



# Making the Most of Your Marriage

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**Student Workbook**  
**Making the Most of Your Marriage**  
**by Dr. John Maxwell**

**Video Session 1: "What Happens After the Marriage?"**

**1. Introduction**

**Philippians 2:1-11, from The Promise Study Edition (Contemporary English Version)**

*<sup>1</sup> Christ encourages you, and his love comforts you. God's Spirit unites you, and you are concerned for others. <sup>2</sup> Now make me completely happy! Live in harmony by showing love for each other. Be united in what you think, as if you were only one person. <sup>3</sup> Don't be jealous or proud, but be humble and consider others more important than yourselves. <sup>4</sup> Care about them as much as you care about yourselves <sup>5</sup> and think the same way that Christ Jesus thought:*

*<sup>6</sup> Christ was truly God.*

*But he did not try to remain equal with God.*

*<sup>7</sup> He gave up everything and became a slave,  
when he became like one of us.*

*<sup>8</sup> Christ was humble. He obeyed God  
and even died on a cross.*

*<sup>9</sup> Then God gave Christ the highest place  
and honored his name above all others.*

*<sup>10</sup> So at the name of Jesus everyone will bow down,  
those in heaven, on earth, and under the earth.*

*<sup>11</sup> And to the glory of God the Father  
everyone will openly agree,  
"Jesus Christ is Lord!"*

**2. Video Session Begins**

**Working for Our Marriage**

Most of us want to make our marriages \_\_\_\_\_.

All of us have to \_\_\_\_\_ on our marriages.

Many marriages don't \_\_\_\_\_.

Most of us don't know how to \_\_\_\_\_ on our marriages.

*"The secret of a successful marriage after the wedding day is to have the same selfless spirit that Jesus Christ had, one that honors the mate, that lifts the mate up and desires what's best for them."*

*"A wedding is an event. . . a marriage is an achievement!"*

*"There is nothing like a little exercise to change a man's life - especially if it's a walk down a church aisle."*

## What Really Happens After the Wedding?

1. We lack \_\_\_\_\_ to make the marriage \_\_\_\_\_.

*Immature couples:*

- a) \_\_\_\_\_ into marriage.
  - b) Believe \_\_\_\_\_ is a part of marriage.
  - c) Confuse love with \_\_\_\_\_.
2. We \_\_\_\_\_ on self instead of our \_\_\_\_\_.
3. We \_\_\_\_\_ out who **WE** really are.
4. We \_\_\_\_\_ out who our **MATE** really is.

### Typical Differences

#### MEN

- Often more logical.
- More proud; difficulty admitting fears.
- More objective.
- Have a wandering tendency.
- Forgets the "little things."
- More independent.
- Respond to sight.

#### WOMEN

- Often more emotional.
- Less proud; able to admit fear.
- More intuitive.
- Have a "nesting" instinct.
- Remembers the "little things."
- More relational.
- Respond to touch.

5. We \_\_\_\_\_ marriage unity balanced with individuality.

Myths of intimacy:

1. It is easy to \_\_\_\_\_ my mate.
2. Intimacy means being just \_\_\_\_\_.

Steps of intimacy:

1. Give each other \_\_\_\_\_. Each needs solitude.
2. Help each other \_\_\_\_\_. Bring out and encourage the best in each other.

*"They enter a marital relationship hoping it will last forever - but expecting it to explode or dissolve."*

*George Barna*

*"Marriage is being the right person. Quit looking for the right person and start being the right person."*

*John Maxwell*

*"It is not marriage that fails, it is people that fail. All that marriage does is to show people up."*

*Harry Emerson Fosdick,  
Marriage*

*"Marriage - We marry opposite strengths to go home and live with opposite weaknesses."*

6.

# STAGES OF A MARRIAGE

## NEGATIVES

## POSITIVES

View mate unrealistically

View Mate Positively

Develop a Memory Bank

View Mate Realistically

Withdraw from Memory Bank

Honest Communication

## TROUBLED MARRIAGE

## SUCCESSFUL MARRIAGE

Identify Problem & Person as the same.

Try Harder  
Raised Energy Level

Too Tired to Try

Unconditional Love  
Marriage Improvement

Numb, Don't Care

**Exercise 2: A Look at Philippians 2:1-11**

Observe and list the characteristics of Christ's life, as described in these 11 verses, which fit under the following categories (fill in your answers in the table on the next page):

<b>Humility</b>	<b>Consideration</b> (Considering others as more important than you...)	<b>Caring</b> (Caring about others as much as you care about yourself)

How would you apply these categories to your marriage? Each spouse should ask and answer these 3 questions:

- How can I show humility to my spouse this week?
- How can I show consideration to my spouse this week?
- How can I be more caring with my spouse this week?
- If you have a copy of The Promise Bible, review the promises for husbands and wives in the "Promises For Your Family" section at the front of the Bible.

**Exercise 3 (Homework for the week): The Place of Romance**

Dr. Maxwell contrasts romance and love for you. Romance can be confused with love. Romance can be the spark that lights the fire, but love would fuel the fire over the years. It's important as our love grows for our mate that we still keep kindling romance in our marriage. Think back on when you were dating, during your engagement period, and list some special things you did for each other. Also, add to your list things that are romantic to you now. These lists of ideas, activities, and words records the language of love between the two of you. As your memory is stirred up, plan a romantic gift of time together this week that will kindle you romance again.

# Making the Most of Your Marriage

## Session #1 – Answer Key

### Page 1

work  
work  
work  
work

### Page 2

1. maturity, work
  - a. Rush
  - b. divorce
  - c. romance
2. focus, mate
3. find
4. find
5. misunderstand

1. accept
2. alike
3. room
4. bloom

### Page 3

6. We quit working on our marriage

box #1: honeymoon

box #2: specific irritation

box #3: general discomfort