

# MARRIAGE PREP 101

GETTING READY FOR THE BIG DAY

MIKE MAZZALONGO

## STUDENT WORKBOOK

bibleTalk<sup>TV</sup>



Copyright 2023 BibleTalk.tv

All our material is licensed under the Creative Commons Attribution-NonCommercial-ShareAlike License. This means you can use it almost however you need. The only thing you can't do is re-sell it.

**Download it. Print it. Teach it. Share it.**

# Marriage Prep 101

## *Getting Ready for the Big Day*

---

**Mike Mazzalongo**

This series is designed for those hoping to marry or re-marry. It will provide information to help shorten the learning curve in relationship building and establishing priorities and guidelines when seeking a mate for life.



**[bibletalk.tv/marriage-prep-101](http://bibletalk.tv/marriage-prep-101)**

### TABLE OF CONTENTS

<b>1. DESPERATELY SEEKING SOMEONE <i>FINDING MR./MS. RIGHT</i></b>	<b>4</b>
<b>2. MATURE ENOUGH FOR MARRIAGE? <i>ROMANCE VS. LOVE</i></b>	<b>8</b>
<b>3. WHAT TO LOOK FOR IN A MAN <i>THE IDEAL MAN</i></b>	<b>11</b>
<b>4. WHAT TO LOOK FOR IN A WOMAN <i>THE IDEAL WOMAN</i></b>	<b>15</b>
<b>5. TOP 10 MARRIAGE MYTHS</b>	<b>18</b>
<b>6. NOW THAT WE ARE TOGETHER</b>	<b>22</b>
<b>7. THE 4 A'S OF A SUCCESSFUL MARRIAGE – PART 1</b>	<b>25</b>
<b>8. THE 4 A'S OF A SUCCESSFUL MARRIAGE – PART 2</b>	<b>27</b>
<b>9. WHAT MAKES A MARRIAGE CHRISTIAN?</b>	<b>30</b>
<b>10. KEEPING LOVE ALIVE AND FINDING IT AGAIN WHEN YOU LOSE IT</b>	<b>34</b>
<b>11. THE BLESSINGS OF MARITAL FIDELITY</b>	<b>37</b>
<b>12. 8 STEPS TO INTIMACY</b>	<b>41</b>
<b>13. GREAT SEX FOR LIFE</b>	<b>44</b>
<b>PRODUCTIVE COMMUNICATION WORKSHEET</b>	<b>48</b>
<b>SMALL GROUP EXAMPLE</b>	<b>50</b>

# 1. Desperately Seeking Someone

## *Finding Mr./Ms. Right*

This first lesson in the series deals with one of the most stressful and discouraging phases in life, searching for a suitable marriage partner.

---

---

**Intro:** Marriage is God's greatest act of creation:

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

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

C. \_\_\_\_\_

D. \_\_\_\_\_

We can always benefit from a study on marriage. \_\_\_\_\_

### **Desperately Seeking Someone**

Things have changed when it comes to marriage. \_\_\_\_\_

### **Rules to Guide our Search**

1. Don't \_\_\_\_\_

Desperation leads to:

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

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

C. \_\_\_\_\_

Desperate = \_\_\_\_\_

\_\_\_\_\_

- Psalm 71:5-6 \_\_\_\_\_

\_\_\_\_\_

- I Timothy 1:1 \_\_\_\_\_

\_\_\_\_\_

- I Corinthians 7:32-33 \_\_\_\_\_

2. Know \_\_\_\_\_

### **Non-Negotiables for Christians:**

A. Don't \_\_\_\_\_

\_\_\_\_\_

- II Corinthians 6:14a \_\_\_\_\_

B. Marry \_\_\_\_\_

C. Know \_\_\_\_\_

1. Do they \_\_\_\_\_?

2. Do you \_\_\_\_\_?

3. Does \_\_\_\_\_?

\_\_\_\_\_

\_\_\_\_\_

## Poem by Lena Lathrop

Do you know you have asked for the costliest thing  
Ever made by the hand above?  
A woman's heart, and a woman's life—  
And a woman's wonderful love.

Do you know you have asked for this  
priceless thing  
As a child might ask for a toy?  
Demanding what others have died to win,  
With the reckless dash of a boy.

You have written my lesson of duty out,  
Manlike, you have questioned me  
Now stand at the bars of my woman's soul  
Until I shall question thee.

You require your mutton shall always be hot,  
Your socks and your shirt be whole;  
I require your heart to be true as God's stars  
And as pure as His heaven your soul.

You require a cook for your mutton and beef,  
I require a far greater thing;  
A seamstress you're wanting for socks and shirts—  
I look for a man and a king.

A king for the beautiful realm called Home,  
And a man that the Maker, God,  
Shall look upon as He did the first  
And say, "It is very good."

I am fair and young, but the rose will fade  
From my soft, young cheek one day,  
Will you love me then 'mid the falling leaves,  
As you did 'mid the blossoms of May?

Is your heart an ocean so strong and true,  
I may launch my all on its tide?  
A loving woman finds heaven or hell  
On the day she is made a bride.

I require all things that are grand and true,  
All things that a man should be;  
If you give all this, I would stake my life  
To be all you demand of me.

If you cannot do this, a laundress and cook  
You can hire and little to pay;  
But a woman's heart and a woman's life  
Are not to be won that way.

## Summary

In your search for a mate, remember:

A. Keep your hope \_\_\_\_\_

---

---

B. Don't commit \_\_\_\_\_

---

---

C. You are on \_\_\_\_\_

---

---

## 2. Mature Enough for Marriage?

### ***Romance vs. Love***

The very first thing that couples need to know if they want to have a loving marriage is the difference between romance and love.

---

---

**Intro:** Most people are somewhere in the marriage “process.”

---

---

#### **Romantic Love**

---

---

#### **Romance vs. Love**

---

---

#### 1. Romance

---

---

A. Romance \_\_\_\_\_

---

---

B. Romance

---

---



C. Romance \_\_\_\_\_

---

---

D. Romance \_\_\_\_\_

---

---

## 2. Love

---

---

### A. A Commitment

---

---

### B. Discipline

---

---

### C. Building on love

---

---

## **Knowing When You Are Ready**

---

---

### 1. Self-control

---

---

2. Personal happiness

---

---

3. Values

---

---

4. Emotional stability

---

---

5. Relationship with parents

---

---

**Summary**

---

---

---

---

# 3. What to Look for in a Man

## *The Ideal Man*

This lesson looks at the type of things to look for in a man that makes him true marriage material.

---

---

**Intro:** Today's lesson focuses on the type of man to look for in marriage.

---

---

## **The Modern Ideal**

Some of the more popular things the "world" looks for in the ideal man.

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

---

---

There isn't a particular "look"

---

---

2. \_\_\_\_\_

---

---

We measure the value of a person by looking at ability, wealth, success and skill.

---

---

3. \_\_\_\_\_

---

---

Postmodernism simply refers to the values and attitudes of the present age.

---

---

The Postmodern Man is:

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_
- F. \_\_\_\_\_

### **The Ideal Man**

The ideal man for every age. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **4 Basic Characteristics in the Ideal Man**

**#1 - Look for a man who is** \_\_\_\_\_

---

---

- Proverbs 21:28 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Honesty is the bedrock of any relationship. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**#2 - Look for a man who is** \_\_\_\_\_

---

---

- Proverbs 19:22 \_\_\_\_\_

---

---

Nothing is more appealing in a man than a kind nature. \_\_\_\_\_

---

---

Look for a man who is kind, not just one who does kind things. \_\_\_\_\_

---

---

**#3 - Look for a man who can** \_\_\_\_\_

---

---

- Matthew 5:7 \_\_\_\_\_

---

---

It's a sure thing - we all make mistakes. \_\_\_\_\_

---

---

A man with a forgiving spirit has probably needed some himself. \_\_\_\_\_

---

---

**#4 - Look for a man who is** \_\_\_\_\_

---

---

- In a secular sense piety is \_\_\_\_\_

---

---

- In a spiritual sense piety is \_\_\_\_\_

---

---

Men are called upon to be spiritual and moral leaders. \_\_\_\_\_

---

---

---

A man who is pious knows where he is going and how to get there.

---

---

---

### **Summary / Invitation**

“What would you do in my situation?”

---

---

I wanted my daughters to look for a man who: \_\_\_\_\_

---

---

These man are out there. \_\_\_\_\_

---

---

Let us pray for \_\_\_\_\_

---

---

For some, at this moment, Jesus is the person you need. Won't you let Him come to you today?

---

---

## 4. What to Look for in a Woman

### *The Ideal Woman*

In this lesson, Mike reviews what the Bible describes when it refers to an ideal spouse.

---

---

**Intro:** Today's woman is supposed to be \_\_\_\_\_

---

---

### **Bible's Definition of the Ideal Woman - Proverbs 31:10-31**

---

---

Trustworthy \_\_\_\_\_

---

### **What Makes her so valuable - Proverbs 31:11-12**

---

---

### **Outward Signs of Inward Qualities - Proverbs 31:13-24**

A. She is a \_\_\_\_\_ and a \_\_\_\_\_.

---

---

1. \_\_\_\_\_ vs. 13

---

2. \_\_\_\_\_ vs. 14

---

3. \_\_\_\_\_ vs. 15

---

4. \_\_\_\_\_ vs. 16;24

---

5. \_\_\_\_\_ vs. 17-19

---

6. \_\_\_\_\_ vs. 21-25

---

---

**B. She is a \_\_\_\_\_ and a \_\_\_\_\_.**

---

---

1. \_\_\_\_\_ vs. 20

---

2. \_\_\_\_\_ vs. 25

---

3. \_\_\_\_\_ vs. 26

---

4. \_\_\_\_\_ vs. 27

---

---

Paul says that man is \_\_\_\_\_ however, woman is \_\_\_\_\_.

---

---

### **Rewards for the Ideal Women - Proverbs 31:28-31**

1. \_\_\_\_\_ vs. 28-29

---

---



2. \_\_\_\_\_ vs. 31

---

---

- vs. 30 \_\_\_\_\_

---

## Summary

Note some of the things not mentioned about her:

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

2. \_\_\_\_\_

3. \_\_\_\_\_

Note briefly what was mentioned:

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

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

God wrote \_\_\_\_\_

---

---

I want our sisters in Christ to strive for the following:

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

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

C. \_\_\_\_\_

- We have many \_\_\_\_\_

---

# 5. Top 10 Marriage Myths

Mike compares some of the common misunderstandings about marriage in our modern society to God's original design for this union.

---

---

**Intro:** There is a lot of marriage “mis-information” out there. \_\_\_\_\_

The Marriage and Religion Survey:

- No religion: \_\_\_\_\_
- One religious partner: \_\_\_\_\_
- Both partners religious: \_\_\_\_\_

## Top 10 Marriage Myths

*Married People: Staying Together in an Age of Divorce, Francine Klagsbrun*

Myth #10 \_\_\_\_\_

- Living together before marriage hurts more than it helps

---

---

Myth #9 \_\_\_\_\_

- The solution to trouble within marriage is never found \_\_\_\_\_

---

---

Myth #8 \_\_\_\_\_

- This is like a self-fulfilling prophecy \_\_\_\_\_

---

---

Myth #7 \_\_\_\_\_

- Becoming dependent is necessary in order to succeed at marriage

Myth #6 \_\_\_\_\_

- Nobody is a mind reader \_\_\_\_\_

Myth #5 \_\_\_\_\_

- This approach is basically dishonest \_\_\_\_\_

Myth #4 \_\_\_\_\_

- Some hide cruelty behind the façade of honesty \_\_\_\_\_

Myth #3 \_\_\_\_\_

- You can if they \_\_\_\_\_

Myth #2 \_\_\_\_\_

- Babies intensify both what is \_\_\_\_\_ and \_\_\_\_\_ in your marriage.

Myth #1 \_\_\_\_\_

- Love is only one of the \_\_\_\_\_

## Elements of the Original Design

Element #1 \_\_\_\_\_

- Genesis 2:18-20 \_\_\_\_\_

- Genesis 2:21-22 \_\_\_\_\_

There are many marriage styles permitted and promoted by the world:

A. Group Marriages \_\_\_\_\_

B. Open Marriages \_\_\_\_\_

C. Gay Marriages \_\_\_\_\_

D. Common-law Marriages \_\_\_\_\_

Element #2 \_\_\_\_\_

- Genesis 2:23-24 \_\_\_\_\_

- What constitutes a marriage between a man and a woman is \_\_\_\_\_

In God's design there are 2 basic elements to marriage:

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

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

### **Why this Design?**

A. This design serves us \_\_\_\_\_

---

---

B. This design serves us \_\_\_\_\_

---

---

C. This design serves us \_\_\_\_\_

---

---

### **Summary**

Remember the \_\_\_\_\_ number

---

---

If you are married \_\_\_\_\_

---

---

When you are unmarried \_\_\_\_\_

---

---

# 6. Now that We are Together

In this session, Mike discusses the various life changes that take place once a couple is officially married.

---

---

Review:

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

2. Guidelines \_\_\_\_\_

3. Profiles \_\_\_\_\_

4. Myths \_\_\_\_\_

Often a “let down” after the wedding day.

---

---

- Metamorphosis = \_\_\_\_\_

---

---

## Things that Change

1. A New \_\_\_\_\_

---

---

Romans 13:6-7 \_\_\_\_\_

---

**2. A New** \_\_\_\_\_

---

Marriage is special because it is:

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

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

---

---

**3. A New** \_\_\_\_\_

---

---

Matthew 19:5 \_\_\_\_\_

---

---

My identity changes so that now \_\_\_\_\_

---

---

**4. A New** \_\_\_\_\_

---

---

Types of marriage arrangements:

- Polygamy \_\_\_\_\_

- Equal Partners \_\_\_\_\_

- Post Modern Marriages \_\_\_\_\_

---

---

Ephesians 5:22-28 \_\_\_\_\_

\_\_\_\_\_

Husbands

\_\_\_\_\_

\_\_\_\_\_

Wives

\_\_\_\_\_

\_\_\_\_\_

**5. A New** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Genesis 1:24a \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **Summary**

\_\_\_\_\_

\_\_\_\_\_

Once married, expect changes:

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

2. Relational \_\_\_\_\_

3. Identity \_\_\_\_\_

4. Role \_\_\_\_\_

5. Family \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# 7. The 4 A's of a Successful Marriage – Part 1

Everyone expects to be happy when they marry but few understand the basic ingredients necessary to reach and sustain this goal.

---

---

Introduction – Everybody wants \_\_\_\_\_ in their marriage.

---

---

Why happiness in marriage?

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

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

C. \_\_\_\_\_

D. \_\_\_\_\_

E. \_\_\_\_\_

F. \_\_\_\_\_

G. \_\_\_\_\_

---

---

Survey on state of marriage showed:

50% \_\_\_\_\_

25% \_\_\_\_\_

15% \_\_\_\_\_

10% \_\_\_\_\_

---

---

---

Things change when you marry:

1. A new legal status \_\_\_\_\_

---

---

2. A new relationship \_\_\_\_\_

---

---

3. A new identity \_\_\_\_\_

---

---

4. A new role \_\_\_\_\_

---

---

5. A new family \_\_\_\_\_

---

---

When people are unhappy in marriage, it is in these areas that there are problems.

---

---

Some think that marriages are doomed to only temporary happiness.

---

---

Marriages, by design, must improve in order to create happiness.

---

---

## 8. The 4 A's of a Successful Marriage – Part 1

Mike concludes this two-part lesson by reviewing the four important things married people need to do for each other in order to improve and thus create happiness in their relationship.

---

---

Intro:

---

---

1. Work on \_\_\_\_\_

---

---

Definition of AGAPE: “A disciplined commitment towards the well being of another”

---

---

What kind of love is this?

A. Commitment \_\_\_\_\_

B. Discipline \_\_\_\_\_

C. Well being \_\_\_\_\_

---

---

2. Work on \_\_\_\_\_

---

---

A good sex life is \_\_\_\_\_

---

---

How to maintain that attraction in marriage:

A. Believe \_\_\_\_\_

---

---

B. Make \_\_\_\_\_

---

---

C. Be \_\_\_\_\_

---

---

D. We can't always be equally disposed but \_\_\_\_\_

---

---

**3. Work on** \_\_\_\_\_

---

---

Appreciation is not just "thanking" each other. \_\_\_\_\_

---

---

**4. Work on** \_\_\_\_\_

---

---

Because we are weak \_\_\_\_\_

---

---

- I Corinthians 7:5 \_\_\_\_\_

---

---

There is Farm Aid, Flood Aid, why not \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Marriage Builders**

1. Review with your spouse the 4 areas mentioned and share one way you feel this area could be improved in your marriage

---

---

---

---

2. Select one thing you will stop doing/saying and one thing you will begin doing/saying that will reinforce any one of these four areas.

---

---

---

---

3. Pray for each other's weaknesses and strengths asking God to work in your marriage for its improvement.

---

---

---

---

# 9. What Makes a Marriage Christian?

In this lesson, Mike reviews not only God's plan for all marriages but what elements are necessary to make this union Christian in nature.

---

---

Intro: Society accepts many "forms" of marriage today.

---

---

## God's Plan for Marriage - Genesis 2:18-29

People want "church" weddings for various reasons.

---

---

What makes a marriage Christian is how it conforms to God's plan in the Bible.

---

---

*Genesis 2:18-25 provides several elements in God's plan for marriage:*

### 1. Knowledge of \_\_\_\_\_ - Genesis 2:18-20

---

---

Social Readiness \_\_\_\_\_

---

---

Emotional Readiness \_\_\_\_\_

---

---

Problem is that people are at different stages of readiness:

---

---

**2. Knowledge of \_\_\_\_\_ - Genesis 2:21-23**

---

---

In every society, the road from single to married is different. \_\_\_\_\_

---

---

The biggest problem is the issue of sex before marriage because sex was designed by God for:

- Confirm \_\_\_\_\_
- Express \_\_\_\_\_
- Surrender \_\_\_\_\_
- Establish \_\_\_\_\_
- Comfort \_\_\_\_\_
- Provide \_\_\_\_\_

- These two were ready for commitment because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3. Ready for \_\_\_\_\_ - Genesis 2:24-25**

---

---

The ceremony, the contract, the blood tests, these only accompany or legitimize the marriage in God and society's eyes. \_\_\_\_\_

---

---

## Rules to Cement a Relationship:

Rule #1 – Separate to \_\_\_\_\_

---

---

Rule #2 – Permanence is \_\_\_\_\_

---

---

Rule #3 – Intimacy without \_\_\_\_\_

---

---

## Summary

Review three basic elements in God’s design for marriage:

Know \_\_\_\_\_

Know \_\_\_\_\_

Know \_\_\_\_\_

---

---

There is one more element necessary to make a marriage “Christian”

---

---

For a Christian marriage we need to ask the following questions:

1. Am I \_\_\_\_\_

2. Is My Partner \_\_\_\_\_

3. Are We Devoting \_\_\_\_\_

---

---



After all of this someone may ask

*"What if my experience with marriage hasn't lived up to these ideal?"*

---

---

---

There is good news. You can being over. Here's how:

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

---

---

2. Encourage \_\_\_\_\_

---

---

3. Do \_\_\_\_\_

---

---

4. Rededicate \_\_\_\_\_

---

---

Is this the day to begin? How? \_\_\_\_\_

---

---

# 10. Keeping Love Alive and Finding it Again When You Lose it

This lesson offers some practical and effective ways to mature existing love and rekindle marital love that has grown cold.

---

---

Intro: Many avoid marriage because they are afraid of boredom in the future.

---

---

## Keeping Love Alive

When people talk about love, they are usually describing a “feeling.” \_\_\_\_\_

---

---

The “feeling” of love is created and maintained by communication. \_\_\_\_\_

---

---

## The Language of Love

What holds a marriage together is \_\_\_\_\_

---

---

The tool that transfers, builds, maintains love is \_\_\_\_\_

---

---

“Better an open rebuke than love that is concealed.” – Proverbs 27:5

---

---

Love can be communicated by:

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_

Each person has a “primary” language of love. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

People tend to send and receive messages of love in the same way. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Question:

What is your language of love? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is your partner's? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Productive Communication**

To improve love, we need to improve communication:

1. Be totally \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Men's Needs:**

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_

**Women's Needs:**

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_

2. Be totally \_\_\_\_\_

---



---

3. Be totally \_\_\_\_\_

---



---

**Assignment**

NO KIDS, NO COMPUTER, NO TV, NO PHONE

1. Discuss with your partner what you think your "love" language is and what theirs is.

---



---

2. Fill out the Productive Communication Worksheet (located in back of workbook) and then discuss it with your spouse.

---



---

3. Review some of the ideas and thoughts on the back of the worksheet.

---



---

# 11. The Blessings of Marital Fidelity

Mike reviews the physical, emotional and spiritual benefits of faithfulness in marriage.

---

---

Intro: We have to do all we can to divorce-proof our marriages.

---

---

Aside from the negative warnings about adultery and failures, there are some very positive rewards that await those who are faithful in marriage that we need to talk about:

## Marital Fidelity

*Marital Fidelity has 3 basic components:*

**1. Complete** \_\_\_\_\_

---

---

Most good and bad begins from the heart. \_\_\_\_\_

---

**2. Lifetime** \_\_\_\_\_

---

---

A trick question in pre-marital counseling is, “\_\_\_?”

---

---

Fidelity is not fidelity unless the “no matter what” factor is included in our commitment.

---

---

### 3. Growing \_\_\_\_\_

---

---

Growing fidelity is nurtured by trial, tribulations and tests that challenge our commitment to being faithful.

---

---

### The Blessings of Marital Fidelity

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

---

---

Without peace of mind, you cannot enjoy your other blessings in life.

---

---

Have you ever noticed how pleasant it is to be around people who are at peace with each other?

---

---

2. \_\_\_\_\_

---

---

**Tweens** think they know about love because \_\_\_\_\_

**Newlyweds** think they know about love because \_\_\_\_\_

The only way to know about love is to \_\_\_\_\_

---

Today people want to love before committing to fidelity, that's why they fail.

---

---

3. \_\_\_\_\_

---

---

I believe God created marriage in order to give us a taste of \_\_\_\_\_

---

---

Have you ever wondered why older couples have joy? \_\_\_\_\_

---

---

### Summary

If I could speak to everyone about marriage, this would be my message:

1. To the Young \_\_\_\_\_

---

---

2. To the Unmarried \_\_\_\_\_

---

---

3. To the Married \_\_\_\_\_

---

---

4. To Everyone \_\_\_\_\_

---

---

Do you need:

- Peace with God? \_\_\_\_\_

- Peace with Yourself? \_\_\_\_\_

- Peace with Your Spouse? \_\_\_\_\_

---

---

---

**Will you seek the ministry you need to find that peace today?**

---

---



## 12. 8 Steps to Intimacy

In this lesson, Mike reviews the true meaning, value and method of creating as well as maintaining the core element of every successful marriage, intimacy.

---

---

Intro: It isn't a house, children, sex or money that keeps a marriage going, it is:

---

---

### Developing Intimacy

Total intimacy in marriage that we develop our relationship in 3 areas:

A. \_\_\_\_\_ Intimacy

---

---

B. \_\_\_\_\_ Intimacy

---

---

C. \_\_\_\_\_ Intimacy

---

---

### 8 Steps in Developing Intimacy

Background of "Song of Solomon"

---

---

---

---

## Solomon's 8 Steps to Intimacy:

Step #1 - Strong \_\_\_\_\_

---

---

Step #2 - Purified \_\_\_\_\_

---

---

It is difficult to be intimate with someone who is selfish and unkind, etc.

---

---

Step #3 - Respect \_\_\_\_\_

---

---

Step #4 - Biblical \_\_\_\_\_

---

---

- Men fail \_\_\_\_\_

---

---

- Women fail \_\_\_\_\_

---

---

Step #5 - Security \_\_\_\_\_

---

---

Step #6 – Give \_\_\_\_\_

---

---

Step #7 – Continual \_\_\_\_\_

---

---

Step #8 – Spiritual \_\_\_\_\_

---

---

The best way to create or recreate intimacy is to begin to establish spiritual intimacy.

---

---

---

---

“Where’ve you been.” – Kathy Mattea

---

---

---

---

# 13. Great Sex for Life

Mike finishes the series by revealing the key ingredient necessary to maintain and improve sexual intimacy.

\_\_\_\_\_  
\_\_\_\_\_  
Intro: The main task in marriage is maintaining \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## The History of Sex

There has been much misinformation about sex over the centuries:

A. The Garden of Eden – sex is perfect \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

B. After the Fall – sex is complicated \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

C. The 4th Century – sex is sin \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

D. The 17th Century – sex is dirty \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

E. The 20th Century – Modern Ideas on Sex:

1900-1960 – Sex is fun \_\_\_\_\_

1970 – Sex is free \_\_\_\_\_

1980 – Sex is serious \_\_\_\_\_

1990 – Sex should be safe \_\_\_\_\_

2000 – Sex is for yourself \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**There is some truth to these ideas:**

Sex is complicated BUT not impossible \_\_\_\_\_

---

---

Sex is sinful BUT not in marriage \_\_\_\_\_

---

---

Sex is dirty BUT not in marriage \_\_\_\_\_

---

---

Sex is fun BUT enjoyed by married people \_\_\_\_\_

---

---

Sex is free BUT free for married people \_\_\_\_\_

---

---

Sex is serious BUT not dangerous for married people \_\_\_\_\_

---

---

Sex should be safe BUT it has always been that way for married people \_\_\_\_\_

---

---

Sex is for self BUT it has always been that way for married people \_\_\_\_\_

---

---

## God's Idea of Sex

1. Sex is good (Genesis 1:27-31) \_\_\_\_\_

---

---

- Genesis 2:24-25 \_\_\_\_\_

---

---

- Song of Solomon 7:1-9 \_\_\_\_\_

---

---

- Proverbs 5:18-19 \_\_\_\_\_

---

---

2. Sex is only marriage (Exodus 20:14; I Corinthians 7:1-2) \_\_\_\_\_

---

---

3. Sex is unselfish affection (I Corinthians 7:2-3) \_\_\_\_\_

---

---

4. Sex is uninterrupted (I Corinthians 7:5) \_\_\_\_\_

---

---

## Communication is the Key

The best way to improve sex is to improve the way we communicate about sex.

---

---

Some things we are afraid to say to our partner:

1. Tell me \_\_\_\_\_
2. I want \_\_\_\_\_
3. Seeing your \_\_\_\_\_
4. Don't force \_\_\_\_\_
5. I wish you would \_\_\_\_\_
6. Be kinder \_\_\_\_\_
7. Try to understand \_\_\_\_\_

Women \_\_\_\_\_

Men \_\_\_\_\_

## Summary

---

---

---

---

---

Great sex for life is possible if we follow God's plan for sex within the secure framework of an exclusive lifetime commitment in marriage.

# Productive Communication Worksheet

1. List 3 things you like most and 3 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. List 3 things you need, 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, Parents, Career, Religion

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

6. \_\_\_\_\_

2. \_\_\_\_\_

7. \_\_\_\_\_

3. \_\_\_\_\_

8. \_\_\_\_\_

4. \_\_\_\_\_

9. \_\_\_\_\_

5. \_\_\_\_\_

10. \_\_\_\_\_



6. Name the most enjoyable or fun thing that you 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 feel you can tell you partner everything? Yes/No? \_\_\_\_\_

Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10. What do you see yourself doing in 10 years from now?

---

---

---

---

---

---

# Small Group Example

1. Divide class into groups of four.
2. Carefully read the following passage concerning marriage.

<sup>15</sup> Then the Lord God took the man and put him into the garden of Eden to cultivate it and keep it. <sup>16</sup> The Lord God commanded the man, saying, "From any tree of the garden you may eat freely; <sup>17</sup> but from the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you will surely die." <sup>18</sup> Then the Lord God said, "It is not good for the man to be alone; I will make him a helper suitable for him." <sup>19</sup> Out of the ground the Lord God formed every beast of the field and every bird of the sky, and brought them to the man to see what he would call them; and whatever the man called a living creature, that was its name. <sup>20</sup> The man gave names to all the cattle, and to the birds of the sky, and to every beast of the field, but for Adam there was not found a helper suitable for him. <sup>21</sup> So the Lord God caused a deep sleep to fall upon the man, and he slept; then He took one of his ribs and closed up the flesh at that place. <sup>22</sup> The Lord God fashioned into a woman the rib which He had taken from the man, and brought her to the man. <sup>23</sup> The man said, "This is now bone of my bones, And flesh of my flesh; She shall be called Woman, Because she was taken out of Man." <sup>24</sup> For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh. <sup>25</sup> And the man and his wife were both naked and were not ashamed.

- Genesis 2:15-25

1. Each group take five minutes to circle answers in the top section. Discuss within your group why you chose these answers (10 minutes).
2. Break down groups of four into pairs of two. Individually answer the questions in the second section. Discuss each answer with your partner.

## Worksheet

### Looking into the Scriptures - Read Genesis 2:15-25 and discuss.

1. Of the many introductions in this chapter, which was the most important for Adam?
  1. The Garden of Eden
  2. The animals
  3. Eve
  4. The danger of death
2. Why do you think God said it was not good for Adam to be alone?
  1. Two reflect God's image better than one
  2. Adam was lonely
  3. Animals make poor conversationalists
  4. God created Adam to be with others

3. What was Adam doing when he named the animals?
  1. Identifying and classifying them
  2. Looking for a suitable mate
  3. Imitating God
  4. Getting to know creation
4. What did God mean when he described the woman as a "helper"?
  1. The woman will reflect God's image to Adam
  2. She will serve Adam
  3. She will be a great partner
  4. Man and woman will work together
  5. She will be a source of strength
5. What happened when God made woman from his rib?
  1. God created intimacy
  2. God created equality
  3. God created partnership
  4. God was running short of materials
6. What was Adam saying when he exclaimed, "This is now bone of my bones..."?
  1. "We are just alike."
  2. "I do."
  3. "At least I am not alone."
  4. "Wow!"
  5. "Out of me you are created."
7. Why were Adam and Eve naked and not ashamed?
  1. They were one flesh
  2. They had not yet sinned
  3. They did not have knowledge of good and evil
  4. No one told them any different

### **My Own Story**

1. If God created a perfect mate for me, he or she would be (choose 4):
  1. Outgoing
  2. Wealthy
  3. Shy

4. Understanding
  5. Sturdy
  6. Kind
  7. Christian
  8. Delicate
  9. Thoughtful
  10. Witty
  11. Talkative
  12. Loving
  13. Intelligent
  14. Attractive
  15. Strong
  16. Innocent
2. As mate/prospective mate, I could be described as:
    1. Wow! Bone of my bones
    2. Missing a rib
    3. Too busy gardening
    4. Still naming the animals
  3. Since it is not good for me to be alone, I will:
    1. Spend more time with my spouse
    2. Trust God for a partner
    3. Develop some close friendships
    4. Get a pet
  4. To build up my helpmate, parents, children or one other significant friend in my life, I will:
    1. Learn how to listen so that others will speak
    2. Learn how to speak so that others will listen
    3. Demonstrate more of my affections
    4. Become more of a recreational partner
    5. Keep myself physically attractive

**Homework:** Knowing what you now know about life and marriage, how would you change your wedding vows if you had another chance to repeat them to your spouse? After returning home, create a document containing these vows and share/discuss with your spouse.

## **BibleTalk.tv is an Internet Mission Work.**

---

We provide video and textual Bible teaching material on our website and mobile apps for free. We enable churches and individuals all over the world to have access to high quality Bible materials for personal growth, group study or for teaching in their classes.

The goal of this mission work is to spread the gospel to the greatest number of people using the latest technology available. For the first time in history it is becoming possible to preach the gospel to the entire world at once. BibleTalk.tv is an effort to preach the gospel to all nations every day until Jesus returns.

The Choctaw Church of Christ in Oklahoma City is the sponsoring congregation for this work and provides the oversight for the BibleTalk ministry team. If you would like information on how you can support this ministry, please go to the link provided below.

**[bibletalk.tv/support](http://bibletalk.tv/support)**



BibleTalk.tv is one of the **most-prolific uploaders** on Amazon Prime Video with more videos than any major Hollywood studio except Paramount Pictures.

**THE WALL STREET JOURNAL.**