**Week 2 - Building a Healthy Marriage**

Day 1 - Homework (Roles in marriage)

**Read Pg 26 - “Leave and Cleave” to Pg 27 “Love and Respect”**

Read Matthew 19: 5:

*‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh’?*

1. Have you been successful in leaving your parents and cleaving (uniting) to your spouse? If not, what will you do?

Read Ephesians 5:25-28:

*Husbands, love your wives, just as Christ loved the church and gave himself up for her, in order to make her holy by cleansing her with the washing of water by the word, so as to present the church to himself in splendor, without a spot or wrinkle or anything of the kind—yes, so that she may be holy and without blemish. In the same way, husbands should love their wives as they do their own bodies. He who loves his wife loves himself.*

Read Ephesians 5:33:

*Each of you, however, should love his wife as himself, and a wife should respect her husband.*

1. In marriage, what is the key role of the husband and that of the wife?

Husband -

Wife -

1. On a scale of 1 to 10 (with 10 being the best), how would you evaluate how you are doing in fulfilling your role? How would your spouse evaluate how you are doing?
2. Discuss with your spouse:

Husband - How can you improve how you demonstrate your love for your wife?

Wife - How can you make progress in showing respect for your husband?

Day 2 - Homework (Roles in marriage & Communication)

**Read Pg 27 “The Husband’s Role” to Pg 31 “Listening”**

Husbands - Read Ephesians 5:23

*For the husband is the head of the wife just as Christ is the head of the church, the body of which he is the Savior.*

1. How can you exercise leadership more effectively in light of the requirement to sacrificially serve your wife?

Wives - Read Genesis 2:18

*Then the Lord God said, “It is not good that the man should be alone; I will make him a helper as his partner.”*

1. What does this passage say to you about your role in your marriage? How can you improve in your role?

Read James 1: 19-20

*You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God’s righteousness.*

1. What does this verse say to you about communicating?
2. On a scale of 1 to 10 (with 10 being the best), how would you rate your ability to communicate with your spouse? How does your spouse rate you?

|  |  |  |
| --- | --- | --- |
|  | **Husband’s Rating for:** | **Wife’s rating for:** |
| **Husband** |  |  |
| **Wife** |  |  |

1. What will you do to improve your communication skills?

Day 3 - Homework (Money Dates)

**Read Pg 32 “Money Dates” and Pg 41 “List of Possessions”**

Read Matthew 18: 19-20

*Again, truly I tell you, if two of you agree on earth about anything you ask, it will be done for you by my Father in heaven. For where two or three are gathered in my name, I am there among them.”*

1. *According to this passage, why is it especially important for the husband and wife to pray together?*
2. *If you don’t yet pray together, how do you plan to begin?*

Plan a couple date to do this practical homework - List of Possessions on pages 42 - refer to example on pg 41

1. What did you learn from completing this list?
2. Do you have any questions about the list?

Day 4 - Homework (Encouragement)

**Read Pg 33 to 36 “More on Improving Communication”**

Read 1 Thessalonians 5:11

*Therefore encourage one another and build up each other, as indeed you are doing.*

Read Hebrews 10:25

*Not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.*

1. What will you do to become a more effective encourager of your spouse?

Read Philippians 4:8

*Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.*

1. According to this verse, how important is it to dwell on your spouse’s strengths and positive attributes? Why?
2. What are 3 things you most appreciate about your spouse?
3. Do you regularly express your gratitude to your spouse? If not, describe what you will do to begin?

Day 5 - Homework (Seeking counsel and Honesty and Trust)

**Read Pg 36 “Trust Account”**

Read Proverbs 12:15

*Fools think their own way is right, but the wise listen to advice.*

Read Proverbs 15:22

*Without counsel, plans go wrong, but with many advisers they succeed.*

1. What are some of the benefits of seeking counsel, and how have you experienced this in your marriage?
2. Why do you think you should seek financial advice from your spouse?

Read THE EIGHTH COMMANDMENT - CCC2464

“You shall not bear false witness against your neighbor. It was said to the men of old, "You shall not swear falsely, but shall perform to the Lord what you have sworn."

The eighth commandment forbids misrepresenting the truth in our relations with others. This moral prescription flows from the vocation of the holy people to bear witness to their God who is the truth and wills the truth. Offenses against the truth express by word or deed a refusal to commit oneself to moral uprightness: they are fundamental infidelities to God and, in this sense, they undermine the foundations of the covenant.

1. What do this communicate to you about God’s requirement for honesty?
2. Why do you think honesty with your spouse is especially important?
3. On a scale of 1 - 10 (with 10 being the most), how honest are you with your spouse? What will you do to improve in this area?

Day 6 - Homework (Once and for all Decisions)

**Read Pg 37 “One Anothers” to Pg 39 “Once and for all Decisions”**

1. What information especially challenged you, and what are you going to do because of it?
2. Which once and for all decision did you and your spouse choose after reading Pg 39?
3. Why did you select it?

*Please write your prayer requests in your prayer log before coming to class.*