

Road to Emmaus



Biblical Counseling Center

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I. The Purpose of Life (*Why did God create men and women?*)

Timothy Keller, in his New City Catechism, "God created us male and female in His own image to know Him, love Him, live with Him and glorify Him. And it is right that we, who are created by God, should live to His glory. (Genesis 1:27, Isaiah 43:7, Romans 11:36, Colossians 1:15-17, 1 Corinthians 10:31, 2 Corinthians 5:9, 15, Matthew 5:14-16)

II. The Process of Life (*What steps do we need to take to live for God's glory?*)

- Intentionally putting yourself under the teaching of God's all sufficient and authoritative Word.
- Submitting your life to the Gospel's power to transform your hearts and minds.
- Growing and changing as you learn to live and walk in God's truth, as you learn to know God, and to love those around you by loving as He loves you.

God's View of Marriage

- Nothing better than a _____ nothing worse than a bad one.
- The institution of marriage is _____
- We need the proper (_____) perspective on marriage.

Marriage is _____. Gen 2:18-25

- It was _____ by God who is loving, kind and merciful.
- It's continually exalted in _____ (Pr. 12:4; 18:22; 1 Cor. 7; Heb. 13:4; Eph. 5)
- If you _____ about marriage as a positive you will _____ about marriage as a positive.

God's Design for Marriage

- **God designed marriage for *companionship*** (Genesis 2:18)
 - By God's design we would not be alone in fulfilling God's plan.
 - By God's design married man and woman are to be lifelong partners, meeting genuine needs of one another, and satisfy legitimate desires of one another for life as priority above everyone else and everything else, except God Himself. (1 Corinthians 7:33-34)
- **God designed marriage for *co-laboring together*** (Genesis 2:15-18)
 - To provide man with a unique woman to assist him in his God-given responsibilities. (Genesis 2:15-23)
 - So that man and woman could work together as a team in fulfilling God's commandment accordingly. (Genesis 1:26-28)
 - To show how men and women can work together in a union to advance the Kingdom Agenda of God. (Genesis 1:27-28, 2:15-23)
- **Marriage is a _____.** (Eph. 5:22-33)
 - **The marriage relationship is to be a characterization (a picture) of Christ's relationship to his people (the church)ⁱ**
 - The husband is to _____ God as a godly example:
 - As _____, he is to be most _____ (5:23)
 - As _____, he is to be most _____ (5:23)
 - As _____, he is to be most _____ (5:25)
 - Immediate needs (5:26)
 - Long term goals (5:27)
 - Encourages reciprocal love (5:28-30)
 - Biblical love - willing self sacrifice for the good of another, that does not require reciprocation or that the person being loved is deserving.ⁱⁱ
 - The wife is to portray the _____ by:
 - Being _____ (5:22)
 - In _____ (5:24) (unless it violates Scripture)
 - Cooperating with his _____ for her (5:27, 28)
 - _____ her husband

God's Design for Marriage

- God designed marriage to **complement** Christ and the Church (Eph 5:22-33)
 - Marriage is to reveal how _____ to the Church.
 - People are to see how _____ the Church as they see how a man loves his wife.
 - People are to see how the _____ to Christ as they see how a woman submits to her husband.
- Marriage is _____. (Gen. 2:18-25)
- _____
 - Does _____ mean
 - To abandon or forsake (Dt. 4:9; 1 Tim. 5:8)
 - Geographical move
 - Does mean
 - _____ past conflicts
 - Recognize the _____ (temporary, permanent, temporary) nature of relationships
 - Meet needs and desires of your spouse _____
 - Assume _____ responsibility
 - Making your spouse the _____ human relationship
- _____ (Genesis 2:24)
 - Means to _____ together
 - The basis of marriage is a _____, not love
 - God views this commitment as very _____ (Mal. 2:13-14)
 - You are called to come together as a family unit, separate from your mothers and fathers
 - You are called to come together and build a foundation based on your new family, not your original family
 - You are called to come together to work on oneness in your marriage
- _____
 - God intended marriage to defeat _____
 - God wants you and your spouse to function as a _____ by having:
 - Same _____

God's Design for Marriage

- Same _____
- Continual _____ (Eph 4:22-32)
- Personal _____
- _____
- God designed marriage for *Completion* (Genesis 2:24)
 - God designed marriage so that man and woman can help each other come to _____.
 - God designed marriage so that man and woman can help each become _____.
 - God designed marriage so that man and woman can help each other become _____ to Jesus Christ, practically resulting in fulfilling their God-given purposes for existence.

As we leave, cleave and weave our marriages together, Genesis 2:23-24 gives us further instruction:

- Primacy of your relationship as a husband and wife
- Your relationship as a husband and wife is to be your primary relationship
- Permanency of your relationship as a husband and a wife
- Your relationship as a husband and wife is to be permanent
- _____ and the things that lead to it destroy this picture God has and is putting together.

God designed marriage and when we live by His design, working intentionally at leaving, cleaving and weaving, God will be glorified in our marriage.

By His grace and because of His abounding mercy, our marriages will be a picture that brings glory, honor and praise to our Father in Heaven. We will also be an example to those around us of how husbands and wives can co-labor together in the beauty of companionship, built on the foundation of God's love.

2009 NANC training Manual

Nicolas Ellen's "The purpose of Marriage" ACBC CD Training 5-2014

ⁱ Stuart Scott, *The Exemplary Husband*, Focus, Pages 64,65

ⁱⁱ Paul David Tripp, *What Did You Expect*, Crossways, chapter 12

50 Questions To Ask Your (future) Spouse¹

- 1. What are your 5 favorite foods, with the most favorite first?*
- 2. What are your 5 favorite kinds of meals, with the most favorite first?*
- 3. What are your 5 favorite desserts, with the most favorite first?*
- 4. What are your 5 favorite restaurants, with the most favorite first?*
- 5. What is your favorite color?*
- 6. What are your 5 favorite hobbies, with the most favorite first?*
- 7. What are your 5 favorite recreations, with the most favorite first?*
- 8. What are your 5 favorite sources of reading, with the most favorite first?*
- 9. What gifts do you like?*
- 10. What are your favorite books(s) of the Bible? Why?*
- 11. What is your favorite verse(s) of the Bible? Why?*
- 12. What is your favorite song?*
- 13. What makes you the most fulfilled or happiest as a woman/man?*
- 14. What makes you the most fulfilled or happiest as a wife/husband?*
- 15. What makes you the most fulfilled or happiest as a mother/father?*
- 16. What makes you saddest as a woman/man?*
- 17. What makes you saddest as a wife/husband?*
- 18. What makes you saddest as a mother/father?*
- 19. What do you fear the most?*
- 20. What other fears do you have?*
- 21. What do you look forward to the most?*
- 22. How much sleep do you need?*
- 23. What do you consider to be your skills?*
- 24. What do you believe to be your spiritual gifts?*
- 25. What are your weaknesses?*
- 26. To ask wife: What things (personal, home, car, etc.) need repairing?*
To ask husband: What things around the home need to be cleaned?
- 27. To ask wife: With what chores and responsibilities do you like my help?*
To ask husband: How can I make it easier for you to lead our family?
- 28. What caresses do you enjoy the most?*
- 29. What caresses do you enjoy the least?*
- 30. What action of mine provides you the greatest sexual pleasure?*

¹ Faith Biblical Counseling Ministries, Lafayette, IN, Brent Aucoin

50 Questions To Ask Your Spouse (cont.)

31. *What other things stimulate you sexually?*
32. *At what times do you need assurance of my love the most?*
33. *How can that love be shown?*
34. *What can I do, that will make it easier to discuss and work on areas or problems that are uncomfortable to you?*
35. *What concerns do you have that I do not seem interested in?*
36. *What things do I do that irritate you?*
37. *What desires do you have that we haven't discussed?*
38. *What do you enjoy doing with me, with the most enjoyable first?*
39. *What things can I do that show my appreciation of you?*
40. *What varying desires (spiritual, physical, emotional, intellectual, social, worth, appreciations, recreational, security, etc.) would you like me to provide?*
41. *To ask wife: In what ways would you like me to protect you (physically, spiritually, socially, and emotionally)?*
To ask husband: In what ways would you like me to respect and reverence you?
42. *In what ways would you like me to sacrifice for you?*
43. *What things do you see by my actions that I place first in my life?*
44. *What implied or unspoken desires and wishes of yours would you like for me to fulfill?*
45. *What concerns and interests of yours would you like me to support?*
46. *How much time would be good for us to spend together each day?*
47. *In helping family members to use their skills and develop their abilities, what motivating factors would be helpful for me to use?*
48. *What can I do that provides the greatest comfort and encouragement for you when you are hurt, fearful, anxious or worried?*
49. *What personal habits do I have that you would like me to change?*
50. *What ways demonstrate to you that you are a very important person who is as important as or more important than I am?*

Ways a Husband May Express Love to His Wife

Eph. 5:25

Evaluate the way you express love to your wife. Circle the ways you are neglecting. Ask your wife to go over the list and put a check mark in front of the ways she would like you to express love. Ask her to add other things to the list.

You may express love to your wife by:

1. Functioning as the loving leader of your home.
2. Frequently telling her you love her.
3. Giving her a regular amount of money to spend in any way she chooses.
4. Leading family devotions regularly.
5. Smiling and being cheerful when you come home from work.
6. Helping her wash and dry the dishes at least twice a week.
7. Taking care of the children for at least three hours every week so that she has free time to do whatever she wants.
8. Taking her out for dinner or to do some fun thing at least once a week.
9. Doing the "fix-it" jobs she wants done around the house.
10. Greeting her when you come home with a smile, a hug, a kiss, and an "Am I glad to see you. I really missed you today."
11. Giving her a lingering kiss.
12. Frequently and intentionally showing her affection.
13. Being willing to talk to her about her concerns and not belittle her for having those concerns.
14. Looking at her with an adoring expression.
15. Sitting close to her.
16. Rubbing her back or...
17. Shaving or taking a bath or brushing your teeth before you have sexual relations.
18. Wearing her favorite after-shave lotion.
19. Writing love notes or letters to her.

Ways a Husband May Express Love to His Wife

Eph. 5:25

20. Letting her know you appreciate her and what you appreciate about her. Do this often and for things that are sometimes taken for granted.
21. Doing the dishes while she relaxes or takes a bubble bath.
22. Playing with her; sharing her hobbies and recreational preferences enthusiastically; including her in yours.
23. Seeking to set a good example before the children.
24. Talking about her favorably to the children when she can hear you and when she cannot.
25. Bragging about her good points to others; letting her know you are proud to have her as your wife.
26. Maintaining your own spiritual life through Bible study, prayer, regular church attendance and fellowship with God's people.
27. Handling your affairs decently and in order; structuring your time and using it wisely.
28. Making plans prayerfully and carefully.
29. Asking her advice when you have problems or decisions to make.
30. Following her advice unless to do so would violate biblical principles.
31. Fulfilling your responsibilities.
32. Being sober but not somber, about life.
33. Having a realistic, biblical, positive attitude toward life.
34. Discussing plans with your wife before you make decisions, and when the plans are made sharing them fully with her, giving reasons for making the decisions you did.
35. Thanking her in creative ways for her attempts to please you.
36. Asking forgiveness often and saying, "I was wrong and will try to change."
37. Actually changing where and when you should.
38. Sharing your insights, reading, good experiences with her.

Ways a Husband May Express Love to His Wife

Eph. 5:25

39. Planning for a mini-honeymoon where the two of you can do whatever you want to do.
40. Giving a low whistle or some other expression of admiration when she wears a new dress or your favorite negligee or....
41. Gently brushing her leg under the table.
42. Being reasonably happy to go shopping with her.
43. Relating what happened at work or whatever you did apart from her.
44. Reminiscing about the early days of your marriage.
45. Expressing appreciation for her parents and relatives.
46. Taking her out to breakfast.
47. Agreeing with her about getting a new dress or some other item.
48. Thank her when she supports your decisions and cooperates enthusiastically. Especially make it a matter of praise when she supports and helps enthusiastically at times when you know she doesn't fully agree.
49. Asking her to have sexual relations with you and seeking to be especially solicitous of her desires. Express gratitude when she tries to please you.
50. Buying gifts for her.
51. Remembering anniversaries and other events, that are special to her.
52. Watching the TV program or going where she wants to go instead of doing what you want to do. Do it cheerfully and enthusiastically.
53. Being cooperative and appreciative when she holds you, caresses or kisses you.
54. Being cooperative when she tries to arouse you and desires to have sexual relations. Never make fun of her for expressing her desires.
55. Running errands gladly.
56. Pampering her and making a fuss over her.
57. Being willing to see things from her point of view.

Ways a Husband May Express Love to His Wife

Eph. 5:25

58. Being lovingly honest with her - no backdoor messages - no withholding of the truth that may hinder your present or future relationship.
59. Indicating you want to be alone with her and talk or just lie in each other's arms.
60. Refusing to "cop out," "blow up," attack, blame shift, withdraw, or exaggerate when she seeks to make constructive suggestions or discuss problems.
61. Giving her your undivided attention when she wants to talk.
62. Cheerfully staying up past your bedtime to solve a problem or share her burdens.
63. Getting up in the middle of the night to take care of the children so that she may continue to sleep.
64. By holding her close while expressing tangible and vocal love when she is hurt, discouraged, weary or burdened.
65. Planning vacations and trips with her.
66. Sometimes helping her yourself instead of telling the children to "help mommy."
67. Being eager to share a good joke or some other interesting information you have learned.
68. Joining with her in a team ministry in the church.
69. Doing a Bible study or research project together.
70. Establishing a family budget.
71. Keeping yourself attractive and clean.
72. Being cooperative and helpful as a co-host when you have people in for dinner or fellowship.
73. Asking her to pray with you about something.
74. Spending time with the children in play, study, and communication.

Ways a Husband May Express Love to His Wife

Eph. 5:25

75. Acknowledging that there are some specific areas or ways in which you need to improve.
76. Refusing to disagree with her in the presence of others.
77. Cooperating with her in establishing family goals and then in fulfilling them.
78. Being available and eager to fulfill her desires whenever and wherever possible and proper.
79. Beginning each day with cheerfulness and tangible expressions of affection.
80. Planning to spend some time alone with her for sharing and communicating every day.
81. Remembering to tell her when you must work late.
82. Refusing to work late on a regular basis.
83. Taking care of the yard work properly.
84. Helping the children with their homework.
85. Refusing to compare her unfavorably with other people.
86. Handling money wisely.
87. Not allowing work, church or recreational activities to keep you from fulfilling marriage or family responsibilities.
88. Trying to find things to do with her.
89. Being willing to go out or stay home with her.
90. Being polite, courteous and mannerly with her.
91. Refusing to be overly dependent on your parents or friends.
92. Developing mutual friends.
93. Providing adequate hospitalization insurance.
94. Trying to the level of your ability to provide housing and some support for your family in case you should die or become handicapped.
95. Being especially helpful and solicitous when she is not feeling well.

Ways a Husband May Express Love to His Wife

Eph. 5:25

96. Being on time.
97. Going to P.T.A. with her.
98. Letting her sleep in once in a while by getting the children breakfast and, if possible, off to school.
99. Frequently allowing her to have her own way, unless to do so would be sinful.
100. Putting the children to bed at night.
101. Being gentle and tender and holding her before and after sexual relations.
102. Not nit-picking and finding fault and giving the impression that you expect her to be perfect.

Ways a Wife May Express Love to Her Husband

(How to Convince Your Husband That You Love Him)

Evaluate the way you express love to your husband. Go over the list and circle the ways you are neglecting. Ask your husband to go over the list and put a check mark in front of the ways he would like you to express love. Ask him to add other things to the list. You may express love to your husband by:

1. ☐ Greeting him at the door when he comes home with a smile, a hug, a kiss, and an, "Am I glad to see you. I really missed you today."
2. ☐ Having a cup of coffee or tea ready for him when he comes home.
3. ☐ Giving him a lingering kiss.
4. ☐ Letting him know you like to be with him and making arrangements so that you can spend time with him without giving the impression that you really should or would rather be doing something else.
5. ☐ Being willing to talk to him about his concerns and not belittling him for having these concerns.
6. ☐ Supporting him and cooperating with him enthusiastically and positively when he has made a decision.
7. ☐ Teasing and flirting with him.
8. ☐ Seeking to arouse him and sometimes being the aggressor or leader in sex relations.
9. ☐ Asking him to have sex relations more than he would expect you to.
10. ☐ Really letting yourself go when having sexual relations.
11. ☐ Caressing him.
12. ☐ Looking at him with an adoring expression.
13. ☐ Sitting close to him.
14. ☐ Holding his hand.
15. ☐ Rubbing his back or... _____
16. ☐ Wearing his favorite nightgown or dress or perfume or... .
17. ☐ Expressing your love in words or notes.
18. ☐ Letting him know how much you appreciate him and what you appreciate about him. Do this often and for things 'that are sometimes taken for granted.
19. ☐ Pretend you are trying to convince him you think he is great and very important to you.
20. ☐ Frequently fulfilling his wishes and desires as well as the specific requests he makes of you. Try to anticipate what he might desire or wish and surprise him by doing it before he asks.

21. ☐ Playing with him (tennis, golf, party games, etc.); sharing his hobbies and interests.
22. ☐ Enthusiastically cooperating with him and sharing with him in devotions and prayer; seeking to set a good example to the children concerning their attitude toward devotions and prayer.
23. ☐ Maintaining your own spiritual life through regular Bible study and prayer.
24. ☐ Handling your affairs decently and in order; structuring your time and using it wisely.
25. ☐ Being willing to face and solve problems even if it requires discomfort, change, and much effort.
26. ☐ Fulfilling your responsibilities.
27. ☐ Asking him for his advice and frequently following it.
28. ☐ Being ready to leave at the appointed time.
29. ☐ Standing with him and supporting him in his attempts to raise your children for God.
30. ☐ Thanking him in creative ways for his attempts to please you.
31. ☐ Asking for forgiveness and saying, "I was wrong and will try to change."
32. ☐ Actually changing where you should.
33. ☐ Working with him on his projects or... .
34. ☐ Reading the literature he asks you to read and sharing your insights.
35. ☐ Letting him know when he has tough decisions to make (and even when they are not so tough) that you really believe he will choose the right thing and that you will wholeheartedly support him in whatever decision he makes, provided the decision does not violate clearly revealed biblical principle; being his best cheerleader and fan club.
36. ☐ Buying gifts for him.
37. ☐ Watching football or other sporting events with him and trying to really manifest an interest.
38. ☐ Keeping the house neat and clean.
39. ☐ Cooking creatively and faithfully.
40. ☐ Having devotions with the children when he is not able to be there.
41. ☐ Maintaining his disciplinary rules when he is not present.
42. ☐ Being appreciative and cooperative when he holds you, caresses or kisses you.
43. ☐ Lovingly giving him your input when you think he is in error.
44. ☐ Offering constructive suggestions when you think he could improve or become more productive. Don't push or preach or do this in such a way that you belittle him,

but seek positive and non-threatening ways to help him become more fully the man God wants him to be.

45. ☐ Running errands gladly.
46. ☐ Seeking to complete, not compete with, him; being the best member of his team and seeking to convince him that you are just that.
47. ☐ Being lovingly honest with him-no back door messages-no withholding of truth that will hinder your relationship or future trust and closeness.
48. ☐ Being willing to see things from his point of view; putting the best interpretation on what he does or says until you have evidence that proves the contrary.
49. ☐ Pampering him and making a fuss over him.
50. ☐ Being happy and cheerful.
51. ☐ Refusing to nag.
52. ☐ Gently brushing, a leg under the table.
53. ☐ Having candlelight and music at dinner.
54. ☐ Indicating you want to be alone with him and talk or just lie in each other's arms.
55. ☐ Giving an "I promise you" wink.
56. ☐ Going for a walk with him.
57. ☐ Letting him know you feel lonely when he is out of town or away from you for a period of time.
58. ☐ Relating what happened to you during your day.
59. ☐ Sharing your fears, concerns, joys, failures, etc.
60. ☐ Seeking to support your ideas with biblical insights and good reasons.
61. ☐ Refusing to "cop out" or withdraw and attack or exaggerate or blameshift when he seeks to make constructive suggestions or discuss problems.
62. ☐ Giving him your undivided attention when he wants to talk.
63. ☐ Discussing the meaning of certain Bible passages or discussing how to improve your marriage or home or children or child raising efforts, etc.
64. ☐ Cheerfully staying up past your bedtime to resolve a disagreement or problem.
65. ☐ Holding him close while expressing genuine concern and tangible and vocal love when he is hurt, discouraged, weary, or burdened.
66. ☐ Being eager to share a good joke or some other interesting information you have learned.
67. ☐ Working in the yard or painting a room together or washing the car.
68. ☐ Planning vacations or trips together.
69. ☐ Wanting to keep your family memorabilia, newspaper clippings, church releases, etc., that have to do with your family.

70. ☐ Bragging to others about him and his accomplishments and how good a husband he is.
71. ☐ Joining with him in a team ministry at the church.
72. ☐ Doing a Bible study or Bible research together.
73. ☐ Doing a good job in bookkeeping about family finances.
74. ☐ Helping prepare the income tax report.
75. ☐ Keeping touch through letters with your family and friends.
76. ☐ Keeping yourself attractive and clean.
77. ☐ Inviting other people in for dinner or fellowship.
78. ☐ Developing and using the spiritual gifts God has given you.
79. ☐ Asking him to pray with you about something.
80. ☐ Expressing how much you love the children and being the children's cheerleader.
81. Managing to stay within the family budget and even saving some for special surprises.
82. ☐ Being excited about sharing the gospel with others or about answered prayer or about helping other people.
83. ☐ Making a list for him of things that need to be done around the house.
84. ☐ Being satisfied with your present standard of living or furniture or equipment when he can provide no more.
85. ☐ Not making nostalgic comments about your father's way of providing, etc., which may seem to imply that you think your father was a much better man than your husband.
86. ☐ Acknowledging that there are some specific areas or ways in which you need to improve.
87. ☐ Taking care of his clothes so that he is always dressed well.
88. ☐ Appreciating and helping his mother and father and relatives.
89. ☐ Refusing to disagree with him in the presence of others.
90. ☐ Cooperating with him in establishing family goals and procedures and then in fulfilling them.
91. ☐ Being silly and unconventional in your lovemaking at times.
92. ☐ Telling him before he asks you that you think he has done a good job, if he has done a good job. Don't be afraid of repeating yourself in commending him for what he is or does.
93. ☐ Being available and eager to fulfill his desires wherever and whenever it is proper and possible.
94. ☐ Beginning each day with cheerfulness and tangible expressions of affection.