

COUNSELING GUIDE

CHANGING LIVES. MAKING A DIFFERENCE.



BARTHOLOMEW ORR

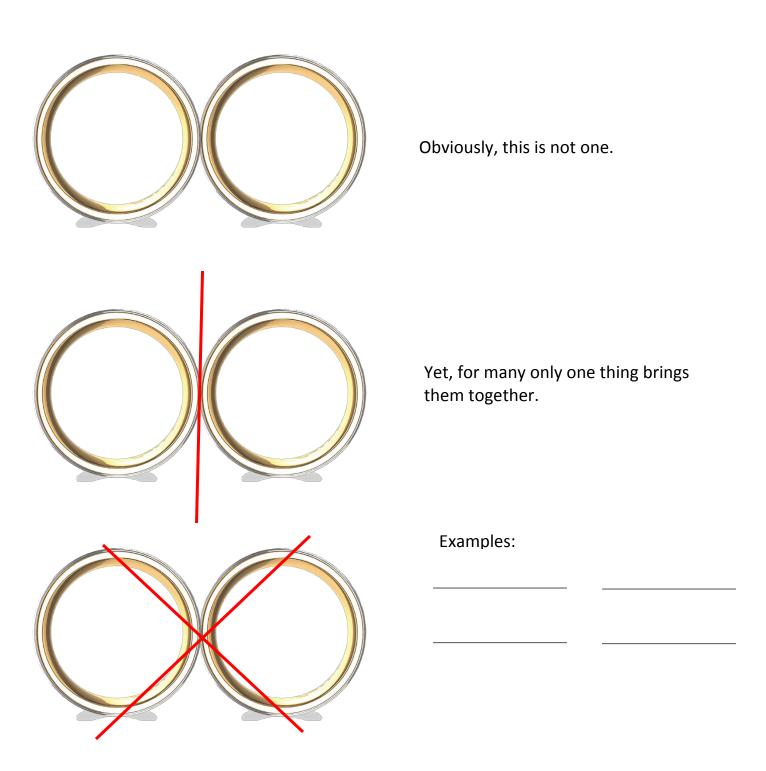
Table of Contents

Intro	duction
Maki	ng the Grade
Faith	8
Finan	n ce
	L-I-F-E Analysis
	Monthly Income and Expenses Guide
	Sample Budget
Frien	dship
Fire .	
	Must-Haves/Can't Stands
Fight	s
Addit	cional Resources
	Beatitudes of a Christian Marriage
	ABC's of a Blended Family
	A Month of Love (30 Healthy Marriage-Building Tips)
	Fathering
	"One Another" Commands of the Bible 26
	Answer Keys

Introduction



What does two become one look like?





Two Becoming One

What does two become one look like?



This looks like two becoming one, but who do you know that are EXACTLY alike?



Introduction



Two Becoming One

What does two become one look like?



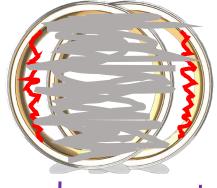
This is becoming one.



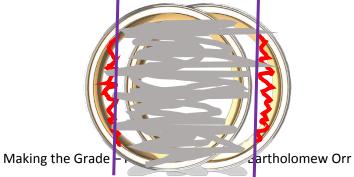
Difference exists.

Key:

Recognize the Difference Respect the Difference



But at the core they are on the same page.



Principle: Tithing the Relationship



The "F's" to Avoid Making an "F" in Marriage

Faith	 ✓ Same Master – Jesus Christ ✓ Same Manual – The Bible Homework: The Love Dare
Finance	 ✓ Same Pot – One Account ✓ Same Plan – Budget ✓ Homework: Complete Budget
Friendship	 ✓ Seeing Yourselves ✓ The "C's" of a Relationship ✓ Time Homework: List three acts of compassion DAILY

five love language test

F_{ire}

- ✓ Making the Fire
- ✓ Maintaining the Fire

Homework: Complete Must Have's / Can't Stands

FI.G.H.T.S.

- ✓ Establishing the Rules
- ✓ Ensuring Righteousness
- ✓ Homework: Name three biggest fights

Answer Key on page 28



	Fa:+	L
I.	Fait	1

 Same Master – (Romans 10:9) Sure about their Salvation; Desire to plea
--

Have you surrendered to the Lordship of Jesus Christ? (Circle your answer)

Yes

No

Is Christ the Master, the Boss, the Ruler of your life? (Circle your answer)

Yes

No

- b. Same Manual (II Timothy 3:16-17) The Bible as the manual and road map for all instructions
 - i. Biblical instructions to Husbands
 - 1. <u>Deuteronomy 24:5</u> ~ Wife is a priority and her happiness is the husband's pursuit.
 - 2. Genesis 1-3 ~ Leaving, Cleaving and Becoming One Flesh. Woman was not taken from foot bone (not to be walked on by man); was not taken from head bone (not to be ruler of man); but she was taken from rib bone (close to heart LOVED by man; in his side EQUAL with man; under his arm PROTECTED by man.
 - 3. Ephesians 5 ~ Man is to love his wife as Christ loved the church sacrificial, servant love of a husband. KEY LOVE in the way she needs to be loved.
 - 4. <u>I Peter 3:7</u> ~ Physical, Intellectual Responsibility, Emotional Responsibility, Spiritual Responsibility
 - 5. Mark 10:45 ~ The husband should serve the wife as Christ served the church.
 - 6. I Corinthians 7:33 Spouse come first
 - 7. PRIEST, PROVIDER, PROTECTOR Everything is on the man.
 - ii. Biblical instruction to Wife
 - 1. Ephesians 5 ~ RESPECT her husband; She is to be submissive to her husband
 - 2. I Peter 3 ~ Like Sarah, she needs to be meek, guiet, inward beauty
 - 3. Proverbs 31:10-31 ~ Be a priceless wife and not a pricey wife.
 - 4. <u>I Corinthians 7:33</u> Spouse come first

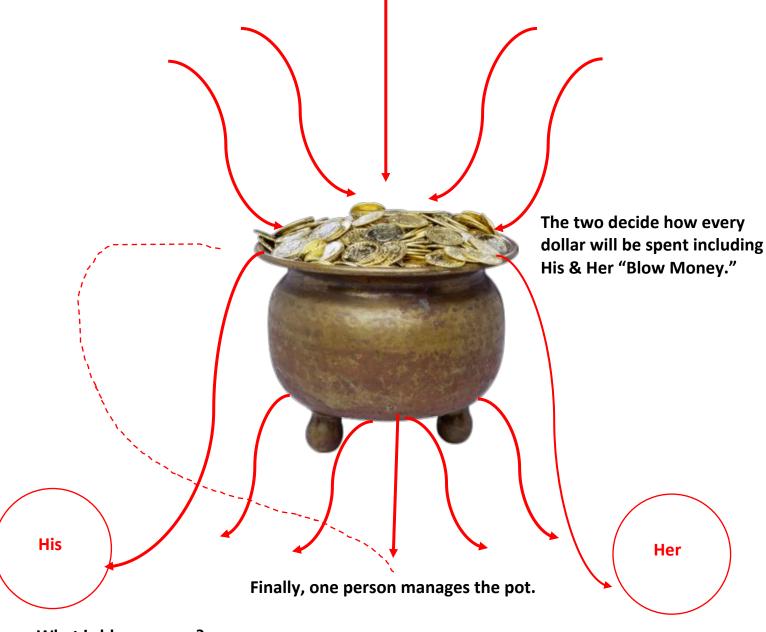
iii.	Being the Right Mate.	(Genesis 24:3-4	. 14. 16) Just anv	body	v won't	: do	Į

1.	Must be in the family	Not getting there, or maybe.
2.	Must be nice	. Do without being asked.
3.	Must be a worker	·
4.	Must be moral	_ ·
5.	Must be physically attractive to you.	. Do they look like Jesus?
	(Answer key page 30)	



The Big Financial Picture

All monies flow into one pot.



What is blow money?



I. Finance.

- a. One Pot. All monies should flow into one pot (operating bank account).
- b. One Plan.
 - i. Budget. Both agree but one manages.
 - ii. Goals 5 year, 10 year, college, retirement
 - iii. Life Insurance Man needs at least 10 times his salary in life insurance. Term insurance is usually the cheapest

L-I-F-E or Financial Needs Analysis: Date: / / Customer(s):______ Loans-Mortgage Loans-Vehicles Loans-(Revolving, Credit Cards) Income(7X-10X) Final Expenses Education Total Need -Existing Life Insurance -Assets (Savings, C.D.'s, IRA's) ____+Life Insurance for Church Net Amount of Life Insurance Current Life Insurance Carrier_____

c. One Person.



MONTHLY INCOME AND EXPENSES

GROSS INCOME PER MONTH	8. Enter./Recreation (6%)*
Salary	Eating Out
Interest	Baby Sitters
Dividends	Activities/Trips
Other ()	Vacation
Other ()	Other ()
LESS:	Other ()
1. Tithe	9. Clothing (5%)*
2. Tax (Est Incl. Fed., State, FICA)	10. Savings (5%)*
NET SPENDABLE INCOME	11. Medical Expenses (4%)* Doctor
3. Housing (36%)*	Dentist
Mortgage (rent)	Credit Card
Insurance	Other ()
Taxes	
Electricity	12. Miscellaneous (5%)*
Gas	Toiletry, cosmetics
Water	Beauty, barber
Sanitation	Laundry, cleaning
Telephone	Allowances, lunches
Maintenance	Subscriptions
Other ()	Gifts (incl. Christmas)
Other ()	Cash
4. Food (12%)*	Cable/Internet
	Other ()
5. Automobile(s) (12%)*	Other ()
Payments	13. School/Child Care (6%)1
Gas and Oil	Tuition
Insurance	Materials
License/Taxes	Transportation
Maint./Repair/Replace	Day Care
6. Insurance (5%)*	Other ()
Life	14. Investments (5%) ²
Medical	
Other ()	TOTAL EXPENSES
7. Debts (5%)*	INCOME VERSUS EXPENSES
Credit Card	Net Spendable Income
Loans and Notes	Less Expenses
Other ()	



INCOME ALLOCATION

	INCOME SOURCE/PAY PERIOD				
INCOME					
BUDGET CATEGORY	MONTHLY ALLOCATION				
1. TITHE					
2. TAX					
3. HOUSING					
4. FOOD					
5. AUTO					
6. INSURANCE					
7. DEBTS					
8. ENTERTAINMENT/ RECREATION					
9. CLOTHING					
10. SAVINGS					
11. MEDICAL/DENTAL					
12. MISCELLANEOUS					
13. SCHOOL/CHILD CAF	RE				
14. INVESTMENTS					
15. UNALLOCATED SURPLUS INCOME					



I. Friendship

a.	Seeing Yourselves. Be each other best friends – Adam and Eve – naked and not ashamed.	Innocence
	of best friends. No secrets. No prejudice. Be honest.	

b.	The	"C's"	of a	Relationship	a
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✓ (<u>James 1:19</u>); Tune In ~ Tone Down ~ Sweeten Up; <u>Proverbs 15:1</u>



✓ (<u>Lamentations 3:22-23; Galatians 5:22-26</u>) Three expressions of compassion/love a day.



√ (<u>Proverbs 18:21</u>) Power of life and death is in tongue. Avoid sarcastic remarks, put downs



√ (Romans 12:18, 14:19)

Answer Key on page 29

*** Give five examples of acts of compassion

1			
L			

4. _____

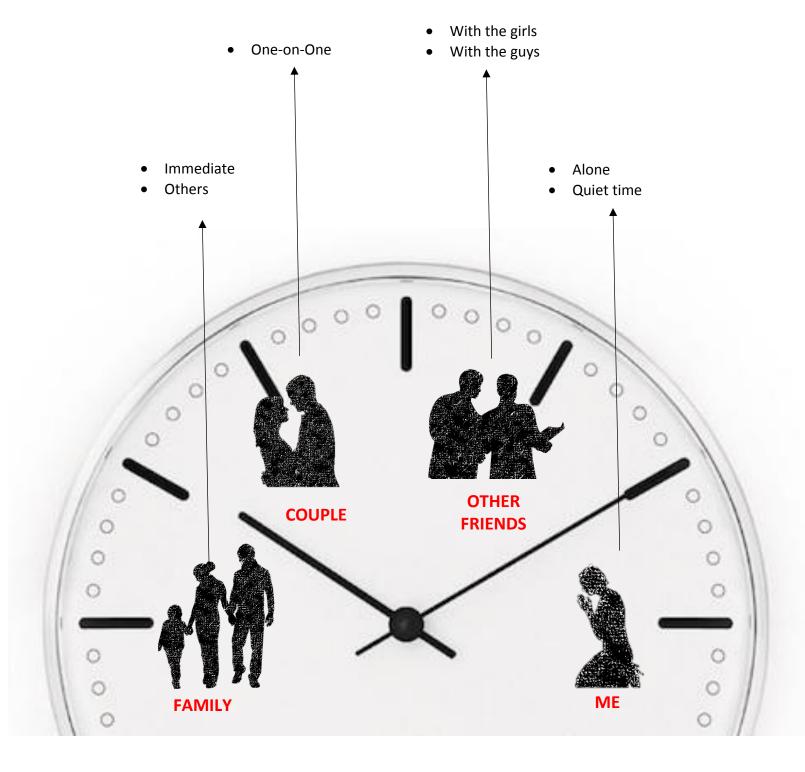
2. ______

5. _____

3. _____



c. *Time*: the husband and wife must decide how they will divide their time. Me Time; Couple Time; Family Time; Other Friends





I. Fire

- a. Making the Fire
 - i. Five NEEDS of Man/Woman by Willard Harley
 - 1. Man
 - a. Sex
 - b. Recreational Companionship
 - c. Attractive Spouse
 - d. Domestic Support
 - e. Admiration
 - 2. Woman
 - a. Affection No strings attach. Massages, Flowers, Back Rubs. Make her feel that she is queen.
 - b. Conversation
 - c. Openness/Honesty
 - d. Family Commitment
 - e. Financial Support

т т	itional NEEDS:	

b. Maintaining the Fire

- i. Proverbs 5
- ii. I Corinthians 7
- iii. Drs. Les and Leslie Parrott The Love List
 - 1. Once a day, take time to touch and find something that makes you both laugh
 - **2.** Once a week, do something active that lifts your spirits and boost your partner's self-esteem
 - **3.** Once a month, rid yourselves of harmful residue and fire up passion in the bedroom
 - **4.** Once a year review your top-ten highlights and chart your course for the coming year

	coming year		
***What are three others w	ays you can maintain	the fire?	
l			
2.			
3. ————————————————————————————————————		omew Orr	



The Must Have / Can't Stands

(Below, list 5-7 positive and negative characteristics about your mate, grade them in that area, and offer suggestions)

Must Haves	Grade (1-10)	Suggestions
1.		
2.		
3.		
4.		
5.		
6.		
7.		
Can't Stands	Grade (1-10)	Suggestions
Can't Stands	Grade (1-10)	Suggestions
	Grade (1-10)	Suggestions
1.	Grade (1-10)	Suggestions
1. 2.	Grade (1-10)	Suggestions
1. 2. 3.	Grade (1-10)	Suggestions
1. 2. 3. 4.	Grade (1-10)	Suggestions



I. Fights

- a. Establishing the Rules
 - i. F Face each other. Never argue out of each other's presence
 - ii. I Ignore distractions.
 - iii. **G** Guard your tongue. Words are like toothpaste, once they are out you can't put them back in.
 - iv. H Halt the history. Don't keep bringing up the past.
 - v. T Touch. Hold hands. Timing. Choosing the right time for discussions.
 - vi. S Stay in there until resolved
- b. Ensuring Righteousness ~ God's Word from Ephesians
 - i. Look like God Ephesians 5:1
 - ii. Love like Christ Ephesians 5:2
 - iii. Live like Saints Ephesians 5:3-33

*** W	hat have	been your	three	biggest	arguments?
-------	----------	-----------	-------	---------	------------

1.	
2.	
3.	

Additional Resources

Beatitudes of a Christian Marriage

BLESSED are the husband and wife who continue to be considerate and affectionate long after the wedding bells have ceased ringing.

BLESSED are those mates who never criticize or speak loudly to one another and who instead quietly discuss their disagreements and work toward solutions.

BLESSED are they who thank God for their food and who set aside time each day to read the Bible and pray.

BLESSED are they who love their mates more than any other person in the world and who joyfully fulfill their marriage vows in a lifetime of fidelity and mutual helpfulness to one another.

The ABC's of a Blended Family

The ABC's of Blended Family

- ✓ A Accept Your Family
 - Make each person feel he or she is a very important part of the new family. Avoid favoritism of one child over another
- ✓ B Build with Love
 - Mother Teresa said, "I have come more and more to realize that it is being unwanted that is the worst disease that any human being can ever experience. For all kinds of diseases there are medicines and cures. But for being unwanted, except there are willing hands to serve and there's a loving heart to love, I don't think this terrible disease can be cured."
- ✓ C Calculate Financial Needs
 - Talk about money. Money habits can make or break a marriage. Be prompt with spousal/child support payments. Decide who will manage the checkbook or if two checkbooks will be kept. Talk about allowance money, a reasonable household budget, and a will that is caring and inclusive.
- ✓ D Develop Personal Space
 - Children in stepfamilies, whether living with you day-to-day or only once in a while, need to be treated like family and not visitors. Personal space says, "I belong here." Provide at the very least a private dresser drawer or cupboard shelf.
- ✓ E Encourage Family Fun
 - Keep fun on the calendar. Fun relieves stress and gets everyone smiling. Toss a Frisbee, go to the beach, hike a trail, or plan a picnic. Do things that have nothing to do with work.
- ✓ F Forgive Past Hurts
 - A blended family builds on the prior family's broken dreams. Often people are emotionally entangled with the past. Until you choose to forgive, and let your bitterness go your new family does not have all of you.

✓ G Grow Good Attitudes

Attitudes are self chosen. Grow in love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control.

✓ H Honor Each History

Look at the ethnic diversity within your family. Celebrate something from each person's heritage (i.e. food, song, fiesta).

✓ I Initiate Family Meetings

Family meetings keep every one abreast of family matters. Events, financial needs, chores, or venting a frustration can be aired here. Make sure all family members are allowed to voice their concerns.

✓ K Knit Lives Together

Shared experiences make us feel more a part of one another. Even if you don't like sports, do your best to create family time out of the ball games, the band concerts, and the awards assemblies that gratify another family member.

✓ J Junk the Jealousy

Jealousy is self focused and demonstrates a lack of maturity. Find a better way to express your emotions.

✓ **L** Laugh a Lot

Laughter is good medicine and keeps us from taking life too seriously. Read funny stories, tell clean jokes, or rent an amusing video. Never use laughter to poke fun at someone.

✓ M Maintain Wholesome Values

The moral fiber of society is based on godly principles. Model telling the truth, keeping your word, and not using coarse language before you expect your children to put these things into practice.

✓ N Normalize Appropriate Discipline

The birth parent should be the primary disciplinarian of his or her child at first. In time, and in unity with the stepparent, slowly bring consistency to disciplinary standards that will be upheld with all of the children.

✓ O Oust Unhealthy Habits

Be honest with yourself. Is there a habit (alcohol abuse, drugs, anger, over spending, or name calling) you need to get rid of? Make a plan to clean up the problem.

✓ P Pray for Guidance

The medical community agrees with the Christian sector. Prayer helps! Take your problems to prayer. Pray as a family. Pray with a friend.

✓ Q Quantify Every Victory

Celebrate the smallest successes as well as the big ones. A child who shares with a stepsister should be praised for his loving gesture. A teen that lands a summer job should be admired.

✓ R Respect Satellite Relationships

Show respect for your child's relatives. Do not talk negatively about them. Your child gathers feelings of worth by how well you accept his or her closest relatives.

✓ S Strive for Stability

Dinner is at 6:00, everyone does chores, and curfew is at 9:00. We all need a degree of consistency for life to feel orderly.

✓ T Think before Speaking

Once words leave our mouths it is impossible to drag them back. Be quick to listen and slow to speak.

✓ U Undertake Peaceful Negotiations

Disputes are inevitable. Train your children with great problem solving skills before they leave home at age 18.

✓ V Validate Each Person

Self worth is important to our well being. Find something each day that is worth validating in each person—a smile, a hug, a helping hand.

✓ W Ward off Criticism

Critical words can crush the heart of a child or a spouse. Pleasant words are like honey to the soul. Learn to speak the truth in love.

✓ X eXtend Grace Often

The Golden Rule is grace in action. It says, "Do unto others as you'd have them do unto you."

✓ Y Yield to Others

Don't insist on having your own way. Look out for the interests of others.

✓ **Z** Zoom toward Goals

Goals let us live with purpose. Plan to save for college, take a vacation, or create harmony with one another. Then put aside the money or time to meet your goals.

A Month of Love

30 HEALTHY MARRIAGE-BUILDING TIPS

BY WILLIE BATSON, MA - FOUNDER/DIRECTOR FAMILY BUILDERS MINISTRIES

- **Day 1:** What is one thing about your spouse for which you are grateful today? Find a creative way of telling him/her. If you are not the creative type, just say it.
- **Day 2:** Pay attention to your words and the tone of your speech today. Does your speech and tone reflect condemnation or concern?
- **Day 3:** God made flesh, and when He made flesh, he created some amazing sensations. Take time to touch your spouse today, if only for a minute. That would include holding hands, massaging the shoulders, running your fingers through his/her hair, or sitting next to each other on the couch.
- Day 4: Be willing to apologize. Love means being able to say, "I'm sorry."
- **Day 5:** Take some time today to cuddle with your mate. Ask him/her to tell you three things that happened today and how he/she felt about them.
- **Day 6:** Be willing to graciously forgive your spouse today. Gary Thomas says, "Forgiveness is so unnatural an act that it takes practice to perfect."
- **Day 7:** Look for ways in which your spouse shows his/her love for you and/or the children. Thank them for their love.
- **Day 8:** When communicating, men tend to be literal and women tend to be figurative. When a wife complains, "We never go out", her husband interprets the word "never" to mean never-ever. However, what she really means is, "I love spending time with you and I want to go out this weekend." These differences can cause trouble. If this is a problem for you and your spouse, consider asking for a translation of what was said before you react.
- **Day 9:** You can not say anything you feel anytime you feel like it and have your marriage stay healthy. A wise Jewish proverb reminds us that the "tongue has the power of life and death" (Proverbs 18:21). Today, choose words that will bring a joyful life to your spouse.
- Day 10: Turn off the television tonight and spend time playing a favorite game with your spouse.
- **A Special Word from the Coach: I want to encourage those of you who may be doing this campaign without your spouse's cooperation. Please do not give up! In marriage we influence, not determine, each other's thoughts, beliefs, feelings, and behavior. Be patient and be encouraged in knowing that you are doing good. Willie
- **Day 11:** Using sticky notes (or something similar), leave some love notes around today for your spouse. I heard about a husband who once left this note for his wife in the freezer: "It may be freezing in here, but my heart is on fire for you." Not too shabby. Let's see what we can do today.
- **Day 12:** John Gottman says that the way to turn any complaint into a criticism is to just add these words: "What is wrong with you?" Become more conscious of your attitude when complaining to your spouse.

- Day 13: Notice what your spouse is wearing and give him/her a genuine compliment.
- **Day 14:** A great lover is a disciplined lover. Discipline involves the care of your body and your mind. Discipline yourself to say "yes" more frequently. Discipline involves structuring your life in such a way that you can be rested rather than tired.
- **Day 15:** Do not let conflict breach the walls of your marriage. The ties that unite you are stronger than the forces that divide you. Recognize the source of the conflict and deal with it. Attack the problem, not your spouse. Your marriage is more important than any problem.
- **Day 16:** Make plans today for a special date this weekend. David & Claudia Arp say that the main ingredients of a date are privacy, enjoyment for both, and conversation. What can you do this weekend with your spouse that includes all of these special elements?
- Day 17: Ask your spouse what one thing you could do for them today that would show your love and then do it.
- **Day 18:** Give thanks for your spouse. What are three things about your spouse for which you are grateful? Write a simple love note expressing your appreciation and mail it to your spouse. The element of surprise will make this even more special.
- **Day 19:** Never threaten divorce. If you have used this threat out of anger, go to your spouse and apologize. Renew your commitment to your marriage and to work through whatever problems you face.
- Day 20: How's your love life? Many couples find it helpful to spend some time discussing the following questions:
- 1. Who initiates lovemaking in our relationship and is there anything that could improve it?
- 2. When does lovemaking happen and how could we improve it?
- 3. Where does the lovemaking encounter take place and would we like to make some changes?
- 4. What is pleasurable for each of us during the lovemaking and is there something new we would like to try?
- **Day 21:** When conflict begins to escalate, call a "Time Out" and either try talking again using less volatile words or agree to talk later at a specified time.
- **Day 22:** Give up the desire to change your spouse. Accept your own and your spouse's limitations and focus on the strengths you both have.
- Day 23: Surprise your spouse today with a love gift. It could be something you purchase or something you do.
- **Day 24:** Rituals in marriage are an important means of staying connected and maintain continuity in your marriage. One husband has had a single rose delivered to his wife's office every Monday since they were married. Another couple takes 10 minutes after dinner each evening to talk about their life that day. Do you have any marital rituals? Do you need to resuscitate them or begin a new one this week?
- **Day 25:** Make time today for fun and friendship in your marriage. Take a walk together, play a game, go out for ice cream, or just sit next to each other and share your dreams for your future.
- **Day 26:** Kiss for at least 10 seconds in the kitchen today in front of the children. Don't have any children at home? Kiss for 30 seconds!
- Day 27: Be kind to your spouse today.
- **Day 28:** Remember this: You are responsible for your thoughts, beliefs, feelings, and behavior. In your marriage, you influence, not determine, your spouse's thoughts, beliefs, feelings, and behavior. You are not responsible for your spouse's thoughts, beliefs, feelings, and behavior.

Day 29: Did you know that what happens in the first four minutes you are together after being apart during the day sets the tone for the rest of the evening? Prepare yourself with an attitude adjustment and delay complaints until later.

Day 30: Do all that you can do to create an environment of encouragement in your marriage where your spouse will feel loved and accepted. Begin by respecting your spouse as a gift from God to help you become a better person. Honor your spouse's feelings and his/her ability to think and reason with understanding and respect.

✓ Enjoy!

- 1. Knife ~ Stay sharp. Stay on the cutting edge by studying His word. Study each other!
- 2. Fork ~ Stay selective. Know what to pick-up and when.
- 3. Napkin ~ Stay sensitive. Forgive. Everybody get dirty.
- 4. Spoon ~ Stay sweet. Savor the moments.

WEBSITES

MARRIAGE & FAMILY

- Families matter, www.midsouthmarriages.org
- The Coalition for Marriage, Family, and Couples Education. www.smartmarriages.com
- Divorce Busting: <u>www.divorcebusting.com</u>
- Focus on the Family: www.family.org
- Family Life Ministries: <u>www.familylife.com</u>
- Marriage Builders: www.marriagebuilders.com
- Marriage PREP: www.prepinc.com
- Active Christian Parenting: www.activeparenting.com
- All About Families: www.allaboutfamilies.org
- Association for Couples in Marriage Enrichment: www.bettermarriages.org
- Children and Families Organizations: www.neverhitachild.org/parents.html
- Couple Communication: www.couplecommunication.com
- The Couples Place: www.couples-place.com
- Family Dynamics: www.familydynamics.net
- Family Wellness: www.familywellness.com
- Marriage Alive: www.marriagealive.org
- Marriage Builders: www.marriagebuilders.com
- Marriage Partnership Magazine: www.christianitytoday.com/marriage/
- Parent News: www.parent.net
- Positive Discipline: www.positivediscipline.com
- The Whole Family Center: http://www.wholefamily.com
- Youth Builders: www.youthbuilders.com

STEPFAMILIES & REMARRIAGE

- Stepfamily Association of America: www.saafamilies.org
- Successful Stepfamilies: http://www.successfulstepfamilies.com
- Blended Family Resources: www.blendedfamily.com

FATHERING

AMERICAN COALITION FOR FATHERS AND CHILDREN: WWW.ACFC.ORG

CENTER FOR SUCCESSFUL FATHERING: WWW.FATHERING.ORG

DADS AT A DISTANCE: WWW.DAADS.COM FULL-TIME DADS: WWW.SLOWLANE.COM

GREAT DADS SEMINARS: WWW.GREATDADS.ORG

THE NATIONAL CENTER FOR FATHERING: WWW.FATHERS.COM

The National Fatherhood Initiative: www.fatherhood.org

National Center on Fathers & Families: www.ncoff.gse.upenn.edu

National Father's Network : www.fathersnetwork.org Single and Custodial Fathers Network : www.scfn.org Boot Camp For New Dads: www.newdads.com

ABSTINENCE

- STARS (Students Taking A Right Stand) <u>www.studentstakingarightstand.org</u>
- National Center For Youth Issues www.cyu.org
- Just Say Yes <u>www.justsayyes.org</u>
- The National Abstinence Clearinghouse www.abstinence.net

PROGRAMS: SCHOOL/ YOUTH MARRIAGE EDUCATION

- □ **Connections+PREP.** A youth relationship skills series helping teens prepare for healthy dating relationships and successful marriages. 1.800.695.7975. www.buildingrelationshipskills.org
- □ **How to Avoid Marrying a Jerk**. An educational, research-based, 5 hour video program presenting a unique Relationship Attachment Model to spell out how singles can pace their relationship in five crucial areas. www.nojerks.com
- □ Worth The Wait Abstinence Program.. www.worththewait.org

"One Another" Commands of the Bible

"One another" is two words in English, but it's only one word in Greek: ἀλλήλων (ah-LAY-loan). It's used in 100 times in 94 New Testament verses. 47 of those verses give instructions to the church, and 60% of those instructions come from Paul.

Kissy-kissy? Yes! Four of the "one another" commands are about kissing. But with all due apologies to <u>David Crowder and John Mark McMillan</u>, these kisses are neither "<u>sloppy, wet</u>" nor "<u>unforeseen</u>." When you look at these verses, a few more common themes show up.

Unity. One third of the one-another commands deal with the unity of the church.

- 1. Be at peace with one another (Mk 9:50)
- 2. Don't grumble among one another (Jn 6:43)
- 3. Be of the same mind with one another (Ro 12:16, 15:5)
- 4. Accept one another (Ro 15:7)
- 5. Wait for one another before beginning the Eucharist (1 Co 11:33)
- 6. Don't bite, devour, and consume one another—seriously, guys, don't eat each other (Ga 5:15)
- 7. Don't boastfully challenge or envy one another (Ga 5:26).
- 8. Gently, patiently tolerate one another (Ep 4:2)
- 9. Be kind, tender-hearted, and forgiving to one another (Ep 4:32)
- 10. Bear with and forgive one another (Co 3:13)
- 11. Seek good for one another, and don't repay evil for evil (1 Th 5:15)
- 12. Don't complain against one another (Jas 4:11, 5:9)
- 13. Confess sins to one another (Jas 5:16)

Love. One third of them instruct Christians to love one another.

- 1. Love one another (Jn 13:34, 15:12, 17; Ro 13:8; 1 Th 3:12, 4:9; 1 Pe 1:22; 1 Jn 3:11, 4:7, 11; 2 Jn 5)
- 2. Through love, serve one another (Ga 5:13)
- 3. Tolerate one another in love (Ep 4:2)
- 4. Greet one another with a kiss of love (1 Pe 5:14)
- 5. Be devoted to one another in love (Ro 12:10)

Humility. About 15% stress an attitude of humility and deference among believers.

- 1. Give preference to one another in honor (Ro 12:10)
- 2. Regard one another as more important than yourselves (Php 2:3)
- 3. Serve one another (Ga 5:13)

- 4. Wash one another's feet (Jn 13:14)
- 5. Don't be haughty: be of the same mind (Ro 12:16)
- 6. Be subject to one another (Ep 5:21)
- 7. Clothe yourselves in humility toward one another (1 Pe 5:5)

Here's the rest:

- 1. Do not judge one another, and don't put a stumbling block in a brother's way (Ro 14:13)
- 2. Greet one another with a kiss (Ro 16:16; 1 Co 16:20; 2 Co 13:12)
- 3. Husbands and wives: don't deprive one another of physical intimacy (1 Co 7:5)
- 4. Bear one another's burdens (Ga 6:2)
- 5. Speak truth to one another (Ep 4:25)
- 6. Don't lie to one another (Co 3:9)
- 7. Comfort one another concerning the resurrection (1 Th 4:18)
- 8. Encourage and build up one another (1 Th 5:11)
- 9. Stimulate one another to love and good deeds (He 10:24)
- 10. Pray for one another (<u>Jas 5:16</u>)
- 11. Be hospitable to one another (1 Pe 4:9)

Of course, Jesus and the apostles give many more instructions to the church; these "one another" passages are a good start, though.

Also: make sure you read these in context! These commands come from Jesus, Peter, John, Paul, and James, and they're scattered across the New Testament. Don't just stop at this list: dig into these passages to see what the author was talking about.

One more note on the kissing: check out the cultural settings of these verses before planting one on your pastor's cheek next weekend.

The "F's" to Avoid Making an "F" in Marriage Answer Key (page 7)

Faith	 ✓ Same Master – Jesus Christ ✓ Same Manual – The Bible Homework: The Love Dare
Finance	 ✓ Same Pot – One Account ✓ Same Plan – Budget ✓ Homework: Complete Budget
Friendship ————	 ✓ Seeing Yourselves ✓ The "C's" of a Relationship ✓ Time Homework: List five acts of compassion
Fire	 ✓ Making the Fire ✓ Maintaining the Fire Homework: Complete Must Have's / Can't Stands
Fights	 ✓ Establishing the Rules ✓ Ensuring Righteousness ✓ Homework: Name three biggest fights

The "C's" of a Relationship Answer Key (page 13)

Communication

✓ (<u>James 1:19</u>); Tune In ~ Tone Down ~ Sweeten Up; <u>Proverbs 15:1</u>

Compassion

√ (<u>Lamentations 3:22-23; Galatians 5:22-26</u>) Three expressions of compassion/love a day.

Compliment

√ (<u>Proverbs 18:21</u>) Power of life and death is in tongue. Avoid sarcastic remarks, put downs

Commitment

✓ (Romans 12:18, 14:19)

Being the Right Mate Answer Key (page 8)

- i. Being the Right Mate. (<u>Genesis 24:3-4, 14, 16</u>) Just anybody won't do!
 - 1. Must be in the family **Saved** . Not getting there, or maybe.
 - 2. Must be nice. **Sweet**. Do without being asked.
 - 3. Must be a worker. Serving
 - 4. Must be moral . Sanctified
 - 5. Must be physically attractive to you. **Stunning.** Do they look like Jesus?

NOTES

"So we, being many, are one body in Christ, and every one members one of another" Romans 12:5 (Carrying our own weight!))





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