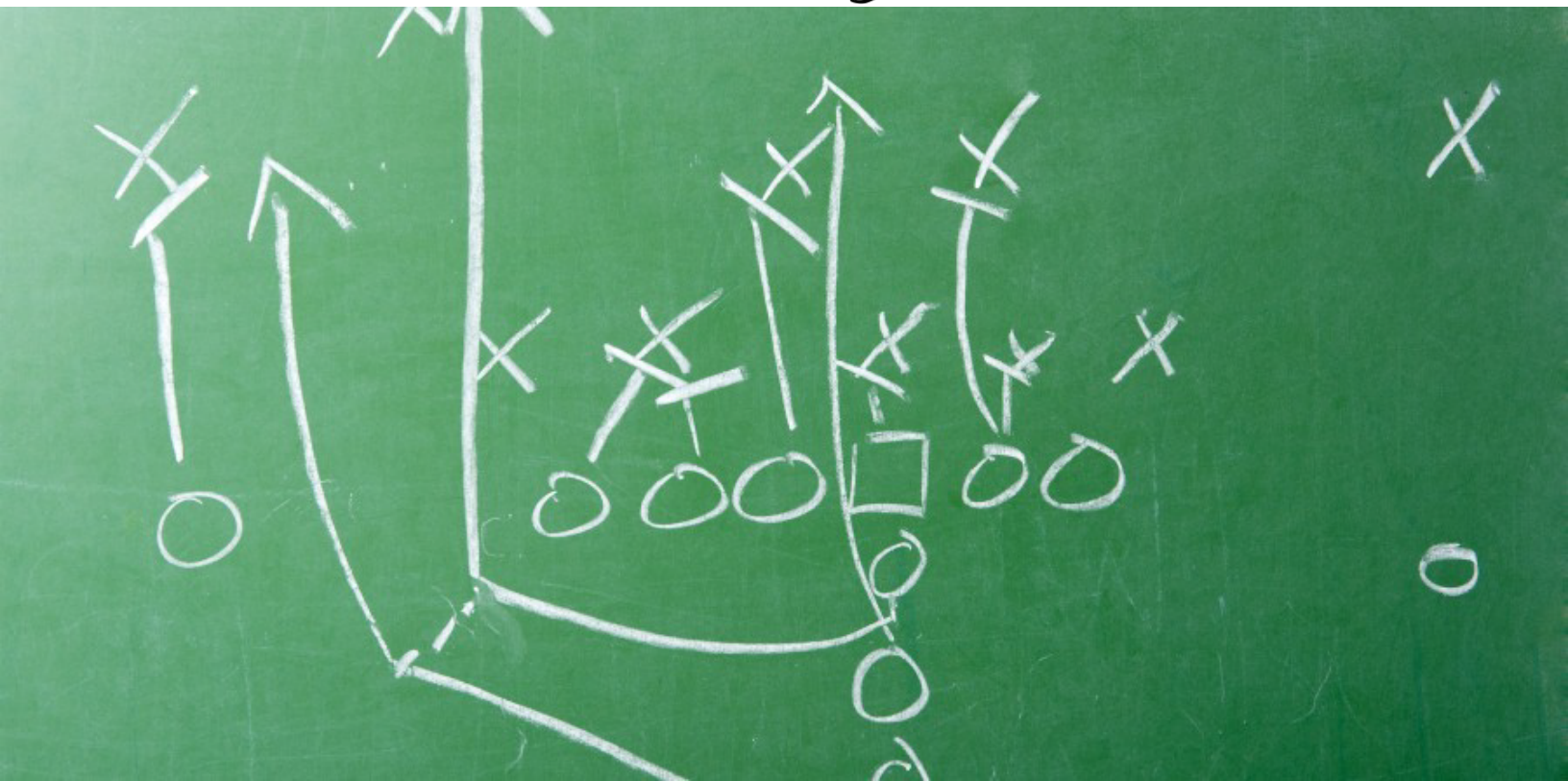


Better
4
Ever



**THE MARRIAGE PLAYBOOK
FOR COUPLES**

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Declaration of Marriage

1. I WILL PUT GOD AND HIS INSTRUCTION AT THE CENTER OF MY MARRIAGE
2. I WILL COMMIT TO WORKING ON CHANGING MYSELF AND ALLOW GOD TO DO HIS JOB
3. I WILL COMMIT TO DO ALL HOMEWORK AND DATE NIGHTS AS GIVEN NO EXCUSES
4. I WILL COMMIT 8 WEEKS TO MY MARRIAGE ON TIME NOT DISTRACTED NO EXCUSES
5. I WILL COMMIT TO PRIORITIZING MY MARRIAGE THE WAY GOD INTENDED IT

Signed: _____

Rule #1

It's not _____ job to fix _____

Your job is to be the _____ you _____ created you
to be

A healthy _____ and a healthy _____ equals a
healthy _____

The definition of frustration is _____

**"Life is relationships; the rest is just details."
— Gary Smalley**

7 Characteristics of a great husband/wife

_____	_____
_____	_____
_____	_____

7 Characteristics of a great father/mother

_____	_____
_____	_____
_____	_____

“In a relationship I can influence—but not control—the thoughts, beliefs, feelings, and behavior of another.”
— Gary Smalley, The DNA of Relationships

The foundational responsibility in loving relationships is _____ . That responsibility is _____ % mine

Acceptance: I want to be warmly received without conditions

What conditions do you put on your spouse that aren't yours to put

What expectations do you put on your spouse that aren't yours to put

It's time to take a pop quiz: **Take The Love Language Test**

Companionship: I want a deep intimate relationship

Where is intimacy broken (two hearts beating as one)

What steps can I take to bridge intimacy

The Five Love Languages Test

By Dr. Gary Chapman

Read each pair of statements and circle the one that best describes you.

1. A. I like to receive notes of affirmation from you.
E. I like it when you hug me.
2. B. I like to spend one-on-one time with you.
D. I feel loved when you give me practical help.
3. C. I like it when you give me gifts.
B. I like taking long walks with you.
4. D. I feel loved when you do things to help me.
E. I feel loved when you hug or touch me.
5. E. I feel loved when you hold me in your arms.
C. I feel loved when I receive a gift from you.
6. B. I like to go places with you.
E. I like to hold hands with you.
7. A. I feel loved when you acknowledge me.
C. Visible symbols of love (gifts) are very important to me.
8. E. I like to sit close to you.
A. I like it when you tell me that I am attractive.
9. B. I like to spend time with you.
C. I like to receive little gifts from you.
10. D. I know you love me when you help me.
A. Your words of acceptance are important to me.
11. B. I like to be together when we do things.
A. I like the kind words you say to me.
12. E. I feel whole when we hug.
D. What you do affects me more than what you say.
13. A. I value your praise and try to avoid your criticism.
C. Several inexpensive gifts mean more to me than one large expensive gift.
14. E. I feel closer to you when you touch me.
B. I feel close when we are talking or doing something together.
15. A. I like you to compliment my achievements.
D. I know you love me when you do things for me that you don't enjoy doing.

TURN OVER

16. E. I like for you to touch me when you walk by.
B. I like when you listen to me sympathetically.
17. C. I really enjoy receiving gifts from you.
D. I feel loved when you help me with my home projects.
18. A. I like when you compliment my appearance.
B. I feel loved when you take the time to understand my feelings.
19. E. I feel secure when you are touching me.
D. Your acts of service make me feel loved.
20. D. I appreciate the many things you do for me.
C. I like receiving gifts that you make.
21. B. I really enjoy the feeling I get when you give me your undivided attention.
D. I really enjoy the feeling I get when you do some act of service for me.
22. C. I feel loved when you celebrate my birthday with a gift.
A. I feel loved when you celebrate my birthday with meaningful words (written or spoken.)
23. D. I feel loved when you help me out with my chores.
C. I know you are thinking of me when you give me a gift.
24. C. I appreciate it when you remember special days with a gift.
B. I appreciate it when you listen patiently and don't interrupt me.
25. B. I enjoy extended trips with you.
D. I like to know that you are concerned enough to help me with my daily task.
26. E. Kissing me unexpectedly makes me feel loved.
C. Giving me a gift for no occasion makes me feel loved.
27. A. I like to be told that you appreciate me.
B. I like for you to look at me when we are talking.
28. C. Your gifts are always special to me.
E. I feel loved when you kiss me.
29. A. I feel loved when you tell me how much you appreciate me.
D. I feel loved when you enthusiastically do a task I have requested.
30. E. I need to be hugged by you every day.
A. I need your words of affirmation daily.

Add Total Number of Answers Here:

A. ____ Words of Affirmation B. ____ Quality Time C. ____ Receiving Gifts D. ____ Acts of Service E. ____ Physical Touch

Success: I want to achieve or accomplish something

What in my life do I place value love my marriage?

Define success: _____

God's definition: _____

Being super spouse and super parent is not the goal. Being fully devoted to following Christ is the goal
~Pastor Scott Willmore

Love: I want to be attractable to others

Where have I become unlovable

What steps can I take to change it

A negative mind will never give you a positive life

Validation: I want to be valued for who I am

Define valuable: _____

Where am I valuable _____

God's definition of me _____

Safety: I want to feel protected and secure

Where do I not feel safe: _____

How do I change the environment: _____

Trust: I want to have faith in our relationship

Where do I not trust in our marriage _____

Forgiveness: Unconditional forgiveness

What do I need to be forgiven for? _____

What do I need to forgive?

Matthew 6:15 NLT But if you refuse to forgive others, your Father will not forgive your sins.

“Choice equals change. Making a choice is often difficult because it requires change. And that change can be threatening.”

— Gary Smalley, The DNA of Relationships

Homestudy:

Find a verse that correlates with each expectation. If it's not in the Bible, it's not a God expectation. Time to replace it

Husband/wife

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

Father/mother

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

Gr 8 date. #1

Progressive Dinner

Appetizers at one restaurant

Main meal at a second restaurant

Dessert at a third restaurant

5 questions to explore

#1 If you could be any superhero who would it be

#2 If money were no object what hobby would you do and why do you love it

#3 What are your 2 favorite Bible stories and why?

#4. What character in the Bible do you most relate to and why?

#5 What are your 3 biggest fears

II. Moneyball

Managing money is _____, the hard part is

“We buy things we don't need with money we don't have to impress people we don't like.”

— Dave Ramsey, The Total Money Makeover: A Proven Plan for Financial Fitness

_____ is not the root of all evil. _____ is the root of all evil, money is just a _____

_____ dollar has a name

Time to do the B word. Turn to page ____ (Quickie budget)

A healthy and Biblical way to budget:

_____ to God _____ to me. _____ everything else

“A budget is telling your money where to go instead of wondering where it went.”

— Dave Ramsey

Big 2 Biblical principles about money are _____ and _____

Debt:

The only way to get out of the red is to _____ income or _____ spending

*Proverbs 22:7 (NIV), "The rich rule over the poor, and the borrower is **slave to the lender.**"*

The _____ method is a debt _____ strategy in which you pay off bills in order of _____ to _____, regardless of interest rate.

Honor:

There are more than _____ verses on money and possessions

A tithe is _____ of your income given specifically to your _____. (Fun fact: The word *tithe* literally means *tenth* in Hebrew.)

Proverbs 3:9 (NIV) says, "Honor the Lord with your wealth, with the first fruits of all your crops."

Your tithe should be money you set aside _____

The Bible tells us that tithing is a way to show that we _____ . God with our _____ and our _____

Genesis 4: 1-16 Now Abel kept flocks, and Cain worked the soil. ³ In the course of time Cain brought some of the fruits of the soil as an offering to the Lord. ⁴ And Abel also brought an offering—fat portions from some of the firstborn of his flock. The Lord looked with favor on Abel and his offering, ⁵ but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast.

“If you will live like no one else, later you can live like no one else.” ~Dave Ramsey

Homestudy:

Sit down together and do a Budget and Cash flow plan. Do it for 3 months on the same date

BASIC QUICKIE BUDGET

<u>Item</u>	<u>Monthly Total</u>	<u>Payoff Total</u>	<u>How far Behind</u>	<u>Type Account</u>
GIVING	_____		_____	_____
SAVING	_____		_____	_____
HOUSING				
First Mortgage	_____	_____	_____	_____
Second Mortgage	_____	_____	_____	_____
Repairs/Mn. Fee	_____		_____	_____
UTILITIES				
Electricity	_____		_____	_____
Water	_____		_____	_____
Gas		_____	_____	_____
Phone	_____		_____	_____
Trash	_____		_____	_____
Cable	_____		_____	_____
*FOOD	_____		_____	_____
TRANSPORTATION				
Car Payment	_____	_____	_____	_____
Car Payment	_____	_____	_____	_____
*Gas & Oil	_____		_____	_____
*Repairs & Tires	_____		_____	_____
Car Insurance	_____		_____	_____
*CLOTHING	_____		_____	_____
PERSONAL				
Disability Ins.	_____		_____	_____
Health Insurance	_____		_____	_____
Life Insurance	_____		_____	_____
Child Care	_____		_____	_____
*Entertainment	_____		_____	_____
OTHER MISC.	_____		_____	_____
 TOTAL MONTHLY NECESSITIES	 _____			

Monthly Cash Flow Plan

Cash flows in and out each month. Make sure you tell it where to go!

Monthly Take-Home Pay

Add up budgeted column
1/3 enter here

These icons represent good options for cash envelopes

♥ CHARITY

	Spent	Budgeted
Tithes	_____	_____
Charity & Offerings	_____	_____
	*10-15%	TOTAL

🐷 SAVING

	Spent	Budgeted
Emergency Fund	_____	_____
Retirement Fund	_____	_____
College Fund	_____	_____
	*10-15%	TOTAL

🏠 HOUSING

	Spent	Budgeted
First Mortgage/Rent	_____	_____
Second Mortgage	_____	_____
Real Estate Taxes	_____	_____
Repairs/Maint.	_____	_____
Association Dues	_____	_____
	*25-35%	TOTAL

⚙️ UTILITIES

	Spent	Budgeted
Electricity	_____	_____
Gas	_____	_____
Water	_____	_____
Trash	_____	_____
Phone/Mobile	_____	_____
Internet	_____	_____
Cable	_____	_____
	*5-10%	TOTAL

🍏 FOOD

	Spent	Budgeted
📧 Groceries	_____	_____
📧 Restaurants	_____	_____
	*5-15%	TOTAL

👕 CLOTHING

	Spent	Budgeted
📧 Adults	_____	_____
📧 Children	_____	_____
📧 Cleaning/Laundry	_____	_____
	*2-7%	TOTAL

🚗 TRANSPORTATION

	Spent	Budgeted
Gas & Oil	_____	_____
📧 Repairs & Tires	_____	_____
License & Taxes	_____	_____
Car Replacement	_____	_____
Other _____	_____	_____
	*10-15%	TOTAL

🩺 MEDICAL/HEALTH

	Spent	Budgeted
Medications	_____	_____
Doctor Bills	_____	_____
Dentist	_____	_____
Optometrist	_____	_____
Vitamins	_____	_____
Other _____	_____	_____
Other _____	_____	_____
	*5-10%	TOTAL

*Dave's Recommended Percentages

INSURANCE

	Spent	Budgeted
Life Insurance	_____	_____
Health Insurance	_____	_____
Homeowner/Renter	_____	_____
Auto Insurance	_____	_____
Disability Insurance	_____	_____
Identity Theft	_____	_____
Long-Term Care	_____	_____
	*10-25%	TOTAL

PERSONAL

	Spent	Budgeted
Child Care/Sitter	_____	_____
Toiletries	_____	_____
Cosmetics/Hair Care	_____	_____
Education/Tuition	_____	_____
Books/Supplies	_____	_____
Child Support	_____	_____
Alimony	_____	_____
Subscriptions	_____	_____
Organization Dues	_____	_____
Gifts (inc. Christmas)	_____	_____
Replace Furniture	_____	_____
Pocket Money (His)	_____	_____
Pocket Money (Hers)	_____	_____
Baby Supplies	_____	_____
Pet Supplies	_____	_____
Music/Technology	_____	_____
Miscellaneous	_____	_____
Other _____	_____	_____
Other _____	_____	_____
	*5-10%	TOTAL

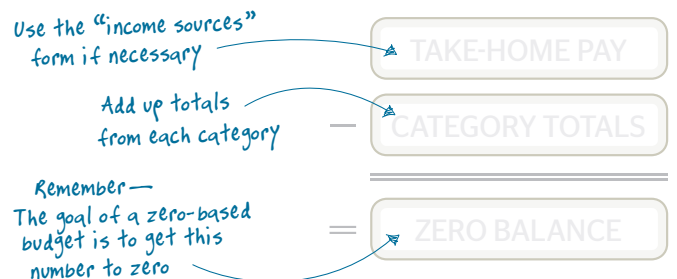
RECREATION

	Spent	Budgeted
Entertainment	_____	_____
Vacation	_____	_____
	*5-10%	TOTAL

DEBTS

	Spent	Budgeted
Car Payment 1	_____	_____
Car Payment 2	_____	_____
Credit Card 1 _____	_____	_____
Credit Card 2 _____	_____	_____
Credit Card 3 _____	_____	_____
Credit Card 4 _____	_____	_____
Credit Card 5 _____	_____	_____
Student Loan 1	_____	_____
Student Loan 2	_____	_____
Student Loan 3	_____	_____
Student Loan 4	_____	_____
Other _____	_____	_____
Other _____	_____	_____
Other _____	_____	_____
Other _____	_____	_____
Other _____	_____	_____
	Your goal is 0%	*5-10% TOTAL

Once you have completed filling out each category, subtract all category totals from your take-home pay.



Gr8date. #2

Flip Flop night

Pick your spouses outfit

Order for your spouse at the restaurant

Whoever normally drives switch it up

5 questions to explore

- #1 List 5 things you love about your spouse & why
- #2 If I could change 2 things about myself what do you suggest
- #3 Weekly what are 3 things you look forward to the most & why
- #4. What are 3 of your biggest pet peeves & why
- #5 What 3 things do you enjoy the most we do together

III Special Teams:

Sex. For such a small word, it has an enormous

_____ on our lives and our _____

_____ is not sex but _____ plays a key role in intimacy

_____ invented sex and has a plan for our sexuality that far exceeds anything we could dream up on our own.

“And the man and his wife were both naked and were not ashamed. (Genesis 2:25)

when we connect with _____ plan for sex, we will

_____ with our spouse in ways that exceed our highest expectations.

Drink water from your own well – share your love only with your wife. Why spill the water of your springs in the streets, having sex with just anyone? You should reserve it for yourselves. Never share it with strangers.

~ Proverbs 5:15-17

Sex is never a _____ or a _____

A Successful Husband

- Does the unexpected – which is a key element in romance
- Takes the initiative – planning dates, creating experiences, etc.
- Gets impractical – use some creativity to go beyond the obvious
- Gives compliments verbally and physically – specific statements that communicate your spouse's value

A Successful Wife

- Is More Aggressive Sexually – Communicates she wants him in bed
 - Makes Herself available – finding ways to make love instead of making excuses
 - Uses Her creativity – being creative in the bedroom
- Speaks candidly – communicating honestly about sex

A healthy marriage and a successful *Sexperiment* take work. But as you begin to do the work, you will begin building the foundation for a successful marriage. ~Pastor Ed Young

The following are some of the most common “sexuses”.

- I’m too tired. I’m just not in the mood.
- There’s not a free second on the calendar.
- I’m still mad about...
- Kids. Kids. Kids.

We have a _____ to satisfy our mate sexually

One of the most _____, yet _____ aspects of marriage is placing priority on the needs of your _____..

Some couples are clueless about how male and female sex drives are different, and this can cause a lot of tension in the bedroom. I’ve always believed that when it comes to sex, men are sprinters and women are long distance runners. In an instant, a man can be ready to spring into sex. It doesn’t matter if he’s just had a major argument with his wife or if his bank account is overdrawn. He transitions quickly. A woman more or less jogs into sex. A husband experiences sex and from his sexual experiences flow his feelings. The wife is the polar opposite. She has to experience feelings before she can experience physical intimacy.

No matter how we think about sex with our spouse, the reality is that we should approach it willingly, energetically, and yes, frequently. After all, "Sex is about the yes." And the Bible is very clear when it comes to the subject of a husband and a wife having sex regularly. This is where it can get convicting as a married couple.

Home study:

Do you feel that you put enough energy into pleasing your spouse sexually? If not, what keeps you from doing this?

What is one thing you would like to communicate to your spouse about your own sex?

List 5 things you like and 3 things you don't about sex

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

- 1 _____
- 2 _____
- 3 _____

Gr8date. #3

SEXAVENGER HUNT

IF YOU DON'T GET THE MEANING JUST ADD IN THE BEDROOM TO THE CHALLENGE

1. BREAKFAST IN BED
2. WRITE OUT AND HIDE AN INVITATION FOR SEX INCLUDING TIME PLACE AND ATTIRE
3. SEND YOUR SPOUSE A SURPRISE WHERE THEY WORK
4. 10 SEXSPECIAL RANDOM TEXTS IN ONE DAY
5. SPECIAL PICNIC (out of the house secluded place)
6. MAKE A BANANA SPLIT TOGETHER
7. DANCE WITH YOUR SPOUSE TO "YOUR SONG"
8. GET A HOTEL ROOM FOR THE NIGHT(or send the kids away)
9. FREE 30 MINUTE MASSAGE
10. PICK AN OUTFIT FOR YOUR SPOUSE(BUY IT OR USE WHAT YOU HAVE) SPOUSE CAN'T SAY NO!

IV: Offense

9 Lies of marriage:

We have seen the devil and his lies create:

- _____ where there should be love
- _____ and _____ where there should be oneness and unity and
- family _____ and _____ pain where there should be strong family _____ continuing generation after generation

Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Ephesians 6:10-13

Just remember: My _____ isn't my _____, but the devil is.

Happy ever after

The Lie: "You will be perfect for each other,"

- A good marriage is like a big greenhouse that grows happiness.
- If happiness is fading, so is the marriage.
- If happiness is gone, so is the marriage

What we say:

"This isn't what I had in mind."

"I've fallen _____ with my spouse."

"I didn't _____."

"There's something _____ with my _____."

"We've grown _____."

"This is just too _____ and _____."

"_____ want to do this anymore."

One of the main reasons God created marriage was so you could experience deep, meaningful _____ with your spouse

Your marriage is a vehicle to share moments of

_____, _____, and _____ that could seem empty if you were alone

Intimacy means _____ knowing another person and feeling deeply _____.

4 types of intimacy:

Physical: Hugging, kissing, caressing, cuddling, holding, and other forms of physical affection. Physical intimacy can include sex, but doesn't have to.

Emotional: The ability to effectively express and validate tender, loving emotions, in a manner that's nourishing and constructive, and being able to respond affirmatively when the other person does the same.

Intellectual Can brains be attractive and sexy? Absolutely! Especially for those who feel a sense of kinship when they engage in discussion

Shared : Interactions that build a positive _____ bank of shared experiences. Examples include playing, cooking, dancing, exercising, art making, traveling, worshipping, and problem solving together. In this dimension, it's not just the activity that matters, but whether two people are able to bond while interacting with one another.

Major keys to happy:

What I am good at and why

What I need to work on and how

Math:

The Lie: $1+1=1$ To be married I must give up my

We need to change the equation:

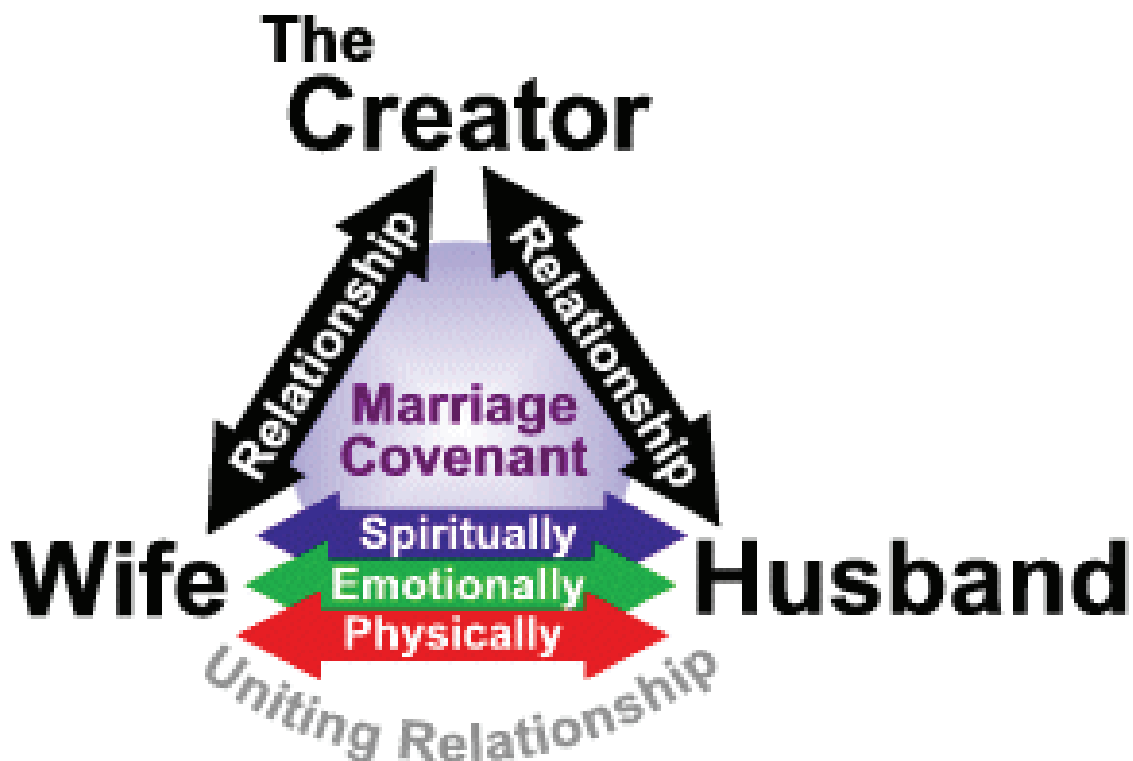
It's not $1+1=1$

It's not $1+1=2$

It's actually $1+1=4$ There's you, me, us, and God

The _____ is key to every great marriage.

Without _____ as the foundation there will be _____ and eventually _____ of the relationship



The closer you get to _____ as a couple the closer you become in _____

3 ways to grow closer spiritually

_____ together

_____ together

_____ yourself

This is when we will pray together: _____

We will commit to worshipping together how many Sundays:

Love

The lie: All we need is _____

Marriage is _____ and it takes _____ to make it work

If you aren't going in the same direction these dangers will happen:

Feeling _____ in a marriage that isn't _____
// you grow what you _____ and _____

How am I growing my marriage?

What am I doing to make it better?

If we can't work it out together I'll do it on my _____

What are areas of tension I can compromise

3 ways to grow closer Emotionally

_____ your spouse

Speak _____ love language

This is what time we will unplug: _____

This is what night we will go on a date _____

My spouse love language is _____

Sacrifice

The lie: It's just _____ and it

Endings are not a _____ to be first feared and later regretted but a _____ stage on the way to

_____ ~Dr Henry Cloud

Endings are a crucial way to get what we desire by shedding those things whose _____

Pruning is a process of proactive endings. It turns out that a rosebush, like many other plants, cannot reach its full potential without a systematic process of pruning. The gardener intentionally and purposefully cuts off branches and buds that fall into any of three categories:

1. Healthy buds or branches that are not the best ones,

Do u have circles of relationships:

What people should you trust and not trust in your life

2. Sick branches that are not going to get well

In Christian world we say bring someone along, how many of those are healthy

Necessary Endings: People we need to remove from our lives

3. Dead branches that are taking up space needed for the healthy ones to thrive.

What are things that would constitute a negative relationship

Life always produces more branches than it can sustain. Pruning your business, and your life is necessary to direct limited resources (time, money, energy, talent, emotions) toward the things that help achieve your vision most.

What necessary endings are you avoiding?

Go 8date. #4

Set the mood

Wear your spouses "favorite outfit"

Romantic dinner (home or away)

Couples massage or

Give your spouse a massage

4 questions to explore

#1 What is your biggest turn on?

#2 what is your biggest turn off

#3 What is your biggest insecurity regarding sex? Why?

#3 What is one fantasy you want fulfilled as a couple?

#4. What does your perfect romantic getaway look like?

My job

The lie: My job is to be viewed as a success by others

You must ruthlessly eliminate hurry from your life ~Dallas Willard

Sometimes we are so busy _____ that we lose the ability to _____

The problem isn't always that _____ but sometimes it is the hurry that is _____

Hurried people feel a lack of _____, _____ and _____

_____ :

3 dangers of hurry:

Seldom can you hurry and _____

Hurry causes _____

_____ compassion and leaves no room for _____

New Job description:

Practice _____

Schedule time _____

Employ a _____

Clock _____

Differences:

All communication is done out of 2 core emotions:

_____ and _____

You were created for _____

You are made with the capacity to _____.

_____ = _____

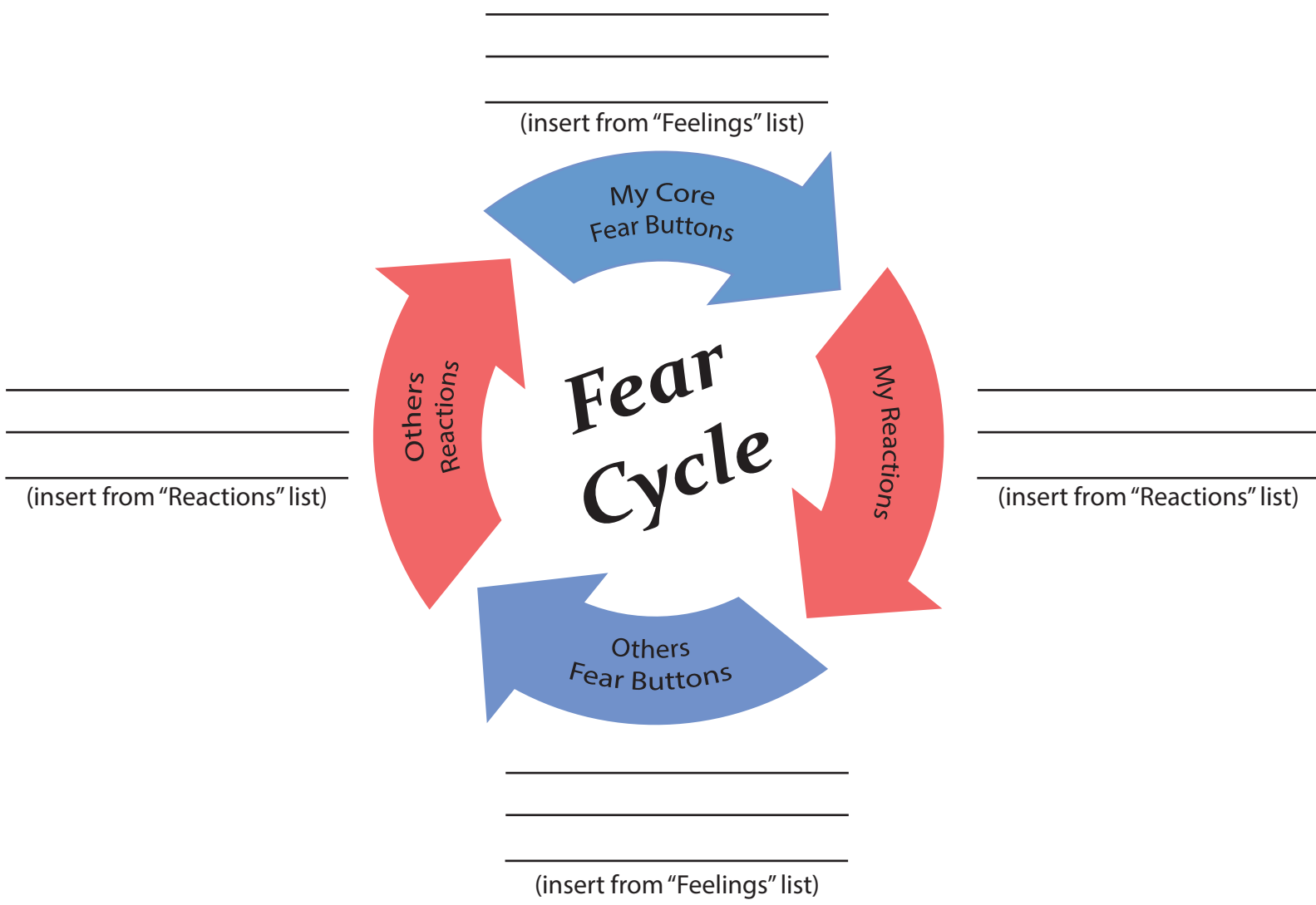
Conflict is never about the other person. The problem you have with another person is often a problem you have with yourself

Reaction Words

- Withdraw •Exaggeration •Anger
- Escalation •Minimize •Act Out
- Defensiveness •Manipulation
- Fix-it Mode •Denial •Humor
- Caretaking •Blaming •Rationalize
- Catastrophize •Sarcasm

Feelings Words

- Abandoned •Rejected •Defective
- Disconnected •Like a Failure
- Invalidated •Helpless/Powerless
- Dissatisfied •Inferior •Inadequate
- Judged •Cheated •Unloved
- Unaccepted •Ignored •Worthless
- Unimportant •Don't measure up
- Humiliated •Misunderstood



Gr8date. #5

Day Date

Movie matinee

Whataburger to go

Eat at the Riverwalk (turn off the phones)

5 questions to explore

#1 What was your favorite part of the movie

#2 Tell me one secret you've never told anyone

#3 If you could go back in time in your life when would it be?

Why?

#4. If you could go back in time to any year when would you go?

Why

#5 If you could be any animal what would you be? Why?

Make me

The lie: It will never happen to me

(Ephesians 5: 15-20 NLT)

15 So be careful how you live. Don't live like fools, but like those who are wise. **16** Make the most of every opportunity in these evil days. **17** Don't act thoughtlessly, but understand what the Lord wants you to do. **18** Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, **19** singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. **20** And give thanks for everything to God the Father in the name of our Lord Jesus Christ.

What are your greatest regrets in following categories:

Morally _____

Financially _____

Relationally _____

Parenting _____

Marriage _____

(Colossians 3:1-9 NLT)

*Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. **2** Think about the things of heaven, not the things of earth. **3** For you died to this life, and your real life is hidden with Christ in God. **4** And when Christ, who is your[a] life, is revealed to the whole world, you will share in all his glory. **5** So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don't be greedy, for a greedy person is an idolater, worshiping the things of this world. **6** Because of these sins, the anger of God is coming.[b] **7** You used to do these things when your life was still part of this world. **8** But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. **9** Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds.*

Define

Sexual immorality:

Lust:

Affair:

What are some consistent unmovable guardrails for each of these

What are some idols that you place above or in your marriage

What are some guardrails for each of the idols

Do any of these guardrails affect or resemble a current situation in your marriage?

- When our core group of friends isn't moving in the direction we want our lives to go
- When we catch ourselves pretending to be someone other than who we know we are
- When we hear ourselves saying, *I'll go, but I won't participate*

When we hope the people we care about most won't discover where we've been or who we've been with

Crazy train

The lie: My job is to make sure everyone else is healthy

And Jesus increased in wisdom and stature, and in favor with God and men. Luke 2:52

What are 4 ways Jesus grew

What words would you use to describe your health right now

Physical	Mental
----------	--------

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

On a scale of 1 to 10 how charged are your batteries right now

Spiritually _____	Emotionally _____
Physically _____	Relationally _____

What can you do to recharge

Spiritually _____
Emotionally _____
Physically _____
Relationally _____

Record keeping

The lie: They owe me and I will never get over it

Jesus often told people, "Your sins are forgiven." What a stunning statement.

Matthew 6: 14-15

¹⁴ "If you forgive those who sin against you, your heavenly Father will forgive you. ¹⁵ But if you refuse to forgive others, your Father will not forgive your sins.

Forgiveness is _____.

_____ can also be powerful: when we refuse to forgive those who have wronged us, we ironically and powerfully _____.

"Forgiving is the only way to be fair to yourself. Would it be fair to you that the person who hurt you once goes on hurting you the rest of your life? When you refuse to forgive, you are giving the person who walloped you once the privilege of hurting you all over again—in your memory." Lewis Smedes

I need to forgive

Gr8date. #6

Serve Night 2 Nights

Cook / Make your spouse dinner

Give your spouse a massage (with no expectation)

Go do your spouses favorite thing TOGETHER

5 questions to explore

#1 What do you think I am great at

#2 What is your favorite thing I do

#3 What is your favorite thing I wear

#4. What is one area I can make better in our marriage

#5 What am I most negative about

VIII Defense

Position

Our job is not to raise great _____, our job is to raise great _____

God is the _____ for our lives. From _____ to eternity, God has a plan for each of us

God provided David with an influencer named Nathan to open his eyes to what he had done wrong spiritually with Bathsheba

What groundwork are you laying for the spiritual development of your children _____

Josiah was positively influenced as a young child. That influence helped him remain committed to God when He became King

What are you doing in parenting that has short term effect vs long term learning

Short term

Long term

Who were the most positive influencers of your life

_____	_____
_____	_____

What did they teach you that has remained into adulthood?

Adapting

We _____ the way we were _____

What are some positive things your parents did

Positive

Negative

There are three ways you can drastically change the outcome of your child's life

Contributor vs Consumer

Time vs _____

Attention vs _____

Loving vs _____

Encourager vs Discourager

Supportive words vs _____

Inspiration vs _____

Build up vs _____

Constructive vs _____

Growth focus vs _____

Influencer vs Distractor

Positive impact vs peer impact

Respect

Respect begins with this attitude: I acknowledge that you are a creation of extreme worth. ~ Gary Chapman

Do your children have respect for others or is your home a kid centric home?

-
- Respond to disappointment
 - Respond to no
 - Manage impatient feelings
 - Respect and understand limits/boundaries
 - Work towards goals and self discipline
 - Maintain relationships
 - Serve others
 - Understand and respect others ideas and wishes
 - Intentionality
-
-
-
-
-
-
-
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-
-
-

Gr 8 date. #7

Tourist trap

Go to the most touristy restaurant in town

Explore 3 tourist landmarks

Go to a coffee shop for 1 hour no phones

Go sing Karaoke

4 questions to explore

If I could vacation anywhere I would go?

3 places I want to see before I die?

3 things I want to do top of my bucket list?

Something ridiculous I want to do one day?

Steady

Great kids don't happen by _____

There are few _____ results that are
_____ solutions

Truth vs grace:

Grace doesn't deal with children according to their sin

// Are your reactions to misbehavior consistent?

// Are your reactions fueled by YOUR mood/stress?

Value _____ over _____

Grace doesn't focus its attention on what is

_____ with a child

// Do you look for things they do wrong or do right the most

Grace does not revert to _____, traffic in
_____ or leverage with _____

Condemnation: _____

*If we confess our sins He is faithful and just to forgive us of our
sins and cleanse us from all unrighteousness 1 John 1:9*

Ways to parent in Guilt: _____

// _____ equals _____ and once time is
served it is _____ (Parenting like Jesus)

Start every day _____

// How many of your sins does God hold against you?

Boundaries

4 types of parenting:

- _____ (Because I said so)
- _____ (I want a friend)
- _____ (Train the heart)
- _____ (I don't allow my child to grow)

There are no _____

Consistent _____ and _____ produce
consistent _____

*Unless the Lord builds the house, the builders will labor in vain
Psalms 127:1*

Great families are not great by _____

Kids _____ to what parents _____

How do you view your parents

If the average person views God the way they view their
parents what is your representation of God

Show _____ for your spouse _____

The greatest gift and legacy you can give your kids is a

If a house is divided against itself, that house can not stand

Mark 3:25

God made them to be _____ not _____

Understand your child's heart and world Proverbs 2: 3-5

Penalties

The How

It is vital to your own mental health to accept the fact that parent-child conflict is inevitable

Effective, loving parenting is characterized not by the _____ of conflict, but by the _____ of conflicts in ways that preserve both your _____ and your child's _____.

2. Learn to *balance* _____ *and* _____

- *Children cannot survive without experiencing* _____.
- *your child must know that your love is* _____,
- *children* _____, *and actually* _____, *boundaries and* _____.
- *Allowing a child to have her way without any* _____ *or* _____ *is not an expression of love.*

Have your _____ talks when not in _____

Don't give your child too many _____ before the establishment of _____

When making an assessment on a child's action parents should ask "were my child's action _____ or _____

The goal isn't _____, the goal is _____
_____. If you change the _____
_____ you change the _____

1. The do-over

2. Silence is Golden

3. Choose Your Battles

4. Take a Breather

5. Use the Rod Rarely

6. Natural Consequences

7. The Take Away

8. Give Away for Good

9. Grounding

10. Prevention

Trophies

Cultivate a sense of _____

*Sons are a heritage from the lord, children a reward from him
Psalms 127:3*

Understand your child's _____, _____, and

Keep _____. Your kids need to _____ you

Create a _____ environment

In the world the ratio of negative to positive is _____

In the home the ratio of negative to positive is _____

Everything that comes out of your mouth either
_____ or _____ your children, including
critical words about your _____

What are ways we are inconsistent with our parenting?

What are areas we disagree on?

What are boundaries we need to put in place or take away?

What is your biggest stressor in parenting? What can I do to help?

Gr8 Date #8

BETTER4EVER Marriage scavenger hunt

No more than two items/pictures from same location. Post pictures on Facebook or send pics to Scott for credit. I will post them FYI

Prizes: Most Points (add them yourself) & Best Kiss & Creative proposal

Prizes will be given Sunday

Value

- 50 Picture of team member with a cow (any kind)
- 50 Picture of team members using a phone booth
- 25 Picture of team members with a movie star
- 25 Picture of a team member with a for sale sign IN A YARD
- 25 Picture of a Receipt for 32 cents of gas
- 50 Picture of team members in someplace cold
- 250 Picture of team member riding a coin operated kids ride
- 75 Give ur spouse a lift in a wheel barrow
- 50 Picture of team member pumping gas for a stranger
- 50 Picture of both members with a Burger King Employee wearing a BK crown (50 bonus if you bring back the crown)
- 150 Construct a pirate hat from newspaper and wear it the next 3 stops
- 500 Picture of team members kissing passionately (but keep it G-rated)
- **2500** picture of policeman handcuffing you by the patrol car
- 50 Picture of team members with a statue
- 50 picture of team member wearing a helmet
- 100 Picture of team members with an unknown family in a restaurant
- 100 Picture of team members with shopping cart (one in, one pushing)
- **1000 video** of spouse proposing in a public area
- 100 picture of a both members in a bathrobe (**OVER YOUR CLOTHES**)
- 50 Picture of both team members in a shower (**CLOTHES ON!!!!!!**)
- 100 Carry a strangers groceries to the car

- 500 Picture of team member in a store window acting as a mannequin
- 750 **Video** of a team member singing “I’m a little teapot” with motions in a store
- 750 **Video** of team member Hula Hooping in a store for 10 seconds
- 50 Picture of team member with someone 85 yrs or older
- 75 Picture of team member in a pet store (counts 2x if each is holding an animal)
- 1000 Picture of team members helping fold clothes in a Laundromat
- 75 Picture of team members in a boat
- [L] [SEP] 1000 Picture of team member tasting a stranger’s food
- 100 Picture of team members standing under a clock at exactly 6:47 pm
- 100 Picture of team member with a gnome
- 100 Picture of team member washing a stranger’s window
- 750 **Video** of a team member in a hardware store asking for a board stretcher and explaining why you need it desperately
- 750 **Video** of a member in auto parts store asking for blinker fluid and explaining why you need it (500 bonus if he walks to the car for you to show him)
- 200 Eat a fast food meal completely w/ milkshake in under 4 minutes
- 100 Picture of team member going through drive thru on foot
- 50. Picture of team member on a child’s bike [L] [SEP] 75 Picture of team members in a boat
- 1000 **video** of a member dancing “the floss” with an employee
- 750 **video** of member stuffing 10 jumbo marshmallows in mouth 5 pts for every extra
- 100 Video the scene w/ spaghetti noodle from Lady and the tramp.

VII. Winning it all

If you continue to do the same thing you will continue to get the same results every time

Describe your relationship with God

Describe your relationship with spouse

Differences _____ cause problems in marriage.
Differences _____ marriages. Not knowing how to
_____ is what hurts marriages

Honor their _____ : Focus on the _____

Honor their _____ : Feelings are neither good or bad.
Don't _____, _____, or
_____ them

Galatians 5:22-23

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

What are the fruits you need to work on

Ephesians 5:22-33 *New Living Translation*

²² For wives, this means submit to your husbands as to the Lord. ²³ For a husband is the head of his wife as Christ is the head of the church. He is the Savior of his body, the church. ²⁴ As the church submits to Christ, so you wives should submit to your husbands in everything.

²⁵ For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her ²⁶ to make her holy and clean, washed by the cleansing of God's word.^[a] ²⁷ He did this to present her to himself as a glorious church without a spot or wrinkle or any other blemish. Instead, she will be holy and without fault. ²⁸ In the same way, husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself. ²⁹ No one hates his own body but feeds and cares for it, just as Christ cares for the church. ³⁰ And we are members of his body.

³¹ As the Scriptures say, "A man leaves his father and mother and is joined to his wife, and the two are united into one."^[a] ³² This is a great mystery, but it is an illustration of the way Christ and the church are one. ³³ So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.

Gr8date. #9 & #10

12 week workout plan

Your spouse chooses the restaurant

Spouse chooses something you have
never done together

(Painting, dance lessons, karaoke,
pottery, picnic, canoe ride)

Go for a walk (1 time a week)

Set a night of the week: repeat this process
alternating who chooses through 12 weeks

I commit to dating you for the next 12 weeks

Acknowledgments and resources:

As with any counseling and small groups I had the help of some amazing resources and materials. I encourage you to go deeper on each topic by grabbing the resource.

The DNA of relationships

Author: Gary Smalley

Publisher: Wheaton, Ill. : Tyndale House Publishers, ©2004.

Edition/Format: Print book : English

Summary:

Smalley shows readers how to identify certain core fears lurking in their hearts and to appropriately deal with them so they no longer drive unhealthy patterns that can severely damage loved ones and friends.

Sexperiment : 7 days to lasting intimacy with your spouse

Author: Edwin Young; Lisa Young

Publisher: New York : FaithWords, ©2012.

Edition/Format: Print book : EnglishView all editions and formats

Summary:

Presents advice from a Christian perspective on maintaining a healthy sex relationship within marriage, discussing some of the obstacles to sexuality and what can be done to achieve a balance between everyday demands and marital sex.

The total money makeover workbook : a proven plan for financial fitness

Author: Dave Ramsey

Publisher: Nashville, Tennessee : Nelson Books, [2018]

Edition/Format: Print book : EnglishView all editions and formats

Summary:

Nationally syndicated radio host and money man Dave Ramsey offers a practical and inspiring action plan to help you get in the best financial shape of your life. A simple, straight-forward game plan for completely making over your money habits! Best-selling author and radio host Dave Ramsey is your personal coach in this informative and interactive companion to the highly successful New York Times bestseller The Total Money Makeover. With inspiring real-life stories and thought-provoking questionnaires, this workbook will help you achieve financial fitness as you daily work out those newly defined money muscles.

Seven traits of effective parenting

Author: Daniel P Huerta

Publisher: Carol Stream, Illinois : Tyndale House Publishers, 2020. ©2020

Series: Focus on the Family presents.; Focus on parenting.

Edition/Format: Print book : English

Summary:

What does it mean to parent well in today's world? According to Daniel Huerta, Focus on the Family's Vice President of Parenting and Youth, effective parenting is a grace-filled journey through the imperfections and challenges of daily family life. To equip parents for success, Huerta presents a collection of seven powerful, research-based traits proven to help parents grow and thrive as they take on the God-given task of raising children. As you grow in these seven Bible-based traits through the practical exercises in this book, your marriage, your home, and your family will be transformed. In 7 Traits of Effective Parenting you'll discover how to navigate family life with grace and love so that your children see God's life-changing love and power in their own lives. "May the Lord direct your hearts to the love of God and to the steadfastness of Christ." 2 Thessalonians 3:5.

9 lies that will destroy your marriage : and the truths that will save it and set it free

Author: Robert S Paul; Greg Smalley

Publisher: Carol Stream, Illinois : Tyndale House Publishers and Focus on the Family, 2020.

Edition/Format: print book : Document : English : First edition

Summary:

"Do you know the truths about marriage? Or the lies? Nine lies about marriage are rampant in our culture and the church. Lies like "all you need is love" are destroying marriages. But the corresponding truths can make any marriage great for both spouses and even save the most-troubled relationships. In this book, marriage experts Greg Smalley and Bob Paul identify the lies, explain how they work to destroy marriages, and reveal the truths that can improve every marriage and rescue those that are floundering. Has your marriage been affected by one of these common fallacies? 9 Lies That Will Destroy Your Marriage will help you find out. Filled with helpful graphics and real-life stories, this book also includes: Self-tests revealing how your marriage operates Exercises and discussion questions to improve your relationship Expose the lies, understand the truths-and make your marriage better than ever!"

Designed & Created by



SCOTTWILLMORE

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