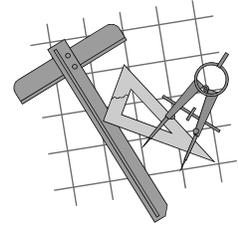


# **Blueprint For A Lasting Marriage**

## **Bible Study #1: “The Foundation Of Oneness”**



### **□ Two Become One**

1. What purposes for your marriage are suggested in Genesis 1:26-28 and Genesis 2:18-25?
  
  
  
  
  
  
  
  
  
  
2. Using the concepts from Matthew 19:5-6 and Ephesians 5:31-32, discuss what you think “two shall become one” means.
  
  
  
  
  
  
  
  
  
  
3. Why is adultery a violation of the “two shall become one” concept? Read 1 Corinthians 6:15-20.

### **□ Let’s Walk Together - Read Ephesians 4:1-3**

1. What are the key thoughts in these verses as they relate to marital oneness?

2. Explain what you understand the following terms to mean:

“humble” \_\_\_\_\_ “gentle” \_\_\_\_\_

“patient” \_\_\_\_\_ “bearing with one another” \_\_\_\_\_

3. What do the following verses communicate about oneness in marriage?

Proverbs 20:22 \_\_\_\_\_

Proverbs 24:29 \_\_\_\_\_

Romans 12:17 \_\_\_\_\_

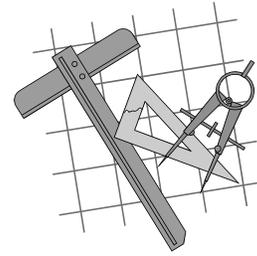
1 Peter 3:9 \_\_\_\_\_

4. What are the practical implications of Colossians 3:12-14 on the marriage relationship?

5. If you and your spouse followed the counsel of the Bible passages you have studied, what would be the practical results in your daily lives? How would your relationship be different?

# Blueprint For A Lasting Marriage

## Bible Study #2: “Honor One Another”



### Foundations of Honor

1. What would be some reasons why couples would not honor one another?
2. How would you define honor? \_\_\_\_\_
3. What are some things that lead to honor?
  - Proverbs 15:33 \_\_\_\_\_ ● Proverbs 21:21 \_\_\_\_\_
  - Proverbs 20:3 \_\_\_\_\_ ● Proverbs 22:4 \_\_\_\_\_
4. Do you think you should honor others only when you see some of the things listed above? Explain your answer.

### Becoming the Host, Not the Guest, in Your Marriage

1. Explain the difference between the concepts of being a “host” and being a “guest.”
2. How do Jesus’ words in Mark 10:43-45 help us understand the concept of becoming a host in our marriages?
3. What does 1 Peter 3:7 teach about husbands honoring their wives? Give practical examples of how this would apply to your marriage.

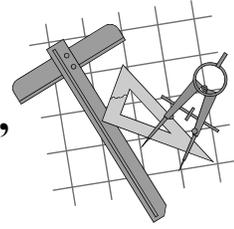
4. What are some realistic things wives can do to honor their husbands according to Titus 2:4,5?

☐ **Couple Reflection** - Complete the following assignment alone. Then, meet with your mate to discuss your individual work.

1. List three things your spouse does that honor you. Be specific. You can include little things or big things.
  
  
  
  
  
  
  
  
  
  
2. List three things you would like your spouse to do more often. Be positive and specific.
  
  
  
  
  
  
  
  
  
  
3. When you are in need of support, what do you like your spouse to do?

# Blueprint For A Lasting Marriage

## Bible Study #3: "Improving Our Communication"



### Communicating Well

1. Read 1 Corinthians 14:7-11. What principle or guideline can we learn from this passage about communication in marriage?
  
2. What are some results in your marriage when you do not speak clearly and misunderstand each other?
  
3. How do you avoid misunderstandings?
  
4. Read 2 Corinthians 6:11-13.
  - What is Paul requesting of the Corinthians?
  
  - What may hinder someone from opening their heart and sharing freely with their spouse?
  
5. In the following verses identify the wrong communication and what should replace it:

	<u>Wrong Communication</u>	<u>Replaced with....</u>
• Ephesians 4:25	_____	_____
• Ephesians 4:29	_____	_____
• Ephesians 5:4	_____	_____

5. What are some of the results of communicating wisely in marriage?

- Proverbs 12:18 \_\_\_\_\_ Proverbs 15:2,7 \_\_\_\_\_
- Proverbs 25:11 \_\_\_\_\_ Proverbs 25:12 \_\_\_\_\_
- Proverbs 25:25 \_\_\_\_\_

### **Listening Well**

1. Why do you think listening is an important part of communication?

2. How do the following proverbs help us listen well in marriage?

- Proverbs 17:4 \_\_\_\_\_
- Proverbs 18:13 \_\_\_\_\_
- Proverbs 21:13 \_\_\_\_\_

3. What have you and your spouse done to improve your listening skills?

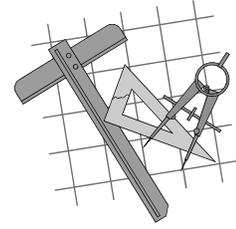
### **Project**

Each day this week make time to share the following with your spouse:

1. List three things that happened in your life today. Anything you did is fine.
2. How did you *feel* about each of the three items you listed? You may use words such as *fantastic, thankful, sad, mildly sad, happy, super happy, frustrated, angry, fearful*, etc.
3. Listen carefully to each other. Ask any questions or make any response you desire.

# Blueprint For A Lasting Marriage

## Bible Study #4: “Forgiving One Another”



### Introduction

1. What would you say to an engaged couple who claimed to never fight and who were confident this pattern would continue for their whole marriage?
2. None of us is perfect. We have all done things that are wrong. We have said things we wish we could retract. That is why forgiving is an essential foundation stone for building a lasting marriage.

### Understanding Forgiveness

1. How would you define forgiveness? \_\_\_\_\_  
\_\_\_\_\_
2. What do each of the following verses tell you about God’s forgiveness?
  - Psalm 32:1-2 \_\_\_\_\_
  - Psalm 103:11-12 \_\_\_\_\_
  - Isaiah 38:17 \_\_\_\_\_
  - Micah 7:19 \_\_\_\_\_
  - Isaiah 43:25 and Hebrews 10:17-18 \_\_\_\_\_
  - 1 John 1:9 \_\_\_\_\_
3. Is there a difference between forgiving and forgetting? Explain your answer.

4. How would you answer the person who says: “I have forgiven him/her, but I have trouble with my feelings when I remember what he/she did?”

**□ Forgiving Your Spouse**

1. Read Ephesians 4:32. How are you to forgive your spouse? \_\_\_\_\_

\_\_\_\_\_

2. What is the biblical pattern you are to follow when there is an offense in your marriage?

- Matthew 5:23-24      My responsibility: \_\_\_\_\_

My spouse’s responsibility: \_\_\_\_\_

- Matthew 18:15      My responsibility: \_\_\_\_\_

My spouse’s responsibility: \_\_\_\_\_

3. What are the implications of the following verses in your marriage?

- Matthew 18:21-22 \_\_\_\_\_

- Matthew 6:14-15 \_\_\_\_\_

- Luke 17:1-4 \_\_\_\_\_

4. What would you think of a person whose actions are described in Luke 17:4?

## □ **Project**

1. Read Psalm 139:23-24 and ask God to show you where you are failing your spouse. What are you failing to do that you should be doing? What are you doing that should not be done? Where are you failing to meet his or her needs? What have you said that is unkind? What have you left unsaid that could have brought encouragement? Write what God brings to mind on a separate sheet of paper.
2. Go back over your list and confess each failure to God. After confession, thank God for his forgiveness (remember 1 John 1:9).
3. Plan a time to meet with your spouse and ask his/her permission to share your list. You might begin with the following: "These are some areas in which I feel I have failed you. I want to share them and ask you to forgive me." Read your list and wait for your spouse's response. Hopefully, he/she will express forgiveness. Destroy your list as a reminder that forgiveness has been granted.
4. You may want to seal your confession and forgiveness by some act of love: hold hands, embrace, kiss, or look into the eyes of your spouse and say: "I love you."

# **My Action List for A Stronger Marriage**

Use this tool for planning your strategy in building a lasting marriage. Throughout the study develop a long list of what you want to do (not what you want your spouse to do) to make your marital relationship stronger. At the end of the Bible study, pray over your long list and narrow it down to a shorter list of two or three items. Then select one item to place in the last box that you will work on for the next three months. When you have that completed, select another from your short list.

The diagram consists of three rectangular boxes arranged in a descending staircase pattern from top-left to bottom-right. The top box is the largest and contains the text "My Long List.....". The middle box is smaller and contains the text "My Short List.....". The bottom box is the smallest and contains the text "Will do in next three months.....". All three boxes are contained within a larger, thick-bordered rectangular frame.