

Possessing The Land



Mountain Top Marriages

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Deuteronomy 1:8

See, I have placed the land before you; go in and possess the land which the Lord swore to give to your fathers, to Abraham, to Isaac, and to Jacob, to them and their descendants after them.

Deuteronomy 4:1

And now, O Israel, listen to the statutes and the judgments which I am teaching you to perform, in order that you may live and go in and take possession of the land which the Lord, the God of your fathers, is giving you.

God taught Israel in the Old Testament how to take possession of the land and how to defeat their enemies.

God teaches us how to take possession of the land of marriage and how to defeat our enemies.

Marriage

I. Described as:

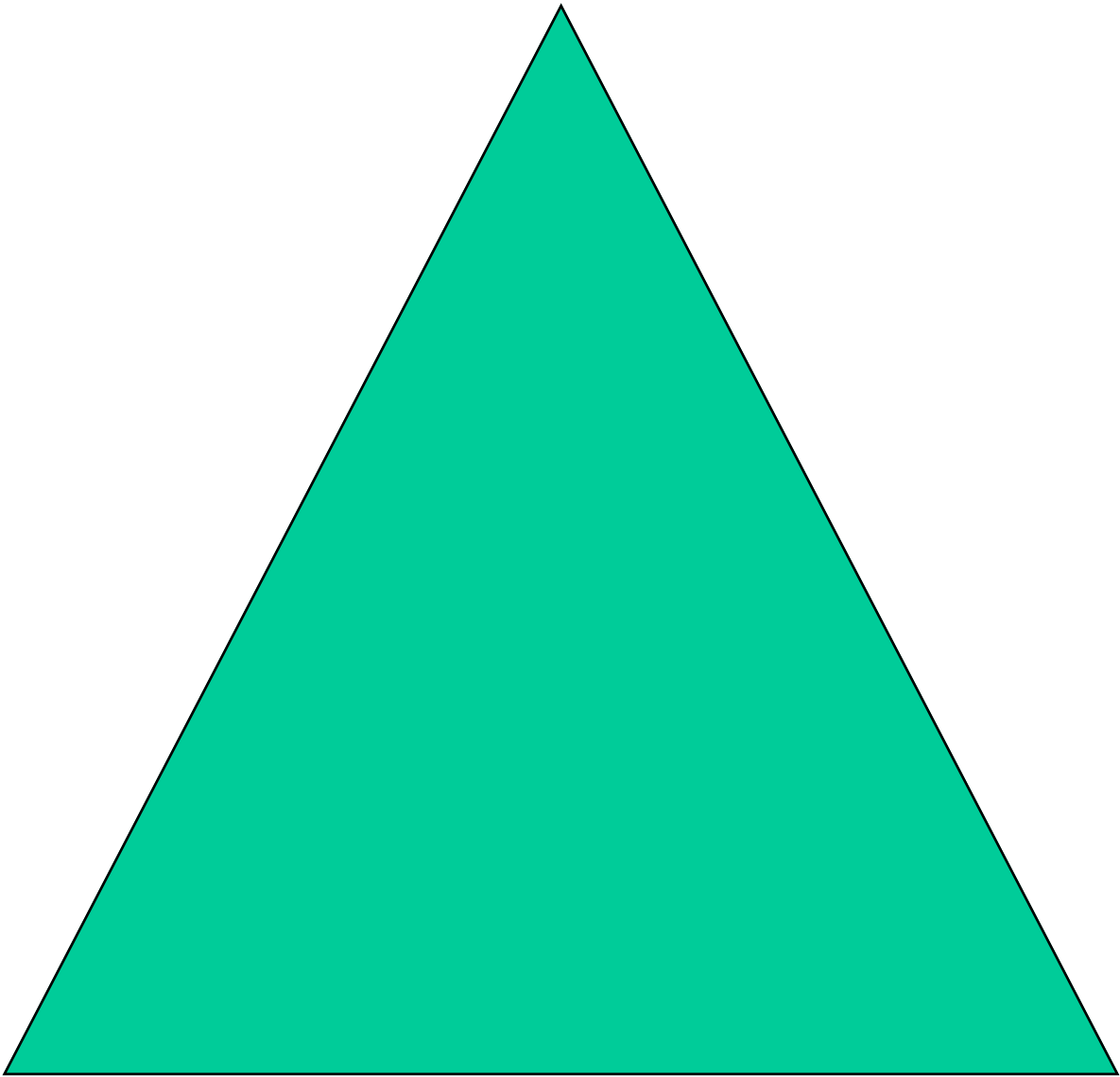
- A. Marriage was instituted by God - Gen. 2:18,22,23
- B. Held in honor among all - Heb. 13:4
- C. A permanent bond - Matt. 19:6
- D. An intimate bond - Matt. 19:4,5
- E. Dissolved by death - Rom. 7:2,3
- F. A means of sexual love - Prov. 5:15-19
- G. Blessed of God for having children - Gen 1:27,28
- H. Centered in love and obedience - Eph. 5:21-33

II. Purpose of:

- A. Man's happiness - Gen. 2:18
- B. Continuance of the race - Gen. 1:28
- C. Godly offspring - Mal. 2:15,16
- D. Prevention of immoral behavior - I Cor. 7:2 & 9
- E. Complete satisfaction - Prov. 5:19

III. Benefits

- A. Favor from the Lord - Prov. 18:22
- B. To enjoy life with the woman you love - a reward in life - Ecc. 9:9



Spirit, Soul, and Body

God is a 3-fold being

God the Father
Jesus the Son
Person of the Holy Spirit

Man is a 3-fold being
(made in God's image)

He is a spirit
He has a mind (soul)
He lives in a body

Marriage is 3-fold

Spirit- Spiritual condition of unit
- Agape love or selfish love

Soul - Mind, will and emotions
- Affects communications

Body - Physical or sexual

Great Expectations

Directions:

1. Rank in order of 1 to 8 what is most important to you in your marriage. (1 is the highest; 8 is the lowest)

2. Rank in order of 1 to 8 what you think is the most important to your mate in your marriage.

MARRIAGE EXPECTATIONS

Husband	Wife	
_____	_____	Security and Love
_____	_____	Friendship
_____	_____	Sex
_____	_____	Understanding and tenderness
_____	_____	Encouragement
_____	_____	Intellectual closeness
_____	_____	Mutual activity
_____	_____	Significance and respect

Begin With Commitments

To establish a one-flesh relationship:

1. Commitment to your _____ vows.
God established marriage as a covenant (Malachi 2:14)
God hates divorce (Mal. 2:16 Matt. 19:3-9)
Divorce is not the answer. Jesus is the answer!
2. Commitment to God being _____ of the marriage.
Have a born again relationship with Jesus Christ
Receive the Holy Spirit
Believe the Word is the absolute truth. (creative power) .
Obey the Word of God
3. Commitment to _____.
Intimate daily prayer time alone and with mate
Pray-reading the Word
4. Commitment to _____, talking, and working on problems.
Understanding each other's differences
Understanding each other's needs and meeting them
5. Commitment to _____.
Physically
Emotionally - hurt, rejection
6. Commitment to have a _____ life.
Keep variety and surprise in relationship
Be tender, loving, and caring
7. Commitment to _____.
 1. God
 2. Mate
 3. Children
 4. Job, Ministry, Friends

Make Jesus the Lord of your time
Do not be over-committed
8. Commitment to change _____ -- not your _____.
I can't change my mate but God can.

One Flesh Concept

Our goal is to establish a "one-flesh" relationship. God's plan for marriage was that two individual people would be joined spiritually by Him to operate as one.

The "one-flesh" concept is taught three specific times in scripture. Once by God himself, once by Jesus, and once by Paul.

God Said: Therefore shall a man leave his father and his mother, and shall cleave unto his wife, and they shall be one flesh.

Genesis 2:24

Jesus Said: Wherefore, they are no more two, but one flesh.

Matthew 19:6

Paul Said: For this cause a man shall leave his father and mother, and shall cleave to his wife, and the two shall become one flesh.

Ephesians 5:31

BIBLICAL COVENANT

1. Exchange of Gifts

Signifying

2. Mixed Blood

Signifying

3. Covenant Meal

Signifying

4. Blessings & Curses

Signifying

5. Monument

Signifying

MARRIAGE

1. Exchange of gifts

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5. Monument

Scriptures to Pray-Read

Phil. 2:2-4.

Make _____ and my joy complete by making us to be of the same mind, maintaining the same love, united in spirit, and intent on one purpose. Help us do nothing from selfishness or empty conceit, but with humility of mind let each of us regard one another as more important than himself. Help us to not merely look out for our own personal interests, but also for the interests of others.

John 13:34.

A new commandment You have given to us- that we would love each other the way that You love us... I pray that I would love _____ the way that You have loved me (with the same kind of agape love).

Romans 5:5.

Thank you, Jesus, that the love of God (agape love) has been poured out within _____ and my hearts through the Holy Spirit who was given to us.

Phil. 1:9.

_____ and I pray that our love may abound still more and more in real knowledge and all discernment.

Prov. 24:3.

Father, I thank you that through skillful and Godly wisdom is my house, (my life, my home, my family) built, and by understanding it is established on a sound and good foundation.

Col. 1:9,10.

Thank you that You are filling us with the knowledge of Your will in all spiritual wisdom and understanding so that we may walk in a manner worthy of You Lord, pleasing You in all respects, bearing fruit in every good work, and increasing in Your knowledge.

1 Peter 3:8,9.

Father, help _____ and I to be harmonious, sympathetic, brotherly, kindhearted, and humble in spirit, not returning evil for evil, insult for insult, but giving each other a blessing instead.

Col. 3:12-14.

_____ and I, who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness, and patience, bearing with one another, and forgiving each other. If either of us has a complaint against the other one, just as the Lord forgave us, so also should we forgive, and beyond all these things we put on love, which is the perfect bond of unity.

Phil. 2:13.

Thank you, God, that You are at work in _____ and me, both to will and to work for Your good pleasure.

Eph. 4:32.

We will be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven us.

1 Cor. 13:4-8.

Substitute your names every time the word "love" is used.

Responsibilities

Man			Woman
Head	Eph. 5:23	Helper	Gen. 2:18
Protect & Provide	Gen. 2:15	Gives Life	Gen. 3:20
Leader & Administrator	1 Tim. 3:4	Pray for Husband	1 Tim.2:1-3
Love Wife 0As love self	Eph.5:28,33	Respect Husband	Eph. 5:33
Be submissive & follow Christ	I Cor. 11:3	Be submissive & follow Husband	I Cor. 11:3

Both are responsible

Eph. 5:21 And be subject (submissive) to one another in the fear of Christ.

The Qualities of a Husband With Shepherd-Like Authority

Fears the Lord

Knows the Word

Has a vital relationship with God, the Father, through prayer

Loves me as Christ loves the church

Shepherds me

Forgives me

Guides me and leads me to green pastures and still waters

Protects me

Needs me

Prefers me

Provides for me

Accepts me

Adores me

Wife Respect And Reverence Your Husband

RESPECT- to feel or show specific regard & esteem
consideration, appreciation

REVERENCE- a profound feeling of awe and respect

NOTICE- perception & observation, special attention

REGARD- to look at closely, watch

HONOR- esteem & respect, recognition, distinction

PREFER- to select as being more desirable and favored

VENERATES & ESTEEMS- respect, to prize, regard highly

DEFERS- to comply with, respect or submit to the wishes,
opinion, or decision of another.

PRAISES- to express approval or admiration for

LOVES- intense affection and attraction

ADMIREES- giving of praise, to regard with wonder and delight

Man 's Needs

1. Needs respect (to be recognized as the one in authority)
2. Needs to be the provider (to be the financial provider and to be fulfilled in his occupation)
3. Needs wife to satisfy his sexual desires and drives (seeing flesh, and having regular exciting intercourse)
4. Needs approval and praise (to be built up)
5. Needs a wife who is grateful and thankful for his efforts around the house.
6. Needs understanding
7. Needs affection and touching at times besides just when having intercourse.
8. Needs to be listened to, not just "talked at".
9. Needs wife to verbally communicate her feelings.
10. Needs a wife that believes in him.
11. Needs quality time with Jesus and Bible reading.
12. Needs wife to intercede and help him with spiritual problems.
13. Needs a wife that understands Biblical submission and knows how to appeal to him as the authority or spiritual head.
14. Needs a wife who is concerned about her appearance (inside and outside).
15. Needs an area of retreat that is his resting place.
16. Needs a wife that can be trusted.
17. Needs an outlet for adventure.
18. Needs to be able to fail and still be accepted.
19. Needs a wife who spends time in the Word.

Woman 's Needs

1. Needs intimate communication (to be listened to; needs husband to share on a feelings level).
2. Needs understanding.
3. Needs Godly advice from husband acting as Spiritual head.
4. Needs companionship (husband to be her best friend).
5. Needs to be protected and kept.
6. Needs to have her emotional needs fulfilled and respected.
7. Needs to be thanked, complimented, and appreciated (praise).
8. Needs to know that she is first before all other women, people, and things in husband's life.
9. Needs to be fulfilled in sex (satisfied during intercourse).
10. Needs affection other than sexual touching.
11. Needs to be wooed (romanced with candles, music).
12. Needs presents or gifts (just because she is loved).
13. Needs dates with husband.
14. Needs time alone with Jesus and to be by herself.
15. Needs to see husband in Word and sharing it with the kids.
16. Needs to be fulfilled through her man.
17. Needs outings and shopping times.
18. Needs man to be observant and take care of things around the house that need to be fixed.
19. Needs satisfaction in house keeping (husbands pick up your own socks and clothes).
20. Needs hugs and kisses and lots of tender-loving-care.

My Needs

Directions:

Working individually, write a list of your personal needs. Or, you may copy the number of a specific need as it is shared during the teaching. After you finish your list, we will be using it in an exercise.

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Life Priorities

Directions:

Many mates feel that "everything and everyone else" is more important to their mate than they are.

Rank in order from 1 to 6 the people or things that are most important to you (1 is the highest; 6 is lowest).

Rank in order who or what you think is most important to your mate.

Husband	Wife	
_____	_____	Job, Ministry
_____	_____	Hobbies
_____	_____	God
_____	_____	Children
_____	_____	Mate
_____	_____	Friends

Directions:

Complete the following sentence by writing out several specific ways you can begin to make your mate more important and more valuable than your work, hobbies, friends or even your children.

Starting today, my mate is more important than anything on this earth and I will show my mate this by ...

Examples: asking forgiveness
spending more time talking and praying
ask their advice or help

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Begin With Commitments

Directions:

When you make a commitment to do something, you are actively making a decision or a choice to be responsible for, or to do, or to perform certain things. The first step to any change is a determined commitment to work on a common purpose.

We had to work at rebuilding and recreating love in our marriage. The key word was "obedience". We had to daily "choose" to be committed. Commitment is an ongoing process. We are still committed to "work" on our marriage commitments.

Look over the notes entitled "Begin With Commitments". Discuss these commitments with your mate. List the ones that you will personally be willing to work on during the meetings. Then pray the following prayer of commitment. (Husbands, read the prayer out loud to your wife, then wives read the prayer out loud to your husband.

Prayer of Commitment

Father, I choose to be committed to my marriage and to my mate. I want to know more about your scriptural principles that tell me how to become "one flesh" with my mate in spirit, soul, and body. I want Your best for my marriage and my home.

I will build my marriage on a solid foundation and I will be committed to working on the following areas: (specifically name the areas to which you will commit yourself).

Spiritual Warfare Scriptures

II Corinthians 10:3-5

For though we walk in the flesh, we do not WAR according to the flesh, for the WEAPONS of our WARFARE are not carnal (of the flesh) but mighty (Powerful) through God for the pulling down of strongholds; casting down imaginations and every high thing that exalts itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.

Ephesians 6:10-18

Finally, be strong in the Lord, and in the strength of His might. PUT ON THE FULL ARMOR OF GOD that you may be able to stand firm against the schemes of the devil. For our STRUGGLE is NOT AGAINST FLESH AND BLOOD, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. Therefore, take up the full armor of God, that YOU MAY BE ABLE TO RESIST in the evil day, and having done everything to stand firm. STAND FIRM therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; in addition to all, taking up the shield of faith with which YOU WILL BE ABLE TO EXTINGUISH ALL THE FLAMING MISSILES OF THE EVIL ONE. And take the helmet of salvation, and the sword of the Spirit, which is the Word of God, with all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints.

Spiritual Warfare Steps

1. Recognize your position "in Christ" - power and authority
2. Discern the enemy - Identify the giants
3. Renounce the enemy spirits
4. Use the spiritual weapons
(Word, Name, Blood, Testimony, Praise)
5. Be filled with the Spirit - let the Holy Spirit be in control.

Who I am in Christ

I am:

1. A child of God (Romans 8:16)
2. Forgiven (Colossians 1:13,14)
3. Saved by grace through faith (Eph. 2:8)
4. Justified (Romans 5:1)
5. Sanctified (Heb. 13:12)
6. Redeemed from the hand of the enemy (Psalms 107:2)
7. Redeemed from the curse of the law (Gal 3:13)
8. A new creature (II Cor. 5:17)
9. The temple of the Holy Spirit (I Cor. 6:19)
10. Delivered from the power of darkness (Col. 1:13)
11. Led by the Spirit of God (Romans 8:14)
12. A son of God (Romans 8:14)
13. A saint (Romans 1:7)
14. The head and not the tail (Deut. 28:13)
15. Kept in safety wherever I go (Psalms 91:10,11)
16. Getting all my needs met by Jesus (Philippians 4:19)
17. Casting all my cares on Jesus (I Peter 5:7)
18. Strong in the Lord and in the power of His might (Eph. 6:10)
19. Doing all things through Christ who strengthens me (Phil. 4:13)
20. An heir of God and joint heir with Jesus (Romans 8:17)
21. Heir to the blessing of Abraham (Gal. 3:13,14)
22. Holy and without blame before Him (I Peter 1:16)
23. Victorious (Rev. 21:7)
24. Set free (John 8:31-33)
25. Sealed with the Holy Spirit of promise (Eph. 1:13)
26. Accepted in the beloved (Eph. 1:6)
27. Complete in Him (Col. 2:10)
28. Crucified with Christ (Gal. 2:20)
29. Alive with Christ (Eph. 2:5)
30. Free from condemnation (Romans 8:1)
31. Reconciled to God (II Cor. 5:18)
32. Observing and doing the Lord's commandments (Deut. 28:1)
33. Blessed coming in and blessed going out (Deut. 28:6)
34. An heir of eternal life (I John 5:11,12)
35. Blessed with all spiritual blessings (Eph. 1:3)
36. Healed by His stripes (I Peter 2:24)
37. Exercising my authority over the enemy (Luke 10:19)
38. Above only and not beneath (Deut. 28:13)
39. More than a conqueror (Romans 8:37)
40. Establishing God's Word here on earth (Matthew 16:19)
41. An over comer by the blood of the Lamb (Rev. 12:11)
42. An overcome by the word of my testimony (Rev. 12:11)
43. Daily overcoming the devil (I John 4:4)

44. Firmly rooted, built up, established in my faith (Col. 2:7)
45. Circumcised with the circumcision made without hands (Col. 2:11)
46. A fellow citizen with the saints (Eph 2:19)
47. Built upon the foundation of Jesus Christ (Eph. 2:20)
48. In the world as He is in heaven (I John 4:17)
49. Born of God and the evil one does not touch me (I John 5:18)
50. His faithful follower (Eph. 5:11)
51. His disciple because I have love for others (John 13:34,35)
52. The salt of the earth (Matthew 5:13)
53. Called of God (II Tim. 1:9)
54. Not moved by what I see (II Cor. 4:18)
55. Walking by faith and not by sight (II Cor. 5:7)
56. Casting down vain imaginations (II Cor. 10:4,5)
57. Bringing every thought into captivity (II Cor. 10:5)
58. Being transformed by renewing my mind (Romans 12:1,2)
59. A laborer together with God (I Cor. 3:9)
60. The righteousness of God in Christ (II Cor. 5:21)
61. An imitator of Jesus (Eph. 5:1)
62. The light of the world (Matthew 5:14)
63. Blessing the Lord at all times (Psalm 34:1)
64. Dead to sin but alive unto righteousness (I Peter 2:24)
65. Chosen (I Thess. 1:4)
66. An ambassador for Christ (II Cor. 5:20)
67. God's workmanship created in Christ Jesus (Eph. 2:10)
68. Created in God's image and I am VERY GOOD (Gen. 1:31)
69. The apple of My Father's eye (Deut. 32:10)
70. Being changed into His image (II Cor. 3:18)
71. Raised up with Christ and seated in heavenly places (Col. 2:12)
72. Beloved of God (Col. 3:12)
73. One in Christ! (John 17:21-23)
74. Fearfully and wonderfully made (Psalms 139:14)
75. Christ's friend (John 15:15)
76. A slave of righteousness (Romans 6:18)
77. Chosen & appointed by Christ to bear His fruit (John 15:16)
78. United to the Lord and one spirit with Him (I Cor. 6:17)
79. Enslaved to God (Romans 6:22)
80. The true vine, a channel of Christ's life (John 15:1,5)
81. A son of God and one in Christ (Gal. 3:26,28)
82. Hidden with Christ in God (Col. 3:3)
83. A son of light and not of darkness (I Thes. 5:5)
84. A member of Christ's body (I Cor. 12:17; Eph. 5:30)
85. Chosen of God, holy and beloved (Col. 3:12)
86. A holy partaker of a heavenly calling (Heb. 3:1)
87. An expression of the life of Christ - He is my life. (Col. 3:4)
88. An enemy of the devil (I Peter 5:8)
89. Will resemble Christ when He returns (I John 3:1,2)
90. An alien and stranger to this temporary world (I Peter 2:11)
91. A living stone, being built up in Christ as a spiritual house (I Peter 2:5)

92. A partaker of Christ, I share His life (Heb. 3:14)
93. A member of a chosen race, a royal priesthood, a holy nation, a people for God's own possession (I Peter 2:9,10)

I HAVE:

1. The mind of Christ (Phil 2:5)
2. Obtained an inheritance (Eph. 1:11)
3. Access by one Spirit unto the Father (Heb. 4:16)
4. Overcome the world (I John 5:4)
5. Everlasting life and will not be condemned (John 5:24)
6. The peace of God which passes understanding (Phil 4:7)
7. Received power (Mark 16:17,18) (Luke 10:17,19)
 - the power of the Holy Spirit
 - power to lay hands on the sick and see them recover
 - power to cast out demons
 - all power over the enemy and nothing shall hurt me
8. Received the Spirit of God to know things freely given to me by God (I Cor. 2:12)
9. Been crucified with Christ. No longer I live, Christ lives in me. (Gal. 2:20)
10. Been redeemed and forgiven of all my sins. The debt against me has been canceled (Col. 1:14)
11. The right to come boldly before the throne of God to receive mercy and find grace to help in time of need (Heb. 4:16)
12. A Spirit of power, love, and self-discipline (2 Tim. 1:7)
13. Been blessed with every spiritual blessing (Eph.1:3)
14. Access to the gifts of the Holy Spirit (I Cor. 12:7)
15. Been given precious and magnificent promises by God, by which I am a partaker of God's divine nature. (2 Peter 1:4)

Giant Spirit Grouping

<u>Bitterness</u>	<u>Withdrawal</u>	<u>Persecution</u>	<u>Impatience</u>	Resentment
Hatred	Pouting	Unfairness	Agitation	
Unforgiveness	Daydreaming	Fear of judgment	Frustration	
Violence	Fantasy	Fear of condemnation	Intolerance	
Temper	Pretension	Fear of accusation	Resentment	
Anger	Unreality	Fear of reproof	Criticism	
Retaliation	<u>Escape</u>	Sensitiveness	<u>Perfection</u>	
Murder	Indifference	<u>Doubt</u>	Pride	
<u>Rebellion</u>	Passivity	Unbelief	Vanity	
Self-will	Sleepiness	Skepticism	Ego	
Stubbornness	Alcohol	<u>Confusion</u>	Frustration	
Disobedience	Drugs	Frustration	Criticism	
Anti-submissiveness	Stoicism	Incoherence	Irritability	
			Intolerance	
			Anger	
<u>Strife</u>	<u>Depression</u>	<u>Indecision</u>		
Contention	Despair	Procrastination	<u>Fatigue</u>	
Bickering	Despondency	Compromise	Tiredness	
Argument	Discouragement	Confusion	Weariness	
Quarreling	Defeatism	Forgetfulness	Laziness	
Fighting	Dejection	Indifference		
	Hopelessness		<u>Covetousness</u>	
<u>Control</u>	Suicide	<u>Self-deception</u>	Stealing	
Possessiveness	Death	Self-delusion	Kleptomania	
Dominance	Insomnia	Self-seduction	Material lust	
Witchcraft	Morbidity	Pride	Greed	
			Discontent	
<u>Retaliation</u>	<u>Passivity</u>	<u>Mind-Binding</u>		
Destruction	Indifference	Confusion	<u>Guilt</u>	
Spite	Listlessness	Fear of man	Condemnation	
Hatred	Lethargy	Fear of failure	Shame	
Sadism		Occult spirits	Unworthiness	
Hurt	<u>Heaviness</u>	Spiritism spirits	Embarrassment	
Cruelty	Gloom			
	Burden	<u>Mind Idolatry</u>	<u>Self-accusation</u>	
<u>Accusation</u>	Disgust	Intellectualism	Self-hatred	
Judging		Rationalization	Condemn self	
Criticism	<u>Worry</u>	Pride		
Faultfinding	Anxiety	Ego	<u>Gluttony</u>	
	Fear		Nervousness	
<u>Rejection</u>	Dread	<u>Fears</u>	Over eating	
Self-rejection	Apprehension	Phobias	Resentment	
Fear of rejection		Hysteria	Frustration	
<u>Nervousness</u>	<u>Insecurity</u>	<u>Fear of Authority</u>	Self-pity	
Tension	Self-pity	Lying	Self-reward	
Headache	Loneliness	Deceit		
Nervous habits	Timidity			

<u>Jealousy</u>	<u>Pride</u>	<u>Sensitiveness</u>	<u>Cursing</u>
Envy	Ego	Self-awareness	Blasphemy
Suspicion	Vanity	Fear of man	Coarse jesting
Distrust	Haughtiness	Fear of Disapproval	Gossip
	Self-righteousness		Criticism
<u>Death</u>	Importance	<u>Cults</u>	Backbiting
Murder	Arrogance	Jehovah' Witnesses	
Suicide		Christian Science	<u>Sexual Impurity</u>
Abortion	<u>Mental Illness</u>	Rosicrucianism	Lust
	Insanity	Theosophy	Fantasy lust
<u>Occult</u>	Madness	Urantia	Masturbation
Ouija board	Mania	Subud	Lesbianism
Palmistry	Retardation	Latihan	Adultery
ESP	Senility	Unity	Fornication
Hypnotism	Hallucinations	Mormonism	Incest
Horoscope	Paranoia	Bahaism	Harlotry
Astrology	Schizophrenia	Unitarianism	Rape
Levitation		(Lodges, societies	Exposure
Handwriting analysis		& social agencies	Frigidity
Automatic handwriting		using the Bible	Homosexuality
Fortune Telling		as a basis but	Pornography
Water witching		omiting the atonement	
Tarot cards		of Jesus Christ)	
Pendulum			
Fetishes		<u>Religious</u>	
Witchcraft		Ritualism	
Black magic		Formalism	
White magic		Legalism	
Conjuration		Doctrinal Obsession	
Incantation		Fear of Lost Salvation	
Charms		Doctrinal Error	
		Fear of God	
		Fear of Hell	
<u>False Religions</u>			
Buddhism			
Taoism			
Hinduism			
Islam			
Shintoism			
Confucianism			

Weapons for Warfare

II Corinthians 10:3,4

For though we walk in the flesh, we do not war after the flesh. (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds.)

1. The Word of God
2. The Name of Jesus
3. The Blood of Jesus
4. The word of our testimony
5. Praise
6. Repentance -- Confess sin

Emotional Healing Steps

1. Find the Truth in the Word about who you are "in Christ"
2. Through communications, talk about the past.
3. Recognize the giant spirits that came into you during hurtful times. (Demonic strongholds or lying spirits that control your mind, your thinking, and your present actions because of past hurt).
4. Renounce the spirits.
5. Forgive the people that hurt you.
6. Ask the Lord to heal your emotions (mind) or the painful hurt of the situations.

Conversation Items

I. The Past

- A. If you can't remember, pray and ask the Holy Spirit to help you remember the past. We many times repress memories, but they still affect the present.
- B. As hurtful things come up, ask Jesus to heal them. Choose to forgive those people in your past.
- C. Discuss what your childhood was like from the earliest age possible. Did you feel loved, accepted, or inferior? Was there physical touching, encouragement, or loneliness? Share memories of good times and bad times.
- D. Share the following things about your childhood:
 - 1. Fears
 - 2. Insecurities
 - 3. School days
 - 4. Teachers- good and bad experiences
 - 5. Grades
 - 6. Boyfriends
 - 7. Girlfriends
 - 8. Hurts
 - 9. Disappointments
 - 10. Goals
 - 11. Achievements
 - 12. People that teased or made fun of you
 - 13. Hopes
 - 14. Dreams
 - 15. Shattered Dreams
 - 16. Embarrassing situations

II. The Present

- A. In sharing, see if you can see any parallels of feelings and attitudes, from the past and present.
 - 1. Many times you are reacting in the present to something that happened in your past.
 - 2. As you find those areas - pray about them - ask for forgiveness, deliverance, and for a healing of the memories that hurt.
- B. Use the feeling formula as you share.

C. Be honest. Talk about both positive and negative areas.

D. Suggested topics of discussion:

1. Your job
2. The children
3. In-laws and relatives
4. Financial situation
5. Your house
6. Personal and spiritual concerns and goals
7. Your likes and dislikes
8. Your favorite kind of foods
9. What you like to wear
10. What you like to see your mate wear
11. Favorite colors
12. What you'd like to receive as a small gift of appreciation
13. Your music tastes
14. Vacations
15. Things that make you feel inferior
16. Things that make you feel rejected
17. Things that make you feel happy
18. Things that make you feel accepted
19. Your sex life - likes, dislikes, needs, fears, insecurities.
20. Plans for spiritual growth - devotions, Bible reading, etc.

Directions:

Place a check beside the deepest level of communication that took place between you and your mate in a typical week before the seminar.

- Cliché or casual conversation
- Reporting of facts
- Ideas and judgments
- Feelings and emotions
- Open, honest sharing on a deep personal level

Name one topic of conversation on which you and your mate need to communicate on a deeper level.

How do you feel because you can't communicate about this topic?

What could you do to communicate on a deeper level in this area?

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List of Feeling Words

LOVE, AFFECTION, CONCERN

admired	adorable	affectionate	agreeable	altruistic
amiable	benevolent	benign	brotherly	considerate
charitable	comforting	congenial	conscientious	caring
cooperative	cordial	courteous	dedicated	devoted
empathetic	fair	faithful	forgiving	friendly
generous	genuine	giving	good	helpful
honest	honorable	hospitable	humane	interested
just	kind	kindly	lenient	lovable
loving	mellow	mild	moral	neighborly
nice	obliging	open	optimistic	patient
peaceful	pleasant	polite	reasonable	receptive
reliable	respectful	sensitive	sympathetic	sweet
tender	thoughtful	tolerant	truthful	trustworthy
understanding	unselfish	warm		

JOY, ELATION

amused	blissful	brilliant	calm	cheerful
comical	contented	delighted	ecstatic	elated
elevated	enchanted	enthusiastic	exalted	excellent
glorious	fantastic	fit	gay	glad
happy	good	grand	gratified	great
jubilant	humorous	inspired	jovial	joyful
pleased	magnificent	majestic	marvelous	overjoyed
splendid	pleasant	proud	satisfied	triumphant
	terrific	thrilled	tremendous	superb
excited	vivacious	wonderful		

ADEQUACY

able	adequate	assured	authoritative	bold
caring	capable	competent	confident	courageous
energetic	determined	durable	dynamic	effective
hardy	fearless	firm	forceful	gallant
intense	healthy	heroic	important	influential
secure	manly	mighty	powerful	robust
stouthearted	sharp	skillful	spirited	stable
strong	sure	tough		

DISTRESS

afflicted	anguished	awkward	baffled	bewildered
clumsy	confused	constrained	disgusted	disliked
displeased	dissatisfied	distrustful	disturbed	doubtful
foolish	impaired	impatient	imprisoned	lost
offended	futile	grieved	helpless	hindered
sickened	pained	perplexed	puzzled	ridiculed
suspicious	silly	tormented	touchy	swamped
unlucky	unpopular	unsatisfied	unsure	ungainly

FEAR, ANXIETY

afraid	agitated	alarmed	anxious	apprehensive
bashful	desperate	dread	embarrassed	fearful
fidgety	frightened	hesitant	horrified	insecure
intimidated	jealous	jittery	jumpy	nervous
on edge	overwhelmed	panicky	restless	scared
shaky	shy	strained	tense	terrified
timid	uncomfortable	uneasy	worrying	

INADEQUACY

deficient	demoralized	cowardly	crippled	defective
fragile	frail	harmless	helpless	impotent
inadequate	incapable	incompetent	ineffective	inept
inferior	insecure	meek	powerless	puny
shaken	shaky	sickly	small	trivial
unable	uncertain	unfit	unimportant	unqualified
unsound	useless	vulnerable	weak	

ANGER, HOSTILITY, CRUELTY

agitated	aggravate	aggressive	angry	annoyed
arrogant	belligerent	biting	blunt	bullying
callous	combative	contrary	cool	cranky
cross	cruel	disagreeable	enraged	envious
fierce	furiosus	hard	harsh	hateful
hostile	impatient	inconsiderate	insensitive	intolerant
irritated	mad	mean	nasty	obstinate
outraged	perturbed	resentful	rough	rude
savage	severe	spiteful	vicious	vindictive

* taken from Marriage Encounter

Mirroring or Reflecting Your Feelings Exercise

Directions:

Do this exercise together.

1. Have one mate speak or communicate a simple statement that begins with the word "I" that describes a thought or feeling. Now, try to describe the feeling by using a word picture.
2. Have the mate that was listening then repeat or "mirror back" what was said.
 - a. If the first speakers sentence was too complex for the listener, ask for a simplification.
 - b. If understood, then repeat what you heard.
 - c. Ask - "Did I correctly understand what you said and felt?"
3. The first speaker then responds by saying "yes, you did," or by making a clarifying statement to correct the message. This process continues until the message has been accurately communicated.
4. Switch roles. Practice this technique until you become familiar with the process.

Feelings Formula

The formula provides a way to share your feelings and your emotions without attacking the other person.

You do this first of all by saying:

1. I need to tell you how I feel. I feel _____.

After you have stated how you feel - ask your mate to tell you how they feel.

2. How do you feel about what I just said?

After your mate or the other person has expressed their feeling, then go to step 3 and speak honestly about what you need and want - say:

3. I need _____. I want _____.

Rules to follow:

1. Always use "I" - Never use "you" statements

"You" messages are attacks, criticisms, and they devalue. They end up in strife.

2. Be responsible for your own feelings

3. Always be honest and open with your feelings - but express them in a quiet and respectable manner.

Feelings Formula Exercise

A wife is feeling insecure, rejected and inferior when her husband puts her down in public. He makes jokes about her weight and tells people that she does not know how to cook. She is always afraid of what he will say next. They have just returned home from a social event. She is feeling hurt, angry, and feels like crying. Wives, pretend you are the hurt wife and use the feelings formula to tell the husband how you feel.

She wants and needs her husband to appreciate her, to respect her, to encourage her, and to praise her publicly, so that she can feel peace and joy when being with him at public social events.

The husband realizes that he does tease and knows that it is wrong. However, he also feels insecure when he gets out in public. The truth is that he resents the fact that he has to cook his own meals. He feels frustrated about the money they spend going out to eat. He teases her to make himself look and feel better.

He wants her to be open to learning how to cook and he needs her to build him up verbally and respect him in public also.

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Feelings Formula and Conflict

The husband and wife both have an eight hour job working outside the home. Every day when the man leaves work he looks forward to a relaxing evening at home. However, almost every day when he gets home at 6:00 p.m. his wife and kids are just returning home from the baby sitter. This night is typical. The breakfast dishes are still on the table, the house is a shambles, the kids are fighting, the phone is ringing, and supper hasn't been started. The wife asks the husband to go to the grocery store (which is 10 minutes back the same direction that he came from on the way home from work). She asks him to take the kids with him, so that she can talk to the person that just called her on the phone.

The man is very angry because he wanted to watch the evening news. He stomps out of the house mad at the kids and mad at his wife, and the tone of the evening is set.

The wife is feeling frustrated, tired, overwhelmed, over committed and rejected now that her husband is mad at her.

The husband is an organizer and he is feeling angry at his wife's lack of organization and lack of discipline of the children because of their fighting and because of the dirty house. He is also feeling tired, frustrated, hungry and mad that he has to go buy groceries before he can eat supper and relax.

Have the man begin the feelings formula and come up with a solution to this problem.

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Questionnaire

1. Are you inhibited in communicating honestly and openly with your (wife/husband)? Are you comfortable in sharing your feelings as well as your thoughts?

_____ yes

_____ no

_____ sometimes

2. In what ways would you like your (wife/husband) to let you know you are appreciated and accepted?

1.

2.

3.

3. How does your (wife/husband) sometimes make you feel rejected?

1

2.

3.

4. When your (wife/husband) shares a feeling with you, do you ever laugh at, criticize, or try to convince (him/her) that they are wrong?

After you have filled this out and discussed the answers, PRAY TOGETHER AND ASK JESUS to help you "listen" to what your mate is saying and not to make light of things that have been shared. Ask Jesus to change YOU (not the other person), to help you become a better communicator.

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Sexual Attitude Test

The biggest problems in the area of sex today are due to boredom and inhibitions. To help you determine your attitudes in this area, take the S.A.T.

1. Do you enjoy your physical relationship with your mate?
2. Do you think he/she enjoys it also?
3. Do you look forward to the next time of physical intimacy?
4. Has your mate told you that he or she is satisfied with your sexual relationship?
5. Are you satisfied with your sexual relationship?
6. Do you both initiate lovemaking from time to time?
7. Do you plan special times to be alone together?
8. Do you use other situations for intercourse other than in the bedroom, under the covers, with the lights off?
9. Have you gone away overnight with your mate in the last six months for the purpose of enjoying each other?
10. Have you indicated to your mate verbally that you desire him or her in the last two weeks?

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SEX

The Spiritual Part of Sex

- A. Sex should be _____.
- B. Sex is _____ and _____.
- C. God _____ sex.
- D. Sex is to be _____.
- E. Sex is to be _____ and _____.
- F. Sex is to be set apart for _____ only.
- G. Sex should be bathed in _____ love.

The Soul Part of Sex

- A. Sex and communications are the _____ of the same coin.
- B. In order to meet the wife's emotional needs the husband must _____ with his wife.
- C. Sex is an _____ for a woman.
- D. The two most important aspects of meeting a woman's emotional needs are to _____ to her and to _____ with her.
- E. Beware of _____ relationships.

The Body Part of Sex

- A. The sexual act should be _____, _____ and _____ to both partners.
- B. If sex is not exciting and fulfilling there are usually three causes:
 - 1. _____ or _____
 - 2. _____
 - 3. _____
- C. We must learn to be creative lovers.

Establishing A Creative Love Life

Go through the following checklist. Check yourself first, then check how you think your wife/husband would rate the list. The following statements are designed to help you evaluate your own attitudes toward the sexual relationship in marriage. Your answers can bring new depths of communication.

Fill in the blanks with the following:

- (O) Often
- (S) Sometimes
- (R) Rarely
- (N) Never

<u>Husband</u>	<u>Wife</u>	
_____	_____	I enjoy our sexual relationship.
_____	_____	I help my mate to respond sexually. men - foreplay, meeting her emotional needs women - dress, being sensuous
_____	_____	My priorities and time management interfere with our sexual relationship. wife-overtired husband-busy
_____	_____	I take the initiative in lovemaking.
_____	_____	I try to be creative in this area.
_____	_____	I know what pleases my mate.
_____	_____	I am a tender lover. I give instead of take.
_____	_____	I set the atmosphere for lovemaking - music, candles, perfume, etc.
_____	_____	I make it easy for my mate to talk about our sexual relationship.
_____	_____	I let my mate know that I desire him/her and WHEN.
_____	_____	I am willing to work on areas in our sexual relationship that need improvement.

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Establishing a Creative Love Life

Here are some practical ways to overcome boredom and to rekindle excitement in your sexual relationship.

1. Be available. Schedule - Priority - Think - Work
2. Be willing to take the initiative.
3. Plan specific times - weekend away - couple hours each week to be completely alone - go on dates.
4. Redo your bedroom - Change your furniture - Buy lots of candles - Put a dimmer switch on your light - Buy some mirrors.
5. A must for women - Have a lock installed on your bedroom door.
6. Read books together on the subject of sex. Read a Bible passage from Song of Solomon before you have sex.
7. Check your wardrobe. Holey bathrobes and underwear are NOT sexy!
8. Be physically attractive for your mate - exercise together!
9. Kidnap your mate - SURPRISE is the key to success!
10. Call your mate to let them know you love and desire them.
11. Husband give your wife an evening off. Clean the kitchen - put the kids to bed while she takes a hot bubble bath. Add candles to the bathroom. She will feel like a queen ready to come to the king's chambers.
12. Write your mate a love letter and mail it.
13. Give your mate an all-over body massage with lotion.
14. Spend at least one hour talking and making S L O W love.
15. Have your mate verbalize what pleases them while you are making love.
16. Give your mate an unexpected gift because you love them.
17. Buy a new mood music tape or cd/dvd.
18. Listen to praise music while making love!
19. Tell your mate verbally 10 reasons why you love them.
20. Get out of your rut and get out of the bedroom! Make love in the fireplace room, camper, kitchen - anywhere - anytime.
21. Take baths and showers together.
22. Be creative - don't wear the same nightclothes to bed night after night! Try nude!
23. Especially for women - Fix up different sexy outfits that would allure your husband away from T.V./etc. and into bed!

The Love Basket

Dear Lovers,

Every good marriage needs a love basket. It represents God's kind of love which is agape love. Agape love is a love that gives instead of takes. A love basket represents the act of "giving love to your mate". It represents giving to each other completely in the areas of body, soul, and spirit.

When sharing the love basket, you give love in the "soul" area by taking time to be alone and by communicating on a deep caring and sharing level. You give love in the "spiritual" area by learning to become one-in-spirit as you pray together, read the Bible together or read and share a good Christian book together. You give love in the "body" area by giving to each other physically to satisfy the needs of the flesh. This includes food, drink and the physical sexual union of intercourse.

Remember that love is not just a feeling. Love is a choice. It is an act of your will. When one mate chooses to give love, you simply pull out the love basket and fill it with presents of love that represent actions of love and then share your love together.

Be creative and be original. For instance, perhaps you could have a surprise picnic in your bedroom. Invite your mate and tell him/her to meet you in the bedroom at 9:00 P.M. First, slip into something sexy and splash with your favorite scent. Fold out a table cloth on the bed, light the candles, put on some mood music, and find a favorite scripture passage to read. Make sure your love basket is full of your favorite munchies and something to drink. Think of some good communication topics then wait for your mate to come to the picnic. When your mate arrives, begin with a passionate kiss and proceed with good communications, prayer, food, and a fulfilling time of love-making. Enjoy your "love feast"!

Love,

Roger & Lauren Traver

Materials Needed for Love Basket

Large wicker basket (lined with pretty material)
Table cloth or place mats
Cloth napkins
Two small stemmed glasses
Bottled, sparkling drink (sparkling grape juice, seltzers, etc.)

Snack items

examples:

- cake, pie, or cookies
- cheese and crackers
- popcorn
- chips and cheese sauce
- fruit plate and cheese
- sausage and cheese
- veggies and dip

Pack a lunch

Pack a breakfast

Pack a pizza or fast food meal

Pack personal items if going overnight (toothbrush, etc.)

Bubble Bath

Cologne

Perfume

Oils or lotions

Sexy nighty or briefs

Music cassette tape

Candles and matches

FM pocket radio or tape player for playing mood music

Bible

Books or teaching tapes

Gifts

examples:

- box chocolates
- long stem rose
- jewelry
- flowers
- etc.

Love Notes

examples:

- describe that a shower for two is waiting
- tell mate you want to rub his/her back
- you want to give him/her a bath
- paint a "word-picture" to describe how you feel
- buy a special I love you card

Write a Love Note

Take five minutes and write a love note to your mate. In the note, state the qualities that you admire in your mate. Be positive.

After five minutes, exchange your love notes and dialogue. How did the note make you feel. Express and describe your feeling.

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What is Emotional Dependency?

The condition resulting when a person is looking to another person to meet their basic needs for love and security, rather than looking to Jesus. It's a false belief that the presence of the other person is necessary to make you happy.

This lie:

- Leads people into homosexual and lesbian relationships
- Leads singles into fornication or sex before marriage
- Leads married couples into looking for someone other than their mate to fulfill them

This feeling of personal security comes from the following ways (a feeling of being nurtured by the other person):

- Attention
- Listening
- Admiration
- Counsel
- Affirmation
- Spending Much Time Together

What Giant Spirits are Involved?

Covetousness: Desiring to possess something (or someone) God has not given us

Idolatry: When something or someone is at the center of our lives rather than God

Mistrust: Failing to believe God will meet our needs if we do things His way

Rebellion: Not willing to obey God and His Word

Lie/Deceptions: Covering your sin to protect your guilt/wrong

The relationship is maintained through a giant spirit of **manipulation:**

- Attempting to **control** people through deceptive or indirect means
- Webster's describes manipulation as being insidious, treacherous, seductive, subtle

Manipulation can occur through:

- Flattery and Praise "You're the only one who understands."
"I can't live without you."
- Physical Affection Physical and sexual touching and stimulation
- Flirtation/seduction Purposeful methods used to get attention and approval either sexual or emotional
- Romanticism Using poetry, music and meeting emotional needs to provoke a dependent response
- Giving gifts/clothes Making the other regularly dependent & tied to the gestures of kindness
- Time Talking and sharing emotionally - must always be together and knowing about each other in order to be happy --co-dependency

What is the Way Out of Emotional Dependency?

1. Recognize the giant demonic stronghold
2. Repent - Confess the sin
3. Renounce the spirits involved
4. Be controlled by the Holy Spirit
5. Renew your mind with "Who I Am in Christ" scriptures
6. Change your activities and behavior
 - Get away from the intimate relationship/ break off ALL contacts
 - Do not be alone together – especially if have been sexual active
 - Do not communicate – talk/text/phone/e-mail
 - Do not try to council/ minister to/ intercede for.....
 - Develop a dependency on God!
 - Get your needs met from God, Word, Who I AM Scriptures

Date Questionnaire

Directions:

Answer the following questions and then dialogue with your mate.

1. Did you have fun?
2. Did you feel comfortable being alone with you mate?
3. Did you talk to each other?
 - a small amount
 - a moderate amount
 - a whole lot
4. What did you talk about?
 - yourself or the other person
 - interests, work, problems
5. Was there any touching on you date?
 - sexual
 - non-sexual
6. What did you do to satisfy the needs of the other person?
7. Did you notice any difference in your mate while on your date from what he/she is like at home?
 - Was your mate more attentive?
 - Was your mate more relaxed?
8. Did you attack each other in any way or argue or have sharp words on your date?
9. Was your date organized? Did you make plans ahead of time? Did things go as planned? What could or would you do different next time?
10. Would you like to date your mate on a regular basis?

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Mountain Top Marriages

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