

The background of the cover features a soft-focus photograph of a couple holding hands. The image is split horizontally by a dark teal band. The top half shows the upper bodies and heads of the couple, while the bottom half shows their hands clasped together. The left side of the cover has a vertical teal band with a repeating geometric pattern.

PREPARE  ENRICH.

# Workbook

*for Couples*

SEVENTH-DAY  
ADVENTIST  
VERSION

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# WELCOME

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## CONGRATULATIONS!

You have taken an important step in building a strong marriage and healthy relationship by taking the PREPARE/ENRICH assessment. For over 35 years, research studies have demonstrated PREPARE/ENRICH can improve your relationship skills and happiness as a couple.

The PREPARE/ENRICH Workbook for Couples is a complement to your assessment results. It contains skill-building exercises that will help you to understand and apply the insights from the assessment. The exercises consist of questions to both ponder individually and discuss as a couple, plus activities to do together. Begin with the recommended Six Core Exercises and continue with the remaining exercises in any order. This version also includes Bible verses for reflection, inspiration, and encouragement.

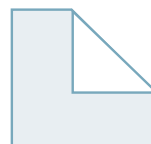
### KEY



= Six Core Exercises



= Couple Discussion



= Tips or Optional Activity

### Additional Resources

PREPARE/ENRICH offers additional ways to help you prioritize, enrich, and strengthen your relationship:

- Join our Strong Couple's Club at [prepare-enrich.com/strong.couples.club.html](http://prepare-enrich.com/strong.couples.club.html)
- Read our blog at [blog.prepare-enrich.com](http://blog.prepare-enrich.com)
- Connect with us on social media:
  - [facebook.com/prepare.enrich](https://facebook.com/prepare.enrich)
  - [twitter.com/prepareenrich](https://twitter.com/prepareenrich)
  - [youtube.com/prepareenrich](https://youtube.com/prepareenrich)
- Take our "do it yourself" assessment, Couple Checkup, on your wedding anniversary at [couplecheckup.com](http://couplecheckup.com)

If you find you have ongoing problems that don't go away over time, it is important to seek professional counseling. Like any problem or illness, the sooner you go for help, the better the chances are for recovery. If problems persist, contact your current Facilitator or go to [prepare-enrich.com](http://prepare-enrich.com) to find a Facilitator in your area.

# GREETINGS FROM THE SEVENTH-DAY ADVENTIST CHURCH

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Welcome to the wonderful and exciting process of getting ready for marriage or working towards a stronger and healthier marriage. Employing the PREPARE/ENRICH Program is a good choice as you pursue this important undertaking. As such we are very pleased to offer the Seventh-day Adventist version of the PREPARE/ENRICH Workbook for Couples. This resource is intentional about providing a Biblical and Spirit of Prophecy perspective on the principles that lead to strong and healthy families.

As you will soon find out or already have discovered, a healthy marriage is much more difficult to sustain than the messages presented in television programs or in the movies. To be sure, having a healthy marriage is similar to the commitment it takes to have a well-functioning car. Those who are intentional about keeping their automobiles in good running condition, service them regularly to keep them in great shape. For your marriage to remain healthy and strong, you will need to decide from very early that you will service your marriage on a regular basis. This will keep the oil of your marriage at an appropriate level and your marital tires at an optimum pressure.

Please plan to attend a yearly marriage-strengthening event so your marriage relationship will have the best opportunity to be all it can be. The objective here is to make preparing for and continuing to nurture your marriage relationship an essential part of your life, rather than looking at your wedding day as the capstone of your marriage.

There will be times in the days ahead you will question your decision to marry your mate. This is a normal response to the very serious choice you have made. Be prepared to deal with your feelings by being mindful that professional help is available for your relationship issues.

As a Seventh-day Adventist Christian you have the added bonus of knowing that Jesus has promised to be with you always (Matthew 28:20), to give you His peace (John 14:27), and to supply all your needs (Philippians 4:19). We encourage you to trust God and allow Him to lead you and your mate everyday of your married lives.

**For stronger and healthier marriages,**

*Willie and Elaine Oliver, Directors*

Department of Family Ministries

General Conference of the Seventh-day Adventist Church

World Headquarters



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## SHARING STRENGTH AND GROWTH AREAS

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control . . . — Galatians 5:22-23*

**Check what areas you agree or disagree most with your partner.**

- **Select three Strength Areas** (most agreement and positive aspects of your relationship)
- **Select three Growth Areas** (most disagreement and areas you want to improve)

	STRENGTH AREAS	GROWTH AREAS
<b>1. COMMUNICATION</b> <i>We share feelings and understand each other.</i>		
<b>2. CONFLICT RESOLUTION</b> <i>We are able to discuss and resolve differences.</i>		
<b>3. PARTNER STYLE AND HABITS</b> <i>We appreciate each other's personality and habits.</i>		
<b>4. FINANCIAL MANAGEMENT</b> <i>We agree on budget and financial matters.</i>		
<b>5. LEISURE ACTIVITIES</b> <i>We have a good balance of activities together and apart.</i>		
<b>6. SEXUALITY AND AFFECTION</b> <i>We are comfortable discussing sexual issues and affection.</i>		
<b>7. FAMILY AND FRIENDS</b> <i>We feel good about our relationships with relatives and friends.</i>		
<b>8. RELATIONSHIP ROLES</b> <i>We agree on how to share decision-making and responsibilities.</i>		
<b>9. CHILDREN AND PARENTING</b> <i>We agree on issues related to having and raising children.</i>		
<b>10. SPIRITUAL BELIEFS</b> <i>We hold similar religious values and beliefs.</i>		

### COUPLE DISCUSSION

- Take turns sharing what each of you perceive as your relationship strengths. Verbally share one strength at a time, until you each have shared three.
- Use the same procedure to share and discuss growth areas.
- Discuss these three questions:
  - Did any of your partner's responses surprise you?
  - In what areas did you mostly agree with your partner?
  - In what areas did you mostly disagree with your partner?





# COMMUNICATION

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*Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. — James 1:19*

## ASSERTIVENESS

**Assertiveness is the ability to express your feelings and ask for what you want in the relationship.**

Assertiveness is a valuable communication skill. In successful couples, both individuals tend to be quite assertive. Rather than assuming their partner can read their minds, they share how they feel and ask clearly and directly for what they want.

Assertive individuals take responsibility for their messages by using “I” statements. They avoid statements beginning with “you.” In making constructive requests, they are positive and respectful in their communication. They use polite phrases such as “please” and “thank you”.

### Examples of Assertive Statements

*“I’m feeling out of balance. While I love spending time with you, I also want to spend time with my friends. I would like us to find some time to talk about this.”*

*“I want to take a ski vacation next winter, but I know you like to go to the beach. I’m feeling confused about what choice we should make.”*

## ACTIVE LISTENING

**Active listening is the ability to let your partner know you understand them by restating their message.**

Good communication depends on you carefully listening to another person. Active listening involves listening attentively without interruption and then restating what was heard. Acknowledge content AND the feelings of the speaker. The active listening process lets the sender know whether or not the message they sent was clearly understood by having the listener restate what they heard.

### Examples of Active Listening

*“I heard you say you are feeling ‘out of balance’, and enjoy the time we spend together but that you also need more time to be with your friends. You want to plan a time to talk about this.”*

*“If I understand what you said, you are concerned because you want to go skiing next winter. But you think I would rather to go to the beach. Is that correct?”*

When each person knows what the other person feels and wants (assertiveness) and when each knows they have been heard and understood (active listening), intimacy is increased. These two communication skills can help you grow closer as a couple.





# COMMUNICATION

*May the words of my mouth and the meditation of my heart be pleasing to you,  
O Lord, my rock and my redeemer. — Psalm 19:14*

## CREATING A WISH LIST

In this exercise, you will each individually make a Wish List of things you would like more or less of in your relationship. Next, take turns sharing your Wish Lists with each other.

**Assertiveness** is the ability to express your feelings and ask for what you want in your relationship.

**Active listening** is the ability to let your partner know you understand them by restating their message.

In sharing your Wish List with your partner, you will be demonstrating your Assertiveness skills. In giving feedback to your partner about their Wish List, you will be demonstrating your Active Listening skills.

**Make a Wish List of three things you would like more or less of in your relationship.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## SHARING YOUR WISH LIST

Take turns sharing your Wish List with each other, keeping in mind the following:

- Speaker's Job:
  - Speak for yourself ("I" statements e.g. "I wish...").
  - Describe how you would feel if your wish came true.
- Listener's Job:
  - Repeat/summarize what you have heard.
  - Describe the wish AND how your partner would feel if the wish came true.

## COUPLE DISCUSSION

After completing the Wish List Exercise, discuss the following questions:

- How good were each of you at being assertive?
- In what ways did you each effectively use active listening skills?







# COMMUNICATION

*Some people make cutting remarks, but the words of the wise bring healing.*  
— Proverbs 12:18

## DAILY DIALOGUE AND DAILY COMPLIMENTS

**Daily Dialogue** is an intentional effort to talk about your relationship, rather than discussing your activities that day. The focus of this dialogue should be on your feelings about each other and your lives together. Set aside five minutes per day to discuss the following:

- What did you most enjoy about your relationship today?
- What was dissatisfying about your relationship today?
- How can you be helpful to each other?

**Daily Compliments** help you focus on the positive things you like about each other. Every day give your partner at least one genuine compliment. These can be general (“*you are fun to be with*”) or specific (“*I appreciate that you were on time for the concert*”).

## COMMUNICATION SKILLS TO INCREASE INTIMACY

1. **Give full attention to your partner when talking.** Turn off the phone, shut off the television, make eye contact.
2. **Focus on the good qualities in each other and praise each other often.**
3. **Be assertive.** Share your thoughts, feelings, and needs. A good way to be assertive without being critical is to use “I” rather than “You” statements. (e.g. “*I worry when you don’t let me know you’ll be late*” rather than “*You are always late*”).
4. **Avoid criticism.**
5. **If you must criticize, balance it with at least one positive comment.** (e.g. “*I appreciate how you take the trash out each week. In the future can you remember to also wheel the trash can back from the end of the driveway?*”).
6. **Listen to understand, not to judge.**
7. **Use active listening.** Summarize your partner’s comments before sharing your own reactions or feelings.
8. **Avoid blaming each other and work together for a solution.**
9. **Use the Ten Steps approach.** For problems that come up again and again, use the *Ten Steps for Resolving Couple Conflict*.
10. **Seek counseling.** If you are not able to resolve issues, seek counseling before they become more serious.



## WHAT THE BIBLE SAYS ABOUT COMMUNICATION

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*All Scripture is inspired by God and is useful to teach us...what is right. God uses it to prepare and equip His people to do every good work. —II Timothy 3:16–17*

### PSALM 19:14

May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer.

### PROVERBS 17:27

A truly wise person uses few words; a person with understanding is even tempered.

### PROVERBS 12:18

Some people make cutting remarks, but the words of the wise bring healing.

### MATTHEW 7:3

And why worry about a speck in your friend's eye when you have a log in your own?

### PROVERBS 20:19

A gossip goes around telling secrets, so don't hang around with chatterers.

### JAMES 1:19

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.

### PROVERBS 18:13

Spouting off before listening to the facts is both shameful and foolish.



## QUOTES ON COMMUNICATION *from Ellen G. White*

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A corrupt communication does not mean only words that are vile. It means any expression contrary to holy principles and pure and undefiled religion. It includes impure hints and covert insinuations of evil. Unless instantly resisted, these lead to great sin. **{Christ's Object Lessons 337.2}**

Then let us all speak words that will tend to edification. Remember that you are of value with God. Allow no cheap, foolish talk or wrong principles to compose your Christian experience. **{Fundamentals of Christian Education 458.1}**

Encourage kindly thoughts and holy affections. Cultivate the habit of speaking well of your brethren. Let not pride or selfish righteousness prevent you from making a frank and full confession of your wrong-doings. **{Pastoral Ministry 268.1}**

Actions speak louder than the most positive profession of godliness. **{The Adventist Home 32.3}**

How strong we would become if our words were of such an order that we would not be ashamed to meet the record of them in the day of judgment. How different will they appear in the day of God from what they seem when we utter them. **{Messages to Young People 328.1}**



# PERSONAL STRESS PROFILE

*Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. — Matthew 11:28*

## IDENTIFYING MOST CRITICAL ISSUES

### Do you control stress in your life or does stress control you?

Stressors are events that cause an emotional and/or physical reaction. Stress can be positive (wedding, job promotion) or negative (loss of job, car accident, major illness). But what is important is to be able to manage the many stressors in your life.

One way to manage stress is to prioritize the issues that are most important to you. Another is to decide what issues can be changed or resolved and which ones cannot. This exercise will help you focus on the high priority issues and those that can be changed (Box 1).

## COUPLE EXERCISE

1. Select up to **four issues** that are the most stressful for each of you.
2. Review each issue and put it into one of the four cells below. (Box 1 contains the "Most Critical Issues.")

	Able to Change	Difficult to Change
High Priority	<div>Box 1</div> <div>MOST CRITICAL ISSUES</div> <div>What changes can you each make?</div>	<div>Box 2</div> <div></div> <div>How do you plan to cope?</div>
Low Priority	<div>Box 3</div> <div></div> <div>Are you spending too much time on low priority issues?</div>	<div>Box 4</div> <div>LEAST CRITICAL ISSUES</div> <div>Can you accept or forget about these issues?</div>

## COUPLE DISCUSSION

- Select one issue from Box 1 that you will work on together as a couple.
- Work together as a team to achieve your goals.
  - Communicate about the issue.
  - Use good conflict resolution skills.
  - Be flexible with one another.





# PERSONAL STRESS PROFILE

*My health may fail, and my spirit may grow weak, but God remains the strength of my heart; He is mine forever. — Psalm 73:26*

## BALANCING YOUR PRIORITIES

First, indicate how much time you “Now” spend on each of these areas. Next, decide on the amount of time you would ideally spend: “Your Goal.” Then decide how you can achieve your goal.

	NOW (hours/week)	GOAL	How will you move towards your goal?
<b>WORK</b>			
Time on job/school	_____	_____	_____
Bringing work home	_____	_____	_____
Commuting	_____	_____	_____
<b>PERSONAL</b>			
Exercise	_____	_____	_____
Television	_____	_____	_____
Computer/video games	_____	_____	_____
Hobby/recreation	_____	_____	_____
Reading	_____	_____	_____
Friends	_____	_____	_____
Religious activities	_____	_____	_____
Volunteering	_____	_____	_____
Sleep (hours per night)	_____	_____	_____
<b>MARRIAGE (Couple)</b>			
At home together	_____	_____	_____
Activities/dates	_____	_____	_____
Discussions (minutes per day)	_____	_____	_____
<b>HOME</b>			
Cleaning	_____	_____	_____
Cooking	_____	_____	_____
Grocery shopping	_____	_____	_____
Errands	_____	_____	_____
Lawn/garden	_____	_____	_____
Home maintenance	_____	_____	_____
<b>FAMILY (if children at home)</b>			
Number of meals together	_____	_____	_____
Family activities	_____	_____	_____
Transporting children	_____	_____	_____
Helping with homework	_____	_____	_____
At home together	_____	_____	_____

### COUPLE DISCUSSION

- What areas feel out of balance to each of you?
- What steps must you take in order for your goal to become reality?





# PERSONAL STRESS PROFILE

*We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. — Romans 5:3*

## WEDDING STRESS

Differences and disagreements are as inevitable in wedding planning as they are in marriage itself. This is a good time to learn how to deal with them. Here are some strategies you might find helpful:

1. **Consider the big picture as it affects each decision.** Some decisions will be made consequentially as other wishes are discussed. For example, the guest list should be created early because it shapes decisions about facilities and costs, among other things. If one of you wants a tropical beach wedding and the other a hometown wedding, you can discuss these options in the light of other issues such as the fact both of you want your frail grandparents to come to your wedding. Seeing the larger picture can help you resolve differences.
2. **Ask yourselves who cares more about the issue.** You can decide to gracefully adjust your preference if your partner has strong feelings about an issue. You may prefer a small, intimate wedding but your partner has cherished the family tradition of a large wedding. Try setting a number that gives more to the person who cares the most.
3. **Periodically assess your wedding-planning stress and feelings of competency.** If your partner has not followed through on a task they were responsible for, or if you feel better equipped for a particular task, politely offer to help or take over (e.g., “I am interested in photography and have a light work schedule next week. Is it okay if I research a photographer?”). The key is to agree together on a shift of responsibility, rather than saying, “Since you won’t do it, I will!” The person who has been relieved of one responsibility should then offer to help with other responsibilities.
4. **Teach and learn from one another rather than assuming the other “gets it.”** Sometimes one of you will not see a problem that is quite clear to the other. You can both educate each other about your families and their traditions. The groom from a Catholic family should explain to his Protestant bride what is involved in a traditional Catholic wedding, rather than having surprises keep coming up.
5. **Consider whether deeper issues are underlying your conflict.** If you are doing your best to deal with your differences and yet remain polarized, look for deeper issues. For example, sometimes the issue is not about the size of the wedding but about a feeling of envy or competition because one of you has a bigger family or circle of friends. Sometimes the issue is not between the two of you, but between one of you and your family members.

The standard tools of effective communication taught in PREPARE/ENRICH are particularly important when there is tension between you. Examples are speaking for yourself using “I-statements” rather than attacking the other person, listening to understand before proposing solutions, and choosing the best time and place to talk about difficult matters. Your everyday communication patterns might be fine for everyday matters, but when you are negotiating a wedding, it’s good to be at your best!

*From Take Back your Wedding: Managing the People Stress of Wedding Planning, by William J. Doherty and Elizabeth Doherty Thomas (2007).*



## WHAT THE BIBLE SAYS ABOUT PERSONAL STRESS

*All Scripture is inspired by God and is useful to teach us...what is right. God uses it to prepare and equip His people to do every good work. —II Timothy 3:16-17*

### PHILIPPIANS 4:6-7

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

### MATTHEW 6:28-30

"And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

### 1 PETER 5:7

Give all your worries and cares to God, for he cares about you.

### LUKE 12:22-23

Then, turning to his disciples, Jesus said, "That is why I tell you not to worry about everyday life—whether you have enough food to eat or enough clothes to wear. For life is more than food, and your body more than clothing.

### EXODUS 33:14

The Lord replied, "I will personally go with you, Moses, and I will give you rest—everything will be fine for you."

### HEBREWS 13:5

Don't love money; be satisfied with what you have. For God has said, "I will never fail you. I will never abandon you."

### JOSHUA 1:9

This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go."

### PSALM 29:11

The Lord gives his people strength. The Lord blesses them with peace.

### ROMANS 5:3-5

We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.



## QUOTES ON PERSONAL STRESS *from Ellen G. White*

Just trust yourself in the hands of God without anxiety, without fear. God is the rewarder of them who diligently seek Him. The fervent, effectual prayer of the righteous availeth much. **{Daughters of God 234.2}**

We should never give to the world the false impression that Christians are a gloomy, unhappy people. If our eyes are fixed on Jesus, we shall see a compassionate Redeemer, and shall catch light from His countenance. Wherever His spirit reigns, there peace abides. And there will be joy also, for there is a calm, holy trust in God. **{Messages to Young People 404.1}**

The love which Christ diffuses through the whole being is a vitalizing power. It frees the soul from the guilt and sorrow, the anxiety and care, that crush the life forces. With it come serenity and composure. It implants in the soul, joy that nothing earthly can destroy—joy in the Holy Spirit—health-giving, life-giving joy. **{Counsels for the Church 216.6}**



# CONFLICT RESOLUTION

*Make allowance for each other's faults, and forgive anyone who offends you.  
Remember, the Lord forgave you, so you must forgive others. – Colossians 3:13*

## TEN STEPS FOR RESOLVING CONFLICT

All couples have differences and disagreements. Studies show the amount of disagreements are not related to marital happiness as much as how they are handled. Happy couples do not avoid disagreements; they resolve them while remaining respectful of each other, thereby strengthening their relationship. This Ten Step Model is a simple, but effective way to resolve conflict while avoiding the common and destructive patterns. Use this model with an ongoing issue in your relationship, as well as future issues.

**1. Set a time and place for discussion.**

**2. Define the problem.** Be specific. \_\_\_\_\_

**3. List the ways you each contribute to the problem.**

Partner 1: \_\_\_\_\_

Partner 2: \_\_\_\_\_

**4. List past attempts to resolve the issue that were not successful.**

1) \_\_\_\_\_ 3) \_\_\_\_\_

2) \_\_\_\_\_ 4) \_\_\_\_\_

**5. Brainstorm 10 possible solutions to the problem.** Do not judge or criticize any of the suggestions at this point.

1) \_\_\_\_\_ 6) \_\_\_\_\_

2) \_\_\_\_\_ 7) \_\_\_\_\_

3) \_\_\_\_\_ 8) \_\_\_\_\_

4) \_\_\_\_\_ 9) \_\_\_\_\_

5) \_\_\_\_\_ 10) \_\_\_\_\_

**6. Discuss and evaluate each of these possible solutions.** Be as objective as possible. Talk about how useful and appropriate each suggestion feels for resolving your issue.

**7. Agree on one solution to try:** \_\_\_\_\_

**8. Agree how you will each work toward this solution.** Be as specific as possible.

Partner 1: \_\_\_\_\_

Partner 2: \_\_\_\_\_

**9. Set up another meeting to discuss your progress.**

Place: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

**10. Reward each other for progress.** If you notice your partner making a positive contribution toward the solution, praise his/her effort.





# CONFLICT RESOLUTION

*So encourage each other and build each other up,  
just as you are already doing. — 1 Thessalonians 5:11*

## HOW TO TAKE A TIME-OUT

Some conflicts become heated as levels of anger and frustration rise. Rather than speaking assertively, partners begin to accuse, criticize, or yell. Rather than listening actively, partners interrupt, belittle, and ignore. Physiologically, the “fight or flight” response is triggered as each person goes into a protection mode with little or no regard for their partner. In this state of escalation, it is not uncommon to say or do things we later regret. Moreover, it is nearly impossible to have a productive conversation leading to a mutually agreed upon resolution. This is when a “time-out” can be beneficial. A time-out provides couples with an opportunity to cool down, identify their feelings and needs, and begin to think productively again about how to approach the issues they face.

- 1. Recognize your need for a time-out.** Are your fists clenched? Is your face red? Are you breathing fast? Are the tears streaming down your face? Do you feel like screaming or throwing something? Are you afraid of your partner's intensity? Do you feel emotionally closed off? Learn to recognize the signs that things have become too intense for you to have a productive interaction with your partner.
  - What physical and emotional reactions indicate you need a time-out?
- 2. Request the time-out.** Call a time-out for yourself by saying something like “I’m just too angry to talk right now; I need to take a time-out. Please give me an hour to calm down and gather my thoughts.”
  - Remember to call the time-out for yourself. It is seldom helpful to tell the other person “You need a time-out!”
  - Suggest a time when you think you’ll be ready to resume.
- 3. Relax and calm down.** Take some deep breaths. Go for a jog or a walk. Take a bath. Write in your journal. Read, pray, or watch television for a while. Do something that will help you relax and recover from the emotional intensity.
  - What method(s) could you use to calm down?
- 4. Remember what’s important.**
  - Try to identify what you were thinking and feeling that became so difficult to discuss.
  - Think about “I” messages you could use to tell your partner what you were thinking or feeling, and what you need from him/her.
  - Try to spend some quiet time considering your partner’s point of view and what they are feeling.
  - Remember the two of you are a team, and the only way your relationship will “win” is if you work toward a solution that both individuals can feel good about.
- 5. Resume the conversation.** Bring in the skills of Assertiveness and Active Listening and/or the Ten Steps for Conflict Resolution. These structured skills can help contain the intensity as you attempt to resolve a conflict. Honor your commitment to return to the issue when you are ready to have a more productive conversation.



# CONFLICT RESOLUTION

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*If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins. — Matthew 6:14-15*

## SEEKING AND GRANTING FORGIVENESS

All couples eventually experience times of conflict, hurt, and letting each other down. Sometimes the offense is as minor as forgetting a date or failing to run an errand. For some couples, the offense might involve a major betrayal such as infidelity, addiction, or abuse. Either way, taking time to seek and grant forgiveness can play a powerful role in healing and restoring the relationship.

Forgiveness is the decision or choice to give up the right for vengeance, retribution, and negative thoughts toward an offender in order to be free from anger and resentment. This process promotes healing and restoration of inner peace, and it can allow reconciliation to take place in the relationship.

It is also important to be clear about what forgiveness is not. Forgiveness is not forgetting, condoning, or perpetuating injustice. Since it is sometimes unsafe or impossible, forgiveness does not always involve reconciliation. Forgiveness is not always quick; it is a process that can take time to unfold. Don't rush your partner if they need to spend days or weeks working through the process of granting forgiveness.

## SIX STEPS FOR SEEKING FORGIVENESS

1. Admit what you did was wrong or hurtful.
2. Try to understand/empathize with the pain you have caused.
3. Take responsibility for your actions and make restitution if necessary.
4. Assure your partner you will not do it again.
5. Apologize and ask for forgiveness.
6. Forgive yourself.

## SIX STEPS FOR GRANTING FORGIVENESS

1. Acknowledge your pain and anger. Allow yourself to feel disrespected.
2. Be specific about your future expectations and limits.
3. Give up your right to "get even," but insist on being treated better in the future.
4. Let go of blame, resentment, and negativity toward your partner.
5. Communicate your act of forgiveness to your partner.
6. Work toward reconciliation (when safe).

Created in part with content contributions made by Richard D. Marks, Ph.D., Marriage for Life, Inc., Jacksonville, FL



# WHAT THE BIBLE SAYS ABOUT CONFLICT

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*All Scripture is inspired by God and is useful to teach us...what is right. God uses it to prepare and equip His people to do every good work. —II Timothy 3:16-17*

## **COLOSSIANS 3:19**

Husbands love your wives and never treat them harshly.

## **EPHESIANS 4:26**

And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry.

## **PROVERBS 14:29**

People with understanding control their anger; a hot temper shows great foolishness.

## **ECCLESIASTES 7:8-9**

Finishing is better than starting. Patience is better than pride. Control your temper, for anger labels you a fool.

## **ROMANS 12:19**

Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, “I will take revenge; I will pay them back,” says the Lord.

## **1 THESSALONIANS 5:11**

So encourage each other and build each other up, just as you are already doing.

## **ROMANS 12:17**

Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable.

## **2 TIMOTHY 1:7**

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

## **PROVERBS 17:9**

Love prospers when a fault is forgiven, but dwelling on it separates close friends.

## **GALATIANS 5:22-23**

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

## **COLOSSIANS 3:13**

Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.



## QUOTES ON CONFLICT *from Ellen G. White*

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What harm is wrought in the family circle by the utterance of impatient words; for the impatient utterance of one leads another to retort in the same spirit and manner. Then come words of retaliation, words of self-justification, and it is by such words that a heavy, galling yoke is manufactured for your neck; for all these bitter words will come back in a baleful harvest to your soul. **{Messages to Young People 327.2}**

God has ordained that there should be perfect love and harmony between those who enter into the marriage relation. Let bride and bridegroom, in the presence of the heavenly universe, pledge themselves to love each other as God has ordained they should.... The wife is to respect and reverence her husband, and the husband is to love and cherish his wife. **{Counsels for the Church 129.1}**

In your association with others, put yourself in their place. Enter into their feelings, their difficulties, their disappointments, their joys, and their sorrows. Identify yourself with them, and then do to them as, were you to exchange places with them, you would wish them to deal with you. This is the true rule of honesty. **{Messages to Young People 420.1}**

It is truly noble to forgive and pass over a wrong; but it is mean and cowardly to revenge an injury. Let me entreat you to be above everything like engaging in a dispute, or speaking disrespectfully or sneeringly of those who annoy you, and do not respect themselves enough to behave properly. **{An Appeal to the Youth 65.1}**

Some are not willing to do self-denying work. They show real impatience when urged to take some responsibility. "What need is there," say they, "of an increase of knowledge and experience?" **{Mind, Character, and Personality Volume 1, 273.3}**

Unless you manifest meekness, kindness, and courtesy in your home, your religion will be in vain. If there were more genuine home religion, there would be more power in the church. **{Messages to Young People 327.1}**

You will both be happy if you try to please each other. Keep the windows of the soul closed earthward and opened heavenward. **{The Adventist Home 96.1}**

Let your heart be softened and melted under the divine influence of the Spirit of God. You should not talk so much about yourself, for this will strengthen no one. You should not make yourself a center, and imagine that you must be constantly caring for yourself and leading others to care for you. **{Testimonies for the Church Volume 1, 320.2}**



# FINANCIAL MANAGEMENT

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*Yet true godliness with contentment is itself great wealth. After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. — 1 Timothy 6:6-7*

## THE CHALLENGES OF MONEY

The joining of two individuals is the joining of two different orientations to money. Our early experiences help shape our values about money. Money operates metaphorically in our lives, representing many other things such as security, nurturance, opportunity, trust, and the relationship between dependence and independence. Little wonder then that money is a major cause of conflict and a multilayered problem for married couples.

### **The Meaning of Money Exercise**

In this exercise you will assess and then discuss your orientation toward money. The advantage of understanding your partner's money orientation is you can then capitalize on and balance each other's strengths.

### **Priorities Exercise**

Recognizing how we spend and allocate our money helps us discover our priorities. Your spending habits might not reflect the priorities you'd like to have. Reality is that priorities and spending patterns can change. Use the Priorities exercise to discover, discuss, and start putting your money where your heart is.

### **Setting Financial Goals Exercise**

Often goals are an extension of money orientations and should be considered together. The partner who is oriented to security is more apt to have financial goals around savings than the partner whose money orientation is centered around enjoyment. Create, discuss, and share financial goals in the Financial Goals exercise.

### **Creating a Budget Exercise**

Budgeting is the process of allocating expenses on a regular basis. Budgeting puts you in control of your spending—a process that can be very empowering in a culture where we are constantly enticed to spend money. One good way to create a budget is to keep track of everything you spend money on for 1–3 months, and then average your expenditures per category. Complete the Budget Worksheet as your workable budget, making sure to allot a monthly amount into 'savings'.



# FINANCIAL MANAGEMENT

*And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus. – Philippians 4:19*

## THE MEANING OF MONEY

Use the 1-5 scale to respond to each of the statements below.

1= Strongly Disagree	2= Disagree	3=Undecided	4=Agree	5=Strongly Agree
_____				
_____				
_____				
_____				
_____				
_____				
_____				
_____				
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_____				
_____				
_____				
_____				
_____				
_____				
_____				

### Scoring and Interpretation

After taking the quiz, add up your answers to the four questions for each category and record your scores below. Scores for each category can range from 4 to 20, with a high score indicating more agreement with that approach. It is possible to have high or low scores in more than one category. General guidelines for interpreting your scores appear in the box below.

Category	Add Items	Your Score	Interpretation of Score	Score	Interpretation
Money as status	1–4	_____	_____	17–20	Very high
Money as security	5–8	_____	_____	13–16	High
Money as enjoyment	9–12	_____	_____	9–12	Moderate
Money as control	13–16	_____	_____	4–8	Low

### COUPLE DISCUSSION

- In what ways do you value money similarly?
- In what ways do you value money differently?





# FINANCIAL MANAGEMENT

*You cannot serve God and be enslaved to money.  
– Matthew 6:24b*

## PRIORITIES: PUT YOUR MONEY WHERE YOUR HEART IS

What we spend our money on should be a reflection of our priorities. Discover and discuss your priorities as a couple and if your spending and saving habits are working to bring more joy in your life.

Take turns identifying where your priorities land for each of the following categories. Use a ○ and △ to distinguish between your responses.

### Housing

\_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
*rent a studio apartment* *own a 2BR home* *own a 4BR home with a 3-car garage*

### Groceries

\_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
*ramen noodles* *spaghetti and meatballs* *all organic, all the time*

### Transportation

\_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
*bike or walk* *1 car* *at least 2 new cars*

### Travel

\_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
*camping* *Holiday Inn* *five-star suite*

### Credit Cards

\_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
*pay minimum due* *carry occasional balance* *no balance ever*

### Exercise

\_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
*basement dumbbells* *YMCA membership* *personal trainer*

### Dining Out

\_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
*only special occasions* *1-2 times a week* *Rarely eat at home*

[cont'd on next page]





# FINANCIAL MANAGEMENT

Honor the Lord with your wealth and with the best part of everything you produce. — Proverbs 3:9

## PRIORITIES: PUT YOUR MONEY WHERE YOUR HEART IS

### COUPLE DISCUSSION



Look at each of the categories in the Priorities exercise on the previous page and how you each responded.

- Where are you aligned?  
Looking at priorities where you both answered 4's or 5's, talk about why these are important to you.
- Where are you not aligned?  
Talk about why you feel the way you do about the categories where you didn't have the same answer. Practice active listening and repeat back each other's responses.

#### Do your money habits match your priorities?

- Looking at these categories, identify where you are aligned on the level of priority.
- Do your current spending habits reflect that priority?
- Are you putting money toward high-priority categories and putting less or no money toward low-priority categories?

*Example: Fitness and living a healthy lifestyle is very important to both us, so paying for a gym membership is an important expense that we want to make sure is part of our monthly budget.*

- Where are your spending habits and priorities **not** aligned?

*Example: We both agree that we don't want to carry a balance on our credit cards, but have not made it a priority to pay off our debt.*

#### Put your money where your heart is.

- Identify one thing, as a couple, you would like to try and do differently based on this activity.
- How are you going to take action on that one thing?

This exercise was provided by The Love & Money Project™ for the PREPARE/ENRICH Workbook for Couples. For more resources go to [www.loveandmoney.com](http://www.loveandmoney.com)

Go to [www.loveandmoney.com](http://www.loveandmoney.com), create your free profile and get free access to the Family Bill Tracker and other tools under "My Products – Better Halves."



# FINANCIAL MANAGEMENT

*Wherever your treasure is, there the desires of your heart will also be. – Matthew 6:21*

## IMPORTANCE OF FINANCIAL GOALS

Couples argue about finances more than any other topic. Regardless of how much or how little money a couple has, deciding what to purchase and how to spend their money is problematic for most couples.

Typically, most couples focus on only short-term financial goals like: “Today I will pay \$100 on my credit card bill.” But short-term goals should also take into consideration your long-term goals like: “We want to save enough to make a down payment on a house.”

One way to reduce the amount of conflict regarding finances is for you and your partner to discuss and decide on your short-term and long-term financial goals. Setting common goals as a couple can increase your sense of teamwork and collaboration in this complex area of finances.

### Identifying and Deciding on Your Financial Goals

Each person should individually brainstorm their short-term and long-term financial goals and then share them with each other. Short-term goals should be what you can achieve in six months to one year. Long term goals might be achieved from one to five years. Remember, your goals should be realistic, clear and specific.

#### Short-Term Goals (six months to one year)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Long-Term Goals (one to five years)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### COUPLE DISCUSSION

- Share your lists with one another.
- What do they have in common? Where are they different?
- Decide together as a couple on your common goals.
- Talk about how you can each contribute to achieving these goals.
- Revisit them from time to time so you stay on track.





# FINANCIAL MANAGEMENT

Wealth from hard work grows over time.  
– Proverbs 13:11b

## BUDGET WORKSHEET

Monthly Take-Home Income			
Partner 1			
Partner 2			
<b>Couple Total</b>			
Monthly Expenses			
	Category	Current Spending	Future Budget Plan
Giving	Contributions/Tithe		
Saving	Emergency		
	Retirement/Future Projects, etc.		
Housing	Rent/Mortgage		
	Utilities		
Loans/Debt	Auto		
	School		
	Credit Cards		
Car	Gas		
	Repairs/Maintenance		
Food	Eating Out		
	Eating at Home		
Health Care	Doctors/Medicines, etc.		
Insurance	Medical/Dental/Vision		
	Car		
	Home/Life/Disability		
Clothing	Purchasing/Repair/Maintenance		
Personal Goods/Care	Supplies/Styling, etc.		
Household Supplies	Furniture/Goods/Supplies, etc.		
Services	Phone/Cable/Internet		
	Trash		
	Childcare		
	Education		
Other Expenses	Children's Activities		
	Gifts		
	Entertainment		
	Travel/Vacation		
	Child Support		
	Memberships		
	Other:		
	Other:		
<b>Total Couple Income</b>			
<b>Total Expenses</b>			
<b>Surplus or Deficit</b>			



## WHAT THE BIBLE SAYS ABOUT FINANCES & MONEY

*All Scripture is inspired by God and is useful to teach us...what is right. God uses it to prepare and equip His people to do every good work. —II Timothy 3:16-17*

### LUKE 16:13

"No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money."

### PROVERBS 3:9-10

Honor the Lord with your wealth and with the best part of everything you produce. Then he will fill your barns with grain, and your vats will overflow with good wine.

### PROVERBS 13:11

Wealth from get-rich-quick schemes quickly disappears; wealth from hard work grows over time.

### ECCLESIASTES 5:10

Those who love money will never have enough. How meaningless to think that wealth brings true happiness!

### HEBREWS 13:5

Don't love money; be satisfied with what you have. For God has said, "I will never fail you. I will never abandon you."

### I TIMOTHY 6:6-10

Yet true godliness with contentment is itself great wealth. After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. So if we have enough food and clothing, let us be content. But people who long to be rich fall into temptation and are trapped by many foolish and harmful desires that plunge them into ruin and destruction. For the love of money is the root of all kinds of evil. And some people, craving money, have wandered from the true faith and pierced themselves with many sorrows.

### I TIMOTHY 6:17-19

Teach those who are rich in this world not to be proud and not to trust in their money, which is so unreliable. Their trust should be in God, who richly gives us all we need for our enjoyment. Tell them to use their money to do good. They should be rich in good works and generous to those in need, always being ready to share with others. By doing this they will be storing up their treasure as a good foundation for the future so that they may experience true life.

### MATTHEW 6:19-21

Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. Wherever your treasure is, there the desires of your heart will also be.



## QUOTES ON FINANCES & MONEY *from Ellen G. White*

Deny yourself, take up the cross, and follow more closely in the Saviour's footsteps. Before you spend money, ask yourself, "Can I not save this money? I will deny myself for Christ's sake. He gave His life to purchase eternal life for me. **{Signs of the Times June 15, 1904, Art. A, par. 6}**

Money is not ours; houses and grounds, pictures and furniture, garments and luxuries, do not belong to us. We are pilgrims, we are strangers. We have only a grant of those things that are necessary for health and life.... Our temporal blessings are given us in trust, to prove whether we can be entrusted with eternal riches. **{The Adventist Home 367.3}**

No man is excusable for being without financial ability. Of many a man it may be said, He is kind, amiable, generous, a good man, a Christian; but he is not qualified to manage his own business. **{The Adventist Home 93.1}**



# LEISURE ACTIVITIES

*Let your wife be a fountain of blessing for you.  
Rejoice in the wife of your youth. — Proverbs 5:18*

## THE DATING EXERCISE

If you want to keep your relationship alive and growing, our best advice is to date your mate! Dating will help you maintain a friendship—one of the best indicators of a successful, long-term marriage. The habit of dating is the catalyst for building your couple friendship and staying emotionally connected through the coming years. This exercise will help you establish, reestablish, or reinforce the dating habit.

**1. Separately write down your answers to the following questions.**

- As you think about the life of your relationship, what have been your most favorite dates?
- What do you enjoy doing together? (sports, hobbies, interests, and recreational activities)
- What are some things you would like to learn or pursue together? (e.g. sports, cooking, hiking)

**2. Share your answers with each other and brainstorm a combined list of potential dates.**

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**3. Evaluate your combined list and rank the order in which to do them.** Use the criteria below to evaluate your dates. If your budget is tight, think creatively! You may want to recreate a favorite date when you made peanut butter and jelly sandwiches and had a picnic in the park.

- Time required (for instance, 1 hour, 2 hours, evening, afternoon, morning or whole day)
- Financial resources needed for date (\$ = inexpensive, \$\$ = moderate, \$\$\$ = expensive)
- Energy level (low energy, medium energy, high energy)

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**4. Now pull out your calendars and write in one date a week for the next two months.** It takes three weeks to make a new habit (or relearn an old one) and six weeks to feel good about it. Date your partner once a week for the next two months and you will be well on your way to energizing your relationship with fun, romance and laughter!



# WHAT THE BIBLE SAYS ABOUT LEISURE ACTIVITIES

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*A friend loves at all times. —Proverbs 17:17*

## **LUKE 16:13**

No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money.

## **PSALM 86:15**

You, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.

## **LAMENTATIONS 3:21-23**

This I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

## **1 CORINTHIANS 1:9**

God, who has called you into fellowship with his Son Jesus Christ our Lord, is faithful.

## **LAMENTATIONS 3:25**

The Lord is good to those whose hope is in him, to the one who seeks him.

## **PROVERBS 12:25**

An anxious heart weighs a man down, but a kind word cheers him up.

## **2 THESSALONIANS 2:16-17**

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

## **PROVERBS 27:6**

Wounds from a friend can be trusted.

## **JOHN 15:13-14**

Jesus said, "Greater love has no one than this, that he lay down his life for his friends. You are my friends if you do what I command.

## **PROVERBS 27:9**

Perfume and incense bring joy to the heart, and the pleasantness of one's friend springs from his earnest counsel.

## **JOHN 15:15**

Jesus said, "I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you."

## **ISAIAH 41:10**

Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.



## QUOTES ON LEISURE ACTIVITIES *from Ellen G. White*

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Give some of your leisure hours to your children; associate with them in their work and in their sports, and win their confidence. Cultivate their friendship. {[The Adventist Home 103.3](#)}

Fathers should unbend from their false dignity, deny themselves some slight self-gratification in time and leisure, in order to mingle with the children, sympathizing with them in their little troubles, binding them to their hearts by the strong bonds of love, and establishing such an influence over their expanding minds that their counsel will be regarded as sacred. {[The Adventist Home 220.2](#)}

In your life union your affections are to be tributary to each other's happiness. Each is to minister to the happiness of the other. {[Testimonies for The Church Volume 7, 45.5](#)}

Let there be mutual love, mutual forbearance. Then marriage, instead of being the end of love, will be as it were the very beginning of love. The warmth of true friendship, the love that binds heart to heart, is a foretaste of the joys of heaven. {[Ministry of Healing 360.2](#)}





# SEX AND AFFECTION

*Give honor to marriage, and remain faithful to one another  
in marriage... — Hebrews 13:4*

## THE EXPRESSION OF INTIMACY

Emotional intimacy and physical intimacy are closely related. Couples who have a good emotional relationship and feel loved and appreciated have the best physical relationship.

Affection is, to a large degree, a learned skill. Even those who seem to be “naturals” in this area usually had some training in their childhood as they saw and experienced the expressions of affection modeled around them. Those for whom affection seems awkward may have come from a home where affection was absent or rarely expressed. Either way, it’s important to discuss your upbringing and how it has affected your expectations in this area.

### COUPLE DISCUSSION

*The following questions were designed using the definition of affection as “any verbal or nonverbal expression that communicates love in a non-sexual way.”*



- What does “affection” mean to you?
- How much affection was there in your families growing up (verbal and nonverbal)?
- How did you respond to the affection (or lack of affection) you received?
- How did your father show affection?
- How did your mother show affection?
- On a scale of 1–10, how much affection do you want in your marriage? (1—very little, 10—great amount)

#### **For Premarital Couples**

- What was the attitude toward sex in your family? Was it talked about?
- Where did you learn about sex?
- Have you fully disclosed your sexual history to your partner? If not, why not?
- Has lack of affection or sexual dissatisfaction ever been a factor for you in the breakup of a relationship?
- Discuss your views on pornography.
- Have you discussed family planning?

#### **For Married Couples**

- What do you need in order to be in the mood for sex?
- Do you feel comfortable initiating sex? Why or why not?
- How often would you prefer or expect sex?
- What sexual activities do you enjoy most?
- Are there specific sexual acts that make you uncomfortable?
- How could you each contribute to making your sexual relationship more satisfying?



## WHAT THE BIBLE SAYS ABOUT SEXUALITY

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*All Scripture is inspired by God and is useful to teach us...what is right. God uses it to prepare and equip His people to do every good work. —II Timothy 3:16–17*

### PROVERBS 5:18-19

Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. She is a loving deer, a graceful doe. Let her breasts satisfy you always. May you always be captivated by her love.

### 1 CORINTHIANS 7:3

The husband should fulfill his wife's sexual needs, and the wife should fulfill her husband's needs.

### 1 CORINTHIANS 7:4-5

The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife. Do not deprive each other of sexual relations . . .

### HEBREWS 13:4

Give honor to marriage, and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery.

### EPHESIANS 5:28

In the same way, husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself.

### SONG OF SOLOMON 7:10-12

I am my lover's, and he claims me as his own. Come, my love, let us go out to the fields and spend the night among the wildflowers. Let us get up early and go to the vineyards to see if the grapevines have budded, if the blossoms have opened, and if the pomegranates have bloomed. There I will give you my love.

### 1 CORINTHIANS 6:19-20

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.



## QUOTES ON SEXUALITY *from Ellen G. White*

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Jesus did not enforce celibacy upon any class of men. He came not to destroy the sacred relationship of marriage but to exalt it and restore it to its original sanctity. He looks with pleasure upon the family relationship where sacred and unselfish love bears sway.—Manuscript 126, 1899. **{The Adventist Home 121}**

They [Christians who have married] should duly consider the result of every privilege of the marriage relation, and sanctified principle should be the basis of every action. **{Mind, Character and Personality, vol. 1 221.1}**

The warmth of true friendship and the love that binds the hearts of husband and wife are a foretaste of heaven. **{Letters to Young Lovers 10.1}**

True love is a high and holy principle, altogether different in character from that love which is awakened by impulse and which suddenly dies when severely tested. **{Letters to Young Lovers 29.4}**

All who enter into matrimonial relations with a holy purpose—the husband to obtain the pure affections of a woman's heart, the wife to soften and improve her husband's character and give it completeness—fulfill God's purpose for them. **{The Adventist Home 99.1}**



# RELATIONSHIP ROLES

*Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. — Ephesians 4:3*

## SHARING ROLES

List your responsibilities and your partner's responsibilities related to the household and/or children. Your partner should also separately create the same two lists. *Note: For couples who are not yet sharing a household, complete these lists as things you expect to do in your future household.*

### Things You Do (or plan to do) for your Household

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### Things Your Partner Does (or plans to do) for your Household

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## COUPLE DISCUSSION

- After you have each completed your lists, compare and discuss them. Any surprises?
- Are roles mainly divided by interests and skill, or by more traditional male/female roles?
- Consider for a moment how similar or dissimilar these lists are compared to what you witnessed in your parents' roles growing up.
- Discuss what each of you would like to adjust in your lists of roles. If needed, agree on how you might revise your current lists.
- Revise your current lists, finalizing an agreement about tasks you will each do in the future. Set a time to review the new lists.



## SWITCHING ROLES EXERCISE

After you have each completed your Household Tasks lists, plan a day (or a week) when you can perform each other's household responsibilities. This Role Reversal experiment will help you gain a new appreciation for one another.



# WHAT THE BIBLE SAYS ABOUT ROLES

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*All Scripture is inspired by God and is useful to teach us...what is right. God uses it to prepare and equip His people to do every good work. —II Timothy 3:16–17*

## **ROMANS 12:3-5**

Because of the privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us. Just as our bodies have many parts and each part has a special function, so it is with Christ's body. We are many parts of one body, and we all belong to each other.

## **MATTHEW 22:37-39**

Jesus replied, "'You must love the LORD your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.'

## **ECCLESIASTES 4:9-10**

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.

## **TITUS 2:7-8**

And you yourself must be an example to them by doing good works of every kind. Let everything you do reflect the integrity and seriousness of your teaching. Teach the truth so that your teaching can't be criticized. Then those who oppose us will be ashamed and have nothing bad to say about us.

## **GALATIANS 6:10**

Whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.

## **JOHN 13:35**

"Your love for one another will prove to the world that you are my disciples."

## **GALATIANS 6:2**

Share each other's burdens, and in this way obey the law of Christ.

## **1 PETER 1:22**

You were cleansed from your sins when you obeyed the truth, so now you must show sincere love to each other as brothers and sisters. Love each other deeply with all your heart.

## **1 PETER 3:7**

In the same way, you husbands must give honor to your wives. Treat your wife with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. Treat her as you should so your prayers will not be hindered.



## QUOTES ON RELATIONSHIP ROLES *from Ellen G. White*

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The family firm is a sacred, social society, in which each member is to act a part, each helping the other. The work of the household is to move smoothly, like the different parts of well-regulated machinery. **{The Adventist Home 179.4}**

Since both men and women have a part in homemaking, boys as well as girls should gain a knowledge of household duties. To make a bed and put a room in order, to wash dishes, to prepare a meal, to wash and repair his own clothing, is a training that need not make any boy less manly; it will make him happier and more useful. **{Letters to Young Lovers 19.2}**

Marriage, a union for life, is a symbol of the union between Christ and His church. The spirit that Christ manifests toward the church is the spirit that husband and wife are to manifest toward each other. **{Counsels for the Church 127.1}**

Neither husband nor wife is to make a plea for rulership. The Lord has laid down the principle that is to guide in this matter. The husband is to cherish his wife as Christ cherishes the church. And the wife is to respect and love her husband. Both are to cultivate the spirit of kindness, being determined never to grieve or injure the other. **{Counsels for the Church 127.2}**



# SPIRITUAL BELIEFS

*And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.' The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these." — Mark 12:30-31*

## YOUR SPIRITUAL JOURNEY

Spirituality and faith are powerful dimensions of the human experience. Spiritual beliefs can provide a foundation for the values and behaviors of individuals and couples. People who profess a spiritual faith do, indeed, feel their beliefs breathe life into their relationships. Couples with high agreement on spiritual beliefs report much higher levels of marital satisfaction and closeness than those with low spiritual agreement.

Given the potential benefits of spiritual beliefs in a relationship, it makes sense for partners to explore and evaluate their compatibility regarding spiritual beliefs. Couples with strong spiritual beliefs and practices say their faith provides a foundation that deepens their love and helps them grow together and achieve their dreams. If you and your partner's spiritual beliefs are incompatible, talking about the origins of your beliefs can help you understand one another.

### COUPLE DISCUSSION

How much do you know about your partner's religious history? How much do you know about your own religious history? Family heritage lends a sense of stability and tranquility to relationships.



Set aside some time to discuss the following questions together and share your individual responses. (If you do not have the answers, ask other family members about their perspective.)

- What is your family's religious tradition and heritage?
- What holidays (holy days) and rituals does your family observe?
- How similar or dissimilar are your personal religious and spiritual beliefs compared to those of your family?
- What holidays (holy days) and rituals do you find personally meaningful?
- What holiday/religious symbols hold special meaning to you (the Menorah, a Cross, or a Christmas tree)?
- Is/was there significance to the food you prepare?
- What is the meaning of the gifts you exchange?
- How does your spiritual life affect your values and the decisions you make?
- To what extent do you/would you like to integrate your faith or spiritual life into your marriage relationship?
- Do you have strong feelings or opinions about the religious upbringing you'd like to provide for your children?
- How has your understanding of God changed through your life?
- What do you believe is the meaning of life?



## WHAT THE BIBLE SAYS ABOUT SPIRITUAL BELIEFS

*All Scripture is inspired by God and is useful to teach us...what is right. God uses it to prepare and equip His people to do every good work. —II Timothy 3:16-17*

### PSALM 23:1

The Lord is my shepherd; I have all that I need.

### PSALM 27:1

The Lord is my light and my salvation so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?

### 2 TIMOTHY 1:7

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

### HEBREWS 13:5-6

Don't love money; be satisfied with what you have. For God has said, "I will never fail you. I will never abandon you." So we can say with confidence, "The Lord is my helper, so I will have no fear. What can mere people do to me?"

### 1 PETER 5:6-7

So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you.

### DEUTERONOMY 31:8

Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you."

### MATTHEW 10:39

If you cling to your life, you will lose it; but if you give up your life for me, you will find it.

### MARK 12:30-31

And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.' The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these."



## QUOTES ON SPIRITUAL BELIEFS *from Ellen G. White*

The presence of Christ alone can make men and women happy. All the common waters of life Christ can turn into the wine of heaven. The home then becomes as an Eden of bliss; the family, a beautiful symbol of the family in heaven.

{[The Adventist Home 28.1](#)}

It is only in Christ that a marriage alliance can be safely formed. Human love should draw its closest bonds from divine love. Only where Christ reigns can there be deep, true, unselfish affection. {[The Adventist Home 68.2](#)}

Without mutual forbearance and love no earthly power can hold you and your husband in the bonds of Christian unity. Your companionship in the marriage relation should be close and tender, holy and elevated, breathing a spiritual power into your lives, that you may be everything to each other that God's word requires. When you reach the condition that the Lord desires you to reach, you will find heaven below and God in your life. {[The Adventist Home 112.2](#)}

Remember, my dear brother and sister, that God is love and that by His grace you can succeed in making each other happy, as in your marriage pledge you promised to do. {[The Adventist Home 112.3](#)}





# MARRIAGE EXPECTATIONS

*Can two people walk together without agreeing on the direction? — Amos 3:3*

## MANAGING YOUR EXPECTATIONS

Expectations about love and marriage have a powerful impact on relationships. To a large degree, you will be disappointed or happy in life based on how well what is happening matches up with what you think should be happening. All married couples start out hoping for and believing they will experience the very best. Problems arise when these hopes and beliefs are not based on reality.

The following statements are *common fantasies* couples have about marriage. Read them and select the ones you believe are true. Take turns sharing and discussing these with each other.

1. My partner will meet all my needs for companionship.
2. Time will resolve our problems.
3. If I have to ask, it is not as meaningful.
4. We should live 'happily ever after' with no major problems.
5. Keeping secrets about my past or present is acceptable if it would only cause pain for my partner.
6. Less romance means we have less love for one another.
7. Our relationship will remain the same.
8. My partner's interest in sex will be the same as mine.
9. Our relationship will be better when we have a baby.
10. We will do things just like my family did.
11. Nothing could cause us to question our love for one another.
12. I believe I know everything there is to know about my partner.
13. Love is all you need for a great marriage.
14. It is better to keep silent about something bothering me than to cause unnecessary problems in our relationship.

### COUPLE DISCUSSION

- Which of these statements have you been tempted to believe?
- If you agree with these statements, how might they set you up for being disappointed later on?
- How does believing or living out these statements keep you from fully loving and/or honoring yourself and your partner?





# WHAT THE BIBLE SAYS ABOUT MARRIAGE

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*All Scripture is inspired by God and is useful to teach us...what is right. God uses it to prepare and equip His people to do every good work. —II Timothy 3:16-17*

## **GENESIS 2:18, 24**

Then the LORD God said, "It is not good for the man to be alone. I will make a helper who is just right for him." This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.

## **MATTHEW 19:4-6**

"Haven't you read the Scriptures?" Jesus replied. "They record that from the beginning 'God made them male and female.' And he said, 'This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.' Since they are no longer two but one let no one split apart what God has joined together."

## **ECCLESIASTES 4:9-11**

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone?

## **PROVERBS 31:10-11**

Who can find a virtuous and capable wife? She is more precious than rubies. Her husband can trust her, and she will greatly enrich his life.

## **EPHESIANS 5:25**

For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her.

## **EPHESIANS 5:31-33**

As the Scriptures say, "A man leaves his father and mother and is joined to his wife, and the two are united into one." This is a great mystery, but it is an illustration of the way Christ and the church are one. So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.

## **GENESIS 2:23-24**

"At last!" the man exclaimed. "This one is bone from my bone, and flesh from my flesh! She will be called 'woman,' because she was taken from 'man.'" This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.

## **MATTHEW 18:19**

"I also tell you this: If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you.



## QUOTES ON MARRIAGE *from Ellen G. White*

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Men and women, at the beginning of married life, should reconsecrate themselves to God. **{Counsels for the Church 129.2}**

Let each give love rather than exact it. Cultivate that which is noblest in yourselves, and be quick to recognize the good qualities in each other. The consciousness of being appreciated is a wonderful stimulus and satisfaction. Sympathy and respect encourage the striving after excellence, and love itself increases as it stimulates to nobler aims. **{Counsels for the Church 129.6}**

Husbands should be careful, attentive, constant, faithful, and compassionate. They should manifest love and sympathy. When the husband has the nobility of character, purity of heart, elevation of mind that every true Christian must possess, it will be made manifest in the marriage relation. **{The Adventist Home 125.1}**

If she [the wife] will elevate her affections, and in sanctification and honor preserve her refined, womanly dignity, woman can do much by her judicious influence to sanctify her husband, and thus fulfill her high mission. In this matter, so delicate and so difficult to manage, much wisdom and patience are necessary, as well as moral courage and fortitude. Strength and grace can be found in prayer. Sincere love is to be the ruling principle of the heart. **{Counsels for the Church 136.4}**

However carefully and wisely marriage may have been entered into, few couples are completely united when the marriage ceremony is performed. The real union of the two in wedlock is the work of the after years. **{Counsels for the Church 129.3}**



# CHILDREN AND PARENTING

*Direct your children onto the right path, and when they are older, they will not leave it. — Proverbs 22:6*

*For couples planning to have children...*

## COUPLE DISCUSSION ABOUT CHILDREN



- Discuss if and when you would like to have children.
- How many children would you like to have?
- What would you do if you had an unexpected pregnancy before you planned to have children?
- What would you do if you learned you were unable to have children (e.g. Adoption? Fertility treatments?)
- What are your expectations for the roles of a Father and a Mother?
- Who do you anticipate or expect will care for your child during their infancy and early childhood (You? Your partner? A daycare provider? Grandparents?)
- How would you prefer to handle discipline? (e.g. Do you believe in time-outs, taking away privileges, etc.)
- As a parent, what would you want to do differently than your family of origin?
- How important is it to you that your children are reared near your extended family?
- Do you believe children should be reared with some religious or spiritual foundation?
- What values do you hope to teach your children?

*For couples with children...*

## PLANNING A WEEKLY FAMILY CONFERENCE

A family conference is a time for the family to connect and to reflect on recent family and personal experiences. Spending this time together helps family members feel supported and gives a new energy and sense of solidarity to the family system.

### Guidelines

1. Be sure everyone who is old enough participates.
2. Establish a regular time and place when the entire family is normally together.
3. Encourage and share ideas. Do not criticize and critique.

### Family Discussion

- What do you feel was the best thing that happened to you or within the family this week?
- What was the worst thing that happened to you or within the family this week?
- For an issue that was brought up in the previous question, what could have been done differently?
- What is a strength of your family?



# CHILDREN AND PARENTING

*Children are a gift from the Lord; they are a reward from him.  
— Psalm 127:3*

## STEPFAMILIES: CHOOSING REALISTIC EXPECTATIONS

Read through these common myths, noticing if any of them resonate with you and your partner. Use the questions in the Couple Discussion (below) to guide your discussion.

**Myth: Because we love each other, the other family members will also love each other.**

**Reality:** Love and/or good relationships may or may not happen between stepfamily members. It will likely take time for emotional bonds to develop; some will bond quickly, others slowly, and it is possible that some individuals may never bond.

**Myth: We'll do marriage better this time around.**

**Reality:** Those who have experienced a breakup or divorce have often learned tough lessons from the past. While a new marriage involves different people and different dynamics, it is not uncommon for individuals to slip into old patterns and routines (e.g., being avoidant during conflict). Be mindful not to repeat mistakes of the past.

**Myth: Our children will feel as happy about this new family as we do.**

**Reality:** The truth is children will at best be confused about the new marriage and at worst, they'll resent it. Remarriage is a gain for adults and a challenge for children. Only after much time, when family stability is obtained, does the remarriage also become a gain for children. Be patient with them.

**Myth: The stepparent(s) will quickly bond with the children and act like another parent.**

**Reality:** Sometimes stepparents want so badly to be accepted they try to manage the children as a parent would. They may also try to show affection like a biological parent would. Children often need some space initially to build a relationship with the stepparent. It is often a good idea to let the child set the pace and follow their lead.

**Myth: We will be able to easily form a new family.**

**Reality:** In most cases, children didn't ask for this new family, they need time to develop a history and sense of family. Don't push to create relationships. It is often better to have minimal expectations of how relationships will develop rather than grand expectations which may fail to materialize.

*Adapted from *The Smart Stepfamily: Seven Steps to a Healthy Family* by Ron L. Deal, Bethany House Publishers (2014).*

### COUPLE DISCUSSION

- Which of these myths have you been tempted to believe?
- How could having these unrealistic expectations set you up for frustration and disappointment?
- How are you going to balance the challenges of a stepfamily and nourishing your couple relationship?





## WHAT THE BIBLE SAYS ABOUT PARENTING

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*All Scripture is inspired by God and is useful to teach us...what is right. God uses it to prepare and equip His people to do every good work. —II Timothy 3:16-17*

### **PSALM 127:3**

Children are a gift from the Lord; they are a reward from him.

### **PROVERBS 22:6**

Direct your children onto the right path, and when they are older, they will not leave it.

### **PROVERBS 13:24**

Those who spare the rod of discipline hate their children. Those who love their children care enough to discipline them.

### **DEUTERONOMY 6:6-7**

And you must commit yourselves wholeheartedly to these commands that I am giving you today. Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up.

### **EPHESIANS 6:1-2**

Children, obey your parents because you belong to the Lord, for this is the right thing to do. "Honor your father and mother." This is the first commandment with a promise.

### **COLOSSIANS 3:21**

Fathers, do not aggravate your children, or they will become discouraged.

### **EXODUS 20:12**

Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you.

### **LEVITICUS 19:32**

Stand up in the presence of the elderly, and show respect for the aged. Fear your God. I am the Lord.

### **MATTHEW 19:13-15**

One day some parents brought their children to Jesus so he could lay his hands on them and pray for them. But the disciples scolded the parents for bothering him. But Jesus said, "Let the children come to me. Don't stop them! For the Kingdom of Heaven belongs to those who are like these children." And he placed his hands on their heads and blessed them before he left.



## QUOTES ON PARENTING *from Ellen G. White*

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As workers for God, our work is to begin with those nearest. It is to begin in our own home. There is no more important missionary field than this. **{Child Guidance 476}**

You may be evangelists in the home, ministers of grace to your children. **{Child Guidance 479}**

Your courtesy and self-control will have greater influence upon the characters of your children than mere words could have. **{The Adventist Home 421.5}**

Take these children and present them to God as a fragrant offering. Ask His blessing upon them and then mold and fashion them according to Christ's order. **{The Adventist Home 170.2}**

Let not home education be regarded as a secondary matter. It occupies the first place in all true education. Fathers and mothers have entrusted to them the molding of their children's minds. **{Child Guidance 18.2}**

Children who are Christians will prefer the love and approbation of their God-fearing parents above every earthly blessing. They will love and honor their parents. **{Messages to Young People 335.3}**



# COUPLE AND FAMILY MAPS

*This is my commandment: Love each other in the same way I have loved you. – John 15:12*

## MAPPING YOUR RELATIONSHIP

In your report, there is a **Couple Map**, which indicates how you each described your relationship, and a **Family Map** which indicates how you each described your family of origin. These Maps are designed to help you better understand and discuss your couple relationship and families. The fact that families are so diverse can add to the challenge of merging individuals from two families into a couple relationship.

### Closeness

*Closeness refers to how emotionally connected you feel to your partner and family.* How do you balance separateness and togetherness? Indicators of Closeness are I vs. We, loyalty, and independence vs. dependence. There are five levels of Closeness. **Balanced levels** (3 central levels) of Closeness are most healthy for couples and families, while the two **Unbalanced levels** (2 extreme ends) are more problematic.

### Flexibility

*Flexibility refers to how open couples and families are to change.* How do you balance stability and change? Indicators of Flexibility are leadership, relationship roles, discipline and rules. As with Closeness, there are five levels of Flexibility. **Balanced levels** (3 central levels) of Flexibility are the most happy and healthy, while the two **Unbalanced levels** (2 extreme ends) are more problematic.

## COUPLE DISCUSSION

- Compare how you each described your couple relationship.
- Compare your family of origin with your partner's family on Closeness and Flexibility. Use the examples below for your discussion:
  - Family gatherings during a holiday
  - Celebrating a birthday or anniversary
  - Dinner time / Meal time
  - Handling discipline and parenting responsibilities
  - Closeness and Flexibility in your parents marriage
  - Caring for a sick family member
  - Adjusting to a stressful change (e.g. a move, job transition).
- How similar or different were your families in terms of Closeness and Flexibility?
- How might the similarities or differences impact your current relationship?
- What from your family of origin would you like to repeat in your couple relationship?
- What from your family would you not like to repeat in your couple relationship?
- How satisfied are you with the current level of Closeness and Flexibility in your couple relationship?
- Consider ways you might increase or decrease Closeness and Flexibility (see next section for ideas).





# COUPLE AND FAMILY MAPS

Dear friends, let us continue to love one another, for love comes from God.  
Anyone who loves is a child of God and knows God. –1 John 4:7

## COUPLE AND FAMILY MAP

BALANCED
  MID-RANGE
  UNBALANCED

		C L O S E N E S S						
		DISCONNECTED	SOMEWHAT CONNECTED	CONNECTED	VERY CONNECTED	OVERLY CONNECTED	FLEXIBILITY INDICATORS	UNBALANCED
F L E X I B I L I T Y	OVERLY FLEXIBLE						CHANGE	Too much change
	VERY FLEXIBLE						LEADERSHIP	Lack of leadership
	FLEXIBLE						ROLE SHARING	Dramatic role shifts
	SOMEWHAT FLEXIBLE						DISCIPLINE	Erratic discipline
	INFLEXIBLE							
		UNBALANCED		BALANCED		UNBALANCED		
		Disconnected		Somewhat Connected to Very Connected		Overly Connected		
		Too Much (I) Separateness		Good I-We Balance		Too Much (We) Togetherness		
		Little Closeness		Moderate to High Closeness		Too Much Closeness		
		Lack of Loyalty		Moderate to High Loyalty		Loyalty Demanded		
		High Independence		Interdependent		High Dependency		





# COUPLE AND FAMILY MAPS

*So again I say, each man must love his wife as he loves himself,  
and the wife must respect her husband. – Ephesians 5:33*

## CLOSENESS EXERCISES

### Practical Tips to Balance your Relationship

If you find yourself “**Disconnected**” or “**Somewhat Connected**”, try some of these ideas to become more connected:

- Fill in the blanks. Use the following prompts (or some of your own) to discover or rediscover your partner’s innermost feelings:

“I feel happy when \_\_\_\_\_”

“I am afraid of \_\_\_\_\_”

“If I had more time, I would \_\_\_\_\_”

“One of my favorite books is \_\_\_\_\_”

“One thing I have never told anyone is \_\_\_\_\_”

“I get really embarrassed when \_\_\_\_\_”

“My favorite meal is \_\_\_\_\_”

- Say “No” to outside activities that take too much time and energy away from your relationship.
- Participate in community service or volunteering projects together.
- Start having a weekly “date” night.
- Plan and dream together. Create a list of things you would like to do in your life and share your lists.
- Take a class or vacation together.
- Find a hobby or activity you can share with one another.
- Compliment your partner.

If you find yourself “**Overly Connected**” or “**Very Connected**”, try some of these ideas to build your independence:

- Maintain, create and nurture friendships with others.
- Take a class alone or with friends.
- Volunteer for something your partner is not involved with.
- Give yourself some alone time walking, jogging, or journaling. Get to know and like yourself. When your tank is full, you’ll have more to share with your partner later.

### Apply It!

Write down the idea(s) you want to apply, and when and how you will do it.

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# COUPLE AND FAMILY MAPS

*Let us think of ways to motivate one another to acts of love and good works. – Hebrews 10:24*

## FLEXIBILITY EXERCISES

### Practical Tips to Balance your Relationship

If you find yourself “**Inflexible**” or “**Somewhat Flexible**”, try one or more of these ideas to become more flexible:

- Share leadership and roles. If you and your partner have strictly defined roles and leadership patterns, try changing the normal routine.
- Put away your lists, calendars, and schedules for a day. Experience the day together without looking at a watch or clock.
- Brainstorm a list of your roles, and expectations for your relationship. Revise this list in a way that increases Flexibility.
- Switch roles with your partner for a week. If your partner normally does the grocery shopping, make this your job for the week while your partner takes over one of your jobs.
- Do something really spontaneous. Clear your schedule for a day or week and use the time to meet your partner for a romantic getaway.

If you find yourself “**Overly Flexible**” or “**Very Flexible**”, try one or more of these ideas to add more stability:

- Add more consistency, tradition and rituals. Research has found rituals and routines are associated with higher marital satisfaction and stronger family relationships. Rituals create strong bonds and build loving relationships and are organizers of family life. Rituals are more than holidays and rites of passage—daily routines are also very important rituals for couples and families. Daily rituals include mealtime rituals, wake up and bedtime rituals, and everyday greetings and goodbyes.
- Make a list of household tasks and who will do them. Negotiate these with your partner.
- Add more consistency to your parenting.
- Keep promises you made to your partner.

### Apply It!

Write down the idea(s) you want to apply, and when and how you will do it.

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## WHAT THE BIBLE SAYS ABOUT FAMILY & FRIENDS

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*All Scripture is inspired by God and is useful to teach us...what is right. God uses it to prepare and equip His people to do every good work. —II Timothy 3:16-17*

### PROVERBS 27:9

The heartfelt counsel of a friend is as sweet as perfume and incense.

### 1 CORINTHIANS 15:33

Don't be fooled by those who say such things, for "bad company corrupts good character."

### PROVERBS 14:7

Stay away from fools, for you won't find knowledge on their lips.

### PROVERBS 27:6

Wounds from a sincere friend are better than many kisses from an enemy.

### PROVERBS 13:20

Walk with the wise and become wise; associate with fools and get in trouble.

### JOHN 15:12-15

This is my commandment: Love each other in the same way I have loved you. There is no greater love than to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you slaves, because a master doesn't confide in his slaves. Now you are my friends, since I have told you everything the Father told me.



## QUOTES ON FAMILY & FRIENDS *from Ellen G. White*

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Those who would truly follow Christ must let Him abide in the heart, and enthrone Him there as supreme. They must represent His spirit and character in their home life, and show courtesy and kindness to those with whom they come in contact. **{Messages to Young People 331.1}**

As a stream always partakes of the property of the soil through which it runs, so the principles and habits of youth invariably become tinged with the character of the company in which they mingle. **{Messages to Young People 411.3}**

We are all woven together in the great web of humanity, and whatever we can do to benefit and uplift others will reflect in blessing upon ourselves. **{Patriarchs and Prophets 534}**

The first work of Christians is to be united in the family. Then the work is to extend to their neighbors nigh and afar off. **{The Adventist Home 37.4}**



# PERSONALITY

*Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven. — Luke 6:37*

## SCOPE OUT YOUR PERSONALITY

Exploring your personality and your partner's personality can be a fascinating and fun process. It can also point out challenges for couples who love one another, but have very different personalities and approaches to life.

### COUPLE DISCUSSION

First, review the Personality SCOPE section of your Couple's Report.

- In what area(s) are your personalities similar?
  - How can your similarities be a strength?
  - How can your similarities create problems?
- In what areas are your personalities different?
  - How can your differences be a strength?
  - How can your differences create problems?
- Do the roles you fulfill in your relationship match your personality strengths? (e.g. Does the person who scored high on organization manage the checkbook?)



### DEALING WITH PERSONALITY DIFFERENCES

- Don't try to change your partner's personality.
- Remember the positive aspects of your partner's personality that attracted you in the first place.
- Be responsible for yourself. Learn behaviors that will positively contribute to your relationship.
- How can you use your personality differences as a strength in your relationship?



# WHAT THE BIBLE SAYS ABOUT PERSONALITY ISSUES

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*All Scripture is inspired by God and is useful to teach us...what is right. God uses it to prepare and equip His people to do every good work. —II Timothy 3:16-17*

## **2 PETER 1:5-6**

In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness.

## **PROVERBS 11:11-12**

Upright citizens are good for a city and make it prosper, but the talk of the wicked tears it apart. It is foolish to belittle one's neighbor; a sensible person keeps quiet.

## **PROVERBS 11:13**

A gossip goes around telling secrets, but those who are trustworthy can keep a confidence.

## **PROVERBS 12:22**

The Lord detests lying lips, but he delights in those who tell the truth.

## **PROVERBS 25:19**

Putting confidence in an unreliable person in times of trouble is like chewing with a broken tooth or walking on a lame foot.

## **PROVERBS 12:25**

Worry weighs a person down; an encouraging word cheers a person up.

## **PROVERBS 17:22**

A cheerful heart is good medicine, but a broken spirit saps a person's strength.

## **MATTHEW 6:34**

"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

## **LUKE 6:37**

"Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven.

## **ROMANS 14:12-13**

Yes, each of us will give a personal account to God. So let's stop condemning each other. Decide instead to live in such a way that you will not cause another believer to stumble and fall.



## QUOTES ON PERSONALITY ISSUES *from Ellen G. White*

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A good character is a capital of more value than gold or silver. It is unaffected by panics or failures, and in that day when earthly possessions shall be swept away it will bring rich returns. Integrity, firmness, and perseverance are qualities that all should seek earnestly to cultivate; for they clothe the possessor with a power which is irresistible,—a power which makes him strong to do good, strong to resist evil, strong to bear adversity. **{Messages to Young People 415.3}**

It is in mercy that the Lord reveals to men [and women] their hidden defects. He would have them critically examine the complicated emotions and motives of their own hearts and detect that which is wrong, modify their dispositions, and refine their manners. **{Mind, Character and Personality, vol. 2 617.1}**

Get your mind off from yourself into a more healthy channel. Talk of Jesus, and let self go; let it be submerged in Christ, and let this be the language of your heart: "I live; yet not I, but Christ liveth in me" (Galatians 2:20). Jesus will be to you a present help in every time of need. He will not leave you to battle with the powers of darkness alone. Oh, no; He has laid help upon One that is mighty to save to the uttermost. **{Mind, Character and Personality, vol. 1 272.3}**

Let your heart be softened and melted under the divine influence of the Spirit of God. **{Mind, Character and Personality, vol. 1 272.3}**

We should love and respect one another, notwithstanding the faults and imperfections that we cannot help seeing. Humility and self-distrust should be cultivated, and a patient tenderness with the faults of others. This will kill out all narrowing selfishness and make us largehearted and generous. **{Steps to Christ 121}**



# GOALS

*And we know that God causes everything to work together for the good of those who love God and are called according to His purpose for them. — Romans 8:28*

## ACHIEVING YOUR GOALS...TOGETHER

Clarify and define your personal, couple, and family goals for the next few years. Then share them with your partner. Remember your goals should be realistic and clearly stated.

### Partner 1 Goals

#### Personal Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Couple Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Family Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Partner 2 Goals

#### Personal Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Couple Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Family Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### COUPLE DISCUSSION

- Were you surprised by any of your partner's goals?
- Which goals are most important to you right now?
- What are the current issues surrounding these goals?
- How do your partner's goals complement or compete with yours?
- How can you each contribute to achieving these goals?
- What will be the first step to make this goal become a reality?





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