

God On Marriage and Family

SEBTS Family Life Conference
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Topics

When a Man Loves a Woman
Put Your Husband Where Your Heart is
Affair-Proofing Your Marriage
Fanning the Flames of Romance
Keys for Effective Communication
Men Are From Earth & Women Are From Earth: Deal With It!
Catching the Little Foxes That Destroy Marriages
Get Real About the Relationships of Life
God's Guidelines For Growing Godly Children

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**When a Man Loves a Woman: How to Be the
Husband God Meant You to Be**

Ephesians 5:25-33

1 Peter 3:1-7

When a Man Loves a Woman:

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| I. <u>He will care for her by loving her.</u> | Ephesians 5:25-33 |
| 1. His love will be sacrificial. | 5:25 |
| 2. His love will be sanctifying. | 5:26-27 |
| 3. His love will be sensitive. | 5:28 |
| 4. His love will be satisfying. | 5:29-30 |
| 5. His love will be specific. | 5:31-33 |
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| II. <u>He will care for her by knowing her.</u> | 1 Peter 3:7 |
| 1. Be a <u>spiritual leader</u> . | Psalm 1 |
| 2. Give <u>personal affirmation/appreciation</u> . | Proverbs 31:28-31 |
| 3. Speak <u>romance</u> in a language she understands. | Song of Solomon 6:4-10 |
| 4. Initiate <u>intimate conversation</u> . | Song of Solomon 2:8-14 |
| 5. Always be <u>honest and open</u> . | Ephesians 4:15 |
| 6. Provide <u>home support and stability</u> . | 1 Timothy 5:8 |
| 7. Demonstrate <u>family commitment</u> . | Ephesians 6:4 |

7 Ways to Bless Your Wife

A husband can be a blessing to his wife by loving her as Christ loved the Church and giving her specific gifts of love:

1. Be a spiritual leader.

Be a man of courage, conviction, commitment, compassion, and character. Take the initiative in cultivating a spiritual environment for the family. Become a capable and competent student of God's Word and live out before all a life founded on the Word of God. Lead your wife in becoming a woman of God, and take the lead in training the children in the things of the Lord (Psalm 1; Ephesians 5:23-27).

2. Give her personal affirmation/appreciation.

Praise her for personal attributes and qualities. Praise her virtues as a wife, mother, and homemaker. Openly commend her, in the presence of others, as a marvelous mate, friend, lover, and companion. Help her feel that, to you, no one is more important in this world (Proverbs 31:28-29; Song of Solomon 4:1-7, 6:4-9, 7:1-9).

3. Show personal affection (romance).

Shower her with timely and generous displays of affection. Tell her how much you care for her with a steady flow of words, cards, flowers, gifts and common courtesies. Remember, affection is the environment in which sexual union is enjoyed more fully and more often (!) and a wonderful marriage developed (Song of Solomon 6: 10,13; Ephesians 5:28-29, 33).

4. Initiate intimate conversation.

Talk with her at the feeling level (heart to heart). Listen to her thoughts (i.e., her heart) about the events of her day with sensitivity, interest, and concern. Conversations with her convey a desire to understand her not to change her (Song of Solomon 2:8-14, 8:13-14; 1 Peter 3:7).

5. Always be honest and open.

Look into her eyes and, in love, always tell the truth (Ephesians 4:15). Explain your plans and actions clearly and completely because you are responsible for her. Lead her to trust you and feel secure (Proverbs 15:22-23).

6. Provide home support and stability.

Take hold of the responsibility to house, feed, and clothe the family. Provide and protect, and do not feel sorry for yourself when things get tough. Look for concrete ways to improve home life. Raise the marriage and family to a safer and more fulfilling level. Remember, the husband/father is the security hub of the family (1 Timothy 5:8).

7. Demonstrate family commitment.

After the Lord Jesus, put your wife and family first. Commit time and energy to spiritual, moral and intellectual development of the children. For example, pray with them (especially at night by the bedside), read to them, engage in sports with them and take them on other outings. Do not play the fool's game of working long hours, trying to get ahead, while your children and spouse languish in neglect (Ephesians 6:4; Colossians 3:19-20)

Adapted From:

Toward A Growing Marriage

By: Gary Chapman (p. 162-164)

Suggestions Wives Have Made to Husbands

How to Make Romance and Sexual Relations More Meaningful

1. Show more affection; give attention throughout the day; come in after work and kiss me on my neck and ask me about my day.
2. Spend more time in preparation for intimacy; love, play and romantic remarks are important.
3. Encourage and be open to sexual intimacy at various times rather than always at night when tired.
4. Be more sympathetic when I am really sick.
5. Be the aggressive one instead of waiting for me to make the first move.
6. Accept me as I am; accept me even when you see the worst side of me.
7. Tell me that you love me at times other than when we are in bed; phone sometimes just to say, "I love you!" Do not be ashamed to tell me, "I love you" in front of others.
8. While I am bathing or showering, find soft music on the radio or dim the lights and light a candle.
9. Treat me as your wife, not as one of the children.
10. Honor Christ as the Head of our home.
11. Write love notes occasionally; send homemade love cards.
12. Talk to me after our lovemaking; make caresses after our lovemaking and hold me.
13. Be sweet and loving (at least one hour) before initiating sex.
14. Show an interest in what I have to say in the morning.
15. Do not seem as though you are bored with me in the evening.
16. Help me wash dinner dishes and clean the kitchen.
17. Go to bed at a decent hour, rather than staying up late and watching television.

18. Say sweet little nothings and be silly.
19. Bring me a flower or candy occasionally, when you can afford it.
20. Occasionally buy me lingerie, perfume and so forth.
21. Pay romantic attention to me (hold hands, kiss) even during relatively unromantic activities (television watching, car riding, walking in the mall, etc.).
22. Help me feel that I am sexually and romantically attractive by complimenting me more often.
23. Tell me what you enjoy and what excites you; express your desires more openly; share yourself more fully with me.
24. Express appreciation for the little things I have done that day (e.g., say the meal was good, appreciate the tidy house, etc.).
25. Pray with me about the problems and victories you are having; let me express my own needs to you.
26. Appreciate the beauty of God's creation and share this appreciation with me.
27. Take more of the responsibility for getting the children settled so I can relax and share more of the evening with you.
28. Be patient with me; do not ridicule my desire to prolong our intimacy. I enjoy the time we share.
29. Do not approach lovemaking as a ritualistic activity; make each time a new experience. Do not let lovemaking get boring by doing the same things over and over; try new things, new places, new ideas.
30. Never try to make love with me when you are harboring bad feelings toward me or you know things are not right; let there be harmony between us so that our lovemaking can indeed be an act of love.
31. Make me feel that I have worth as a person (not just as a wife and mother), warts and all!
32. Think of something nice to say about me and do it in front of others often.
33. Demonstrate agape love as well as eros. I need both.
34. Spend some quiet times with me, just sharing life.
35. Allow me to meet your needs even when I am tired or preoccupied.

**Put Your Husband Where Your Heart Is:
The Irresistible Wife**

Ephesians 5:21-24,33

Put Your Husband Where Your Heart Is By:

I. Honoring him with your submission.

Ephesians 5:21-24;
1 Peter 3:1-5

II. Honoring him with your admiration.

Ephesians 5:33;
1 Peter 3:1-5

1. Give him admiration & respect.

Ephesians 5:33;
1 Peter 3:6

2. Provide sexual fulfillment.

Proverbs 5:15-19;
Song of Solomon 4:9-5:1;
1 Corinthians 7:1-5;
Hebrews 13:4

3. Cultivate home support.

Proverbs 19:13; 21:9,19;
25:24.

4. Strive to be an attractive wife.

Song of Solomon 1:8-10;
2:2; 6:13-7:9

5. Become his best friend.

Song of Solomon 8:1-2,6

5 Ways To Bless Your Husband

A wife can be a blessing to her husband by honoring him as the Church honors Christ and giving him specific gifts of love:

1. **Give him admiration and respect.**

Work to understand and appreciate his value and achievements as his wife. Remind him of his capabilities and gifts and help him maintain his walk with God and also his self-confidence. Be proud of your husband, not out of duty, but as an expression of sincere admiration for the man you love and with whom you have chosen to share your life (Ephesians 5:22-23, 33).

2. **Provide sexual fulfillment.**

Become an excellent sexual partner to him. Study your own response to recognize and understand what brings out the best in you; then communicate this information to your husband, and together learn to have a sexual relationship that you both find repeatedly satisfying and enjoyable (Proverbs 5:15-19; Song of Solomon 4:9-5:1; 1 Corinthians 7:1-5; Hebrews 13:4).

3. **Cultivate home support.**

Create a home that offers him an atmosphere of peace and quiet and refuge. Manage the home and care of the children. The home should be a place of rest and rejuvenation. Remember, the wife/mother is the emotional hub of the family (Proverbs 9:13, 19:13, 21:9, 19, 25:24).

4. **Strive to be an attractive wife.**

Pursue inner and outer beauty in that order. Cultivate a Christlike spirit in your inner self. Keep yourself physically fit with diet and exercise, wear your hair, makeup, and clothes in a way that your husband finds attractive and tasteful. Let your husband be pleased and proud of you in public, but also in private (Song of Solomon 1:8-10, 2:2, 6:13-7:9; 1 Peter 3:1-5)!

5. **Become his best friend.**

Develop mutual interests with your husband. Discover those activities your husband enjoys the most and seek to become proficient in them. If you learn to enjoy them, join him in them. If you do not enjoy them, encourage him to consider others that you can enjoy together. Become your husband's best friend so that he repeatedly associates you with the activities he enjoys most (Song of Solomon 8:1-2,6).

Adapted from:

Toward A Growing Marriage

by Gary Chapman (p. 161-162)

Suggestions Husbands Have Made to Wives

How to Make Romance & Sexual Relations More Meaningful

1. Be attractive at bedtime – nothing in the hair or strange on the face. Wear something besides granny gowns and pajamas.
2. Be aggressive occasionally.
3. Be innovative and imaginative.
4. Do not be ashamed to show you enjoy being with me.
5. Do not always be on a time schedule that places sex when we are both physically tired.
6. Dress more appealingly when I am at home (no housecoats, slippers, etc.).
7. Do things to catch my attention: remember that a man is easily excited by sight.
8. Communicate more openly about sex.
9. Go to bed earlier.
10. Do not make me feel guilty at night for my inconsistencies during the day (not being affectionate enough, etc.)
11. Prolong the joy of intimacy.
12. Be more aware of my needs and desires as a man.
13. Allow variety in the time for the sexual intimacy (not always at night).
14. Show more desire and understand that caressing and foreplay are as important to me as they are to you.
15. Do not allow yourself to remain upset over everyday events that go wrong.
16. Relax with me at least once a week.

17. Stop trying to look romantic rather than being romantic.
18. Clear your mind of daily things (today's and tomorrow's) and think about the matter on hand – love.
19. Do not try to fake enjoyment. Be authentic in your response to me.
20. Do not try to punish me by denying me sex or by giving it grudgingly.
21. Treat me like your lover.
22. Listen to my suggestions on what you can do to improve our sexual relationship.
23. Forgive me when I fall short of what I should be.
24. Tell me what I can do to be the sexual partner you desire.

Nourishing Your Love

Think back to what first attracted you to your husband and:

1. Show him admiration and appreciation.
2. Nurture his friendship.
3. Lower your expectations. (You married a real person!)
4. Watch your priorities. (Is he #1 after Jesus?!)
5. Enhance your love life.
6. Be forgiving. (Even as God in Christ has forgiven you. Eph. 4:32)

Adapted from Marie Pierson's article in Virtue.

What Happy Couples “Say” About Sex

1. They make sex a priority; it is important to them.
2. They make time for sex.
3. They stay emotionally intimate.
4. They know how to touch and what works.
5. They keep romance alive by meeting each other’s needs.
6. They keep their sexual anticipation alive.
7. They know how to play and foreplay (both in and out of bed).
8. They know how to talk to each other.
9. They remain lovers and friends.
10. They maintain a sense of humor and know how to laugh.
11. They want to please each other.
12. They cherish each other as a sacred and precious gift of God.

Men Are From Earth and Women Are From Earth: Deal With It!
(Warning Signs of the Little Foxes)
Song of Solomon 2:15

- Warning #1: A marriage will get into trouble when God's role for the husband and the wife is reversed or abused.
(The Fox of Gender Confusion and Abuse)
- Warning #2: A marriage will get into trouble when initial, sensual love fails to develop into true intimacy.
(The Fox of Intimacy Stagnation)
- Warning #3: A marriage will get into trouble when it is not being nourished by regular and genuine communication.
(The Fox of Poor Communication)
- Warning #4: A marriage will get into trouble when forces or persons outside the marriage encroach on the all-important time the two of you need alone to build and maintain a healthy relationship. *(The Fox of Time Ill Spent)*
- Warning #5: A marriage will get into trouble when real and personal needs are being met more and more outside the marriage.
(The Fox of Outside Interference)
- Warning #6: A marriage will get into trouble if the wedding vows are considered conditional, marriage is no longer considered a sacred covenant before God, and divorce begins to be considered as a possible solution to an unhappy situation.
(The Fox of Fatigue)
- Warning #7: A marriage will get into trouble if the man and woman fail to understand and appreciate and enjoy just how really different they are from one another.
(The Fox of Misunderstanding)

Ten Warning Signs Of Infidelity

1. Feeling of “going through the marriage motions.”
2. Inventing excuses to visit someone of the opposite sex.
3. Increasing male/female contacts in normal environments (e.g.: work, choir, recreation).
4. Being preoccupied with thoughts about another person.
5. Exchanging of gifts with a “friend” of the opposite sex.
6. Making daily/weekly contact with someone by phone.
7. Putting yourself in situations where a “friend or employee” might become more.
8. Having to touch, embrace or glance at a person of the opposite sex.
9. Spending time alone with anyone of the opposite sex.
10. Inordinate time on the internet.

Seven Myths About Extra-Marital Affairs

1. Everybody’s doing it.
2. It’s good for the relationship.
3. A person cannot possibly love his or her spouse and be involved with someone else.
4. It’s the other spouses responsibility (If you were a good spouse, your mate wouldn’t be having an affair.)
5. The other person is more sexy than the spouse.
6. Pretending not to know is healthier.
7. The marriage is over.

We Grew Up A Little Bit

We got married early and just a little bit late.
Baby came too early, but some things just can't wait.
We were just beginning but it was very clear
We grew up a little bit that year.

I caught on as a meter man. You were caught at home.
When I started night school you ended up alone.
But you had another baby while I had my career.
And we grew up a little bit. We grew up a little bit.
We grew up a little bit that year.

They put me in an office job, the young man on the move.
We bought a house in Shaker Heights. You supervised the move.
We were cashing checks. You were changing children
while I played engineer.
And we were growing ever faster every year.

But I got bored of kilowatts and you were tired of kids.
I started staying out at night, and soon that's what you did.
At parties we'd go separately. You'd wiggle and I'd leer.
And we were growing faster. We were growing ever faster.
We were growing ever faster every year.

Well you learned to live in silence. I learned to live in lies.
And we both ignored the empty spaces growing in our eyes.
Your breath became a gin and tonic while mine became a beer.
And we grew up a little more last year.

Today at work they passed me by and promoted John instead.
I came home to find you'd wrecked the car. I guess I lost my head.
Well, I can't believe I hit you but the rage came on so strong.
Ah, where did we go wrong?

As you sit there crying I wonder who you are?
The partner-stranger-friend and foe who's come with me this far.
We stand here in the ashes and I guess it is quite clear.
We did not really grow too much each year.

So, you say we're going nowhere. Well, I know that's where we've been.
But still I can't help wondering can we begin again?
I feel so full of questions, curiosity and fear.
But could we grow a little bit... Could we grow a little bit...
Can we grow a little bit this year?

Harry Chapin
From the album,
"Dance Band on the Titanic"

GET REAL ABOUT THE RELATIONSHIPS OF LIFE!

Philippians 2:1-5

- I. Enjoy The Divine Blessings God Has For You. 2:1**
1. Let The Lord Encourage You.
 2. Let The Lord Love You.
 3. Let The Lord Fellowship With You.
 4. Let The Lord Be Good To You.
- II. Exhibit The Divine Behavior God Expects From You. 2:2-4**
1. Strive For Unity. 2:2
 2. Serve With Humility. 2:3
 3. Seek After Sensitivity. 2:4
- III. Embrace The Divine Blueprint God Puts Before You. 2:5**
1. Know The Importance Of Your Mind.
 2. Know The Importance Of Your Model.

How to Bless Rather Than Curse Your Relationships

Philippians 2:1-5

I. The Biblical Foundation. 2:1-5

1. Be Grounded In Security. 2:1
2. Be Committed To Unity. 2:2
3. Be Devoted To Humility. 2:3
4. Be Shaped By Sensitivity. 2:4-5

II. The Practical Application.

1. Make a choice (commitment) to accept that person for who they are.
2. Receive that person as someone valuable in your life.
3. Don't play the blame game.
4. Rejoice and value the differences, looking for the positive.
5. Determine to communicate by:
 - a. Sharing
 - b. Listening
 - c. Teaching
6. Never assume anything.
7. Be an encourager not a teacher
8. Be real: be honest and willing to admit your own failures.
9. Accept yourself.
10. Learn to speak their love language.
 - a. **Words**
 - b. **Touch**
 - c. **Gifts**
 - d. **Service**
 - e. **Time**

**“God’s Guidelines for
Growing Your Kids”**
Ephesians 6:1-4

I. We grow our children by educating them. 6:1-3

a. It is proper. 6:1

b. There is a promise. 6:2-3

1. A better life 6:3

2. A longer life 6:3

II. We grow our children by encouraging them. 6:4

a. We should avoid making them angry.

b. We should be active in giving them advice.

“How to Love Your Children and Let Them Know It”

*“Most of us love our children, but that is not the issue.
The issue is: do your children feel loved?”*
Charles Lowery

We love our children by:

- 1) “Getting down” on their level (note the example of Christ – Phil. 2:5-11).
- 2) Loving our mate (Eph. 5:25-33; Titus 2:4).
- 3) Disciplining them (Prov. 13:24; 17:10; 29:15).
- 4) Looking at them (Prov. 20:12).
- 5) Touching them (Eccl. 3:5).
- 6) Spending time with them (Deut. 6:7-9).
- 7) Listening to them (James 1:19).
- 8) Blessing them rather than cursing them (Matt. 7:12).
- 9) Having fun with them (Prov. 15:13; 17:22; Eccl. 3:4).
- 10) Nudging them out of the nest (Eccl. 3:6).
- 11) Admitting when you are wrong (James 5:16).
- 12) Introducing them to the perfect parent (John 1:12).