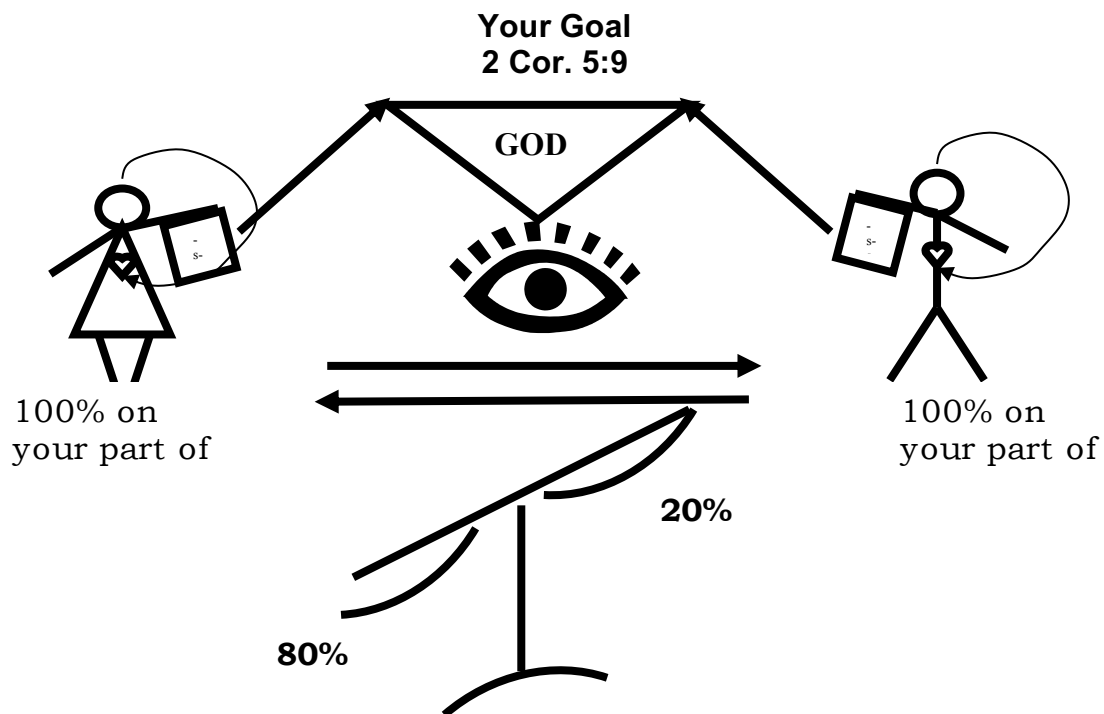


Basic Marriage Counseling

Where to Start? What to Do? How to End?

Session 1

- **So glad you want help!** And so glad you're both willing to work on this together... Just reading your paperwork I got excited and hopeful about what God can do!
- **Walk Through PDIs** – ask questions... Prov. 18:13 “He who answers a matter before he hears it, it's folly and shame to him”
- **Right Goal** – 2 Cor. 5:9



- **Give Hope!** I Cor. 10:13

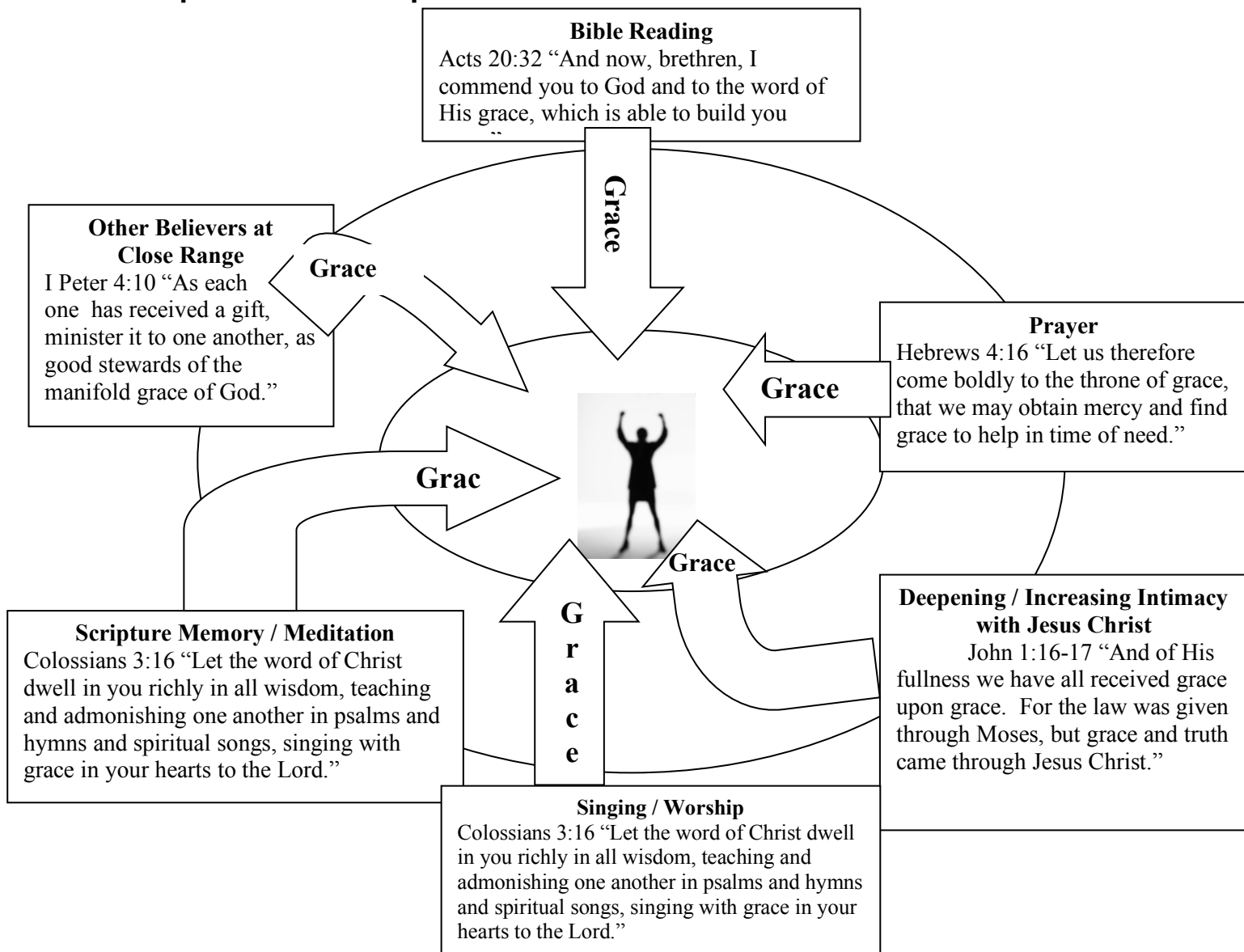
This verse gives you **four promises** that combat the **four most common lies** that Satan tells us when we're struggling in a trial:

- | | | |
|---|------------|---|
| 1. Your trial is not unique – ‘common to man’ | VS. | No one else has ever gone through anything like this before! |
| 2. Your God is faithful - ‘but God is faithful’ | VS. | God's not there for you; He's left you on your own for this one |
| 3. It's not more than you can handle | VS. | This is too much; no one can endure this |
| ‘...not leave you to be tempted beyond what you are able... that you may be able to endure’ | | |
| 4. There is a way out of this | VS. | There's no way out; you're stuck |

If we're going to work together... Four things I'm going to need from you...

1. I need a **learner spirit** from you – You're giving me permission to speak truth into your life, if I see any area that is not in line with biblical truth
2. I need you to do some **homework** every time – this is not the 'Magic Hour'
3. I need some **time** – you didn't get in this situation overnight; we won't get out of it overnight. Typically I'll meet with someone between 12-14 weeks – sometimes a little more; sometimes a little less, depending on how hard they work.
4. I need you to be **broken & desperate enough** to actually be willing to **change** instead of just going through the motions and talking about how hard it is

Explain relationship of Homework and God's Grace!



Homework to Assign:

Listen:

“What Happened to My Dream?” (Deadly Sins – series) OR

‘Laying the Foundation – Marriage Starter Kit’ (Marriage & Mercy – series)

Read:

Marriage – Whose Dream? Booklet by Paul Tripp OR

Adams “What to Do When Marriage Goes Sour” pamphlet

Tim Keller ‘Where Are You Spiritually?’

Memorize: 2 Cor. 5:9

Session 2

Homework to Assign:

Preparatory work for doing a ‘Log List’

Listen to “Solving Problems” (Marriage & Mercy – series)

Read ‘How to Change Your Husband/Wife by Faith’ booklet – James MacDonald

Memorize: I Cor. 10:13

Session 3

Homework to Assign:

Do a ‘Log List’

Read: “Freedom through Forgiveness” booklet – James MacDonald OR

“Forgiving Others” booklet – Tim Lane

Listen:

“Adding Mercy” (Marriage & Mercy – series) OR

“Choosing Forgiveness” (Marriage & Mercy – series) OR

in really tough cases ‘Forgiveness’ 4-sermon series by Milton Vincent, 2014 CDT (A 360 around the cross)

Memorize: Matt. 7:3-5

Session 4

Homework to Assign:

Create a repentance plan for your top 5 sins that your SPOUSE CHOSE for you to be working on (selected from your 'Log List')

Listen to 'Why Does it Hurt So Bad?' (Deadly Sins – series)

Read 'Bitterness' booklet – Lou Priolo

Memorize: Eph. 4:31-32

Session 5

Homework to Assign:

Read "Unrepenting Repenter" by Jim Elliff

Use Repentance Journal (recording Joys and Sorrows each week)

Listen to 'Why Can't I Always be Right (Pride)?' (Deadly Sins – series)

Read 'Pride to Humility' booklet – Stuart Scott

Memorize: James 4:6

Session 6

Homework to Assign:

Use Repentance Journal (recording Joys and Sorrows each week)

Listen: "How Does My Heart Direct My Life?" (Gospel Treason – series)

Read:

'Changing Thought Patterns' booklet – George Sanchez And/OR

'Gospel Treason' book, ch. 9 (teaches: stimuli – thinking – emotions – actions – TEA – character)

Bible Reading / Scripture memory

Memorize: Eph. 4:22-24 or 2 Cor. 10:4-5

Session 7

Homework to Assign:

Use worksheet to identify your top idols

Read: "Motives – Why Do I Do the Things I Do?" Welch – booklet OR

Bigney 'Gospel Treason' book, ch. 7-8 (How to Identify Idols)

Listen: ‘Gospel Treason’ CD ‘How Do I Look for Idols?’
 Use Repentance Journal (recording Joys and Sorrows each week)
 Memorize: James 4:1-3

Session 8

Homework to Assign:

Begin to work on ‘Idol Repentance Plan’ worksheet
 Listen: ‘Why We Fight So Much?’ (Deadly Sins – series) OR
 Read ‘Gospel Treason’ book, ch. 4-5
 Use Repentance Journal (recording Joys and Sorrows each week)
 Bible Reading / Scripture memory

Session 9

4 Types of People that enter into conflict:

Winner	Yielder (people pleaser)
Resolver Biblical Resolve it God’s way	Ignorer (afraid of conflict) This is crazy We’re arguing Forget this

3 Types of Conflicts: Each solution is different

Differences – (not sin) – Forbear/Prefer (Eph. 4:2; Phil. 2-3-4)
 He wants white paint. She wants blue paint. Ballet vs. tractor pull

Sinfulness/Selfishness – Change/Repent

Righteousness Issues – Study: what does Bible say?

ex. Debate over what is right or wrong

ex. parenting – spank or not spank? Tithe or not tithe? Let teen date or not date? Etc.

Homework to Assign:

Read:

‘Conflict’ booklet – Tim Lane OR

‘Communication & Conflict’ – booklet, Stuart Scott OR

‘Can We Talk?’ booklet – Rob Green (show implications / impact of our idols on our communication)

Listen: ‘How Do Idols Wreck My Relationships?’ (Gospel Treason – series)

Use ‘Floor Tile’ exercise

Use Repentance Journal (recording Joys and Sorrows each week)

Memorize: Eph. 4:29

Session 10

Homework to Assign:

Listen:

‘How to Really Love Your Wife’ / ‘How to Really Love Your Husband’ CDs (Built to Last – series)

Read ‘Renewing Marital Intimacy’ booklet – Powlison (And have them sit down for 60-90 minutes to discuss the questions on p. 16-19)\

Use Repentance Journal (recording Joys and Sorrows each week)

Session 11

Homework to Assign:

Listen to ‘How Do I Get Free and Stay Free from Idols?’ (Gospel Treason – series)

Read ‘Gospel Treason’ book, ch. 12 (Y Diagram)

Use Repentance Journal (recording Joys and Sorrows each week)

Memorize: Luke 6:46-49 (House on Rock vs. House on Sand)

Session 12

Homework to Assign:

Set up prayer journal

Write counseling testimony

Complete the written ‘Assessment Before Ending Counseling’ (to clarify what they’ve learned and what their plan is to continue working after we stop counseling)

Memorize 2 Cor. 1:3-4 (God’s going to use you to help others!)