

# MARRIAGE COUNSELING WORKSHEET

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## *Ephesians 5:1-(21-33)*

The success or failure of all counseling depends on your willingness to study, believe and practice what God has given to us in His word. I will help to guide you in the appropriate scriptures but the choice of whether to apply these lessons is up to you. It is also vital that both individuals give their best effort to making sure things work out.

Now here is the promise that brings hope. God wants us to succeed in our marriages! He has made the “homes” that result from marriage the foundation of all that is important. If marriage fails then all else fails. Society, churches, children and the individuals of broken homes pay a tremendous price. The loss of productivity, financial costs, and emotional pain are impossible to anticipate or quantify. It is always best to do the hard work that it takes to reconcile the relationship, but it can be very hard work. Though difficult, it is always worth the effort.

To accomplish the work of reconciliation in the marriage relationship we will need to ensure that we do the following 5 things.

\*\*\*The First Thing we must do is...

### **I. Receive and Give FORGIVENESS (Matt 18:21-35).**

#### a. From the Lord.

- i. It is difficult for people who do not know the Lord to forgive because they themselves have never been forgiven.
- ii. ???Do you know of a time and place when you know that Jesus forgave you for all your sins? Have you ever been; Saved, Born Again, Redeemed, or any other synonym for receiving everlasting forgiveness for your sins? (Luke 7:36-50).

#### b. For your Mate.

- i. God gave the example of forgiving “before” a person is worthy (Romans 5:8). And as we have already seen, He has forgiven us more than we could ever forgive!
  1. NOTE: Someone has to be the first to forgive. Someone is going to have to forgive the most.
  2. !!!Waiting for the other to be sorry “first” is a recipe for disaster.
- ii. NOTE: Those who don’t care enough to give or receive forgiveness have already given up on the relationship. All they can think about is their hurts or desires. They are not motivated to reconcile.
  1. This is usually done by the one who has explored other options.
  2. Be careful to note that this situation is usually a temporary one, your suffering will be later and greater (Galatians 6:7-10; 1 Corinthians 6:7-12).

#### c. From your Mate.

- i. No good can come by wallowing in your sin and failure.
  1. Receive God’s forgiveness and your spouse’s forgiveness as a gift!
  2. Then resolve to live as one who is truly thankful for that forgiveness!
- ii. NOTE: The key is to be thankful!
  1. That you have a patient and loving God.
  2. That you have a patient and loving mate!
- iii. NOTE: If you have violated your mate’s trust they must forgive you to resolve the problem. However, trust that is lost must be rebuilt.

\*\*\* The Second Thing we must do is...

**II. Restore FAITHFULNESS (Matt 6:24-34).** Trust and faith are very closely related. Trust must be rebuilt through faithfulness to God and one's mate.

a. Faithfulness to God (Matt 6:33).

i. Faithfulness to His Word.

1. The Bible provides God's understanding of what will make us happy, healthy and successful.
2. Issues that create marriage problems result from thinking that is contrary to His word.
3. By reading, studying, and memorizing His word, it helps us to change our selfish thinking to His thinking (Isaiah 55:8-11).

ii. Faithfulness to His Assembly.

1. Church is a requirement of God for His children (Hebrews 10:25).
2. Church is a hospital for the human soul. It is there we learn and are challenged to be conformed to His way of thinking (Ephesians 4:17-32).

iii. Faithfulness to His worship (Revelation 4:10-11)..

1. Worship is defined as ascribing worth or value to the one to whom we direct it.
2. Worship in this case is doing what God desires. Being where God desires us to be. And becoming what God would have us to be!
3. True worship must be from the heart (Ephesians 6:6).

b. Faithfulness to your mate.

- i. Being faithful is ascribing worth to your relationship with your mate!
- ii. We rebuild trust by making ourselves accountable.
  1. For our time.
  2. For our spending.
  3. For our whereabouts.
  4. For our friends.
  5. NOTE: If our mate has questions or fears in any of these areas it is best if we abstain or remove ourselves from these people or situations!
  6. When we have rebuilt trust accountability measures can be reduced, but a wise individual keeps them in practice!

\*\*\* The Second Thing we must do is...

**III. Rebuild the FOUNDATION (Psalm 11:3).**

a. Relationship to God.

- i. Salvation (Isaiah 55:6-7).
- ii. Baptism (Romans 6:3-4).
- iii. Communion (1 Cor 11:28-30; 2 Cor 13:5).

b. Relationship with God.

- i. Bible study.
- ii. Prayer.
- iii. Worship.
- iv. Service.

- c. Relationship with spouse
  - i. Start from the beginning.
    - 1. Courtesy.
    - 2. Compliments.
    - 3. Companionship (Time).
  - ii. Stand by your man/woman.
  - iii. Make each other feel safe.
  
- d. Relationship with your children.
  - i. Be Honest.
  - ii. Be Humble.
  - iii. Be Home (Kids need time).
  
- e. Relationship with your Job.
  - i. Work for needs (Proverbs 23:4).
  - ii. Leave work at work.
  - iii. Work as unto love (Ephesians 6:5-8).
  
- f. Relationship with yourself.
  - i. It is hard to love others if you do not love yourself.
  - ii. NOTE: This is another good reason for being in a right relation with God. He loves you with a sacrificial love (John 15:13-17).

\*\*\* The Fourth Thing we must do is...

**IV. Remember the FONDNESS (Song of Solomon 3:11-4:7).**

- a. What do I like about my spouse?
  - i. Looks?
  - ii. Personality?
  - iii. Character?
  - iv. Sense of humor.

- b. What do I love about my spouse?
  - i. Problems overcome?
  - ii. Changes made?
  - iii. Comfort zones?
  - iv. Our children?
  - v. Our accomplishments?

\*\*\*The Final Thing you must do is...\_

**V. Write Five Things I can do to help fix this problem.**

**Generally, a person can easily complete this list if it said what your spouse can do! To be successful you need to examine from your heart what you can do.**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_