

Wedded Bliss 101

Hi friends! Congratulations on investing in your marriage! We want you to be happier, and so does the Lord! We trust that there is SOMETHING in here that will help your marriage relationship. EVERYTHING in here helped ours! This program is intended to provide a means for effectively communicating with your spouse about issues that affect every marriage. There are "9" sessions here that you will cover – you decide how long you want to take. Some couples take one per week for 9 weeks, and some do one per day for 9 days. Please take time between sessions so that you and your spouse have time to assimilate and digest what you have learned.

Suggestions and Instructions for using the program:

- **Pray with each other** at the beginning and ending of each session.
- Expect to **use your Bible** – there is a verse or two in each session.
- When you sit down to complete a session, each spouse should use a **separate paper** or notebook to write their answers on. (This allows you to reuse the program as often as you like. We suggest revisiting your worksheets every 6 months or so, as we continuously change over time.)
- After completing your answers individually, take the time to **discuss** answers.
- Decide now to be **open** and **honest** with each other and **allow** your spouse to express their feelings **without getting mad, judgmental, or defensive**. (Remember – this is meant to help make improvements in your relationship.)
- Commit to working on your marriage relationship by **implementing strategies** discussed in the program as well as on your own. Demonstrate this commitment by **signing and dating** the paper at the end of each session.
- Enjoy the growing experience!

*Answer the question below **before** you begin AND **after** you finish the program.*

**What grade do you and your spouse (individually) give your marriage now?
1 2 3 4 5 6 7 8 9 10 (1 being Hell on Earth – 10 being Wedded Bliss)**



Session 1: Love – Philos, Eros, and Agape

Eros – love that seeks sensual expression, a sexual love inspired by the biological structure of human nature. In a good marriage, a husband and wife will love each other romantically and erotically. Chemistry. Biology. Natural. A Feeling.

Philos – friendship, companionship, and cooperation. Chemistry. Biology. Natural. A feeling.

Agape – self-giving love, gift love, the love that goes on loving when the other becomes unlovable. It is kindness, being sympathetic, thoughtful, and sensitive to the needs of your loved one, contentment, forgiving. Agape love is not something that just happens to you; it's something you make happen. It is NOT a feeling. It is not biology. It is NOT natural. It is SUPER-NATURAL.

*It is important to **give all three types conscious effort** – they enrich each other.*

John 13:35, I John 4:19, I Corinthians 13:4–8

*Agape love, or “true Biblical” love is a verb. It is **always unselfish**. It is a **commitment no matter what**. It is a **choice**. It continues when feelings change or fade. Marital love, love that lasts, is NOT based on “Chemistry.” “Chemistry” is just the icing on the cake. A diet of 100% refined sugar is extremely unhealthy and unstable. The key to being loved unconditionally is **to love unconditionally**. Truly loving someone means you: **accept their imperfections, trust them to a point of vulnerability, openly and honestly communicate with them in a tender manner, comfort them with your presence, provide them with the freedom to be themselves, and give them your companionship, without ever being judgmental or hurtful, put their needs first.***

In light of what you just read, complete the following sentences:

1. The ways I LIKE to GIVE love to my spouse are:
2. The ways I LIKE to RECEIVE love from my spouse are:
3. The specific ways I could SHOW my love even more are:
4. The specific ways MY SPOUSE could show me love more are:
5. Some ways I REALLY APPRECIATE about how MY SPOUSE SHOWS me love is:

*No matter how deeply you love your spouse, they will never know it unless you **express it in a manner that means something to them.***

For each type (3) of love, write one example of how you will show it, that your spouse needs/wants/enjoys.

When you try to love your spouse (all three types) in ways they appreciate, need, relate to, and enjoy, you are modeling servanthood as portrayed in the Scriptures.

Husband

Wife

Date

Session 2: Personalities – Two Becoming One

Genesis 2:18-25, Psalm 139:13-15

God has made each one of us unique – on purpose. Don't like it? Take that up with God! Like snowflakes, each person is different than any person in history or future to come. This is good – machines and robots are boring! Even worse, think what it would be like if you married yourself!?

Briefly describe YOUR personality:

Briefly describe your SPOUSE'S personality:

Write down 3 major DIFFERENCES between you both:

- This is your “NATURAL” personality. It is how GOD made you. On purpose. *

Romans 9:20

We must accept our differences. Our spouse is NOT US; they are different. In fact, our spouse is not even LIKE us in some ways! Your marriage takes on DOUBLE the personality, DOUBLE the excitement and DOUBLE the strength when you accept your spouse for who they WERE, ARE, and WILL BECOME.

Galatians 5:26

Write down 3 major SIMILARITIES between you both:

Galatians 5:22-23

Colossians 3:12-14

Ephesians 5:30-33

*Even though we may have similar aspects to our personalities, and different aspects to our personalities – they **never have to clash**. The **secret** is in the **nature** of the person. You both have the same “**SUPER-NATURAL**” personality traits. It's what God **GAVE** you. **NO MATTER WHAT YOUR PERSONALITY**, if, by nature, you are **loving, joyful, peaceful, patient, kind, good, faithful, gentle, self-controlled, compassionate, empathetic and forgiving** – you will not only get along, but make beautiful music together! **Harmony AND Melody! Do it!***

Husband

Wife

Date



Session 3: Your Past, Present, and Future

Write down 3 major things about your PAST that you bring into the marriage:

Mark 11:25, Eph. 4:32, Psalm 103:1,7, Isaiah 43:18, II Cor. 5:17, Phil. 3:13-14

Make allowance for each other's faults. Jesus will see NONE - we're forgiven.

Write down 5 things that are important to you NOW:

Philippians 2:3-5

Be interested in your spouse, and in what your spouse is interested in. Serve each other. Help.

Write down 1, 2, or 3 things that are STRESSING you now:

I Peter 5:7
Philippians 4:7

Write down what you want out of life in 5 years:

If it is anything different, write down what you want in 10 years:

Psalm 37:4, II Chronicles 16:9, Matthew 6:33

*God promises to give us our heart's desires, dreams, needs, and wants. We **first** need to delight ourselves in Him.*

Write down 5 things that you could do that would give the Lord delight:

Husband

Wife

Date



Session 4: Meeting Each Other's Needs

Philippians 2:3-8, Ephesians 5:25-28

Marriage is **not** 50/50, give and take. It is more like **100/0, both ways**. Your spouse gets **ALL** of you, and you get **ALL** of your spouse. This becomes a **100/100** marriage! This is the only way to have your needs met, and to fully meet the needs of your spouse. It is the only way to complete one another. It is **not natural**, but **super-natural**. It is pure **SELFLESSNESS** – putting your own priorities, agendas, needs, desires, and preferences in **SECOND** place. When you were single, you met your own needs and did what **you** want. You made a commitment to meet the needs of somebody else, your spouse. You know what? You are the only one in the world who can! Now life is better! This is a privilege! You have a gift. (**Prov 18:22**)

*If you feed a dog totally full of food until its stomach is about to burst, it will not **want** to eat from anyone else's dish.*

I Peter 3:7, Ephesians 5:22

Examples of Marriage Needs might be: affection, attention, affirmation, sex, protection, travel, recreational companionship, financial security, good parenting, spiritual leadership, intellectual stimulation, big house... anything physical or emotional, really!

* **Top 4 Men:** honor & respect; sex; recreational companion; domestic support *

* **Top 4 Women:** security; non-sexual affection; open & honest communication; leadership *

Write Down YOUR 4 Most Important Needs:

What Do You Think Your Spouse's Top 4 Needs Are:

What Needs Do You Wish Your Spouse Would Meet More?

What Needs Of Yours Is Your Spouse Already Doing Really Good At Meeting?

What Needs Of Your Spouse Do You Already Know You Need To Meet More?

If you're not meeting your spouse's most important needs, then who is? If your needs aren't getting met by your spouse, how are you getting them met?

Ephesians 5:21, Matthew 20:28,

Husband

Wife

Date



Session 5: Communicating Effectively

Proverbs 18:2, Ephesians 4:29, Colossians 3:8, Proverbs 12:25, 16:13

Effective Communication Between Spouses is: **Pure** (no bad words), **Gentle** (no raised voices), **Peaceful** (never threatening), **Courteous** (includes nice things), **Cooperative** (lets the other speak), **Merciful** (lets things slide).

Read the Bible verses together and fill in the blanks.

- **Proverbs 18:13** L_____n. L_____n! Don't interrupt, defend or emote. Ask!!
- **Proverbs 11:13** Never g_____p (talk bad) about your spouse. Keep s_____s confidential.
- **James 1:19** Pay a_____n to what's being said - bite your t_____e - cool off before you s_____k.
- **James 3:2-10** Speak, talk, communicate using your S_____ N_____ personalty traits!

*Communicating with your spouse is serious business. **DO NOT PLAY GAMES!***

- *Mean what you s____y, - Say what you m_____n!*
- *Never j____p to conclusions - if you're unsure, ask!*
- *Don't a_____e things - (You know what you do when you assume things!) Just talk about it!*
- *Be completely o____n and h_____t with each other.*
- *Never give your spouse the s_____t treatment. - Your spouse cannot read your mind, EVER!*
- *As____. A__k. __sk!!*

Husband

Wife

Date



Session 6: Biblical Financial Principles

*According to a Gallup Poll, 64% of all family arguments are over **money**.*

*When E.F. Hutton talks, people listen. When King Solomon talks, people **BETTER** listen. King Solomon was not only very wise, but the wealthiest person in the history of man. It is believed that 90% of the Earth's gold was in his empire. God used Solomon to write the book of Proverbs.*

Proverbs 27:23-24 THE PRINCIPLE OF A_____G.

Keep good **ACCOUNTS**. Know what **you owe**, what you **own**, what you **earn**, and **where it goes**.

Proverbs 21:5 THE PRINCIPLE OF B_____G.

Plan your **spending**. **BUDGETING** is telling your money where to go in advance, rather than wondering where it went. Financial freedom is not how much you make, but in how you spend what you make.

Proverbs 21:20 THE PRINCIPLE OF S_____G.

SAVE for your **future**. The average Japanese saves 25%, the average European saves 18%, and the average American saves 5%. We need to set saving goals and meet them. Saving is **NOT HOARDING**.

Proverbs 21:17, Hebrews 13:5 THE PRINCIPLE OF U_____G.

Enjoy what you **already** have. **USE** it! Be content and happy with what you **have now**. Remember, kids need attention, not things. They would rather play catch in the yard with you in generic shoes than play by themselves because you are gone working to pay for their brand-name sneakers.

Proverbs 3:9-10, 22:9, II Corinthians 9:7 THE PRINCIPLE OF G_____G.

GIVE freely to the Lord. Does 3:9 say "give to God your leftovers?" Yes or No? If you are not giving freely to God, you are only **cheating yourself**. John D. Rockefeller said, "Give God 10%, Save 10%, and learn to live on 80%. This is the key to financial success and wealth." J.C. Penny later gave 90% away and lived on only 10%.

Which of these are you doing well at? Which areas need work?

Deuteronomy 8:18

Husband

Wife

Date

Session 7: Your Spiritual Life Together

John 3:16, 6:47, 10:10, 14:6

Our bodies are different. Our minds are different. Our **souls can be united for eternity** – with the same Spirit 2 Become 1. True HAPPINESS and JOY are a direct result from, and only from, YOUR personal relationship with GOD.

II Chronicles 16:9

Rate how important these items are to you:

Colossians 4:2 To spend daily time together in **prayer**? 1 2 3 4 5 6 7 8 9 10

Acts 2:42 To spend time together in **Bible** study? 1 2 3 4 5 6 7 8 9 10

Hebrews 10:25, Acts 2:47 To spend time together in **church** weekly?
1 2 3 4 5 6 7 8 9 10

Hebrews 5:12, Proverbs 22:6 To be a holy and godly **example** to your kids? 1 2 3 4 5 6 7 8 9 10

Read Ephesians 4:32 & Colossians 3:13

FORGIVENESS!! FORGIVENESS!! FORGIVENESS!! Be ready to forgive...again, and again, and again...sometimes for the same things. Unforgiveness destroys families. Grudges destroy marriages.

What areas in your spiritual life together are you doing well in?

What areas need work?

What are some commitments you are willing to make today in order to improve your spiritual intimacy?

Husband

Wife

Date



Session 8: Intimacy & Sex

I Corinthians 6:16, 7:1-3, 4-5, 6, Proverbs 5:18, 19

God wants us to have sex with our spouse - He created sex within marriage to fulfill needs, desires and cravings, and to create a unique, exclusive closeness.

"Sex needs to be a **priority** in a marriage. Men already know that. It not only is their strongest drive, but one of their **deepest needs**. Women don't always see it that way. Far too often a wife does not understand how great her husband's need for sex actually is. That's why it's good for you to pray that your wife will gain a **clear understanding** of this and **give you** the physical intimacy you need. You can't leave this highly important aspect of your relationship up to chance." *Stormie Omartian, The Power of a Praying Husband*

"The frequency of sex depends on the **other person's need**, not yours alone. If your attitude about having sex comes down to only what **you** need or what **you** don't want, then you don't have God's perspective. He says our body is to be used to comfort and complete the **other** person. Something is diminished when it is not. You leave yourselves open for temptation, and far more destruction that you can imagine, when this area of intimate communication is neglected. Keep yourself **healthy** and **attractive**. If you don't think highly enough of yourself to take care of your body, do it as an act of kindness for **him**. Get a **new hairstyle**. Surprise him with a **new attitude**. Keep you **mind refreshed** and **growing**. Basically, **don't do nothing**. Bad things develop when the sexual part of a marriage is neglected." *Stormie Omartian, The Power of a Praying Wife*

***Men like change/variety/adventure/excitement.** That's why after skydiving 100 times, they strap a snowboard to their feet for the next jump. Be CREATIVE! There are LOTS of things the two of you can do in the bedroom (or kitchen, closet, etc...)! Discuss your ideas with each other.*

***Women like closeness.** That's why they like intercourse, cuddling, and afterglow time.*

Song of Solomon 4:1-4, 5, 6-7, (Read Chapter 5 On Your Own With Your Spouse)

Your Responses

1. List 3 things that tend to stimulate you, arouse you, and sexually "turn you on."
2. On a scale, how important is sex in your marriage? 1 2 3 4 5 6 7 8 9 10
3. Rate your sex life now: 1 2 3 4 5 6 7 8 9 10
4. What about your sex life would you like to change or try?
5. What kind of physical stimulation by your partner is most pleasurable for you?
6. Do you agree that men are "visual" and women are "emotional?" yes or no

Predict Your Spouse's Responses

1. I've never done _____, but I'd like to try it.
2. My favorite time of day to have sex is _____.
3. I like to have sex about _____ times per week.
4. I'd like to have more _____ in our sex life.

** The more you and your spouse are intimate, the more you and your spouse will be intimate.**

Husband

Wife

Date

Session 9: Overcoming HUGE Obstacles

John 16:33, Psalm 23:4

*If you haven't experienced any already, **expect huge obstacles** to come along. We live in an **imperfect world**, full of sin, trials, tribulations, trouble, and sorrow. Bad things happen to **everybody** sooner or later. With this in mind, we can **prepare** ourselves ahead of time. We can build our foundation on solid **ROCK** so that when the floods come our house will **not** be swept away. Bad things do **NOT HAVE TO** ruin your life or marriage.*

Here are some examples of obstacles we all may experience: bankruptcy, fired from a job, a serious injury, tragedy, substance abuse, crime and incarceration, a rebellious son or daughter, death of a child or spouse, a drunk-driving accident, a life-threatening illness, infertility, no more chemistry between spouses, burglary or theft, debt, unfaithfulness and affairs, a special needs child, depression... the list goes on and on. These are just some that may come our way over the years, and some that already have.

How will **you** get through it? How did **we**? **Help from _____ and help from the _____.**

Realize _____, somewhere has gone through this before. Ask people for _____.

10 HUGE Promises that got us through **HUGE Problems**:

**Philippians 4:6-7, Isaiah 41:10, Jeremiah 29:11, Romans 8:28, Philippians 4:19, Proverbs 20:24
Exodus 14:13a, Hebrews 13:6, II Samuel 12:22-23, Psalm 30:5, II Corinthians 1:3-7**

*By the way, when you get _____ it (**and you WILL**), you will be able to **help somebody else!***

Discussion Question - Have you been through or known a couple who has been through a major life event that could have ended badly? What tools did you/they use to get through it?

I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you - we are in charge of our attitudes." Chuck Swindoll

*Look for the _____ - be thankful for what you **DO** have in the midst of tragedy.
Realize somebody, somewhere, is _____ off than you.*

**Matthew 19:3-8, (Mark 10-Luke 16), I Corinthians 7:7-39, Malachi 2:16a
Hebrews 13:4**

*You need to know that it was never God's plan for divorce to be allowed. If there is **repentance** (brokenness with sinful behavior **completely** stopped, eliminated, and prevented from returning) and **forgiveness** (which there **SHOULD BE**), things **can be reconciled**.*

Husband

Wife

Date