

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

Video Session #4: Top Ten Marriage Builders

1. Introduction

John 2:1-5, from The Promise Study Edition (Contemporary English Version)

¹ Three days later Mary, the mother of Jesus, was at a wedding feast in the village of Cana in Galilee. ² Jesus and his disciples had also been invited and were there.

³ When the wine was all gone, Mary said to Jesus, "They don't have any more wine."

⁴ Jesus replied, "Mother, my time hasn't yet come! You must not tell me what to do."

⁵ Mary then said to the servants, "Do whatever Jesus tells you to do."

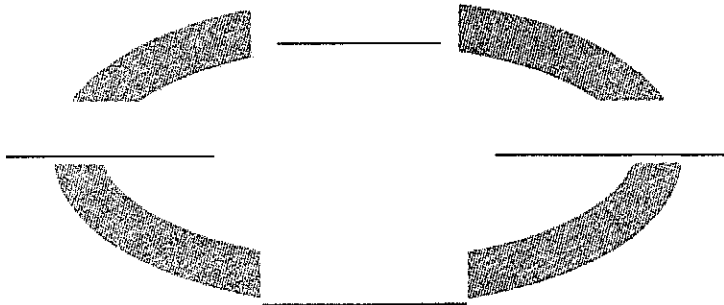
2. Video Session

The secret of success in marriage is obedience to God. Whatever He says to you - do it!

Top Ten Marriage Builders

1. A _____ to make the marriage work.

The Commitment Cycle



2. _____ to your spouse and family.

"Sustain a family for a long period of time and you can sustain success for long period of time. First things first. If your family life is in order, you can do whatever you want."

Pat Riley, Head Coach, New York Knicks

"If you love your wife like a thoroughbred, you will never end up with a nag."

How to love your spouse:

A. love by _____

B. love by _____

C. love by _____

D. love by _____

E. love by _____

F. love by _____ ; see them as they are becoming.

3. Put _____ in your marriage.

4. Offer _____ quickly and easily.

5. Effective Mutually Satisfying _____.

Three Levels of Communication:

A. _____ level - what men are good at.

B. _____ level - men are fair.

C. _____ level - what you did, how you felt. Women share themselves, they want someone to listen to them. Men share advice, they want someone to follow them.

6. Becoming _____.

"Adam knew Eve..." Knowing each other is the essence of intimacy. Good sex begins with a good relationship - knowing, loving, caring, understanding.

7. _____ and _____ the difference between man and woman.

"Bottled up resent-ments constitute one of the greatest dangers to marriage."

*Judge John
Warren Hill*

His Needs - Her Needs, by Willard F. Harley, Jr. What makes a man irresistible?

- **He meets her need for affection with plenty of hugs and kisses at every opportunity.** He also tells her how much he cares for her with a steady flow of words, cards, flowers and gifts and common courtesy. Affection is the environment to grow a wonderful marriage.
- **He meets her need for intimate conversation by talking with her at the feeling level.** He listens to her attitudes about the events of her day with sensitivity, interest and concern. If she has to keep asking if you're listening, you're probably not. All of his conversations with her should convey a desire to understand her but not to change her.
- **He meets her need for honesty and openness by looking her in the eyes and telling her what he really thinks.** He explains his plans and his actions clearly and completely - even when he has "new car fever."
- **He meets her need for financial support by firmly shouldering the responsibility to house, feed and clothe his family.** If his income is insufficient to support his wife adequately, he does not feel sorry for himself. Instead, he looks for concrete ways to increase his earnings by upgrading his skills.
- **He meets her need for family contentment by putting his family first.**

What makes a woman irresistible?

- **She meets his need for sexual fulfillment by becoming an excellent partner to him.** She studies her own response to recognize and understand what brings out the best in her, and then she communicates that information to her husband and together they learn to have a relationship they find satisfying and enjoyable.
- **She meets his need for recreational companionship by developing mutual interests with her husband.** She discovers those activities her husband enjoys the most and tries to become proficient in them. If she learns to enjoy them then she will join him in them. But if she does not enjoy them she will encourage him to consider other things they could enjoy together, and then she can become her husband's constant recreational companion so he repeatedly associates her with the pass-times he enjoys.
- **She meets his needs by being attractive.** She keeps herself physically fit, diets and exer-

cises, wears her hair, makeup and clothes in a way her husband find attractive and tasteful and her husband is pleased and proud of her in public and in private.

- **She meets his need for domestic support by creating a home that offers him an atmosphere of peace and quiet.** She manages the home and the care of the children. That gives him an opportunity to spend evenings and weekends with her and the children in their activities.
- **She meets his need for admiration and respect.** By understanding his values an achievements more than anyone else. She reminds him of his capabilities and helps him to maintain his self-confidence. She is proud of her husband, not out of duty, but as an expression of sincere admiration of the man she has chosen to share her life with.

8. Continued _____ and _____
of both mates.

Margaret and my commitment to Growing Together:

- | | |
|----------|----------|
| 1) _____ | 4) _____ |
| 2) _____ | 5) _____ |
| 3) _____ | 6) _____ |

9. Exhibit a _____ heart for each other.

Imagine, if you will, the change that could be brought about in a marriage if a husband and wife would live by these affirmations - affirmations for more harmony and love in the home.

- "I want you to feel loved, valued, understood and listened to in our relationship."
- "I want you to feel confident that you are my best friend, the top person in my life."
- "I want to generate positive energy in our relationship. I want to quit feeding the negative when we disagree. Help me not to offend your spirit."
- "I want to listen to your feelings and honor them."
- "I want to be a forgiving, trusting partner to you always."
- "I accept responsibility for creating a climate of positive values in our home. Please help me."
- "I want to do more learning and less protecting of myself. My intent is to learn,

*"Couples either
GROW TOGETHER
or GROW APART."*

rather than to defend and protect my ego.”

- “I want to learn to say “I’m sorry” when I have offended your spirit.”
- “I want you to know that I am grateful for you, and want us together to enjoy an increasingly fulfilling and loving relationship.”
- “Love builds up...” (1 Cor. 8:1)
“Love covers over a multitude of sins” (1 Peter 4:8)
“Love” keeps no record of wrongs. It always protects, always trusts, always hopes, always perseveres.” (1 Cor. 13:5, 7)

10. Get a new definition of success. The definition is this: those closest to you, love and respect you the most.

Intimacy and Renewal of Vows

- 1) _____ “I want to love you unconditionally.”
- 2) _____ “You are important in our relationship.”
- 3) _____ “I want to sense and meet your needs.”
- 4) _____ “I want to spend my life with you.”

Making the Most of Your Marriage

Session #4– Answer Key

1. High Commitment (love, commitment, more love, more commitment)
2. Expressions of love
 - a. Surprising
 - b. Pleasing
 - c. Creating memories
 - d. Reaffirming
 - e. Enhancement
3. Fun
4. Forgiveness
5. Communication
 - a. factual
 - b. opinion
 - c. feeling
6. Intimate
7. Understand and Appreciate
8. Growth and Development
 - a. Grow as friends
 - b. Growth experiences
 - c. Challenging each other to grow
 - d. Having a growth plan
 - e. Having new experiences
 - f. Sharing what is learned
9. Serving
10. Get a new definition of success
 - a. Security
 - b. Self-worth
 - c. Sensitivity
 - d. Sharing