present?
Yes No
3. Would you feel uncomfortable if your spouse had the same quality of friendship with someone of the opposite sex? Yes No
4. Do you prefer to spend time alone with your opposite-sex friend rather than in a group setting? Yes No
5. Are you physically and/or emotionally attracted to your friend? Yes No
6. Is your friend someone you would consider dating if you were single? Yes No
7. Have you ever entertained romantic fantasies about your friend? Yes No
8. Do you ever compare your spouse to your friend? Yes No
9. Do you think about sharing important news with your friend before your spouse?
Yes No
10. Do you and your friend ever exchange highly personal details about your lives or complain about your marriages to each other? Yes No
11. Do you often reference or talk about your friend with others? Yes No
12. Has your spouse ever expressed concern about your friendship? Yes No
13. Is your relationship with your friend ever a source of tension or conflict between you and your spouse? Yes No
14. Have you ever ignored or minimized your spouse's requests to end or modify the relationship with your friend? Yes No
15. Have you ever deceived or misled your spouse about matters concerning your friendship?
Yes No
16. Has anyone other than your spouse ever cautioned you about your opposite-sex friendship?
Yes No
17. Do you do things with your friend that your spouse is unwilling or uninterested in doing?
Yes No
18. Does your friend fulfill needs that you wish your spouse would meet? Yes No
19. Do you have unexpressed or unresolved anger toward your spouse? Yes No
20. Does your marriage lack intimacy? Yes No

If you answered "yes" to one or more of the questions above, your opposite-sex friendship poses a real threat to the quality of your marriage. It may be in the best interest of your marriage to either significantly limit or actually end your close friendship. Be completely honest with yourself and your spouse and pray that God will give you the wisdom, discernment and courage to do what is best!

20 Questions for Guiding Opposite-Sex Friendships in Marriage, by Todd E. Linaman, Ph.D
Originally published by Parent Talk, Inc. Used with permission.

It is possible for married people to have healthy opposite-sex friendships. However, special consideration must be given to a number of factors that, if ignored, can potentially serve to threaten your marriage and seriously compromise your relationship with God. If you desire to make or keep your marriage strong, here are some tips for managing opposite-sex friendships in your life.

1. Make your relationship with Jesus Christ your number one priority in life.
2. Develop and consistently nurture a "best friend" relationship with your spouse.
3. Develop and consistently nurture close same- sex friendships.
4. Make sure your spouse knows your friend and is completely comfortable with the type and level of interaction you have with them.
5. Honor your spouse's wishes concerning your friendship - even if it means ending it.
6. Avoid establishing close friendships with opposite sex singles.
7. Avoid developing a close friendship with someone you are physically and/or emotionally attracted to.
8. Avoid close opposite-sex friendships if you are struggling in your marriage relationship.
9. Address unmet needs and unresolved anger in your marriage in an open, honest and timely fashion.
10. Demonstrate a God-honoring character in **all** your relationships.

Above all else, guard your heart, for it is the wellspring of life.

Proverbs 4:23(NIV)

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy-- think about such things.

Philippians 4:8(NIV)

My son, preserve sound judgment and discernment, do not let them out of your sight; they will be life for you, an ornament to grace your neck. Then you will go on your way in safety, and your foot will not stumble.

Proverbs 3:21-23(NIV)

20 Questions for Guiding Opposite-Sex Friendships in Marriage, by Todd E. Linaman, Ph.D. Originally published by Parent Talk, Inc. Used with permission.

Week Seven Homework

Discuss your thoughts about being accountable?

Do you both believe you need to be accountable?

Discuss what that would look like?

Share with your spouse

A hedge that you believe was missing for you

How you are now going to put it in place

James 1:14&15 (NIV)

but each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

Ecclesiastes 4:9&10 (NIV)

Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!

1Corinthians 10:12&13 (NIV)

So, if you think you are standing firm, be careful that you don't fall! No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

Week 7
ACCOUNTABILITY & HEDGES

Questions for consideration & conversation:

- 1) What qualities do you look for in an accountability partner?
- 2) What qualities would you want present in a person of the same sex that you could build an accountability relationship with?
- 3) What hedge was missing for you in your marriage?
- 4) What hedges have you seen in others that impressed you?
- 5) What makes spending time with your spouse a challenge?

Individual consideration:

- 1) Are you willing to be accountable to your spouse?
- 2) Which area is your weakest: being godly, vulnerable, teachable, available, or honest?
- 3) Do you see any danger signs in your own life now?
- 4) What are you doing to build hedges?
- 5) How do you deal with flirting and physical affection directed at you by someone of the opposite sex?

Week 8
INDIVIDUAL MEETING WITH FACILITATORS

Week 8 is your opportunity to meet privately with the facilitators. Here you will have the freedom to address any issues you may not have felt comfortable discussing with the group. In preparation for this meeting, please consider any questions or items for discussion that you as an individual may have or that you as a couple may want to address. You will have that opportunity both in a gender specific portion of the meeting and when we meet as couples. We do have an agenda but will happily set that aside to deal with whatever is on your hearts.

You have been offered a lot of information over a short period of time and we do not expect you to have worked through all the principles we've discussed. We look forward to meeting with you in this more intimate setting.

God bless, Your Hope & Healing Facilitators

Individual consideration:

- 1) Where is your relationship with God? Do you pray? Do you read scripture?
- 2) What do you think is the major obstacle for you in the recovery process?
- 3) What do you think is the major obstacle for your spouse?
- 4) What is one issue you have identified in yourself?
- 5) What are you going to do to address that issue?

**We suggest you not read further until
after the ninth meeting.**

Week Nine Video FORGIVENESS

Defined:

To cease to _____ a penalty, to cease to blame, to release or set free.

IT IS _____ OF THE RESENTMENT FOR BEING WRONGED

FORGIVENESS IS NOT

It's not containing our resentment or _____ it's not there.

It's not letting someone off the moral hook, _____ or disregarding the wrong done.

It's not an _____ we can see they had no alternative because of

It's not _____ some kind of sentimental amnesia.

Forgiveness is not _____

Matthew 6:9-15 (NIV)

9 "This, then, is how you should pray: "Our Father in heaven, hallowed be your name,

10 your kingdom come, your will be done on earth as it is in heaven.

11 Give us today our daily bread.

12 Forgive us our debts, as we also have forgiven our debtors.

13 And lead us not into temptation, but deliver us from the evil one [for yours is the kingdom and the power and the glory forever. Amen.]

14 For if you forgive men when they sin against you, your heavenly Father will also forgive you.

15 But if you do not forgive men their sins, your Father will not forgive your sins.

Who is Jesus talking to?

Matthew 5:1 (NIV) Now when he saw the crowds, he went up on a mountainside and sat down. His disciples came to him,

**Unforgiveness: _____ joy and peace
_____ with our relationship with God**

Parable of the unmerciful servant

Matthew 18:21-34 (NIV)

21 Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?"

22 Jesus answered, "I tell you, not seven times, but seventy-seven times [seventy times seven].

Week Nine Video FORGIVENESS

23 "Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants.

24 As he began the settlement, a man who owed him ten thousand talents was brought to him.

25 Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt.

26 "The servant fell on his knees before him. 'Be patient with me,' he begged, 'and I will pay back everything.'

27 The servant's master took pity on him, canceled the debt and let him go.

28 "But when that servant went out, he found one of his fellow servants who owed him a hundred denarii. He grabbed him and began to choke him. 'Pay back what you owe me!' he demanded.

29 "His fellow servant fell to his knees and begged him, 'Be patient with me, and I will pay you back.'

30 "But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt.

31 When the other servants saw what had happened, they were greatly distressed and went and told their master everything that had happened.

32 "Then the master called the servant in. 'You wicked servant,' he said, 'I canceled all that debt of yours because you begged me to.

33 Shouldn't you have had mercy on your fellow servant just as I had on you?'

34 In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed.

35 "This is how my heavenly Father will treat each of you unless you forgive your brother from your heart."

Unforgiveness ensures being _____

Embittered people are more miserable than even those around them

How do we make sure this doesn't happen to us?

Forgive from the _____

Why should you bother to forgive?

Number 1) Forgive in obedience to _____

Ephesians 4:32 (NIV)

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Philippians 2:13 (NIV) for it is God who works in you to will and to act according to his good purpose.

Number 2) Forgiving frees us from sin's control / from _____

Galatians 5:1 (NIV) It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Week Nine Video
FORGIVENESS
5 PRACTICAL WAYS TO BEGIN FORGIVING:

Number 1) FOCUS ON YOU AND GOD / FOCUS ON YOUR _____

Spend time with God In prayer
 In His Word

Number 2) RECOGNIZE AND _____ THE HURT AND THE PAIN

Clean out the wound with the balm of God so that it can heal

Number 3) LET GO OF THE _____

There will never be a good enough reason for some of the wrongs done to us

Forgiveness can begin when we recognize our _____ participation

In the incident itself or in keeping blame alive

Number 4) BEGIN TO SEE THE OTHER PERSON AS A PERSON OF _____

Jesus died for us all not just those of us we consider “worthy”

Romans 3:23 (NIV) for all have sinned and fall short of the glory of God,

Real forgetting: when we look at the person who caused our pain & can see them as God’s creation.

Number 5) _____ TOWARD FORGIVENESS

Forgiveness is a goal to be pursued

BETH MOORE:

“Forgiveness involves my handing over to God the responsibility for justice”

FORGIVENESS:

It is a _____

It is a _____ you are taking

It is a _____ that we can give and a gift that we can _____

It is a _____—nobody can make you do this

WHAT IF MY OFFER OF FORGIVENESS IS NOT RECEIVED?

NOW WHAT DO I DO?

Romans 12:17-21 (NLT)

17 Never pay back evil for evil to anyone. Do things in such a way that everyone can see you are honorable.

18 Do your part to live in peace with everyone, as much as possible.

19 Dear friends, never avenge yourselves. Leave that to God. For it is written, "I will take vengeance; I will repay those who deserve it," says the Lord.

20 Instead, do what the Scriptures say: "if your enemies are hungry, feed them. If they are thirsty, give them something to drink, and they will be ashamed of what they have done to you."

21 Don't let evil get the best of you, but conquer evil by doing good.

Your responsibility is to obey God and offer the forgiveness. The response from the person who cannot receive that forgiveness is between them and God.

When and if there is contact with that person, treat them as the forgiven person they are. We can only pray that God would soften their heart to receive it.

Our focus remains unchanged, our personal relationship with God and following Him.

Their "shame" in verse 20 may not ever be something we see. It may only be when they finally face the Lord.

Week Nine Homework

Ephesians 4:29-32(NIV)

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Hebrews 12:1-3(NIV)

1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

2 Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

3 Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

Re-read the scriptures we went over

Have an honest discussion about forgiveness with your spouse

Where are you?

Where is your spouse?

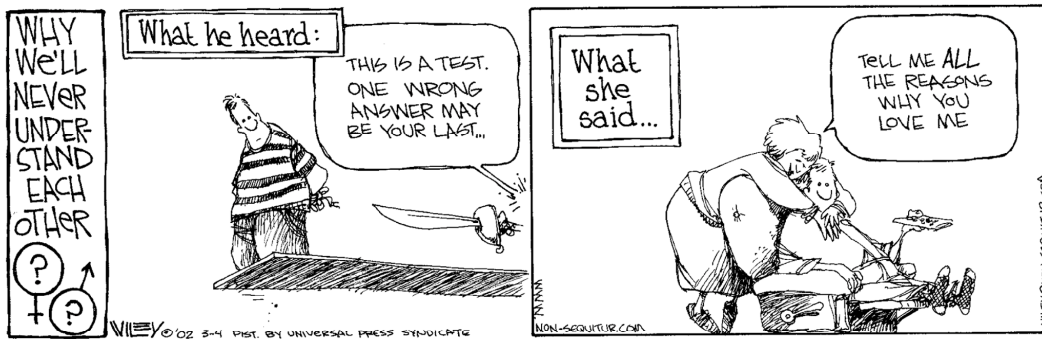
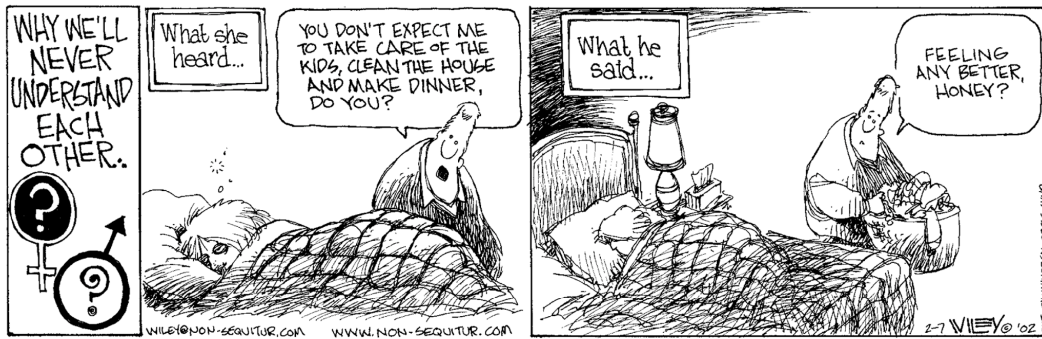
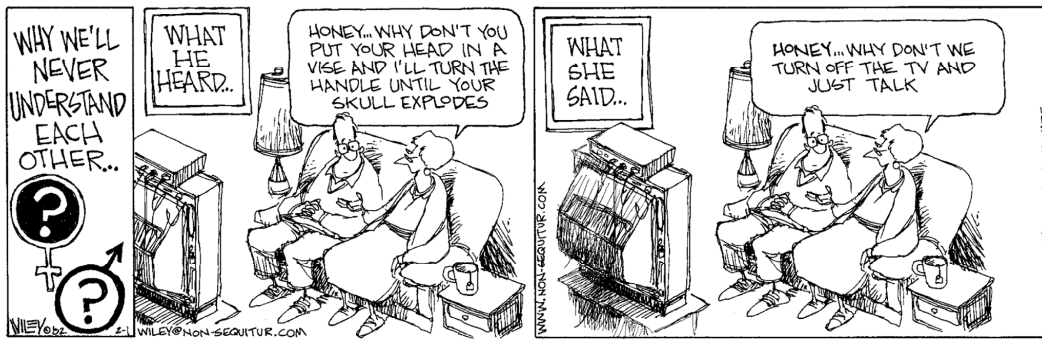
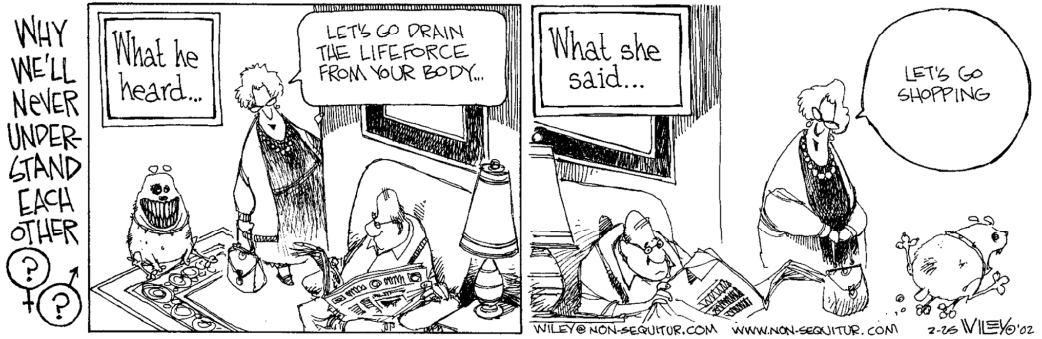
Do you agree?

WEEK 9
FORGIVENESS

Individual consideration:

- 1) What has been your definition of forgiveness? Is it in line with God's?
- 2) Charles Stanley tells us that to forgive we need to acknowledge the injury, admit there is a debt owed and then cancel the debt. Which of these three is most difficult for you?
- 3) Five suggestions were offered to start on the road to forgiveness. Where do you need to begin?
- 4) How can one begin to see the person we need to forgive as a person of value after they have injured us or someone we love?
- 5) What could your spouse do that would help you in the process of forgiveness?

**We suggest you not read further until
after the last meeting.**



NON SEQUITUR © 2002 Wiley Miller. Dist. By UNIVERSAL PRESS SYNDICATE. Reprinted with permission. All rights reserved.

Week Ten Video BIBLICAL MARRIAGE

4 PRINCIPLES OF MARRIAGE

Genesis 2:24-25 (NASB) (see also Matthew 19:3-6)

24 For this cause a man shall leave his father and his mother, and shall cleave to his wife; and they shall become one flesh.

25 And the man and his wife were both naked and were not ashamed.

- 1) _____
- 2) _____
- 3) _____
- 4) _____

1) If I ???, will I be giving another relationship a higher _____ than my marriage?

2) If I ???, will I be undermining the _____ my marriage?

3) If I ???, will I be violating the physical, emotional or spiritual _____ I am to have with my spouse?

4) If I ??? will I be able to face my spouse _____ ?

3 PRIMARY RELATIONSHIPS OF HUMAN BEINGS

Number 1 – between God and man
(see Psalm 139:15-16)

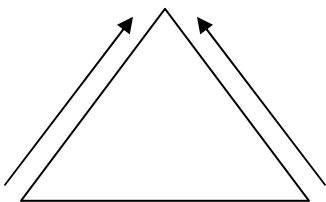
Begins: _____ Ends: _____

Number 2 - between husband & wife
(see Matthew 22:25-30)

Begins: _____ Ends: _____

Number 3 - between parent & child

Begins: _____ Ends: _____
_____ when child marries



Week Ten Video
BIBLICAL MARRIAGE

HOW MEN AND WOMEN ARE ALIKE

Genesis 1:27 (NIV) So God created man in his own image, in the image of God he created him; male and female he created them.

both men and women are created in _____

Genesis 1:28 (NIV) God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground."

both were _____ by God

both given 4 responsibilities

_____ in number

_____ the earth

_____ the earth

_____ over living things

Genesis 1:29 (NIV) Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

_____ for by God (food)

1 Corinthians 11:11 (NIV) In the Lord, however, woman is not independent of man, nor is man independent of woman.

neither is _____ of other

Galatians 3:28 (NIV) There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus.

_____ in Christ

1 Peter 3:7 (NASB) You husbands likewise, live with [your wives] in an understanding way ... and grant her honor as a fellow heir of the grace of life, so that your prayers may not be hindered.

fellow heir of _____

EVERY HUMAN NEEDS:

1) _____

2) _____

Week Ten Video BIBLICAL MARRIAGE

DIFFERENCES IN MEN

Genesis 1:27 (NIV) So God created man in his own image, in the image of God he created him; male and female he created them.

distinctively _____

Genesis 2:15 (NIV) The LORD God took the man and put him in the Garden of Eden to work it and take care of it.

cultivate & keep _____

Genesis 2:16&17 (NIV) And the LORD God commanded the man, "You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die."

given the _____

Genesis 2:19 (NIV) Now the LORD God had formed out of the ground all the beasts of the field and all the birds of the air. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name.

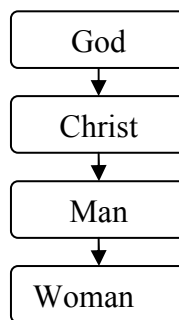
_____ the creatures

Genesis 2:18 (NIV) The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him."

not good to be _____

1 Corinthians 11:3 (NIV) Now I want you to realize that the head of every man is Christ, and the head of the woman is man, and the head of Christ is God.

headship _____



(see also John 5:19 & 10:30)

1 Corinthians 11:7 (NIV) A man ought not to cover his head, since he is the image and glory of God; but the woman is the glory of man

glory of _____

MEN IN GENERAL

_____ oriented

See the _____

2 BASIC FEARS

_____ by woman

Found _____

Week Ten Video BIBLICAL MARRIAGE

DIFFERENCES IN WOMEN

Genesis 1:27 (NIV) So God created man in his own image, in the image of God he created him; male and female he created them.

distinctively _____

Genesis 2:18 (NIV) The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him."

created to be a _____ helper

Genesis 2:22 (NIV) Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man.

_____ to man by God

Genesis 2:23 (NIV) The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man."

_____ by man

1 Corinthians 11:7 (NIV) A man ought not to cover his head, since he is the image and glory of God; but the woman is the glory of man

glory of _____

1 Corinthians 11:9 (NIV) neither was man created for woman, but woman for man.

_____ for the man's sake

1 Peter 3:7 (NASB) You husbands likewise, live with [your wives] in an understanding way, as with a weaker vessel, since she is a woman; and grant her honor as a fellow heir of the grace of life, so that your prayers may not be hindered.

lived with as a _____ vessel (precious & valuable)

WOMEN IN GENERAL

_____ oriented

See the _____

1 BASIC FEAR

Being _____ like an object

Week Ten Video **BIBLICAL MARRIAGE**

CONSEQUENCES OF THE FALL

WOMAN:

Genesis 3:16 (NIV) To the woman he said, "I will greatly increase your pains in childbearing; with pain you will give birth to children. Your desire will be for your husband, and he will rule over you."

Increase _____ with childbirth
_____ husband, but he'll rule

MAN

Genesis 3:16 (NIV) To the woman he said, "...Your desire will be for your husband, and he will rule over you."

_____ the headship

Genesis 3:17 (NIV) To Adam he said, "Because you listened to your wife and ate from the tree about which I commanded you, 'You must not eat of it,' "Cursed is the ground because of you; through painful toil you will eat of it all the days of your life. 18 It will produce thorns and thistles for you, and you will eat the plants of the field. 19 By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return."

Provision would not come _____

GOD'S ASSIGNED ROLES

ROLE OF THE WIFE

Ephesians 5:22 (NIV) Wives, submit to your husbands as to the Lord.

submit to your _____ husband

Ephesians 5:33 (NIV) However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

_____ your husband

WHAT WERE THOSE 2 BASIC FEARS OF MEN?

Dominated by woman

Found inadequate

Week Ten Video BIBLICAL MARRIAGE

ROLE OF THE HUSBAND

Ephesians 5:33 (NIV) However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

love your _____

Ephesians 5:25 (NIV) Husbands, love your wives, just as Christ loved the church and gave himself up for her

Ephesians 5:28 (NIV) In this same way, husbands ought to love their wives as their own bodies.

Ephesians 5:29 (NASB) for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also [does] the church,

Ephesians 5:33 (NIV) However, each one of you also must love his wife as he loves himself ...

WHAT WAS THAT BASIC FEAR OF WOMEN?

Being treated like an object

WE ARE EACH CALLED TO MINISTRY:

First to _____
we obey, we serve, we worship

Second to our _____
think about your role as a husband or a wife. Is that not ministry?

Third to our _____
We are to train and teach them God's ways. Example, example.
How do you treat their mom or dad?

Fourth to the _____
If our priorities are correct we just may have something to offer the world

MARRIAGE PRINCIPLES

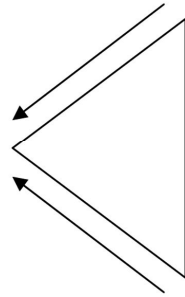
- 1) **Leave**
- 2) **Cleave**
- 3) **Become one**
- 4) **Naked & not ashamed**

“SHOULD I OR SHOULDNT I”
(4 Questions to ask yourself)

- 1) If I __, will I be giving another relationship a higher priority than my marriage?
- 2) If I __, will I be undermining the permanence of my marriage?
- 3) If I __, will I be violating the physical, emotional or spiritual oneness I am to have with my spouse?
- 4) If I __, will I be able to face my spouse unashamed?

3 Primary Relationships

- Number 1 – between God and man
- Number 2 - between husband & wife
- Number 3 - between parent & child



MEN & WOMEN ALIKE

both men and women are created in God's own image

both were blessed by God

both given 4 responsibilities
increase in number

fill the earth

subdue the earth

rule over living things

provided for by God (food)

neither is independent of other

one in Christ

fellow heir of grace

EVERY HUMAN NEEDS:

- 1) Security or love
- 2) Significance or worth.

MEN

distinctively male

cultivate & keep garden

given the commandment

named the creatures

not good to be alone

headship order

glory of God

IN GENERAL:

Goal oriented

Sees the whole

BASIC FEAR

Dominated by woman

Found inadequate

CONSEQUENCES OF FALL

Claim the headship

Provision would not come easy

ROLE OF THE HUSBAND

Love wife as Christ loved church

WOMEN

distinctively female

a suitable helper

brought to man by God

named by man

glory of man

created for the man's sake

lived with as weaker vessel

IN GENERAL:

Relationship oriented

Sees the details

BASIC FEAR

Being treated like an object

CONSEQUENCES OF FALL

Increase pain with childbirth

Desire husband, but he'll rule

ROLE OF THE WIFE

Submit to your own husband

Respect your husband

WEEK 10

Biblical Marriage

Questions for consideration & conversation:

- 1) Genesis 2:24-25 gave us four principles for marriage. Which one do you struggle with the most?
- 2) Which one do you believe your spouse struggles with the most?
- 3) Do you struggle with the headship order in I Corinthians 11:3? Why or why not?
- 4) Describe a “suitable helper” in today’s culture.
- 5) Do you believe your idea of submission is in line with God’s? Explain how that affects your behavior.
- 6) What do you believe is the most difficult part of God’s command for husbands to love their wives in your relationship?

Individual consideration:

“SHOULD I OR SHOULDN’T I”

4 Questions to ask yourself before you make the decision

- 1) If I _____, will I be giving another relationship a higher priority than my marriage?
- 2) If I _____, will I be undermining the permanence of my marriage?
- 3) If I _____, will I be violating the physical, emotional or spiritual oneness I am to have with my spouse?
- 4) If I _____, will I be able to face my spouse unashamed?

THE MYSTERY OF LOVE

When we say “I love you” we just assume the person we spoke those words to understands what we mean. But the truth is that I can say “I love you” to my child, my dog, the mailman that just brought me my income tax return, and my spouse. And I definitely mean something different for each instance.

The Greeks, however, had different words for different types of love. And in a marriage, there are several different types of love required to benefit both partners.

The following pages are a summation of different types of love that need to be present in a marriage.

What they are

How they’re expressed

How we can develop them

We encourage you to take a look at these different types of love. Talk to each other about them. As you go through this healing process, you might even be able to watch each one grow individually in a marriage that that can become sweet and fragrant for both of you.

STORGE LOVE THE GIFT OF BELONGING

STORGE

NATURAL AFFECTION
SENSE OF BELONGING
COMFORTABLE
LOVE WITHIN A FAMILY

IN MARRIAGE

MEETS THE NEED TO BELONG
TAKES TIME AND CONSISTENT BEHAVIOR TO BUILD
ESSENTIAL TO YOUR HAPPINESS IN MARRIAGE

IN SCRIPTURE

USED NEGATIVELY – CAN BE LOST
COMBINED WITH PHILEO = DEVOTED

SOURCE

NATURAL EMOTIONAL RESPONSE

STORGE CAN BE BUILT UP!

WHAT ARE SOME OF THE IMPORTANT ELEMENTS?

1. PRACTICAL ONENESS
Couple viewpoint
2. SUPPORTIVE LOYALTY
“always for me”
Security
3. MUTUAL TRUST
Reliance so deep it’s unconscious
Expressed confidence in mate
4. EMOTIONAL REFUGE
Soothing
Healing love of marriage
5. COMFORTABLE FAMILIARITY
Enjoy being together, have fun
Feel safe
Should never breed discourtesy, be kind

Taken from Love life for Every Married Couple by Ed Wheat; Gloria Okes Perkins. Zondervan Publishing

**PHILEO LOVE
BECOMING BEST FRIENDS**

PHILEO

COMPANIONABLE LOVE
FONDNESS, LIKING, FELLOWSHIP
SELECTIVE, RESPONSIVE, ONE LOVES BECAUSE ...
CHERISHES, ENJOYS, SHARES

IN MARRIAGE

CHERISHING LOVE OF MARRIAGE
FEEDS ON RESPONSE
SHARING IS THE KEY
TOGETHERNESS TURNS THE KEY IN THE LOCK

IN SCRIPTURE

FATHER HAS FOR SON
FATHER HAS FOR UNBELIEVER
OLDER WOMEN ARE TO TRAIN YOUNGER TO LOVE HUSBAND / CHILDREN
JESUS HAD FOR SPECIFIC DISCIPLE
BELIEVER IS TO HAVE FOR JESUS

SOURCE

EMOTIONAL
FADES WHEN NEGLECTED

*THIS IS A FRIENDSHIP WITH YOUR MATE.
HOW CAN YOU DEVELOP A FRIENDSHIP?*

1. RELAXATION PHASE

Required for closeness to develop
Do things with each other, learn to be comfortable
Learn to trust each other

2. RAPPORT PHASE

Harmonious oneness
Ready now to share aspects of self that are precious and vulnerable
Necessary to feel accepted

3. REVELATION PHASE

Mature and steadfast understanding
Requires sensitivity
Freely open to one another

**CAN YOU FORCE THIS? NO!
BUT YOU CAN BUILD - IT TAKES TIME - IT IS A PROCESS
MUST CONSTANTLY GROW OR WILL WITHER**

**EROS & EPITHUMIA LOVE
ROMANTIC LOVE – THE THRILL FACTOR**

EROS

PASSIONATE, ROMATIC
YEARNING TO UNITE
SENTIMENTAL

IN MARRIAGE

CHANGES B/W INTO COLOR
ROMANCE

IN SCRIPTURE

NOT USED
DESCRIBED IN SONG OF SOLOMON

EPITHUMIA

STRONG DESIRE – GOOD OR BAD
LONG FOR, COVET
SET THE HEART ON

IN MARRIAGE

STRONG PHYSICAL DESIRE
EXPRESSED IN LOVEMAKING

IN SCRIPTURE

NEGATIVELY = LUST
POSITIVELY = DESIRE

SOURCE FOR BOTH

BODY CHEMISTRY BASIS BUT ALSO HAS AN EMOTIONAL INVOLVEMENT

What can you do when everything between you seems wrong? FALL IN LOVE!

**ROMANTIC LOVE CAN BE LEARNED – EMOTIONALLY
BODY CHEMISTRY CAN FOLLOW!**

1. UTILIZE YOUR OWN GOD GIVEN FACULTY OF IMAGINATIVE THOUGHT

Choose to be willing to fall in love. Choose surrender = vulnerability

Think about those things that are attractive in your mate.

Think of a moment of romantic feeling (past, present, hoped for)

Imagination goes to work with visual images

Visual images feed thoughts

Thoughts intensify feelings

Let it cycle

Give up mental criticism of your mate and practice appreciation.

Never allow another to tear down your mate in your sight.

2. PROVIDE THE RIGHT EMOTIONAL CLIMATE FOR YOUR MATE

Create romantic situations just for the two of you

Can be as simple as a walk or a talk or a meal

Avoid boredom

Physical touching (not sexual)

Eye contact

Be as attractive and well groomed as possible

Send out signals that are pleasant and pleasurable

**BE CAREFUL – YOU ARE NOT DOING THIS TO OBTAIN THE PROPER RESPONSE
FROM YOUR SPOUSE. YOU ARE SETTING A STAGE, PROVIDING AN OPPORTUNITY
FOR YOUR RELATIONSHIP TO BEGIN TO IMPROVE. GIVE BOTH OF YOU TIME.**

Taken from Love life for Every Married Couple by Ed Wheat; Gloria Okes Perkins. Zondervan Publishing

AGAPE LOVE GOD'S WAY

AGAPE

UNCONDITIONAL, UNCHANGING, INEXHAUSTIBLE, VALUES, SERVES
GIVES AND KEEPS ON GIVING, CHOICE OF WILL, NOT LOVE OF FEELING
GENEROUS, KIND, LOVE OF ACTION, KNOWN BY THE ACTION IT PROMPTS

IN SCRIPTURE

USED 320 TIMES IN NEW TESTAMENT
GOD IS AGAPE
GOD HAS FOR WORLD
AGAPE COMES FROM GOD, IS FRUIT OF THE SPIRIT
BELIEVER HAS FOR GOD = OBEDIENCE
HUSBANDS COMMANDED TO AGAPE WIVES
COVERS SIN – ENABLES US TO BEAR WITH ONE ANOTHER

IN MARRIAGE

SOLUTION TO WOUNDED / LOVELESS
CAN RESTORE A MARRIAGE

SOURCE

GOD, ORIGINATES IN GOD
AVAILABLE TO ALL THROUGH THE HOLY SPIRIT
GOD INCREASES OUR LOVE, SUPPLIES RESOURCES

CHOOSING TO AGAPE LOVE MEANS:

Action, not a benign attitude
Involvement, not detachment from needs of others
Unconditionally loving the unlovable, unresponsive, and undeserving
Permanent commitment
Constructive, purposeful giving based on the knowledge of what is best for mate
Consistency of behavior, showing concern for beloved's good
Chief means and best way of blessing your partner and your marriage

ATMOSPHERE OF UNCHANGING UNCONDITIONAL LOVE BENEFITS

Your partners self image will be enhanced. When he/she feels better you have a better chance
Can carry your partner safely through periods of severe stress
Security and stability for both of you. Helps you to grow and become who you want to be.
Makes each day a smoother experience.
Removes the spirit of defensiveness for both of you.

HOW CAN YOU BEGIN WITH ONE PERSON?

Choose with your will to love unconditionally and permanently
 Through your attitude, words, and actions
Develop the knowledge you need to do the best for the one you love
 Biblical knowledge
 Personal knowledge of your spouse. A person can be loved and not feel loved.
Apply everything you know about giving agape love
 Pour you life into it. Do loving things. It is action.

ANSWER SHEET

Page 8

God
faithful
pray
read His word
self
designed marriage
good enough
he/she would
spouse
heal
honesty
full healing

Page 14

faith
God has said
God
do
enough
left us
comfort
in
out

Page 17

emotional
natural
sin
behave
resentment
spouse
infidel
acknowledge
talk about
control you
let it go
both

Page 18

you
adultery
habits
complaining
non-verbal

Page 22

bed
faithfulness
trust
illusion
church
ministry
relationships

Page 23

natural
hope
maturity
completeness
Physically
Emotionally
Spiritually
spouse
pain
worse
Ourselves
culture
avoidance

Page 26

from
to
not
all

Page 27

fact
all of us
God
people
directly
avoid
admit
hurt
accept
behavior
ask

Page 28

wronged
acknowledge
debt
cancel
resentment
moral
excuse
forgetting
obedience
frees

Page 29

issues
adultery
after
how
when
healthy
protect
identify
avoid
real
afraid

Page 33

bridge
do
ask
answer
dealing
private
talking

Page 34

not
knowledge
physical
social
emotional
intellectual
spiritual
agreement
energy
effort

time
vulnerability
fit
you
process
heart
receptive
willing
you

Page 44

protect
God
spouse
one another
lifestyle
God
vulnerability
teachable
available
honest

Page 44

rules
no one
busy
spouse
deserve
didn't
romance
like
other
available
opposite
don't
sorry
important
enjoying
understand
security
guard
mouth
flirting
attraction
one
time

ANSWER SHEET

Page 51

demand
letting go
pretending
ignoring
excuse
forgetting
trust
blocks
interferes

Page 52

tortured
heart
God
oppression

Page 53

relationship
acknowledge
blame
joint
value
work
process
direction
gift
receive
choice

Page 58

leave
cleave
become one
naked & not
ashamed
priority
permanence
oneness
unashamed
always has been
always will be
at wedding
at death
at birth
at death
changes

Page 59

God's image
blessed
increase
fill
subdue
rule
provided
independent
one
grace
security or love
significance or
worth

Page 60

male
garden
commandment
named
alone
order
God
goal
whole
dominated
inadequate

Page 61

female
suitable
brought
named
man
created
weaker
relationship
detail
treated

Page 62

pain
desire
claim
easy
own
respect

Page 63

wife
God
spouse
children
world

SUGGESTED READING LIST FOR PARTICIPATING COUPLES
(alphabetical by title)

Avoiding the Greener Grass Syndrome—How to Grow Affair Proof Hedges Around Your Marriage;
Nancy C. Anderson, Kregel Publications

Caring Enough to Forgive—Caring Enough Not to Forgive; David W. Augsburger, Herald Press

A Celebration of Sex; Dr. Douglas Rosenau; Thomas Nelson Publishers

Close Calls: What Adulterers Want You to Know about Protecting Your Marriage
Dave Carder Northfield Publishing

Every Man's Battle: Winning the War on Sexual Temptation One Victory at a Time;
Stephen Arterburn, Fred Stoeker, Mike Yorkey, WaterBrook Press

Every Woman's Battle: Discovering God's Plan for Sexual & Emotional Fulfillment;
Shannon Ethridge, Steve Arterburn, WaterBrook Press

Five Love Languages: How to Express Heartfelt Commitment to Your Mate;
Gary Chapman, Moody Publishers

For Men Only and For Women Only; Shaunti & Jeff Feldhahn; Multnomah Publishers

Hedges: Loving Your Marriage Enough to Protect It; Jerry B. Jenkins, Crossway Books

Intimate Issues: 21 Questions Christian Women Ask about Sex;
Linda Dillow, Lorraine Pintus, WaterBrook Press

Love Life for Every Married Couple: How to Fall in Love, Stay in Love, Rekindle Your Love;
Gloria Okes Perkins, Dr. Ed Wheat, Zondervan

Love Must be Tough: New Hope for Families in Crisis; James Dobson, Multnomah

Love & Respect: The Love She Most Desires, The Respect He Desperately Needs;
Dr. Emerson Eggerichs, Integrity Publishers

Marriage on the Mend; Clint & Penny Bragg; available on website www.inverseministries.org
They are also offering free podcasts based on the book: www.inverseministriespodcast.org

The Monogamy Myth: A Personal Handbook for Dealing with Affairs; Peggy Vaughan, Newmarket Press

The Peacemaker, Ken Sande, Baker Books

Point Man: How a Man Can Lead His Family; Steve Farrar, Multnomah

The Power of a Praying Husband and The Power of a Praying Wife; Stormie Omartian, Harvest House

Rebuilding Your Broken World; Gordon MacDonald, Nelson Books

Staying Close: Stopping the Natural Drift Toward Isolation in Marriage;
Dennis and Barbara Rainey, Nelson Books

Torn Asunder: Recovering from Extramarital Affairs; Dave Carder, Moody Publishers

Torn Asunder Workbook; Dave Carder, Moody Publishers

Unfaithful: Hope & Healing after Infidelity; Gary and Mona Shriver, Cook Publishing

Yes, Your Marriage Can Be Saved: 12 Truths for Rescuing Your Relationship, Joe & Michelle Williams, Tyndale

Hope & Healing

P.O. Box 309

Denair, CA 95316

(209) 667-5012

Fax: (209) 668-7673

Email: info@hopeandhealing.us

www.hopeandhealing.us

We need your input. We would appreciate your honest and candid assessment of how you felt about the group. Your opinions will be taken into consideration as we plan for future groups. Our desire is to be able to help as many couples through their time of crisis as the Lord directs to this ministry. Your insights and willingness to share with us will enable Hope and Healing to become the ministry God intended it to be.

The questionnaire can be torn out and mailed to the address above. Please be as straightforward as you can be and answer only for yourself. And please feel free to add any additional comments on the back of the questionnaire. If the two of you would like to submit a comment as a couple, feel free to include that on a separate sheet.

We believe we continue to learn a great deal from each and every person we are privileged to come alongside. We thank you for what you have taught us and we sincerely appreciate the time you have given and the time it will take to complete this form.

Hope & Healing Ministries, Inc. is a 501c3 California Nonprofit Religious Corporation. We do not charge couples to participate in the support groups and donations are used to further the cause of this ministry and to supply the materials used in the group setting. The suggested donation is \$150. Because Hope & Healing Ministries Inc. is a non-profit organization, your gift is a tax deductible donation. If you should be led to make a donation, checks can be made to Hope & Healing Ministries or you can go online at www.hopeandhealing.us to make a donation with your credit card. A receipt will be mailed to you for tax purposes.

We hope this group has been an adjunct to your own personal journey of healing your marriage. We encourage you to persevere – the light at the end of the tunnel is our Lord and He is there even when you can't see Him. We pray He will give you the courage and the strength to complete your journey to a fully healed marriage.

God bless,

HOPE & HEALING

Evaluation / Questionnaire

Name (optional) _____

1) Was the group helpful? _____ How? _____

2) Did the leaders balance compassion with confrontation? _____ Can you elaborate? _____

3) Was the content applicable? _____ Which subject(s) helped you the most? _____

4) Was the meeting time adequate to address your needs? _____

Comments on video teaching _____

Comments on group discussions _____

Comments on gender groups _____

Comments on individual meeting _____

5) Did we help you identify the issues? _____

Did we give you hope? _____

6) Did we stimulate honest conversation between you and your spouse? _____

7) Do you believe you made progress in your healing process? _____

8) Would you recommend this class for other couples? _____ Why or why not? _____

9) Do you have any suggestions that would make this support group better for future couples?

10) Would you be interested in training for this lay ministry when both you and your spouse felt ready? _____ Why or why not? _____
