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# **MIKE MAZZALONGO**

# **STUDENT WORKBOOK**







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# In Love for Life

Building or Rebuilding a Great Marriage

# Mike Mazzalongo

The Bible teaches that a man and a woman are to remain married for life. This course helps couples learn how to love one another in such a way that their marriage will last a lifetime.



# bibletalk.tv/ in-love-for-life

# **1. The Love Connection**

The first lesson in our series kicks off with a short history of the idea of love itself and these have influenced our modern concepts of marriage.

# Love or Infatuation?

Ann Landers

Infatuation is instant desire. It is one set of glands calling to another. Love is friendship that has caught fire. It takes root and grows – one day at a time.

Infatuation is marked by a feeling of insecurity. You are excited and eager, but not genuinely happy.

There are nagging doubts, unanswered questions, little bits and pieces about your beloved that you would as soon not examine too closely. It might spoil the dream.

Love is quiet understanding and the mature acceptance of imperfection. It is real. It gives you strength and grows beyond you, to bolster your beloved.

You are warmed by his presence, even when he is away. Miles do not separate you. You want him nearer. But near or far, you know he's yours and you can wait.

Infatuation says, "We must get married right away. I can't risk losing him."

Love says, "Be patient. Don't panic. Plan your future with confidence."

Infatuation has an element of sexual excitement. If you are honest, you will admit it is difficult to be in one another's company unless you are sure it will end in intimacy. Love is the maturation of friendship. You must be friend before you can be lovers.

Infatuation lacks confidence. When he's away, you wonder if he's cheating. Sometimes you check.

Love means trust. You are calm, secure and unthreatened. He feels that trust, and it makes him even more trustworthy.

Infatuation might lead you to do things you'll regret later but love never does.

Love is an upper. It makes you look up. It makes you think up. It makes you a better person than before.

Intro - Throughout history there have been different ways to find a marriage partner.

# The Romantic Myth

There is a traceable history of the notion of "Romance" in the Western world.

#### Romance vs. Love

#### Romance

1. Romance produces \_\_\_\_\_

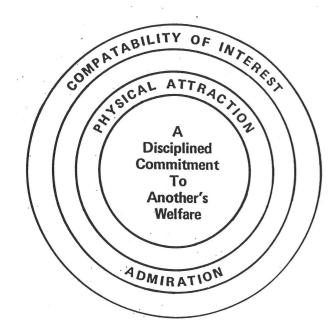
2. Romance emphasizes \_\_\_\_\_

3.	Romance doesn't
4.	Romance demands

#### Love

Notice the two components of love:

# **Building on Love**



## Summary

Equal value	=				
Above value	=				

# 2. The Currency of Love

This lesson examines various communication methods and how to improve communication in marriage.

Intro	
The currency of love is	
Knowledge Through Communication	
Rhowledge milough communication	
Proverbs 27:5	

The 5 Love Languages (Gary Chapman)

1.	
2	
2.	
3.	
4.	
5.	
Love L	anguages

# **Productive Communication**

A. Be \_\_\_\_\_\_ - Ephesians 4:15

### **Hierarchy of Needs**

Men	Women
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

B. Be\_\_\_\_\_

С. Ве\_\_\_\_\_

# **Productive Communication Worksheet**

1. List three things you like most and three things you dislike most about your partner.

Like

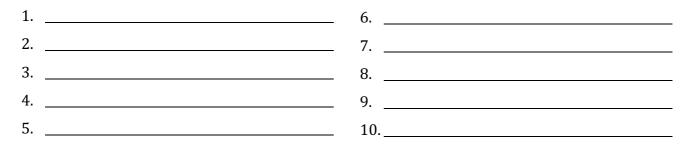
Dislike

2. Write down one thing you would like to change in your partner. One thing in yourself.

3. Lists three things you <u>need</u>, not want, from your partner.

4. Is there something about yourself that you would like to change but can't? If so, what?

5. List the following categories as they are important to you, beginning with the most important. **Education, Sex, Children, Security, Friends, Money, Home, Parent, Career, Religion.** 



6. Name the most enjoyable or fun thing that <u>you</u> like to do.

7. What do you hope this seminar will accomplish?

8. If you were designing the perfect man or woman, list five necessary characteristics of that person in order of importance.

	1
	2
	3
	4
	5
9. Do you	ı feel you can tell your partner everything? Yes/No?
Why?	
-	
10 What	do you see yourself doing in 10 years from now?
10. 001100	
-	

# 3. Cords of Love

All of us are in a relationship, want to be in a relationship, or in and out of relationships. So, this subject is relevant to each of us no matter where we're at. And when we're in a relationship we usually want it to work, no matter what kind of relationship that is.

Intro - Every relationship needs some basic elements to succeed - especially the marriage relationship within a sacred family.

Nothing strengthens a relationship like a show of loyalty at a critical moment.

3. The Cord of	. 2:1-23		
Ruth's relationship with Naomi caused her to work hard			
B.	Do things		
C.	Share		

<b>4. The Cord of</b> 3:1-4:12
Ruth <u>had</u> to marry in order to guarantee a better life for herself
Patience is the rope that keeps you together when the other ropes give way
Patience is learned
5. The Cord of 4:13-22
No one knew God's plan in all of this
Faith provides something that the other four cords cannot provide-hope.

# Summary

The 5 Cords of Love:			
1.	Kindness- Builds		
	Loyalty- Binds		
3.	Work- Breaks		
4.	Patience- Balances		
	Faith- Brings		
Wh	ere is the cord of love?		

# 4. Holy Sex: Part 1

This lesson examines God's original purposes for sexual union in marriage and the spiritual element necessary to achieve full satisfaction in this complex area of married life.

Intro - Marriage courses need to discuss the subject of sex.

# Sex and the Mind of God Why the struggle? \_\_\_\_\_ Attitudes about sex: 1. Roman Catholic View \_\_\_\_\_ 2. Protestant View \_\_\_\_\_ 3. Modern View\_\_\_\_\_ 4. Metta Sex \_\_\_\_\_

# Sex as Holy

Sex is holy	because:
1	1. Created by
-	2 by God.
-	
	·
	3. Sex has specific
	• One Flesh – Genesis 1:24
	<ul> <li>Christ and the Church – Ephesians 5:31-32</li> </ul>

<ul> <li>Procreation – Gene</li> </ul>	sis 1:28
--	----------

Worship – I Thessalonians 5:18 \_\_\_\_\_\_

These ideas have not always been taught in the church.

#### The Deeper Meaning of Sex

It is popular today to explore the deeper meanings of human sexuality.

In all things Christ is the key. \_\_\_\_\_

Genesis 1:27\_\_\_\_\_

The Godhead's image is reflected in Adam and Eve when they are in "one flesh." \_\_\_\_\_\_

Syllogism		
IF	_ = Image of God	
AND Sex	=	
THEN	= IMAGE	
Summary		
his truth serves us in many ways:		
. It reveals		
. It frees		
. It opens		

# 5. Holy Sex: Part 2

In this concluding lesson, the class will examine a "case study" of a couple dealing with sexual issues and how the principles we have studied can be applied to resolve their difficulties.

Intro	- Review key concepts:		
1.	Spirituality and	_are connected.	
2.	God designed sex for several purposes.		
3.	Oneness opens doors to		
4.	Sex is holy because God created it for		
5.	Misuse of sex transforms a holy thing into	o an	thing.

Case Study – Kevin and Brenda
-------------------------------

Kevin did not understand that sex was not only for \_\_\_\_\_\_ or \_\_\_\_\_\_. Brenda and Kevin couldn't connect because: The issue of masturbation. The big "O" in sexual experience is not \_\_\_\_\_\_, it's \_\_\_\_\_\_,

#### **Oneness in Sex**

Current social problems faced by married couples can be traced back to the moving away from this "oneness" idea in marriage.

What about the other "O"?

Sex for its own pleasure always follows the pathway of diminishing return.

I Corinthians 7:3-5

God created the "orgasmic" experience but connected it to the "oneness" experience.

#### **Summary - Homework**

- 1. Pray with/for each other.
- 2. Confess sin to each other.
- 3. Bless each other with words of praise.
- 4. Ask God to help you become one other than through sexual means.

# 6. The Money Trap

This lesson examines the pressure put on a relationship because of bad money management and provides suggestions on how couples can better address financial issues using a Christian perspective.

Intro - Financial pressure is responsible for marital pressure.

Financial conflict is due to two main factors:

# How the Money Trap Works

#### A. External Pressures.

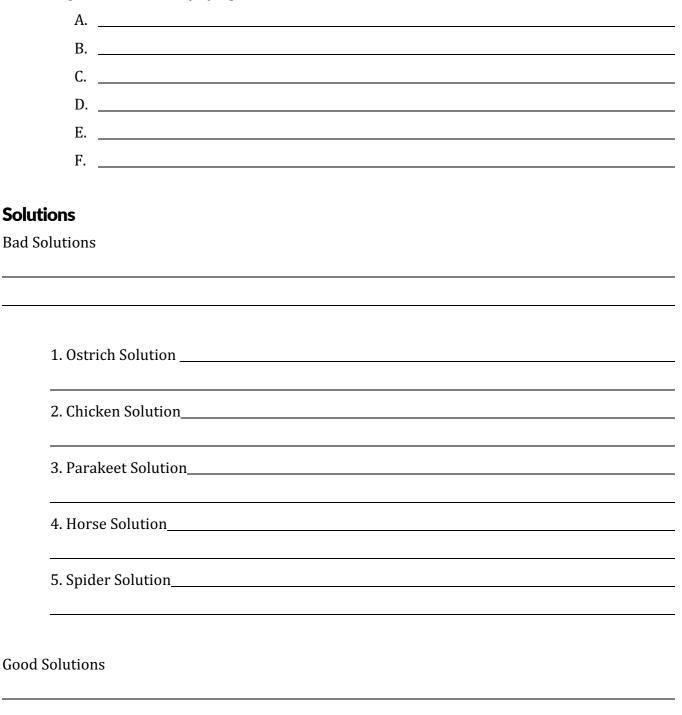
1. \_\_\_\_\_

2.	
3.	
	al Pressures:
1.	Greed
2.	Jealousy
3.	Pride
4.	Laziness
5.	Lack of Self-Control
6.	Selfishness
C. The T	rap
1.	Advertising
2.	Accessibility
3.	Early Credit

#### Summary

- A. Pressures create a lifestyle we think we <u>should</u> have.
- B. Easy credit buys it for us.
- C. Debt causes pressure.

Financial pressure has many symptoms:



1. Lifestyle based on earning power.

Proverbs	22:7
----------	------

This solution requires:

•	Honesty
•	Self-Control
•	Alertness
•	Contentment

2. Establish Financial Priorities:

First Portion to God - Proverbs 3:9-10; 11:24

Establish a reasonable budget.

# **Guideline Budget**

Gross Income per month			
God's Part	(% of gross)	(	_) = \$
Tax	(% of gross)	(	_) = \$
Net Spendable Inco	ome		
Housing	(32% of gross)	(	_) = \$
Food	(15% of gross)	(	_) = \$
Auto	(15% of gross)	(	_) = \$
Insurance	(5% of gross)	(	_) = \$
Debts	(5% of gross)	(	_) = \$
Entertainment & Recreation	(7% of gross)	(	_) = \$
Clothing	(5% of gross)	(	_) = \$
Savings	(5% of gross)	(	_) = \$
Medical	(5% of gross)	(	_) = \$
Miscellaneous	(6% of gross)	(	_) = \$

Total (cannot exceed Net Spendable Income) \$ \_\_\_\_\_

# 7. Why Christians Divorce

There are less instances of divorce among Christians, but it still happens. This lesson explores some of the reasons Christians divorce, despite training and teaching to the contrary, and how to avoid this situation.

#### Intro - What do you think when I say, divorce:

# Understand what divorce really is and when it's happening to you

Genesis 2:24-25

Matthew 19:9\_\_\_\_\_

•

Jesus isn't talking about court proceedings and lawyers.

According to the Bible, you have a divorce problem when:

#### Know what God really thinks

Who is the guilty party? \_\_\_\_\_

•

#### What God is referring to when He talks about divorce?

- Malachi 2:15-16
- Matthew 19:3-6
- Hebrews 13:4 \_\_\_\_\_\_
- I Corinthians 7:13-15 \_\_\_\_\_

#### Know what to do to keep the bonds of marriage strong

- 1. Complete \_\_\_\_\_\_
- 2. Complete \_\_\_\_\_\_

The more exclusive the relationship, the more precious it becomes \_\_\_\_\_\_

1.	Complete
	Proverbs 31:28-30
	Proverbs 12:4
	Joshua 24:15
	Ephesians 5:25
2.	Develop
The marr	age vow enables us to be naked and without shame both
And	

Spiritual intimacy comes from \_\_\_\_\_\_

	are many roadblocks to spiritual intimacy:
A.	
3.	
2.	
).	
Ξ.	

There are many things you can do to develop spiritual intimacy with our partner:

A.	Unconditional
D	Develop
D.	Develop
C.	Ask
D.	Model
F	Understand
ь.	
F.	Listen
G.	Spend
H.	Check-in
T	Share
I.	Share



We "tie" the knot at the wedding but we \_\_\_\_\_

# Summary

Divorce is always a temptation. Divorce-proofing our marriage requires:

A.	Watch
B.	Understand
Work	

## **Developing Spiritual Intimacy in a Marriage**

Dr. Paul Faulkner and Dr. Carl Brecheen

#### I. Laying the Foundation for Spiritual Intimacy

- A. Unconditional commitment to stay married
- B. Time together
- C. "Bad days" can bring good results
- D. Pray for wisdom
- E. Build an atmosphere of caring
- F. Study your mate / partner
- G. Think deeds
- H. Appropriate use of humor
- I. Mutual projects
- J. Separateness / alone time

#### **II. Marriage Prayers**

- A. Draw your prayers from scripture
- B. Develop prayers that ask God to transform you and your partner into the image of Christ
- C. Make sure your prayers are not complaints
- D. Make sure your prayers are practical

#### III. How to Pray for our Marriage

- A. That we will know Christ as Savior all our life (Psalm 63:1 and I Timothy 3:15).
- B. That we will have a hatred for sin (Psalm 97:10).
- C. That we will be submissive to each other, day by day (Ephesians 5:21).
- D. That we will be protected from the evil one in each area of our lives: spiritual, emotional, physical (John 17:15).
- E. That we will have a responsible attitude in all our interpersonal relationships (Daniel 6:3).
- F. That we will respect those in authority over us (Romans 13:1).
- G. That we will desire the right kind of friends and be protected from the wrong friends (Proverbs 1:10-11).
- H. That we will have the mind (attitude) of Christ (Philippians 2:5).
- I. That we will be kept pure in marriage (I Corinthians 6:18-20).
- J. That we will learn to totally submit to God and actively resist Satan in all circumstances (James 4:7).
- K. That we will be singlehearted, willing to be sold out to Jesus Christ (Romans 12:1-2).
- L. That we will be hedged in so we cannot find our way to wrong people or wrong places and that the wrong people cannot find their way to us (Hosea 2:6).

#### Pick one point a month to concentrate on.

Within a year, you will have consistently prayed this entire list.

## 8. Marriage or Divorce

This lesson will examine the advantages and disadvantages of remaining married or getting a divorce in resolving relationship problems.

Intro - There are "stages" in some marriages that follow a general pattern:

1.	stage.
2.	stage.
3.	stage.
4.	stage.
5.	stage.

Some people think that divorce is a viable option but soon find out that divorce is painful.

1.	It hurts	
2.	It hurts	
3.	It hurts	
4.	It hurts	
5.	It hurts	

#### Marriage as an Option

One option to help us make it through the stages is to \_\_\_\_\_

<u>ay</u> ma	rried?
2.	Consider
3.	God
4.	You made

#### Exercise

#### My Covenant Promise is:

## 9. Remarriage and Renewal

This lesson provides biblical advice for those who remarry after losing a spouse through death or divorce.

Intro – This can be a difficult lesson for many.

This lesson addresses people who are in "subsequent" marriages.

Proper repentance requires change of heart even when you cannot change the past.

Advice for those who are trying to get it right.

#### **Remarriage and Renewal Advice**

1. You are really \_\_\_\_\_!

Subsequent marriages are not first marriages but they are true marriages in God's eyes and society's eyes.

2. Your marriage is \_\_\_\_\_\_.

The person who divorces and repents is forgiven for the sin of adultery.

Perfection is the free gift given by grace, received by faith,

expressed in \_\_\_\_\_\_ and \_\_\_\_\_.

3. Follow the \_\_\_\_\_\_ advice for remarrieds.

God is patient and kind toward those we fail and are trying again.

#### Advice for those who fail.

A	the past
You can't	fix the past by punishing yourself.
Paul deal	with the past by looking toward the future.
В	from the past
Many sec	ond marriages fail because people enter into them with baggage from the first marriage.

Remarriage is not the way to solve past problems or hurts.

C. Let your life and change be a \_\_\_\_\_\_.

Paul began many of his sermons with the story of his conversion.

**Summary** 

Jesus came to save, build, encourage, equip – not to judge, criticize and punish.

God wants \_\_\_\_\_, \_\_\_\_, even in marriage.

## **10. Blended Families: Part 1**

This class will provide information and statistics concerning blended families and several strategies for successfully integrating two families into one.

Intro - Facts and figures about blended families in America

Types	blended families
А.	
B.	
C.	
D.	
E.	
F.	
г.	

#### Laying a Foundation

Reasons for divorce in first marriages:

1.	
3.	
4.	
5.	
6.	
7.	
8.	

#### **Reasons for Divorce in Subsequent Marriages**

1.	
2.	
3.	
4	
г. г	
5.	

#### How to Prepare – Philippians 3:13-14

3. Build a "New" Relationship
-------------------------------

4.	Include	Everyone	in the	Wedding
••	monaao	Licijone		

\_

### The Goal of Unity

#### How to Unite a Blended Family

1.	Avoid the	system
2.	Give up	

3.	Establish	

•	Courtesy	
•	One set of rules	
•	Fairness	
•	Division	
•	Pursue	
	can truly unite a blended family.	

## **11. Blended Families: Part 2**

This lesson examines the day-to-day challenges of raising children in a blended family environment.

#### Intro – Review

How to prepare and succeed in a blended family.

- 1. Know\_\_\_\_\_
- 2. Pay attention \_\_\_\_\_
- 3. Build \_\_\_\_\_\_
- 4. Include \_\_\_\_\_

How to achieve unity in the blended family

- 1. Avoid \_\_\_\_\_
- 2. Give \_\_\_\_\_
- 3. Establish
- 4. Only \_\_\_\_\_\_ brings true unity.

#### **Children's Reactions to a Blended Family**

We have talked about how adults need to adapt, now let's look at children and their needs.

A.	<b>Grieving Children</b>	
----	--------------------------	--

1.	Denial
2.	Anger
3.	Bargaining
4.	Depression
5.	Acceptance

#### **B.** Development Levels

1.	0-2 years
2.	2-5 years
3.	6-12 years
4.	13+ years
The goal is	

#### Life in <u>Two</u> Homes

Children have to adapt to two families and households. Parenting "styles" affect children.

1.	Star Parent	
2.	Glue Parent	

3.	Distant Parent
4.	Sometimes Parent
5	Ruthless Parent
5.	
6.	Parent Parent

#### The "Week-End" visit

Here are some tips on making the weekend visit more enjoyable

1.	Take the initiative
2.	Provide structure
3.	Be accepting

Provide a home
Give permission to love
Smooth out transitions
nary

## **12. Blended Families: Part 3**

The final lesson about blended families deals with how to successfully be a stepparent.

#### Intro - Review of important ideas

Remarrying involves the integration of two families.

Care should be given to children's fears and needs.

1.	
2.	

Let's look at some ways "step-parenting" can be made easier.

#### **Stepping in as a Stepparent**

Being a "new" parent is difficult \_\_\_\_\_\_

Some of the challenges of a stepparent.

#### 1. Stepping in from the outside \_\_\_\_\_\_

#### 2. Stepping into a new role \_\_\_\_\_\_

John 3:16		
Romans 10:12		
Luke 12:6-7		
Hebrews 12:5		

#### 3. Stepping into new responsibilities \_\_\_\_\_\_

A.	Attitude
B.	Attitude
C.	Attitude
D.	Attitude

#### 4. Stepping into new relationships \_\_\_\_\_

#### 8 Steps to Better Relationships

A. Accept\_\_\_\_\_

B.	Educate
C.	Don't
0.	
D.	Set
E.	Be
F.	Market
G.	Exercise
H.	Learn

innar y	
e end it is the	of God that has:
Supported	
Supported	
Forgiven	
Strengthened	
Brought	
-	

## **13. Keeping Your Spouse Happy**

The last lesson in this series provides practical biblical advice to both husbands and wives on how to make each other happy.

**Intro** – The Apostle Peter must have been a happy husband.

- I Peter 3\_\_\_\_\_

#### **Happy Husbands**

Peter mentions three things in speaking to wives about keeping their husbands happy.

1. Assume a role that is		to him - I Peter 3:1
Submission is a military term		
This is not a question of "superior"	or "inferior" but ra	ther one of "function."
2. Develop		that make him happy I Peter 3:2
A	attitude	
Α	attitude	
3. Develop an		that makes him happy I Peter 3:3-6
vs. 3		

Internal beauty consists of:

A	_spirit
B. Doing what is	
C. Having	

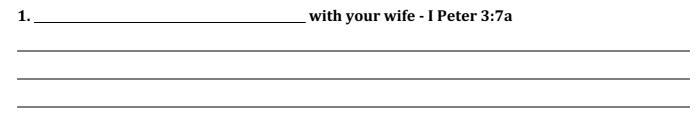
#### Summary I

Peter gives wives three very specific ways to make their husbands happy:

1.	Care about
2.	Cultivate
3.	Concentrate on
0.	

#### **Happy Wives**

Peter leaves the wife and goes on to speak to the husband and mentions three things to make their wives happy.



		-	-		-
It's	more	than	sharing	а	house
100	III OI C	unun	onuing	u	nousei

т	'imothy 3:4-5	
. 1	Initially 5.4-5	
W	hat does "managing the home well" mean for a man?	
A.	They know	
	They cultivate	
	They plan	
	They are involved	
Pa	<u>ssive</u> husbands create problems.	
2.	your wife - ]	I Peter 3:7b
·		

Things you need to <u>do</u> in order to <u>know</u> her:

- Sharing \_\_\_\_\_
- Openness \_\_\_\_\_
- Readiness \_\_\_\_\_
- Sensitivity\_\_\_\_\_

3your wife - I Peter 3:7c	
'HONOR" = "PRECIOUS"	
Peter provides the <u>reasons</u> to do this:	
a. She is as precious as	
b. Not to do so would	
We dishonor our wives when we have too high or too low an opinion of them.	
We have to properly understand how to honor our wives: a. Recognize b. Tell	
c. Treat	
d. Show	
e. Demonstrate	
Summary II	
Гhe secret to maintaining a happy marriage is:	
You can make her happy if:	
<ol> <li>Be involved</li> <li>Get to know</li> </ol>	
3. Consider her as	

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