



*becoming one*  
Small Group Workbook

A GUIDE FOR  
Experiencing the Miracle of Marriage

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Jimmy Evans

*with special guests*

Nancy Houston *and* Dr. Caroline Leaf



# *becoming one*

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*Becoming One Small Group Workbook*

This workbook is based on the *Becoming One* seminar by Jimmy Evans, Nancy Houston and Dr. Caroline Leaf. *Becoming One* is available on DVD, CD and small group curriculum.

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# Small Group Workbook

Experiencing the Miracle of Marriage

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# Acknowledgements



I would like to acknowledge the many people who have contributed to the publication of the *Becoming One Small Group Workbook*.

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Thank you to Phillip Chapman, who wrote this workbook based on our *Becoming One* series. He designed this guide to help couple's discuss and apply these teachings so they have a lasting impact for years to come.

Thanks to our incredible MarriageToday™ team who work tirelessly to produce our TV show, plan events, create resources and equip churches. Marriages around the world are forever changed due to their efforts for God's glory.

To the Board of Directors of MarriageToday™, thank you. Words cannot express the gratitude I feel for your unwavering support and commitment to me and the call of God upon my life. Without your support this book would not have been possible.

Thank you to the elders, staff and congregation of Trinity Fellowship in Amarillo, Texas for supporting us and allowing us to fulfill our ministry to marriages. We are grateful for the love and support we continually receive from each of you.

And most importantly, thank you Karen. You have stood by me and loved me for more than forty years. Even when I didn't believe it was possible, you had faith in us. Because of your prayers, we are able to become one. If intimacy can return for us, I know it can happen for anyone.

May God bless you,

A handwritten signature in black ink that reads "Jimmy Evans". The signature is written in a cursive, flowing style with a large initial "J" and "E".

Jimmy Evans



**Jimmy Evans** is Founder and CEO of MarriageToday™, a ministry that is devoted to helping couples thrive in strong and fulfilling marriages and families. Jimmy and his wife Karen, co-host *MarriageToday™ with Jimmy & Karen*, a nationally

syndicated television program which is broadcast daily into over 110 million homes in America and more than 200 countries worldwide.

Jimmy has served as the senior leader of Trinity Fellowship in Amarillo, Texas over 30 years. Jimmy has authored more than ten books, among which are his popular works, *Marriage on the Rock*, *Freedom From Your Past*, *Seven Secrets of Successful Families*, *Ten Steps Toward Christ*, *Lifelong Love Affair*, and his newest book, *When Life Hurts*.

Jimmy and Karen have been married over 40 years and have two married children and five grandchildren.



**Nancy Houston** serves as Associate Pastor of Unity for Gateway Married Life at Gateway Church in Southlake, Texas. Her experience includes work as a professional counselor in private practice in both Arlington and Grapevine, Texas. She is

certified as a Christian Sex Therapist Associate and an Adjunct Professor at Dallas Baptist University.

She's married to her high school sweetheart, Ron, for over 35 years. Together, they have four sons, three daughter-in-laws and two precious grandchildren.



Dr. Caroline Leaf is a cognitive neuroscientist with a PhD in Communication Pathology specializing in Neuropsychology. Since the early 1980's she's studied and researched the mind-brain connection. During her years in clinical practice as a Communication Pathologist, she developed tools and processes that help people develop and change their thinking and subsequent behavior.

Dr. Leaf has her own weekly TV show, *Switch on Your Brain*, airing nationwide throughout America on TBN. She frequently lectures to both Christian and secular audiences worldwide, linking scientific principles of the brain to spiritual, intellectual and emotional issues in simple and practical ways.

She and her husband, Mac, have been married over 25 years and have four children.

# Introduction

Welcome to the excitement and blessing that comes from participating in a *Becoming One* small group. This resource has helped thousands of couples recapture the intimacy and passion they believed was long removed from their marriage.

In the next eight weeks, you will embark on a journey that will dramatically increase the intimacy in your relationship. This workbook will provide you with practical, biblically-based guidelines, insightful discussions and life-changing applications.

As you prepare for the first session, we want to encourage you in three areas:

- **First, be committed.** If you and your spouse are committed to God first and then to each other, your marriage can survive anything and become the marriage of your dreams.
- **Second, be bold.** Some of the discussion questions may challenge you to talk about important issues. It's normal to

feel some resistance when you've been hurt or disappointed. However, it's important to let your spouse know what's really going on in your heart and mind.

- **Third, focus on what you can do.** Some discussion questions may present an opportunity to be critical of your spouse. There will be times when you can lovingly say how you feel about important issues. But the key to achieving intimacy is a willingness to focus on what you can do yourself.

The bottom line is that none of us have a perfect marriage. The joy of marriage is learning how to become one and growing together with your spouse as God intended.

## Using this Workbook

Each session of your workbook will include the following sections.

## DVD Teaching with Jimmy Evans

Each week your small group will watch a new video teaching from the *Becoming One Curriculum Kit*. Each teaching is approximately 15-20 minutes in length. The *Becoming One Curriculum Kit* also includes a leader's guide for facilitating a small group.

As you watch each message, you can follow along with the teaching outline in your workbook.

## Talk It Out – Group Discussion

This section of your workbook features general discussion questions of key points from the message. These questions are designed to help your group begin discussing important issues related to your marriage.

## Walk It Out – Couple Home Discussion

Before the group meets again, you and your spouse should discuss the “Walk It Out” questions in order to fully apply Jimmy’s teaching to your marriage. You will want to find a time that is good for both of you to talk so that you can give each other your best.

Some questions will immediately draw you closer to your spouse. Other questions may even bring some tension or frustration to the surface. This is normal. When needed, take a break and revisit the questions later at an agreed upon time.

Be committed to the process of working through this guide. Trust that the end result will be that you and your spouse will have a thriving marriage greater than you ever thought possible.

God bless you as you begin this journey together.



SESSION 1

# God's Purpose

*Oneness is only possible with God in your marriage.*

You may have heard people say that marriage is “just a piece of paper.” However, marriage is not something you can rip up whenever life doesn’t go as planned.

Marriage is more than fleeting passion or a quest for happiness. Many say, “I deserve to be happy” as an excuse to leave. However, it is never reason enough to abandon a spouse or break the heart of a child.

Everyone desires to have a marriage that will last the test of time. Relationships succeed and thrive for a reason. It’s not a matter of luck or chance.

When you discover the true purpose for marriage, everything changes. You and your spouse will no longer fight for control. You will trust the *One* who is in control.

Discover the secret of becoming one together..

## DVD Teaching with Jimmy Evans

Below is an outline of today's teaching. Feel free to take additional notes in the space provided as you listen to Jimmy share biblical truths on having a successful marriage.

### *“God’s Purpose”*

**Related Scriptures:** Luke 10:25-28, Matthew 22:36-38, Matthew 19:4-6

## How We Become One

- a. *So he answered and said, “You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind,” and “your neighbor as yourself.”*  
– Luke 10:27, NKJV
- b. There are four ways in which we can love God and our spouse. We love with our heart, soul, body and mind. We were made to love.
- c. *“For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.” So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate.”* – Matthew 19:5-6, NKJV
- d. When you get married God is joining you heart to heart, spirit to spirit.
- e. The Miracle of Marriage Math
  - Man + Woman + God = 1
  - Man + Woman - God = 0



## Becoming One Heart in God's Purpose

- a. You can only stay happily married if the reason you are married is greater than the stress you are experiencing.
- b. A very important question is: "Why are you married?"
  1. Common Answer: "We want to share our lives together." What happens when you realize that you married a selfish person and there's no sharing in the relationship?
  2. Common Answer: "We want to share our finances." What happens when there's no money or you lose your job?
  3. Common Answer: "We are attracted to each other." What happens when you feel out of love?
- c. God is the only reason for marriage that is greater than any stress you will experience. Fulfilling God's purpose should be the number one reason you are married. If you choose another purpose, then that purpose will become your stress.
- d. How to Become One in God's Purpose
  1. The purpose of your marriage is to glorify God and not to gratify yourself. All the reasons you married are great, but ultimately it's about God's purpose first.
  2. If none of the reasons you married are working, then God is reason enough to stay together.
  3. Bring the stresses and problems of your marriage to God. He can help you love your spouse even when you feel out of love.



## Talk It Out – Group Discussion

1. Jesus said that loving someone involves your heart, soul, body and mind. Which of these areas does society emphasize over the others? How is this harmful?

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2. Positive or negative, what did you learn about marriage in your family? How did your father treat your mother and how did your mother treat your father?

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*There are four parts of us and they were designed by God to love first. And marriage is the greatest demonstration of God's love on this earth.*

3. It may sound funny, but this statement is true for many people: “Marriage is about becoming one. The question is which one, you or your spouse?” When a spouse tries to control the relationship and always gets their way, how does this affect the marriage?

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4. What are some reasons couples say for why they married each other? Are those reasons enough to stay together, why or why not?

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5. How have you seen a marriage change when God has been included in the relationship? What are some practical ways a couple can include God in their marriage?

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*When you're standing at the altar and you're getting married, God is joining you heart to heart, spirit to spirit.*

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6. Share with the small group an area of your marriage that you would like to see improve over the next few weeks.

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**Group Prayer:** *God, today we realize that you created us to love. Becoming one is not just something we share physically, it involves our total being: our heart, soul, mind and strength. Lord, today we choose to make you a part of our marriage. We believe that you can mend and heal any broken area of our relationship as we begin this journey together. Amen.*

## Walk It Out – Couple Home Discussion

Please discuss these questions with your spouse during the upcoming week. You will want to find a time that is good for both of you to talk so that you can give each other your best. This may be during a planned communication time or while on a date night.

1. Tell your spouse something that you love about them. It may be something that you haven't said in a long time. (If you can't remember a specific reason, think back to a positive experience when you were dating.)

**HIM: Something I love about you is...**

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**HER: Something I love about you is...**

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2. On a scale of 1 to 10, rate the level of intimacy and oneness in your relationship.

**HIM: I would rate the intimacy in our marriage as...**

No intimacy Great intimacy

.....

1    2    3    4    5    6    7    8    9    10

**HER: I would rate the intimacy in our marriage as...**

No intimacy Great intimacy

.....

1    2    3    4    5    6    7    8    9    10

3. Think back to your wedding day. Whether you were excited or nervous, you had optimism for marriage. What were your reasons for getting married?

**HIM: I married my wife because...**

1. ....

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2. ....

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3. ....

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**HER: I married my husband because...**

1. ....  
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2. ....  
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3. ....  
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Today, what would you both say is the purpose for your marriage? What do you hope to accomplish in the years to come?

**The purpose for our marriage is...**

1. ....  
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2. ....  
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3. ....  
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5. How can you adjust your roles so that you share more equally in your relationship?

**HIM: I can share more equally with my wife by...**

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**HER: I can share more equally with my husband by...**

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If you feel ready, apologize to your spouse for mistakes that you've made. Make listening to your spouse's feelings a bigger priority in your relationship.

6. Is God currently a part of your marriage? What changes could you each make to include the Lord even more in your relationship?

In practical terms, place a check mark next to those areas that are currently a part of your regular schedule.

**HIM:**

**HER:**

Participating in a small group or study

Praying alone

Praying as a couple

Reading scripture

Memorizing scripture

Reading Christian books

Reading devotions

Attending church

Spending time with God daily

Serving the needy

Giving of your time or possessions

Mentoring or helping others

Other .....

Other .....

**HIM: In the weeks to come, I can make God a bigger part of my life by...**

1. ....  
.....
2. ....  
.....
3. ....  
.....

**HER: In the weeks to come, I can make God a bigger part of my life by...**

1. ....  
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2. ....  
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3. ....  
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7. Write down a problem or decision you and your spouse are facing right now. It may be about the health of your relationship, your finances or your children. If God is truly a part of your marriage, then He is also your partner in this process.

**HIM: For me, an issue we are facing is...**

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**HER: For me, an issue we are facing is...**

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Spend a few minutes and share your perspective on this issue with your spouse. Just listen to each other and try not to react. Men share your thoughts first. Ladies, listen attentively without getting defensive. Then switch roles. Guys, listen to your wife share her perspective. Again, don't get defensive or react, just listen to each other.

**HIM: While listening to my wife, I heard her say...**

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**HER: While listening to my husband, I heard him say...**

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Now that you've talked, consider praying together and begin seeking God. See what the Bible says on this issue. If you can both agree on how to proceed, that's great, but if you can't agree right now that's ok. Just pray and ask God to show you the right decision for your marriage. No matter how big your problems are, God is always bigger.

*When you ask a couple, "Did God put you together?" They'll say, "Yes." Then you say, "Why?" And they'll say, "Huh?"*



**Couple Prayer:** *God, thank you for bringing us together. We remember the hopefulness of our wedding day when all that mattered was being together. We realize that you are the true purpose for our marriage. It doesn't matter what challenges or issues we are facing, you are always greater. Help us patiently listen to one another and not reject each other as we strive to become one. Amen.*

## Wrap It Up

God is the creator of marriage. When you choose to make Him a part of your relationship, true intimacy becomes possible.

Remember, God can handle any marriage problem you are experiencing. He can heal your marriage. He can resurrect your finances. He can turn a rebellious child back to you. There is nothing that God cannot do.

The first secret of becoming one heart is realizing that God's purpose for your marriage is the key to happiness and fulfillment. Make the decision. God is the reason you are together and He is the reason you will stay together.



SESSION 2

# God's Will and Love

*Following your own desires and emotions won't always be right.*

Even if you believe in God's purpose for your marriage, there are still two major obstacles to becoming one heart.

The first involves a fundamental question, "How do we agree?" Men and women are vastly different and sometimes even deciding what to eat or where to go can be a challenge.

Secondly, the word "love" has many different definitions. Because of this, we often expect our spouse to love us the way we want to be loved. This inevitably sets us up for disappointment and frustration.

The secret to becoming one heart is discovering God's will for your marriage and loving your spouse with the one love that will last...

## DVD Teaching with Jimmy Evans

Below is an outline of today's teaching. Feel free to take additional notes in the space provided as you listen to Jimmy share biblical truths on having a successful marriage.

### *“God’s Will and Love”*

**Related Scriptures:** Ephesians 5:21, Psalm 1, Galatians 5:22–23a

## Becoming One in God’s Will

- a. An important question is “How can two very different and opinionated strong-willed people ever come together and agree?” Most marriages are two people fighting for control.
- b. You have to make a choice that your individual wills are each submitted to God. When you are following God’s will, you both win.
- c. How to Become One in God’s Will
  1. Submit your lives to God and to one another.
    - a. *Submitting to one another in the fear of God.*  
– Ephesians 5:21, NKJV
    - b. When you find God’s will, you find God’s blessing and peace.
  2. Submit to the authority of God’s Word.
    - a. God’s Word is authoritative in our lives. The wisdom of the Bible is always true.



- b. When making decisions and raising your family, seek scripture and what it has to say in every area of your life.
3. Talk and pray. Make decisions together.
- a. Every time you make a decision together, don't resent your spouse's different perspective. Listen and talk until you can find God's will.
  - b. Share everything. Marriage isn't about living two different lives in the same house.
  - c. Realize that you may need to change. Be willing to repent and take responsibility for your mistakes.

## Becoming One in God's Love

- a. We naturally don't have the love within us to love our spouse long-term.
- b. *But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.*  
– Galatians 5:22-23a, NKJV
- c. The New Testament uses five Greek words to describe love. The kind of love God intended for significant relationships and marriage is agape love. It's the only kind of love not primarily based on an emotion.
- d. Agape loves means, "I'm going to do what is best for you regardless of how I feel or the circumstances. God is the only one that can help me love you with agape love."

*How can two very different and opinionated strong-willed people ever come together and agree?*

e. How to Become One in God's Love

1. Don't trust your own emotions or capacity to love.
  - a. Human love is always unpredictable and unreliable. Your emotions are always changing, but God's love never changes.
  - b. You have to act above your emotions to be a righteous spouse.
2. Daily pray and ask the Lord to fill you with His love.
  - a. The most important discipline Jimmy and Karen do for their marriage is they individually share their desires and needs with God first.
  - b. Pray a prayer like, "Lord I don't have the ability to love my spouse like I should. Help me love my spouse today."



## Talk It Out – Group Discussion

1. God designed our differences to be a positive influence on marriage. It's ironic that many couples spend more time rejecting each other than accepting each other's differences. Why do you think this occurs?

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*When we had a bad marriage, I didn't know one other scripture in the Bible except that she was supposed to submit. And I quoted it on a regular basis and it was a near-death experience.*

2. Do you believe that the Bible is relevant for any problem that people are facing today? If so, why don't more Christians submit to God's guidance through scripture?

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3. Have you ever let a professional author, speaker or adviser guide your thinking instead of God's Word? What did you discover?

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4. God created us to love one another with agape love. The Greek word agape means to make an unconditional decision to love even above your feelings or emotions. What does society tell us about emotions and being in love?

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5. There will be times in your marriage that you don't feel in love. Men, when you are going through a challenging time in your marriage what do you need to hear from your wife? Ladies, likewise what do you need to hear from your husband?

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6. If you seek God's will, you will always make better decisions as He fills you with His love. How have you seen God work in your own life when you have a private, quiet time with Him? What is your day like when you don't spend time with the Lord?

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**Group Prayer:** *God, we thank you that you made men and women so very different. You designed us so we would complement each other, not so we would compete with each other.. We choose to follow your will and trust scripture going forward. Guide us in making decisions. We realize that there have been times when we based our love solely on emotions or desire. Help us love our spouse with unconditional agape love in the days and weeks ahead. Amen.*

*Karen and I ran out of love. We were on the verge of divorce. We fought so much we were numb. We were completely out of love.*

## Walk It Out – Couple Home Discussion

Please discuss these questions with your spouse during the upcoming week. You will want to find a time that is good for both of you to talk so that you can give each other your best. This may be during a planned communication time or while on a date night.

1. What are the biggest differences between you and your spouse?

**HIM: The biggest differences between me and my wife are...**

1. ....
2. ....
3. ....

**HER: The biggest differences between me and my husband are...**

1. ....
2. ....
3. ....

2. Sometimes differences cause frustration and disappointment. How can you be more accepting of each other's differences, so that they complement and balance your relationship?

**HIM: I can accept my wife's different needs and nature by..**

1. ....  
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2. ....  
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3. ....  
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**HER: I can accept my husband's different needs and nature by...**

1. ....  
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2. ....  
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3. ....  
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In areas where there may be tension, take responsibility for your mistakes and ask your spouse for forgiveness. Encourage your spouse to have the faith that change can occur in this area.

*I don't trust my emotions because if my emotions turn negative, I'm going to become negative. And what I've learned is, I've got to act above my emotions.*

3. In marriage, we should make all of our decisions together. Remember, when you find God's will, you'll find God's blessing and peace.

**HIM: I like when my wife includes me when she makes decisions about...**

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**I trust her to make a decision without me concerning...**

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**HER: I like when my husband includes me when he makes decisions about...**

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**I trust him to make a decision without me concerning...**

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4. What is an area of your marriage that you haven't fully submitted to God's will? (The litmus test is that anything in your marriage that contradicts God's Word or that is out of priority isn't really submitted.) Discuss several ways you can fully submit that issue to God starting today.

**An area of our marriage that we need to submit to God's will is...**

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**Today we choose to fully submit this issue to God by...**

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5. Which of the fruits of the spirit in Galatians 5:22-23 does your spouse show you regularly? Check the boxes below to indicate which fruits of the spirit you see in your spouse.

**HIM: I see in my wife...**

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control

*Here's the way I pray every day.  
"Lord, I don't have the ability to love Karen. I openly admit I don't and I'm asking you to fill me with your love for Karen."*



**HER: I see in my husband...**

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control

Now look at yourself. Which fruit(s) of the spirit do you need to improve upon in your own life? Take this issue to the Lord daily and ask Him to fill you with His love. Encourage your spouse as you see improvement and change.

**HIM: I need God to give me these fruits of the spirit in my life...**

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**HER: I need God to give me these fruits of the spirit in my life...**

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6. The type of love that many people experience when they meet, date and decide to marry is usually very different than agape love. Often we base our marriage on a love other than unconditional agape.

Check the lines below to indicate which definition of love you have based your marriage upon.

**HIM: I have based our marriage on...**

- An emotional, passionate love (epithumia)
- A sexual, attraction love (eros)
- A brotherly, friendship love (phileo)
- A family love (storge)
- An unconditional love (agape)

**HER: I have based our marriage on...**

- An emotional, passionate love (epithumia)
- A sexual, attraction love (eros)
- A brotherly, friendship love (phileo)
- A family love (storge)
- An unconditional love (agape)

What does agape love mean to you? Write down your own definition and tell your spouse in your own words.

**HIM: To me, loving my wife with agape love means...**

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**HER: To me, loving my husband with agape love means...**

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If you are ready to commit to a new start, sign the following agreement to renew your marriage commitment to love each other with God's love.

TODAY, I CHOOSE TO BASE OUR MARRIAGE SOLELY ON AGAPE LOVE. I'M COMMITTED TO YOU WHETHER I'M FEELING IN LOVE OR OUT OF LOVE. WHETHER THERE IS ATTRACTION OR DISTANCE, I CHOOSE TO LOVE YOU WITH UNCONDITIONAL AGAPE LOVE. I WILL NEVER PHYSICALLY LEAVE OR TURN MY HEART AWAY FROM YOU.

.....  
His Signature

.....  
Date

.....  
Her Signature

.....  
Date

**Couple Prayer:** *God, thank you for my wonderful spouse that completes me. Help us become more accepting of each other's differences. Give us patience and understanding as we try to include each other in all of our decisions. We choose your will over our own desires. We are sorry for any times that we have loved our spouse with conditions, based solely on our feelings and emotions. Help us love each other with agape love from this day forward. Amen.*



## Wrap It Up

The secret to becoming one heart is finding agreement. Whenever you need to make a decision in your marriage, talk and pray until you agree. If your primary goal is to find God's will, then you'll eventually achieve it. If your primary goal is to make your own decisions, then you and your spouse will be headed in two different directions.

Human love is unpredictable and unreliable. Trusting your own emotions or capacity to love inevitably leads to disappointment. Have a time every day when you individually ask the Lord to fill you with His forgiving, healing and empowering love. Your marriage bond becomes rock solid when your love is based on a commitment and not primarily your feelings.

Becoming one heart happens as we find God's purpose, will and love. The deepest part of our being is our heart. That is where God lives and where the essence of our union resides.



SESSION 3

# Soul Mate Myths

*Believing the soul mate lies will lead to heartache and devastation.*

A sign on the side of the road recently said, “Call for Cheap Divorce. \$200 No Kids or \$500 with Kids.”

Getting a divorce isn’t just a temporary emotional roller coaster. No matter how easy it is to legally separate, every divorce has consequences that reverberate throughout the rest of our lives.

Couples are divorcing in greater numbers due to a cultural lie that says, “When you find your soul mate, marriage will be trouble-free. Problems are a sign that you chose the wrong one. You made a mistake.”

Even though we all want to marry our soul mate, we must do so based on the right understanding...

## DVD Teaching with Jimmy Evans

Below is an outline of today's teaching. Feel free to take additional notes in the space provided as you listen to Jimmy share biblical truths on having a successful marriage.

### *“Soul Mate Myths”*

**Related Scriptures:** Luke 10:25-28

## Becoming One Soul

- a. Your soul is where your will and emotions reside. Out of your will, you make choices that create the bond you share with your spouse.
- b. Everyone wants to be married to their soul mate. However, most people try to find their soul mate using wrong information and unrealistic expectations.

## Jimmy and Karen's Story

- a. Jimmy and Karen met in high school, dated for four years and fell in love. Dating was rocky because Jimmy put his friends above his relationship with Karen.
- b. At his bachelor party, Jimmy was unfaithful and Karen ended their engagement. For the first time in his life, Jimmy's sin convicted him. He felt empty and began to seek the Lord. Jimmy then received Christ as Savior. Jimmy's close group of friends rejected him because he was a Christian.



- c. Karen had a change of heart and decided to get married. Jimmy and Karen had a small wedding and an abbreviated honeymoon.
- d. Even though Jimmy was a new Christian, he was a terrible husband. Jimmy was also dominant and verbally abusive. After three years, Jimmy and Karen found themselves on the verge of divorce.

## Three Dangerous Soul Mate Myths

- a. Myth #1 – “My soul mate will be just like me.”
  - 1. Compatibility in marriage is based on character and values, not being the same. Compatibility means we’re on the same ship going in the same direction.
  - 2. Even if you find your perfect soul mate, you are very different people with different personalities and perspectives.
- b. Myth #2 – “If I marry my soul mate, we won’t have any big problems and we will always be in love.”
  - 1. If you marry your perfect soul mate you are going to have major issues to work through.

*The morning after my bachelor party is when I received Christ. I didn’t receive Christ because Karen wouldn’t marry me. I received Christ because sin lied to me.*

2. It is very important to the devil that you believe this lie so every time you have a major problem, he can convince you that you made a mistake.
  3. Soul mates are not born. Soul mates are made in the trenches of life when our commitment to one another is tested.
  4. The greatest marriages are where two committed believers come together, roll up their sleeves, fight the good fight and wake up one day and say, "You could have left me thirteen times but you didn't. And you're my soul mate."
- c. Myth #3 – "My soul mate will always make me happy and meet all of my needs."
1. No person can make us truly happy, only God can.
  2. My spouse can't meet my deepest needs, only God can.
  3. We must have realistic expectations of our spouse.

*Compatibility is based on character and values, not sameness. You're not the same. If you find your perfect soul mate, they're very different than you are.*

## Additional Notes from Today's Teaching

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*You married a person  
and after marrying  
them you find out  
how different they are  
because they faked  
it really good. And  
you wake up and say,  
“That’s not my soul  
mate, because my soul  
mate’s just like me.”  
No they’re not.*

# Talk It Out – Group Discussion

1. What role does today’s society play in the area of matchmaking? Why does this approach rarely work?

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2. Jimmy shared some of his memories of dating and pursuing Karen. Briefly share with the group how you met your spouse. Describe the early months and years of your relationship.

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3. When we're dating, we usually put effort and energy into showing our best to our potential spouse. We say no to other commitments. We dress nice and are attentive. Then when we are married, we slowly reveal our true selves. Share something you did to show your spouse your best while dating. Is this something you are still doing, why or why not?

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4. Compatibility in marriage is based on character and values, not being the same as each other. What values do you find most important in your relationship? What if a couple discovers some of their values are different?

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5. This soul mate myth is a major trap for many couples. “If I marry my soul mate, we won’t have any big problems and we will always be in love.” When have you fallen for this lie? How did you work through this issue?

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6. Jimmy said that the greatest marriages are where two committed believers come together and fight through their issues and stay together. What encouragement did you receive from this statement?

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**Group Prayer:** *God, you are the great matchmaker. You are the only one that joins two souls together. Thank you for the wonderful experiences of dating and falling in love. Help us prioritize pursuing each other in our marriage. Give us the ability to discuss our values. We reject the soul mate myths. We didn't make a mistake when we chose each other. There will be problems we need to overcome. And we will trust you to meet our deepest needs as we love each other. Amen.*

## Walk It Out – Couple Home Discussion

Please discuss these questions with your spouse during the upcoming week. You will want to find a time that is good for both of you to talk so that you can give each other your best. This may be during a planned communication time or while on a date night.

1. Think back to when you and your spouse were dating. What did you initially find attractive? Tell your spouse what you remember.

**HIM: When we were dating, I was attracted to you because...**

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**HER: When we were dating, I was attracted to you because...**

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2. Share three ways that your spouse prioritized and pursued you before marriage. Listen to each other and discuss.

**HIM: When we were dating, my wife pursued me by...**

1. ....  
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2. ....  
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3. ....  
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**HER: When we were dating, my husband pursued me by...**

1. ....  
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2. ....  
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3. ....  
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*When we're dating and pursuing each other, we put each other first. Your soul mate is someone who puts you first.*

Review the list your spouse wrote. If you are still pursuing your spouse the way they listed, put a check by that number. If it's something you are not currently doing, then draw a circle around that number.

3. Lovingly, tell your spouse how you would like them to pursue you in your relationship. Even when you're married, making your spouse feel special and attractive renews the relationship.

**HIM: I would love it if my wife would pursue me by...**

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**HER: I would love it if my wife would pursue me by...**

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4. Compatibility in marriage is based on character and values, not being the same or having the same desires. Compatibility acknowledges we're two different people, but we're on the same ship going in the same direction. Together, discuss your values and write down the most important ones to your relationship.

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2. ....  
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4. ....  
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*The greatest marriages are when two committed believers come together, roll up their sleeves, fight the good fight and wake up one day and say, "You could have left me thirteen times but you didn't. And you're my soul mate."*

5. Have you ever found yourself believing the myth that you made a mistake and married the wrong person? The devil is so good at reminding us of relationships from our past. In hard times, he tries to convince us that we should've chosen someone else.

**HIM: Tell your wife why marrying her wasn't a mistake and why you both belong together.**

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**HER: Tell your husband why marrying him wasn't a mistake and why you both belong together.**

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6. Jimmy summarized all three soul mate myths with the following statement. “When I marry, my soul mate will be just like me. I will always be happy and have all of my needs met. We won’t have big problems and will always be in love.”

Based on what you’ve learned from this session, write your own definition of a soul mate truth.

**HIM: To me, being a soul mate means...**

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**HER: To me, being a soul mate means...**

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**Couple Prayer:** *God, your design for marriage is wonderful. You created us with a strong attraction for each other and have given us the keys to keeping that attraction alive for the rest of our lives. We need to pursue each other today, meet our spouse's needs and work at our relationship. We reject the lie that we won't have any problems or that we made a mistake. We are striving to overcome our problems so you will be glorified. We remember the miracle of marriage math. We become one with you and with each other. Amen.*

## Wrap It Up

Every marriage requires work and dedication through difficult times. Becoming soul mates never happens effortlessly. Don't believe a soul mate myth because it will break your heart and destroy your life.

Your feelings will come and go. In fact, you may have times in your marriage when your emotions are negative. You have to do the right thing first. Then your emotions will catch up.

When you try to change your spouse, you will ultimately end up disillusioned and frustrated because you are going against God's plan for marriage. However, when you begin to focus on meeting your spouse's different needs, fulfillment and harmony enters the relationship.

*We did everything wrong. Our dating was bad, our wedding was bad, our honeymoon was bad, I was a jerk in marriage, but I married my soul mate.*



SESSION 4

# Creating Your Soul Mate

*The secret to marrying your soul mate is choices, not chemistry.*

Contrary to what the latest on-line dating company proclaims, you do not have to match in one hundred categories in order to find your soul mate. In fact the secret is, you don't find your soul mate, you *create* your soul mate.

It doesn't matter what you are feeling for each other or if you want to stay or go, you can literally begin creating your soul mate. Becoming soul mates is based on making the right choices, not your emotions or the amount of chemistry you have for one another.

Creating your soul mate can begin today. Even if it seems your marriage is dead, you can start the love resurrection by making three important choices for your relationship.

These critical choices keep the emotion and chemistry of the marriage positive and growing...

## DVD Teaching with Jimmy Evans

Below is an outline of today's teaching. Feel free to take additional notes in the space provided as you listen to Jimmy share biblical truths on having a successful marriage.

### *“Creating Your Soul Mate”*

**Related Scriptures:** Proverbs 11:25, Luke 6:38, Matthew 6:21, Genesis 2:24

### Choice #1 - Empathy

- a. Empathy is choosing to understand and enter into another person's feelings. Empathy always asks, “I wonder what you are going through. I wonder how this makes you feel.”
- b. When we are dating we are usually extremely empathetic because we care. However, once we secure the relationship we often choose to stop caring.
- c. You have two components to your soul: your will and emotions. One of the most critical decisions in life is for your will to rule over your emotions.
- d. Empathy thinks like this:
  1. “What would it be like married to me?”
  2. “How does this make my spouse feel?”
  3. “How can I encourage my spouse?”
  4. “I wonder what my spouse needs that I can do.”



## Choice #2 - Generosity

- a. Generosity is a choice that flows from our souls.
- b. *The generous soul will be made rich, and he who waters will also be watered himself.* – Proverbs 11:25, NKJV
- c. Generosity is promised reciprocity. Jesus said what we give away will return back to us. (Luke 6:38)
- d. You can't have a great marriage and be soul mates when you are giving to everyone except your spouse. You don't just reap what you sow, you reap where you sow.
- e. Generosity always begins with you. We should never demand something from our spouse if we aren't willing to do it ourselves.

## Choice #3 - Priority

- a. My soul mate chooses to put me first and protects our relationship.
- b. Marriage has to be before your children, work, church and everything else except for your relationship with God.
- c. Priorities are proven in real terms with time, energy and focus.

*Empathy puts itself into another person's feelings and cares. It's a choice. When you're dating a person, empathy is instinctive. The second time you do it, it's intentional.*

# Additional Notes from Today's Teaching

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*Just put yourself in your spouse's place, and think, "I wonder how they're feeling. I wonder what they're going through. I wonder what I can do to help them today."*

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## Talk It Out – Group Discussion

1. It's easy to fall into the trap of taking each other for granted, living day after day just putting up with each other. Over the years you may have shifted focus away from your spouse and more towards yourself. Why do you think this happens?

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2. Empathy is choosing to understand and enter into another person's feelings. Ladies, how do you like your husband to show you empathy? Men, now it's your turn. How do you like your wife to show you that she understands what you're going through?

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3. Jimmy says that “One of the most critical decisions in your life is for your will to rule over your emotions and not let your emotions rule over your will.” How can this be achieved?

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4. Being a generous soul mate means being a giver and not solely a taker in the relationship. Jesus said what we give away will return back to us. (Luke 6:38) For example, if you give away unconditional love, you’ll receive unconditional love back. If this is really true, then why don’t more Christians become givers in their marriage?

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5. Jimmy discussed how he used to be rough and not very affectionate with Karen. For example, instead of holding her hand he would pinch her. Ladies, what specific kinds of affection do you need from your husband? Men, what specific kinds of affection do you need from your wife? How can you both get your needs met?

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6. When dating you naturally prioritized each other. When married, you have to *intentionally* prioritize each other. Marriage has to be before your children, work, church and everything else except for your relationship with God. Men, how do you like your wife to make you her top priority? Ladies, how do you like husband to make you his top priority?

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**Group Prayer:** *God, we realize that there have been times in our marriage when we have taken each other for granted. Today, we choose to put our focus back on our spouse rather than our self. Help us not be so busy that we forget to stop and question, “What is my spouse going through? What is my partner feeling right now?” Through generosity and sacrifice, we choose to make our spouse the most important human relationship on earth. Help us intentionally prioritize each other. Amen.*

## Walk It Out – Couple Home Discussion

Please discuss these questions with your spouse during the upcoming week. You will want to find a time that is good for both of you to talk so that you can give each other your best. This may be during a planned communication time or while on a date night.

1. Jimmy says that empathy is choosing to understand and enter into another person’s feelings.

Here are some practical examples of how you can show your spouse empathy. Check one of the lines below to show your spouse the kind of empathy you need right now in your marriage.

*I didn’t know how to be affectionate with Karen. She’d say, “Hold my hand,” I’d pinch around on it. And I’d put my arm around her. I’d put her in a headlock. I thought that was romantic. And she hated that.*



**HIM: HER:**

- Each day greet your spouse with a genuine smile and some expression of affection.
  - Ask your spouse at least once a week what you could do to bring him or her joy.
  - Listen to your spouse daily talk about their frustrations without trying to fix or resolve the issue.
  - Ask your spouse regularly what they need from you and make it happen.
  - Other: .....
- .....

Now that you've heard in what way your spouse needs empathy, try to put their suggestions into practice before the group meets again.

2. Ask your spouse, "What is it like being married to me?" Listen to their response without getting defensive or judgmental.

**HIM: As my wife, what is it like being married to me?**

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**HER: As my husband, what is it like being married to me?**

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3. Now that you've heard what it's like being married to you, evaluate your own actions and how your spouse feels.

**HIM: After hearing my wife's response, I can be a better husband by...**

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2. ....

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3. ....

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**HER: After hearing my husband's response, I can be a better wife by...**

1. ....  
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2. ....  
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3. ....  
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4. Proverbs 11:25 says, *"The generous soul will be made rich, and he who waters will also be watered himself."* Notice that in this verse that the promise is for the giver, not the receiver. Are you watering and taking care of your spouse or are you waiting to be watered yourself before you act?

**HIM: For my wife, I'm trying to take care of her by...**

1. ....  
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2. ....  
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3. ....  
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*Marriage only works in first place. It won't work in any other place.*

**HER: For my husband, I'm trying to take care of him by...**

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2. ....  
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3. ....  
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**HIM: I need you to take care of me in our relationship by...**

1. ....  
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2. ....  
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3. ....  
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**HER: I need you to take care of me in our relationship by...**

- 1. ....  
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- 2. ....  
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- 3. ....  
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5. We prove our priorities in four different ways. Choose one of the four areas of priority: sacrifice, time, energy and attitude. Which one does your spouse do best? Which area would you like to see them improve?

**HIM: My wife shows me priority most by...**

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**I would like my wife to make me a bigger priority by giving more...**

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**HER: My husband shows me priority most by..**

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**I would like my husband to make me a bigger priority by giving more...**

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6. Now that you've heard what your spouse needs from you, how can you make your spouse a greater priority in your life?

**HIM: I will make my wife a greater priority by..**

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**For her, I am willing to sacrifice...**

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**HER: I will make my husband a greater priority by...**

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**For him, I am willing to sacrifice...**

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**Couple Prayer:** *God, thank you for giving us the ability to create our soul mate regardless of whether we feel in love. Our spouse told us how they'd like to receive empathy. Give us the patience to make their needs our focus. Help us be generous in giving love to each other. Change our minds so that we do the right thing first. Give us wisdom as we make each other a priority. Help us "say no" to other areas in our life so that we can make quality time for our spouse. Amen.*

## Wrap It Up

When our love for each other is based on choice and not our feelings, our love becomes secure.

We obsess over each other when we first start dating and that is why we fall in love. We usually stop “putting ourselves in our spouse’s shoes” when we secure the relationship. Then we wonder why we are so unhappy and frustrated.

Our soul mate is someone we are compatible with, but they will be very different than us. We won’t always be able to make each other happy so we will need to depend on God as the foundation of our love and happiness.

We will experience trials and have to work through problems. But we can stay in love and keep our marriage strong by choosing to care for each other, being generous in meeting each other’s needs and keeping our marriage first.



## SESSION 5

# Expectations, Differences and Distraction

*Overcoming intimacy inhibitors will take your marriage to the next level.*

Intimacy is inner closeness. Both men and women desire intimacy in their lives. Unfortunately in marriage, intimacy isn't automatic.

Our differences have the potential to make marriage exciting, fulfilling and especially intimate. No one gets married with the expectations that marriage will be boring, unsatisfying and disconnected.

The key to increasing intimacy in your marriage begins with understanding why God made you and your spouse so different. It is not so you would frustrate each other day after day, but so you would complement one another.

When you learn to disarm the common intimacy inhibitors, you can experience the fulfillment of your dreams...

## DVD Teaching with Jimmy Evans

Below is an outline of today's teaching. Feel free to take additional notes in the space provided as you listen to Jimmy share biblical truths on having a successful marriage.

### *“Expectations, Differences and Distraction”*

**Related Scriptures:** John 4:5-24, Genesis 2:24, Hebrews 13:4-5

## Understanding Intimacy

- a. Intimacy happens from the “inside out”, not the “outside in.” Intimacy only happens when your feelings and thoughts are right.
- b. The success of your marriage depends upon your ability to recognize the issues that inhibit intimacy.

## Inhibitor #1 – Unrealistic Expectations (from *“Marriage on the Rock”*)

- a. Two very common expectations couples bring into marriage:
  - 1. You will make me happy.
  - 2. You will meet my needs.
- b. Only God can meet your deepest needs and they are:
  - 1. Acceptance – “I am loved and accepted for who I am.”



2. Identity – “I am special, unique and significant.”
  3. Security – “I am safe and secure from harm.”
  4. Purpose – “I have a significant purpose.”
- c. The Principle of Transference - If we don't trust Jesus to meet our deepest needs, we will automatically transfer the expectation of those needs to those closest to us, especially our spouse.
- d. The ethic that cures unrealistic expectations is faith in God.

## Inhibitor #2 – Rejection of our Inherent Differences (from “*Marriage on the Rock*”)

- a. We have different love needs.
1. Men primarily need: honor, sex, friendship and support at home.
  2. Women primarily need: security, non-sexual affection, communication and leadership.

*So when Karen and I got married, we had no intimacy. We had sex, but we had no intimacy. It wasn't going to happen from the outside in, intimacy was going to happen from the inside out.*

- b. We have different money languages.
  - 1. Driver – Money means success whether it’s a house, car or possessions.
  - 2. Analytic – Money means security. Money keeps away chaos and problems.
  - 3. Amiable – Money means love. Relationships are the focus.
  - 4. Expressive – Money means acceptance and respect from desirable people.
- c. The ethic that helps us accept our inherent differences is respect.

### Inhibitor #3 - Distraction (from “*The Indestructible Marriage*”)

- a. Two ways we become distracted:
  - 1. “In response to the stresses and demands of life, I let something or someone else take your place.”
  - 2. “In response to a problem in our marriage I turn my heart away.”
- b. *Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge. Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, ‘I will never leave you nor forsake you.’*  
– Hebrews 13:4-5, NKJV





## Talk It Out – Group Discussion

1. In what ways does society urge us to find happiness on the outside as opposed to the inside? How can you find inner happiness and fulfillment in life?

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2. When we have realistic expectations about marriage, our chances for success increase exponentially. What are some examples of unrealistic expectations you've seen people have about marriage? Have you ever believed any of these deceptions?

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*When we got married, we fought constantly about money. She would call me a spendthrift and I would call her a tightwad. And when she called me a spendthrift, it drove me crazy.*



3. Jimmy says that a man's mega-need is the need for honor and respect. Men, how do you need your wife to honor you? When your wife is honoring, how does that help you throughout your day?

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4. A woman's mega-need is the need for security and love. Ladies, how do you need your husband to show security and love to you? When you feel secure, how does that heal and make you whole?

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5. Review the four kinds of money languages. Are you primarily a driver (money means success), amiable (money means love), analytic (money means security) or expressive (money means acceptance and respect)?

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6. In Hebrews 13:5, God promises that He will never physically leave us and that He will never turn his heart away from us. Long before an affair becomes physical, it begins simply when a spouse turns their heart away. What are some examples of men and women being distracted in marriage? How can someone turn their heart back to their spouse?

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**Group Prayer:** *God, thank you for creating marriage to be the most intimate relationship we can experience. Today we choose the pursuit of inner closeness. We trust you to meet our deepest needs. Give us understanding and patience as we try to be more accepting of our spouse's different needs and nature. Above all else, help us not be distracted and turn our heart away. We choose to keep our heart focused on our spouse in our pursuit of lasting intimacy. Amen.*

## Walk It Out – Couple Home Discussion

Please discuss these questions with your spouse during the upcoming week. You will want to find a time that is good for both of you to talk so that you can give each other your best. This may be during a planned communication time or while on a date night.

1. An unrealistic expectation of marriage is that our spouse will meet all of our needs. The reality is we should be depending upon God to meet our deepest needs and our spouse for our primary love needs.

Our deepest needs are acceptance, identity, security and purpose. Which of these needs are you seeking most right now in your life

**HIM: Of my four deepest needs, I'm seeking...**

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**HER: Of my four deepest needs, I'm seeking...**

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Without realizing it, do you find yourself relying on your spouse to meet your deepest needs? How has that affected your relationship?

**HIM: The result of expecting my wife to meet my deepest needs has been...**

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**HER: The result of expecting my husband to meet my deepest needs has been...**

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Ask for forgiveness from your spouse for having put any unrealistic expectation upon them.

2. What are some new realistic expectations you and your spouse can establish going forward?

**For example:** Reassure your spouse that you are committed to the relationship no matter what challenges or hardship you may go through.

**Another example:** Make a decision to never bring up the word “divorce” again. Take the word divorce and other threats out of your vocabulary. It will create stability and hope for your future.

**HIM: I commit to these new expectations for our relationship...**

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2. ....

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3. ....

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**HER: I commit to these new expectations for our relationship...**

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3. Review your major love needs listed below and choose one of them that you would like your spouse to work on for you before the group meets again.

**Men's Love Needs:** honor, sex, friendship and support at home

**Women's Love Needs:** security, non-sexual affection, communication and leadership

Notice that a man's mega-need is for honor and respect. Usually men like to hear that they are a good provider, a good father or a good lover. Men often seek encouragement about what they do. Women are the opposite. A woman's mega-need is for security and love. She needs to know internally that her husband will take care of her. She needs to be loved and reassured of her inner beauty and that her husband would marry her all over again.

*Here's what I tell people when they come see me for counseling. Your spouse has been trying to tell you for years what their needs are. You just haven't listened.*

**HIM: Concerning my four needs, I'd love my wife to give me more...**

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**HER: Concerning my four needs, I'd love my husband to give me more...**

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4. Since the group last met, you have probably seen your money languages play out in your relationship. Review them and discuss why sometimes you have different perspectives concerning money.

### **The Four Money Languages**

**Driver** - Money means success whether it's a house, car or possessions.

**Analytic** - Money means security. Money keeps away chaos and problems.

**Amiable** - Money means love. Relationships are the focus.

**Expressive** - Money means acceptance and respect from desirable people.

*It's not what you  
can make happen.  
It's what you can  
keep happening.  
Do you have a  
date night every  
week? Do you  
have time alone?  
Do you have time  
to talk every day?*

**HIM: My main money language is a(n) .....**

**HIM: Knowing my wife's money language, helps me understand...**

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**HER: My main money language is a(n) .....**

**HER: Knowing my husband's money language, helps me understand...**

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*When your spouse is telling you what they need from you, it's not anything that you need. The mega-need of men is honor and the mega-need of women is security. They're almost complete opposites.*

- 5. God designed men and women different for a reason. He wants us to need each other and complete each other. It's also important to celebrate how alike we are with our spouse.

**Write down five ways that you and your spouse are similar. If there's a recreational or leisure activity that you both enjoy, plan to do it together in the near future.**

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- 2. ....  
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- 3. ....  
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- 4. ....  
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- 5. ....  
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6. The ethic that either prevents or cures distraction is faithfulness. Discuss what faithfulness means to you in your marriage.

**HIM: For me, I love it when my wife shows me faithfulness by...**

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**HER: For me, I love it when my husband shows me faithfulness by...**

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**Couple Prayer:** *God, you made us to be dependent upon you and each other. Today we've identified our deepest needs that we are depending upon you to meet. We commit to meeting the unique love needs of our spouse. Help us have realistic expectations. We don't want our differences to divide us, we want our differences to complete us. We pray that you will protect our hearts and minds against distraction and temptation. You've always been faithful to us and we choose to be faithful to each other. Amen.*

## Wrap It Up

It's no accident that men and women have totally different needs. It's part of God's design. The question is: Are you willing to meet your spouse's different needs or will you find yourself in a battle to change each other?

When you try to change your spouse, you will ultimately end up disillusioned and frustrated because you are going against God's plan for marriage. However, when you focus on meeting your spouse's different needs, you begin to experience true intimacy from the inside out.

Intimacy flourishes when your spouse knows that you will never leave and never turn your heart away.



## SESSION 6

# Conflict, Dominance, Fear and Selfishness

*Intimacy can return in a matter of days.*

From the very beginning, God created us to be intimate and become one together. So often we believe that intimacy happens naturally or by chance. In reality, intimacy only occurs when we deal with problems regularly in our relationship.

From conflict and dominance to fear and selfishness, there is an enemy ready to attack and destroy your marriage. The good news is, intimacy can return in a matter of days when you learn to recognize and overcome the warning signs.

Closeness and satisfaction can become reality like you never thought possible. You and your spouse can truly become one...

## DVD Teaching with Jimmy Evans

Below is an outline of today's teaching. Feel free to take additional notes in the space provided as you listen to Jimmy share biblical truths on having a successful marriage.

### *“Conflict, Dominance, Fear and Selfishness”*

**Related Scriptures:** Ephesians 4:26-27, 1 Peter 3:7, 2 Timothy 1:7, Luke 10:19, Matthew 18:19, 1 Corinthians 7:3-5

### Inhibitor #4 – Unresolved Conflict (from *“Return to Intimacy”*)

- a. *“Be angry, and do not sin”*: do not let the sun go down on your wrath, nor give place to the devil. – Ephesians 4:26-27, NKJV
- b. *“The Don'ts of Anger”*: don't deny your anger, don't sin, don't go to bed on your anger and don't give the devil an opportunity.
- c. The ethic that resolves unresolved conflict and anger is honesty. Give each other the freedom to complain without paying a price.

### Inhibitor #5 – Dominance (from *“Return to Intimacy”*)

- a. Dominance means there is disproportionate control in the relationship.

- b. Shared control is one of the most important issues in marriage. God created Adam and Eve as complete equals.
- c. *Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.* – 1 Peter 3:7, NKJV
- d. The ethic that resolves dominance is equality. Whenever you change, your marriage changes. The dominant person must sit down and give up control while the passive person must stand up to their spouse.

## Inhibitor #6 – Fear (from “Return to Intimacy”)

- a. Fear was the first emotion of fallen man. Fear caused Adam and Eve’s relationship to divide. They rejected each other and had no intimacy.
- b. *For God has not given us a spirit of fear, but of power and of love and of a sound mind.* – 2 Timothy 1:7, NKJV
- c. The ethic that removes fear is victory. The devil is going to come against your marriage and against your home. You have to take a stand against him. Jesus has given you the authority to be victorious.
- d. *Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.* – Luke 10:19, NKJV

## Inhibitor #7 – Selfishness (from “Our Secret Paradise”)

- a. In marriage we are completely dependent upon each other to get our relational needs met. If we could meet our own relational needs we wouldn’t get married.
- b. The ethic that resolves selfishness is being a servant. The greatest marriage is two servants in love.
- c. A very important question is: “Are you ok? If you’re not then I’ll do whatever it takes to make it ok.”

*You can’t be intimate with a person who’s dominating you. You just can’t do it. Intimacy happens among equals, when we’re respecting each other and loving each other.*



## Talk It Out – Group Discussion

1. Honesty and giving your spouse the freedom to complain is critical for resolving conflict. Describe the negative effects that occur when a spouse rejects the complaints of their mate. If this happens repeatedly in the marriage over months and years, what damage will it do to the relationship?

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2. The key to dealing with your anger is to create an atmosphere of daily communication. What are some techniques or steps you can take each day to improve your communication so that anger in the marriage does not get out of hand?

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3. Many people were raised in a home where one parent was dominant over the rest of the family. Discuss the roles of your family growing up. If dominance was present, share how you saw this affect your family. Then discuss how dominance from your family history, impacts your marriage.

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4. Why is it difficult for a dominant spouse to allow the more passive spouse to have equal input in the relationship? Likewise, why is it not easy for the more passive spouse to “speak up” and take an active role in the marriage?

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5. Ladies, what are some of the fears that you brought into marriage? Men, what about you? Share your perspective on some fears that have influenced your relationship.

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6. Isn't it ironic that when we were dating we would jump at any chance to serve our prospective spouse? And now for many of us, it can be a challenge to get help with basic chores around the house. Why does this happen and how is the trend reversed?

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**Group Prayer:** *God, there are so many destructive forces attacking every marriage. From conflict and dominance to fear and selfishness, the enemy wants to frustrate and divide our homes any way possible. We repent for when we've gone to bed angry and given the enemy an entry point into our marriage. Today we choose to trample over all the power of the enemy in the name of Jesus. We pray that you will replace conflict with peace, dominance with equality, fear with faith, and selfishness with a servant's heart. We desire the deepest intimacy in order to become one together. Amen.*

*If you are in the habit of going to bed on your anger, you have been counseled by the devil and you don't even know it. I promise.*

## Walk It Out – Couple Home Discussion

Please discuss these questions with your spouse during the upcoming week. You will want to find a time that is good for both of you to talk so that you can give each other your best. This may be during a planned communication time or while on a date night.

1. Anger and unresolved conflict can be very damaging to your relationship. You can begin to diffuse anger by giving your spouse the freedom to complain.

Choose a minor frustration that you have with your spouse. Talk about the issue. Listen to the complaint with an open heart and without getting defensive or frustrated.

**HIM: Thank you for giving me the freedom to complain. My minor complaint is...**

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**HER: Thank you for giving me the freedom to complain. My minor complaint is...**

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2. Now that you've heard your spouse's perspective on the issue, what could you begin to do to make them feel better? Even if you don't agree, acknowledge that their feelings are real and that you want to hear about any complaints that they have.

**HIM: Concerning my wife's complaint, I can try to make a difference by...**

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**HER: Concerning my husband's complaint, I can try to make a difference by...**

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*When you change, your marriage has to change. When you get healthy as a person and you begin to stand up in a loving way to your spouse, your marriage just changed.*

3. Discuss the roles of dominance and passivity and how they impact your relationship.

If you are more dominant:

1. Repent to God and your spouse and ask forgiveness.
2. Submit your personality to God and ask Him to change you.
3. Discuss all major issues with your spouse and allow your spouse to give input into every important decision.

If you are being dominated:

1. Be honest about your own problems.
2. Stand up in love and begin to express yourself as an equal in the relationship.
3. Pray and trust God to change you and your spouse.

*Here's the kingpin question to your spouse in marriage, "Are you okay?" I would have never asked Karen that question early in our marriage because she would have answered me.*

What changes could you each make in order to share more equally?

**HIM: In order for us to share more equally, I need to...**

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**HER: In order for us to share more equally, I need to...**

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*For the first time as a married couple we held hands and I didn't know how to pray. I grabbed my wife's hand and said, "Leave our home, devil. We take authority over you in the name of Jesus."*

4. When a conflict arises in your relationship, how do you and your spouse usually respond? Put a check beside the statement that indicates how you often respond to conflict.

**HIM:**   **HER:**

- |                       |                       |  |
|-----------------------|-----------------------|--|
| <input type="radio"/> | <input type="radio"/> | "I'm ready to go, let's talk and fight it out if needed. I may be furious today, but I'll barely remember it tomorrow."        |
| <input type="radio"/> | <input type="radio"/> | "I'll talk for awhile, but I'd rather avoid the heated conflict and confrontation."  |
| <input type="radio"/> | <input type="radio"/> | "I like to get my thoughts in order before we discuss a contentious issue even if it means delaying the conflict."             |
| <input type="radio"/> | <input type="radio"/> | "I try not to raise my voice. But if you really make me mad, you'll pay a price for days until you understand my perspective." |

**HIM: When my wife and I disagree or have a conflict, maybe deep down I have a fear that...**

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**HER: When my husband and I disagree or have a conflict, maybe deep down I have a fear that...**

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Now that you have a greater understanding of your spouse's fears, give them an extra dose of grace next time you find yourself in a conflict. See if it helps better resolve the situation.

5. How do you and your spouse serve each other? How could you serve each other more effectively? Talk about your perspective and listen carefully to what your spouse has to say about this issue. Paul wrote in 1 Corinthians 7:3-5 that our bodies do not belong to us. When we marry our body belongs to our spouse.

**HIM: I would love it if my wife would serve me more by...**

1. ....

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2. ....

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3. ....

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**HER: I would love it if my husband would serve me more by...**

1. ....

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2. ....

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3. ....



6. In the couple home activity from the first session, you each rated the level of intimacy and oneness in your relationship on a scale of 1 to 10 (see page 21). What level is the intimacy now in your marriage?

**HIM: I would rate the intimacy in our marriage as...**

No intimacy

Great intimacy

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1    2    3    4    5    6    7    8    9    10

**HER: I would rate the intimacy in our marriage as...**

No intimacy

Great intimacy

.....  
1    2    3    4    5    6    7    8    9    10

7. In the weeks ahead, what are a few things you can continue to improve upon in order to become one with your spouse?

**HIM: I need to continue working on...**

1. ....  
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2. ....  
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3. ....  
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**HER: I need to continue working on...**

1. ....  
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2. ....  
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3. ....  
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**Couple Prayer:** *God, we realize that many of our past hurts have contributed to our arsenal of weapons when we are in conflict. Help us give each other the freedom to complain about any issue without getting defensive or distracted. We choose to share in the decision-making so that intimacy can flourish in our relationship. Remove our fears from the past and help us become two servants in love. May the truths from this small group reap a harvest in our marriage for years to come. Amen.*

## Wrap It Up

From conflict and dominance to fear and selfishness, in marriage you will have problems. There is an enemy prowling for an entry point to divide you. Your feelings will come and go. But we become one together when we learn to trust God’s plan and make the right choices. Then our problems can be overcome and the passion will return.

Success in marriage comes from learning to love on all four levels: our heart, soul, mind and strength. Just as God created the four dimensions of our lives to love Him, He also created them so we can love each other.

Lasting love is so much more than physical attraction. The secret to falling in love and staying in love is realizing what it truly means to become one with another person.



BONUS SESSION 1

# Maximum Sexual Pleasure

*Communication is the key to sexual fulfillment for a lifetime.*

Sex is important to God, and anything important to Him is important to us. We have to get past any embarrassment and deal with a topic that God created and declared is good.

The Lord wants to reclaim this vital part of our lives from our culture. He wants us to be sexually healthy so we are able to share pleasure and build intimacy over the span of our lives together.

Whether due to shame, a lack of knowledge or cultural myths, sex can be a challenging topic to discuss. The reality is, talking with your spouse about sex is the key to bringing God's subject into the light...

## DVD Teaching with Nancy Houston

Below is an outline of today's teaching. Feel free to take additional notes in the space provided as you listen to licensed sex therapist, Nancy Houston, share biblical truths on becoming one flesh with your spouse.

### *“Maximum Sexual Pleasure”*

**Related Scriptures:** Genesis 2:23

## God's Design for Sex in Marriage

- a. Sex is God's idea. He is the one who designed male and female anatomy to come together sexually. And yet his plan for two becoming one has a much deeper meaning.
- b. *And Adam 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.”* – Genesis 2:23, NKJV
- c. According to God's plan, experiencing sexual desire is always toward another person for the rest of your life.

## Becoming One Flesh

- a. Invite God into your sexual feelings and experiences.
- b. Communication is the key to sexual pleasure. Listen actively and with empathy to your spouse's feelings. Make your marriage a safe place to share struggles.



- c. Deal with hurts: abuse, body image issues, past sexual experiences, low self-esteem and any sexual addiction issues.
- d. Educate yourself: know sexual terminology, understand male-female differences and understand your own body.
- e. Focus on pleasure: remove pressure and demands, learn to relax together and enjoy each other's bodies.

## How to Make Love to Your Wife

- a. A husband's tenderness and attentiveness may be more erotic to his wife than great techniques. Doing dishes, helping with kids, calling her during the day or tenderly listening can be a sexual turn-on.
- b. Time spent in loveplay throughout the day draws her closer than time spent producing orgasms.
- c. Make love to her heart, before you make love to her body.
- d. Women are physically more inconsistent. Her body changes and what is arousing to her one day may not be the same next time.

*Sexual longing drives us toward intimate communion. It goes far beyond biological urges. The human sexual urge, according to God's plan, is always toward another person.*

- e. Women often take more time to warm up sexually. This is physical and also because she needs time to overcome distractions.

## How to Make Love to Your Husband

- a. Sex is just as emotional for a man as it is physical. Even though men rarely express their desires in emotional terms.
- b. Making love with your husband assures him that you find him desirable and gives him strength to face the world again.
- c. Sex makes him feel loved. In fact he can't feel completely loved without sex.
- d. At his most basic core, a husband wants his wife to desire him sexually. He wants a "turned on" wife.
- e. What happens in the bedroom really does affect how a man feels the next day. Sex means more to him than a woman can ever realize.

*Communication really is the key to sexual pleasure, so we've got to learn how to listen with a lot of empathy to our spouse's struggles. Make your marriage a safe place to talk.*

## Additional Notes from Today's Teaching

*Doing dishes,  
helping with kids,  
calling her during  
the day or tenderly  
listening can be a  
sexual turn-on for  
her. If she knows  
you're doing this  
from the heart and  
not for the purpose  
of getting sex.*

# Talk It Out – Group Discussion

1. What do you think of God’s plan for sex in marriage? Have you ever believed that the Christian life limits your fun in sex? Do you still feel this way?

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2. Ladies, what kinds of non-sexual affection do you like to receive from your husband? How do you communicate to your husband when you need non-sexual affection without it leading to sex?

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3. Do you and your spouse talk about sex? Why is sex a difficult subject to discuss sometimes?

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4. If one of you doesn't want to have sex, how do you respond to each other? What would you like to hear from your spouse when they're not "in the mood?"

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5. Men, how do you like your wife to create an atmosphere of sexual pleasure for you? Ladies, how do you like your husband to create an atmosphere of sexual pleasure for you?

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6. Ladies, how can your husband help you more with the other areas in your life in order to make his sexual needs a greater priority? Men, are you willing to try what your wife suggests?

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**Group Prayer:** *God, we thank you that you created sex and that you made sex wonderful. Help us make sex an open topic of conversation in our marriage. We pray that you will heal us of any sexual mistakes that we have made in the past. Help us have a new start in meeting each other's sexual needs. Create sexual purity in our lives so that we will not reject our spouse, but lovingly serve each other sexually. Amen.*

## Walk It Out – Couple Home Discussion

Please discuss these questions with your spouse during the upcoming week. You will want to find a time that is good for both of you to talk so that you can give each other your best. This may be during a planned communication time or while on a date night.

1. Growing up where did you receive your “sex education”? Was it from family, friends, movies or on-line? What messages, positive or negative, did you learn from this education? Discuss these issues openly with your spouse.

**HIM: In my youth, I learned about sex from...**

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**HER: In my youth, I learned about sex from...**

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2. Knowing that you and your spouse will have different desires at different times, answer the following question together.

**HIM: For me, I would like to have sex:**

- a) More often
- b) Less often
- c) At our current pace

**HER: For me, I would like to have sex:**

- a) More often
- b) Less often
- c) At our current pace

*Realize that a woman is never the same two days in a row. So you've got to have variety and that's why it's so important to ask her.*

3. Remembering that sex is God's subject, ask your spouse, "What do I do to you before, during or after sex that you really like?"

**HIM: I really like it when you...**

1. ....  
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2. ....  
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3. ....  
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**HER: I really like it when you...**

1. ....  
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2. ....  
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3. ....  
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*Sex makes him feel loved. In fact he can't feel completely loved without sex. The biggest turn-on for a man is a turned-on wife.*

4. God made sex fun and exciting. Is there anything you would like to try sexually with your spouse? Talk about this with each other. (Remember these questions: Is it consensual? Is it safe? Does it enhance the relationship?)

**HIM: I would really like to try...**

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**HER: I would really like to try...**

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5. Review the tips for “Making Love to Your Husband” and “Making Love to Your Wife.” Do you agree with this advice? What did you learn about your spouse?

**HIM: From Nancy’s tips on “Making Love to Your Wife” I learned...**

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**HER: From Nancy’s tips on “Making Love to Your Husband” I learned...**

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6. We need to talk openly about our sexual problems together, especially as we grow older and our desires change. Most everyone is going to experience sexual challenges at some point in their marriage. When this happens what will you do? (If you and your spouse have already dealt with this, then talk about the issue with each other.)

**HIM: When I have a sexual problem I will...**

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**HER: When I have a sexual problem I will...**

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**Couple Prayer:** *God, we want to have an active sex life that honors our marriage and honors you. Help us continue to talk about our sexual needs and desires with each other. Give us understanding when our spouse's needs are different than our own. We don't want our passion to diminish with age, but rather we want to experience intimacy for the rest of our lives. Amen.*

## Wrap It Up

God's plan for sexual fulfillment works. Through talking about important issues, we can overcome any obstacles preventing us from experiencing fulfilling sex in marriage.

God is the creator and giver of this good gift. Our sexual union is the greatest expression of becoming one flesh that we'll ever share with another person.

*Making love with you assures your husband that you find him desirable. It solves a deep sense of loneliness for him and gives him strength to face the world.*

## More Sex Tips for Women

Research shows that three out of four men, even when having all the sex they want, would still feel empty if their wives weren't both engaged and satisfied.

Most men would rather clip the hedges in the freezing rain than make love with a wife who is responding out of obligation.

When you need to say "no", reassure him of your love and that you do desire him. Give him hope for a "yes" very soon.

Make the first move regularly and bring all of your passion and attention to bed with you.

## More Sex Tips for Men

She needs you to understand that when she says "no" it isn't a rejection of you. Please hear her "no", so she can soon say "yes" with enthusiasm.

Become adept at switching gears and encourage her to say what she likes. Allow her to teach you.

Sex is more purposeful, romantic and intimate for a woman. She will not think of sex as often as you do, but this is not for a lack of desire.

Don't assume that problems are all hers or yours. Take a partner approach and become sexual friends.

BONUS SESSION 2

# Switch on Your Brain

*How you relate to your spouse  
physically changes your mind.*

Do you ever feel like your brain has been “switched off?” Have you felt discouraged, unfocused or overwhelmed? Maybe your mind has been flooded with negative thoughts toward your spouse and you’ve questioned whether you should be together.

The reality is, your past does not dictate your future. Your present circumstances do not predict your future. Your choices determine your future. It is totally within your control to renew your mind. You can replace negative, toxic thoughts with positive ones.

Discover how you can “switch on” your brain today...

## DVD Teaching with Caroline Leaf

Below is an outline of today's teaching. Feel free to take additional notes in the space provided as you listen to author and speaker, Dr. Caroline Leaf, share biblical truths on becoming one mind with your spouse.

### *“Switch on Your Brian”*

**Related Scriptures:** Genesis 1:26-27, Deuteronomy 30:19, Proverbs 23:7, Exodus 34:7, 2 Corinthians 10:3-6

## Men, Women and Your Mind

- a. Your brain does not control you. You control your mind.
- b. How you react to your spouse and the daily circumstances in your life, physically changes your brain positively or negatively.
- c. You are an incredible human being made in God's image. Your brain is literally wired for love. When you love you:
  1. Increase memory, intelligence, health and longevity
  2. Protect against depression, anxiety, worry and sickness
- d. In marriage, we either build each other up or we destroy each other. This isn't just an emotional process. It's a *physical* reality in your brain.
- e. We can't read each other's thoughts but we can observe our attitudes. We assume much more than we realize about each other in marriage. (“What I said was not what you heard.”)



- f. At the end of the day, a man tends to go inside of his head and a woman tends to go outside of her head with words and emotions.

## Your Choices Change Your Brain

- a. Every decision becomes a physical reality inside of your brain. You are either choosing life or death by your actions. (Deuteronomy 30:19)
- b. *For as he thinks in his heart, so is he.* – Proverbs 23:7, NKJV
- c. When you have a virus or a physical injury, your immune system immediately sends out special immune factors for protection.
- d. Research has proven that the same process happens in your brain whenever you choose a negative or toxic thought. Unlike a virus or a physical injury, toxic thoughts remain in your brain until you intentionally remove them.
- e. The Generational Impact
  - 1. Our iniquities are passed on for three to four generations. (Exodus 34:7)
  - 2. Iniquities and genetic influences are actually “zipped up” until you make choices that release them in your

*How you react to each other and the events of your daily life, actually change your brain. So your brain you control. Your brain does not control you.*

brain. (“My mother was depressed, therefore I’m going to be depressed.”)

3. You can either choose to keep the issues of the past in your mind or you can kill those issues. You can physically wipe them out, so those toxic thoughts do not continue with the next generation.

*The brain is designed to respond to love. When you put God first, you actually increase the thickness of your brain and that protects you against depression, anxiety and worry.*

## The 21-Day Brain Detox Plan™

- a. It is possible to remove any negative, toxic thought in your life or marriage. This process will revolutionize your life and relationships.
- b. It takes time to build a habit and it takes time to break down a habit. Most people give up on the third day.
- c. The 21-Day Brain Detox Plan™ involves three steps: “Admit It.” “Quit It.” “Beat It.”

## Additional Notes from Today's Teaching

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*At the end of the day, women think externally with lots of words and emotions, and men think internally. And that is when you can have a lot of conflict.*

# Talk It Out – Group Discussion

1. Do you believe that you can really change your brain? Why or why not?

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2. Each evening, a man tends to turn inward focusing on his thoughts about the events of the day. In contrast, a woman tends to go outside of her mind expressing words and emotions. How have you seen this play out in your normal routine?

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3. At the end of the day, knowing that men internalize and women externalize, how could a couple become one mind and find a compromise as they relate with one another?

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4. Toxic thoughts trigger negative and anxious emotions. Stop and think about your toxic thoughts for just a moment. What's the first toxic thought that comes to your mind right now? What feeling or emotion do you associate with this thought?

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5. In order to understand generational iniquities we must evaluate our parents and what we saw growing up. Here are some examples to start this process. How did your family handle conflict? How did they see money? How did your parents treat each other or what did you learn from them about marriage?

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6. Do you believe you are like your parents or do you think you are different? What generational iniquities and toxic thoughts have been passed down to you? Does it give you hope that you can stop the damaging cycle in your family?

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**Group Prayer:** *God, you have given us an amazing mind that we can only begin to understand. It is awesome how you have wired our minds and made us male and female. Men and women think and process experiences differently. Help us appreciate each other and not attack each other in our marriage. We pray that you will influence our thinking. We choose to take our thoughts captive and to meditate on the positive and not the negative. Give us new insight with our parent relationships and the generational iniquities in our lives. Help each couple talk openly with their spouse about how they can overcome their toxic thoughts and generational iniquities in their marriage. Amen.*

## Walk It Out – Couple Home Discussion

Please discuss these questions with your spouse during the upcoming week. You will want to find a time that is good for both of you to talk so that you can give each other your best. This may be during a planned communication time or while on a date night.

1. What decisions or choices are you making right now in your life? Has Dr. Leaf’s teaching influenced your perspective of what path to take?

**HIM: Through Dr. Leaf’s teaching, I am learning...**

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**HER: Through Dr. Leaf's teaching, I am learning...**

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- 2. Your mind is wired to love. It's so amazing that when we love God and our spouse we increase memory, intelligence, health and longevity. Love even protects us against depression, anxiety, worry and sickness. Love makes us happy and healthy.

**HIM: After realizing the amazing impact love has on my body, soul and spirit, it encourages me to...**

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**HER: After realizing the amazing impact love has on my body, soul and spirit, it encourages me to...**

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3. Write down three toxic thoughts that come to your mind. What is the core feeling or emotion associated with each of these? Lovingly, listen to your spouse as they share their perspective.

**HIS TOXIC THOUGHTS**

**HIS EMOTIONS**

1. ....	.....
.....	.....
2. ....	.....
.....	.....
3. ....	.....
.....	.....

**HER TOXIC THOUGHTS**

**HER EMOTIONS**

1. ....  
.....
2. ....  
.....
3. ....  
.....

4. The following is a list of some generational family iniquities. Check any trait that is strongly present in your family.

**HIM:**

**HER:**

- |                       |                       |                   |
|-----------------------|-----------------------|-------------------|
| <input type="radio"/> | <input type="radio"/> | Anger             |
| <input type="radio"/> | <input type="radio"/> | Arrogance         |
| <input type="radio"/> | <input type="radio"/> | Argumentativeness |
| <input type="radio"/> | <input type="radio"/> | Critical spirit   |
| <input type="radio"/> | <input type="radio"/> | Selfishness       |
| <input type="radio"/> | <input type="radio"/> | Chauvinism        |
| <input type="radio"/> | <input type="radio"/> | Racism            |
| <input type="radio"/> | <input type="radio"/> | Perfectionism     |



- Materialism
- Sexism
- Physical abuse
- Verbal abuse
- Substance abuse
- Gossip
- Bitterness
- Lying
- Rebellion
- Perfectionism
- Unforgiveness
- Other: .....

*So you can either choose to keep those issues of the past or you can kill those issues. You can wipe them out. You can renew your mind.*

5. From the list above, what undesirable behaviors or attitudes from your upbringing do you repeat as an adult? What effects do these generational iniquities have on your marriage?

**HIM: I repeat these iniquities in my own life...**

1. ....  
.....
2. ....  
.....
3. ....  
.....

**HER: I repeat these iniquities in my own life...**

1. ....  
.....
2. ....  
.....
3. ....  
.....

6. For the significant iniquities you identified, choose a counterbalancing blessing to pass on to your spouse and children from this point forward. (For example, if you inherited a tendency to be cold-hearted toward the suffering, you may choose to pass on a blessing of compassion.) In what practical ways can you model this “blessing” to your spouse and children?

**HIM: I will change my behavior and pass on a blessing by:**

1. ....  
.....
2. ....  
.....
3. ....  
.....

**HER: I will change my behavior and pass on a blessing by:**

1. ....  
.....
2. ....  
.....
3. ....  
.....

7. It's not your past that determines the future. It's your choices that determine the future. Knowing that you can literally re-wire your brain, how does that make you feel about the future?

**HIM: Knowing that I can re-wire my brain, gives me hope that I can overcome...**

.....

.....

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.....

**HER: Knowing that I can re-wire my brain, gives me hope that I can overcome...**

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.....

.....

**Couple Prayer:** *God, today we take control over our minds. We pray that every decision and action would be positive. Whenever we have toxic thoughts we ask that you would bring them into the light so they can be identified and removed from our lives. Father, in the name of Jesus we confess the sin of our parents and grandparents. By the redemptive blood of Jesus Christ, we break the power of every iniquity that we have inherited and learned from our families. Today, we choose blessing for us and for future generations. Amen.*

## Wrap It Up

Your mind is wired to love and be loved. Every part of your brain and body is designed for the positive. God created you for a fulfilling marriage as you and spouse become one together.

Switching on your brain will not happen until you reject the toxic thoughts and generational iniquities that exist to destroy your marriage. Freedom happens when you admit your struggles to God and each other.

Becoming one mind with your spouse requires you to consider your spouse's thoughts and emotions as much as your own. Relating with your spouse always begins in the mind and when you connect, it ends in the deepest part of your being, your heart.

*If you've made bad decisions, and you've now woken up in your marriage, you can say, "It's not going beyond this generation." You can wipe out that negativity.*

*God has given us science  
as a tangible way of  
saying, “What you do  
with the free will that  
I have gifted you, it’s  
either going to put leaves  
of healing in your brain,  
or leaves of destruction.”*