
LIFE

SEMINAR

Where there is no counsel, the people fall; But in the multitude of counselors there is safety.” Proverbs 11:14 NKJV

No marriage is perfect, but there is such a thing as a good marriage. A good marriage does not happen by accident, good marriages take a lot of work. If you want to have a healthy relationship with your spouse, make sure you never neglect the maintenance of your marriage. In this lecture, we will be taking broad brushstrokes as we discuss the topic of marriage. Whether you are married or single, the principles that you learn will encourage you. For those that are not married, by understanding certain variables before you are married, you can save yourself a lifetime of heartache.

A. The probability of divorce is less than 10% when couples agree on these 4 points:

1. _____
2. _____
3. _____
4. _____

Here are additional factors to decrease the odds of divorce:

5. Household income stays over \$_____.

6. You did not have a child prior to _____.

7. You both graduate from _____.

B. If you can apply all _____ to your marriage, your divorce rate drops to less than _____ %.

C. When healthy couples think about their spouse, they focus on the _____ rather than the negative ones.

D. Happy marriages are based on a deep _____.

E. There is a secret weapon that healthy married couples use, and it is called “_____.”

F. Avoid the habit of starting conversations with negativity, or a _____.

The Four Horsemen of the Apocalypse

1. _____

2. _____

3. _____

4. _____

G. _____ is when you feel so overwhelmed by your partner's intense attack on you, that you will do anything to avoid it.

H. When you combine a _____, _____, with constant _____ by the frequent presence of the _____ (criticism, contempt, defensiveness, and stonewalling), the relationship is in _____.

Practical things that you can do in your marriage:

1. _____ for each other and read the Bible or a book on marriage together.

2. Practice _____ a friendship. Take time to do _____ together.

3. Make time for _____ .

Life Group

1. The Bible says, “A man shall leave his father and mother and cleave to his wife, and the two shall become one flesh” (Genesis 2:24). What do you think it means to be “one flesh”?
2. What do you think it means to have a “Christ-centered” marriage?
3. If you had to define “marriage,” what words would you use? What makes marriage unique and different from any other human relationship?

Homework

If you are married or in a relationship, begin praying together and read through a good book on marriage. Take time out of your schedule to foster a close friendship with each other. Remember, your relationships can only be as healthy as you are.

Notes and Action Points