

NOTES FOR PRE-MARITAL COUNSELING
PARTICIPANTS'S GUIDE – SESSION TWO

FOUR KEYS TO INTIMACY

KEY #1 –C_____

Give honor to marriage, and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery.

– Hebrews 13:4

RED FLAGS WHEN DEALING WITH THE OPPOSITE SEX

1. Do not spend time alone with them, at lunch, on any type of outing, or go anywhere with them without their spouse and/or your spouse present.
2. Do not talk on the phone with them just to chit chat – if it isn't about business, or something you must discuss, don't do it.
3. If for some reason you need to hug them, do it from the side rather than the front.
4. Do not say or do anything that could be interpreted as flirting.
5. If you find yourself thinking about someone else more than you do your spouse, you need to cut off that relationship immediately.

Drink water from your own well—share your love only with your wife.

– Proverbs 5:15

KEY #2 – C_____

My dear brothers and sisters, be quick to listen, slow to speak, and slow to get angry. – James 1:19

**SIMPLE HINTS FOR HUSBANDS AND WIVES BY DR. ED WHEAT
(from his book, "Love Life.")**

FOR WIVES:

- (1) Never repeat to anyone else the things your husband tells you in private.
- (2) Give your husband your total enthusiastic attention and listen with interest while he becomes more comfortable in expressing himself.
- (3) Do not interrupt him or come to conclusions about what he is saying.
- (4) Acknowledge that you understand even if you disagree, and repeat his thoughts and feelings back to him so that he is sure you understand. Don't

let your disagreements sound like disapproval.

FOR HUSBANDS:

- (1) Spend time together alone really listening to your wife because you want to understand her better. Of course this means turning the TV off!
- (2) Look at your wife and move close to her while you are talking.
- (3) Plan times when you will be uninterrupted and then give her the gift of your interested attention.
- (4) Pay attention to your wife when other people are around. This will mean more to her than you know.

“Because women usually feel more need to talk than men, husbands should learn that they can love their wives just by listening. I mean really listening: concentration accompanied by eye contact.” – Ed Wheat

KEY #3 – C_____

In the same way, you husbands must give honor to your wives. Treat her with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. If you don't treat her as you should, your prayers will not be heard. – 1 Peter 3:7

KEY #4 – C_____

The husband should not deprive his wife of sexual intimacy, which is her right as a married woman, nor should the wife deprive her husband. The wife gives authority over her body to her husband, and the husband also gives authority over his body to his wife. So do not deprive each other of sexual relations. – 1 Corinthians 7:3-5a

<p><u>HOUSEKEEPING ITEMS</u></p> <p>Date and Time of next Appointment: _____</p> <p>Next Session Topic: <i>MEN & WOMEN: ENJOYING THE DIFFERENCE</i></p>

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