

MARRIAGE COURSE

PARTS 1 & 2

NEW
COVENANT
CHURCH

KOŚCIÓŁ
NOWEGO
PRZYMIERZA

New Covenant Church Krakow

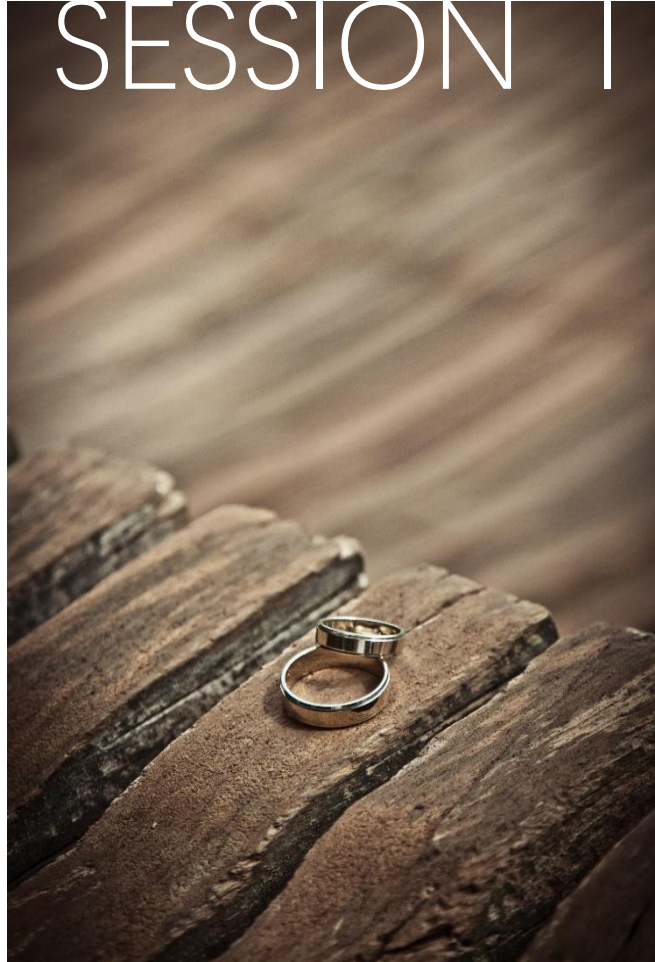
www.jezuskrakow.pl

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SESSION 1



THE PURPOSE OF MARRIAGE

THE PURPOSE OF SEX

SESSION 1

THE PURPOSE OF MARRIAGE

1. To reflect Christ and the Church

Ephesians 5

25 Husbands, love your wives, just as Christ loved the church and gave himself up for her 26 to make her holy, cleansing[b] her by the washing with water through the word, 27 and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. 28 In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. 29 After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— 30 for we are members of his body. 31 “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.”[c] 32 This is a profound mystery—but I am talking about Christ and the church. 33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

- God has given us the perfect example
- The husband is to love the wife
- The wife is to submit and respect her husband
- Both are to leave ‘father and mother’ to become ONE in marriage
- It is part of our Christian witness to the world to show through marriage, the relationship between Christ and the church

Questions

Am I putting God first? What changes do I need to make in this regard?

How can I show love to my wife?

How can I submit to and respect my husband?

What or who do I need to remove from the marriage?

2. To change me

Proverbs 27:17

As iron sharpens iron, so one person sharpens another.

- Marriage is a mirror that shows my weaknesses
 - Marriage is for us to be transformed
 - Marriage teaches us selflessness
 - Marriage teaches us self-control
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Questions

What do I need to change in order to become more like Christ?

How selfless am I?

What am I doing right now to grow?

What do I plan to do to grow in the future?

3. Team

Marriage provides for us the closest team member we will ever work with. This provides us with many benefits, but also responsibilities towards our team member.

- Strength against storms
- Criticism
- You have different roles in the team
- Decisions should be made together

4. Fruitfulness

- Physical

Genesis 9:7 As for you, be fruitful and increase in number; multiply on the earth and increase upon it

- Spiritual

5. Homework

Read through the appropriate chapters of Love and Respect by Emerson Eggerichs.

THE PURPOSE OF SEX

1. To Create a One Flesh Relationship

- Lifelong joining of 2 people. Matt 19:5-6, 1 Cor 6:15-18.
- God does this, whether I want it or not
- God breaks this bond cleanly at death Rom 7:1-3. If done before then, then it tears the soul of both people
- Adultery is a sin of violence not just passion

2. Other Purposes

- Celebrate/affirm the covenant
- Produce children Psalm 127:3-5
- Communication. Genesis 4:1
- To bring joy, pleasure and energy into our lives. Prov 5:15-20
- To serve each other. 1 Cor 7:1-5

3. When are you ready for Sex/Marriage?

- When you are ready to have a permanent life-long relationship
- When you are ready to have children
- You have developed a maturity to communicate at a deeper level
- When you are ready to serve
- It has nothing to do with your age

THE PRACTICE OF SEX

What Makes and Keeps Sex Good?

1. Trust

- Foundation of all relationships
- The depth of a relationship is always based on or limited by trust
- The worst thing I can do for my sex life is to break trust
- We are perceived as being naive if we trust people
- The first question we need to ask is how we can grow and develop trust
- Earned through
 - Truthfulness
 - Controlling my tongue/speech. Prov 12:18
 - Controlling my physical desires

2. Communication

- Knowing the other and being known
- Takes time and much effort
- Lifelong significance
 - As soon as communication breaks down, sex will soon follow

3. Exclusive focus

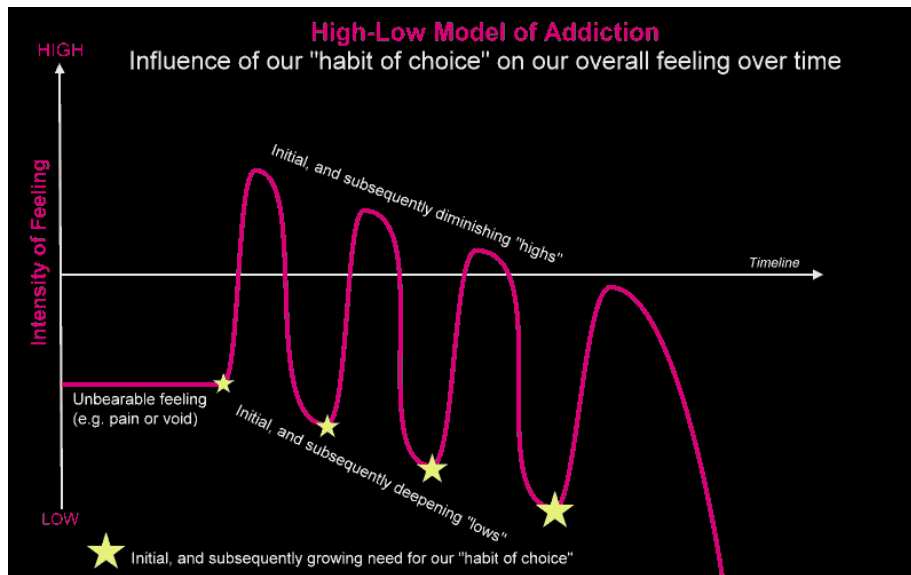
- Increases sex drive for your spouse

- Is developed before you are married
- Preparing for good sex starts as soon as possible

PORNOGRAPHY

1. Why is it dangerous?

- It turns people into objects
- It is completely self-oriented. It is sexual consumerism
 - Real sex focuses on the other person
- It is quick and easy. It's normally accompanied by masturbation
 - Real sex takes time and effort
- It makes a person dissatisfied and discontent with the body and performance of their partner
- One person cannot satisfy, they become quickly bored
- It is addictive
- It creates a desire for more perverse materials (needs more stimulation)



Addiction is illustrated in the graph. You feel lower than where you want to be, so you do something. It peaks up, but then goes lower than where you started. The pattern continues going lower and lower. You get so low that the craving becomes irresistible and consumes your thinking. This is what pornography does.

- Marriage does not solve a problem with pornography!
- A person is deeply wounded when they find out their spouse is watching pornography

Have no secrets before marriage!

www.fightthenewdrug.org



FORGIVENESS
&
RECONCILIATION

SESSION 2

FORGIVENESS

1. The Problems of Unforgiveness

- The result of unresolved hurts
 - Bitterness poisons us, our families and the church **Heb 12:15**
 - The poison in me spreads from me to others
- Why does the Lord not protect us?
 - To train us
 - Humility - James 4:6
 - Love
 - Enable us to teach others

We need to be careful to not protect ourselves by withdrawing our love. We don't withdraw our love, but we learn to forgive more. If it depends on who the other person is (e.g. spouse) we will withdraw, but if I am able to forgive more and more, then I don't need to withdraw my affection.

2. What is Forgiveness?

- Cancelling the debt - Matt 18:21-35, Col 2:13-14
- Demands nothing of the other person
- Is given for Christ's sake

- It is not because the other person deserves it. Eph 4:32. Even if the other person is unrepentant. Even if the other person has unforgiveness.
- It is giving of the forgiveness that we have received.
- It brings ME freedom and protection
- It BEGINS the healing
 - You don't feel good instantly.
 - Cleansing hurts - the time it takes to heal depends on how large the wound is.

3. Forgiveness - what it is not

- It is not a feeling, it's a decision of the will
- It is not an end to all the painful memories
- It is not the same as trusting the other person
- It is not reconciliation
- It is not making excuses for the other person

Question

Who and what do I need to forgive?

4. Dealing with Painful Memories (attacks of the devil)

- Confirm forgiveness
- Thank the Lord for our forgiveness
- Praise the Lord

RECONCILIATION

1. Steps to Reconciliation

- Forgive
- Approach the other person
 - To seek reconciliation, not revenge. Matt 18:15
 - You go because you long to see the relationship restored, not to cause them pain. Do not go with anger.
- Share the offence/sin
- Do not bring up other things that they have done wrong - 1 Cor 13:5
- Do not tell someone you forgive them, unless they ask for it first
- Do not withhold love until they do ask for forgiveness e.g. communication, sex

2. Seeking Forgiveness

- Tell what you have done. No need to give details.
- NO excuses
 - Accept FULL responsibility
 - If you are not confessing and being forgiven you will never change
 - Stress reveals sin, it does not cause sin
- We need to repent and acknowledge our sin
- Ask for forgiveness
 - I have sinned, there is no excuse, please forgive me