



Marriage & Family

Teaching Notes

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Lesson 1

Introduction

Jane Nalwamba is 14 years old doing grade 7 and a baptized active church member of your fellowship. She has accepted to get married to Peter Simfukwe who is 35 years old from a different denomination. They decide to marry themselves without the concert of their parents and Church Leadership since Marriage is between two people a Man and a woman.

Discussion this situation. Is the couple acting wisely? Are they honoring God and obeying the Bible?

In this lesson we will discuss the Biblical foundation of a healthy marriage.

Part 1 – Definition of Marriage

DEFINITION

Marriage is an institution, a formalized and sanctified union of man and woman. It is the holy union of a man and a woman in a Godly way.

Muziwa Bantu Banda beats up his wife every week as a sign of loving her. He treats her as his slave. Magani Phiri his friend asked him on why he does this to his wife. He hesitantly replied that is how my father treated my mother till now.

Discuss. What is marriage according to your understanding and culture?. What is the basis of your marriage? What is the basis of marriage for many people in your community and church?

Part 2 – The Foundation of Biblical Marriage

God is the founder of marriage. God blessed the first couple in the history of the whole world - Adam and Eve. He created, instituted, formalized and blessed them. God founded marriage on the principles of love for each other, faithfulness to each other, trust in each other, worthiness in each other, respect for each other, understanding each other, intimacy for each

other, peace with each other, joy in each other and servitude to each other. Marriage is the climax of God's creativity in making man in his own image. Together man and woman are to be fruitful on the earth and govern the whole creation of God on the earth. Marriage comes with great responsibilities to both husband and wife. And these responsibilities include managing and governing themselves and all the creation of God - animals, land, water, natural resources, and expanse.

Genesis 1:27-28 "And God created man in His own image, in the image of God He created Him; male and female He created them. ²⁸ And God blessed them; and said to them, be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky, and over every living thing that moves on the earth". (NASB)

Genesis 2:18 "Then the lord God said, it is not good for the man to be alone; I will make him a helper suitable for him". (NASB)

The wife is a "suitable help". She is to support, encourage, assist, and submit to her husband.

Genesis 2:22-23 "And the man gave names to all the cattle, and the birds of the sky, and to every beast of the field, but for Adam there was not found a helper suitable for him.²¹ So the Lord God caused a deep sleep to fall upon the man, and he slept; then He took one of his ribs, and closed up the fresh at that time. ²² and the Lord fashioned into a man the rib which he had taken from the man, and brought her to man. ²³ And the man said `this is now bone of my bones, and fresh of my fresh`; she shall be called woman, because she was taken out of man". (NASB)

Therefore from these scriptures it is very clear that God founded marriage and marriage is holy. This is why the marriage bed should be kept clean and pure from all immoralities. God created marriage, blessed the first marriage, and marriage is between a man and a woman - not a man and a man or a woman and a woman or a man and women.

God respected marriage from the beginning and marriage is holy. Marriage was established by God hence the need for everyone to respect it. Remember every good community, or every good society is built by good standing marriages. Marriage is Holy and meant for enjoyment between a Man and a Woman created in the image of God by God. Marriage built on the foundation of the word of God is not only good, healthy, and holy, but also upright and favored by God. It is a covenant offspring family living in the blessings of God.

Malachi 2:13-15 “And this second thing you do. You cover the Lord’s altar with tears, with weeping and groaning because He no longer regards the offering or accepts it with favor from your hand. ¹⁴ But you say, “Why does He not?” Because the Lord was witness between you and the wife of your youth, to whom you have been faithless, though she is your companion and your wife by covenant. ¹⁵ Did He not make them one, with a portion of the spirit in their union? And what was the one God seeking? Godly Offspring. So guard yourselves in your spirit, and let none of you be faithless to the wife of your youth.”(ESV)

Part 3 – Review

1. What is biblical marriage?
2. Who founded Marriage?
3. List at least 10 biblical marriage foundations.
4. Fill in the blanks:
Genesis 1:27 - 28 “And _____ created man in His own image, in the image of _____ He created Him; male and female He created them. ²⁸ And God _____ them; and said to them, be _____ and _____, and fill the _____ and subdue it; and rule over the fish of the sea and over the birds of the sky, and over every living thing that moves on the earth”
5. Genesis 2:18 “Then the _____ said, it is not _____ for the _____ to be _____; I will make him a _____ for him”
6. Chikumwamba Nawa divorced his wedlock wife for not conceiving in their 15 years marriage and married another wife outside wedlock who quickly born him twins. The first wife also got married and gave birth to a son. After five years they both decided to break their second marriages reunite for they still loved each other. What advice can you give them?
7. Explain Malachi 2:13 – 15 in your own understanding.
8. What new things have you learnt from this lesson?

Lesson 2

Introduction

A beautiful, strong, and lasting house has the secret on its foundation. Even if strong storms and heavy rains fall night and day it will not fall down. Would you love to live in such house? Below are six milestone secrets and outstanding foundational purposes for a strong and healthy marriage.

Part 1 – 6 Biblical Purposes of Marriage

God never created anything without the purpose. God created, founded, established, and blessed marriage for some of the following reasons.

1. MARRIAGE IS MEANT FOR FELLOWSHIP/ FRIENDSHIP/ COMPANIONSHIP

Every healthy; county, community, society, institution, church, village and a home find its pleasure and purpose of existence in been with others and for others. Fellowship is the art and pleasure of existing with others for others. Fellowship means talking to each other, been around for each other, and above all fellowship is having relationships with each other. Marriage is meant for fellowship. Marriage is meant for friendship. Marriage is meant for companionship. This is why it is important when choosing whom to marry, you choose from among the fellow believers or from within the same denomination one who is suitable for you as a Man. The wife is a friend not an enemy. The wife is a suitable helper compared to all other people in the world. The wife is a companion for life on earth till death separate. Marriage is a life-long commitment that a man and a woman pledge to each other till death separates them.

“Do you Declare that as far as you know there is no lawful impediment to your proposed marriage with here present and that you call all here present to witness that you take as your holy and lawful wedded husband, to have and to hold, from this day forward, for better or for worse, for richer or for poorer, in sickness and in health, to love and to cherish, as long as you both shall live?”

Matthew 19:4 -10 “And He answered and said, have you not read, that he who created them from the beginning made theme male and female. ⁵ and said, for this cause a man shall leave

his father and mother and shall cleave to his wife; and the two shall become one flesh? ⁶ *Consequently they are no longer two, but one flesh. What therefore God has joined together let no man separate.*⁷ They said to Him, why then did Moses command to give her a certificate of divorce and send her away? ⁸ He said to them, Because of your hardness of heart, Moses permitted you to divorce your wives; but from the beginning it has not been this way, ⁹ And I say to you, whoever divorces his wife, except for immorality, and marries another woman commits adultery. ¹⁰ The disciples said to Him, if the relationship of the man with his wife is like this, it is better not to marry”. (NASB)

Genesis 2:18 “Then the lord God said, it is not good for the man to be alone; I will make him a helper suitable for him”. (NASB)

Genesis 2:22 “And the man gave names to all the cattle, and the birds of the sky, and to every beast of the field, but for Adam there was not found a helper suitable for him”. (NASB)

2. MARRIAGE IS MEANT FOR REPRODUCTION OR PRO-CREATION

For fellowship to be fully enjoyed and be pleasing to each other as wife and husband procreation is inevitable. Fruitfulness and multiplication cements the fellowship deeper. Procreation is reproduction, and reproduction is giving birth. Having children born is one of the chief purposes of marriage. Children are a blessing from God and the glory of the family. Children bring joy and happiness to both wife and husband. Children also strengthen up ties with two families. This is God given responsibility to reproduce responsibly. This is discussed on birth Control lesson in my last lesson on supplementary reading.

Genesis 1:27-28 “And God created man in His own image, in the image of God He created Him; male and female He created them. ²⁸ And God blessed them; and said to them, be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky, and over every living thing that moves on the earth”. (NASB)

3. MARRIAGE IS MEANT FOR AFFECTION AND LOVE

Marriage brings about emotional satisfaction which a wife feels for her husband on the other hand the husband also satisfied his romance affection for his wife. Marriage is meant for not only fellowship and procreation but also for love and affection for each other. The husband loves the wife and the wife loves the husband.

Genesis 2:22-23 ²² and the Lord fashioned into a man the rib which he had taken from the man, and brought her to man. ²³ And the man said `this is now bone of my bones, and fresh of my fresh`; she shall be called woman, because she was taken out of man”. (NASB)

Song of Solomon 6:3 “I am my beloved and my beloved is mine, He who pastures his flock among the lilies”. (NASB)

4. MARRIAGE IS MEANT FOR SEXUAL FULFILLMENT/ SEXUAL SATISFACTION

Genesis 2:24-25 “For this cause a man shall leave his father and his mother, and shall cleave to his wife; and they shall become one flesh (sex and its satisfaction of each other). ²⁵ And the man and his wife were both naked and were not ashamed”. (NASB)

1 Corinthians 7:3-7 “Let the husband fulfill his duty to his wife, and likewise also the wife to her husband. ⁴ The wife does not have authority over her own body, but the husband does; and likewise also the husband does not have authority over his own body, but the wife does. ⁵ Stop depriving one another, except by agreement for a time that you may devote yourselves to prayer and come together again lest Satan tempt you because of your lack of self – control.” (NASB)

Sex is food for both the husband and the wife. It bridges up the intimacy desire gap that is allowing each other to reach orgasm to maximum satisfaction. Both should be satisfied by each other when it comes to sex. Love play is important in reaching each other’s orgasm. Women take longer to reach their most excitement satisfactions hence the need for the husband to exercise high level of self-control that is to delay in ejaculation that is ejaculation discipline. When both are sexually satisfied they face life responsibilities and challenges with courage and great determination. Failure to satisfy each other sexually may lead to marriage insecurity; divorce, quarrels, fighting, and secret affairs. It becomes the breeding source for marital wounds.

Marriage exists not only for companionship, procreation, affection, and sexual fulfillment but also for the purposes of serving God faithfully and experiencing His blessings that comes with marriage for complete joy, peace and Love. A good family is built on the word of God for a good marriage comes first followed by the good family. It is marriage that builds up the family, the family builds up the village, the village builds up the community, the community builds up the institutions (churches, schools, colleges, Universities, ministries and so on). A

healthy marriage will produce a healthy family, a healthy family will produce a healthy community, and a healthy community will produce a healthy institution and a healthy institution will build up a healthy society. Therefore this is why marriage is Holy before God for it is the mother of all groupings of people with their morals. A healthy church is not only one with healthy marriages but one with healthy families.

5. MARRIAGE IS MEANT FOR MONOGAMY

Biblical marriage is meant for one man and one woman. Anything outside this practice is not marriage but a violation of God's design for marriage and wickedness on its highest form. God made one Man (Adam) and one Woman (Eve) and blessed them. He never made two Adams for one Eve or two Eves for one Adam. Any marriage outside one husband, one wife is not of God but hardness of man's heart.

Matthew 19:4 - 6 “And He answered and said, Have you not read, that he who created them from the beginning made them male and female. ⁵ and said, for this cause a man shall leave his father and mother and shall cleave to his wife; and the two shall become one flesh? ⁶ *Consequently they are no longer two, but one flesh. What therefore God has joined together let no man separate*”. (NASB)

6. MARRIAGE IS MEANT FOR LOVE

Marriage is Love expressed towards each other through affection for each other, submission to each other the case for the wife, respecting each other the case for the husband, understanding each other the case for the husband, caring for each other the case for both, protecting each other, satisfying each other sexually, and finding peace, joy and solace of heart in each other. Sweet words from a husband and wife living in love are a building block of a happy marriage. If you run out of sweet words read the book of Song of Songs and surely you will never come out empty. Love is giving gift to each other. Love is spending time together. Love is sharing knowledge and experiences together. Love is been responsible to each other. It is an agreement love.

Song of Songs 7:10 “I am my beloved and his desire is for me.” This is intimacy love and relationship. (NASB)

Amos 3:3 “Do two men walk together unless they have made an appointment” (or agreement). (NASB)

Part 2 – Types of Marriages

Due to increased population leading to increased social, economical, political, culture and technological development these have lead to diverse way of achieving the desired end results. Marriage has not been left unchanged even though the ancient one still out stands them all.

1. CHRISTIAN MARRIAGE

This is a type of marriage accepted and practiced by Christians around the world. This type of marriage is based on the scriptures with the principle of one husband, one wife. It's called Monogamy marriage. Adam and Eve was the first monogamy marriage to be blessed by God, ordained by God, recommended by God, and instituted by God.

Genesis 1:27-28, “And God created man in His own image, in the image of God He created Him; male and female He created them. 28 *And God blessed them; and said to them, Be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky, and over every living thing that moves on the earth*”. (NASB)

Genesis 2:21-25. “So the Lord God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. And the rib that God had taken from the man he made into a woman brought her to the man. Then the man said, *This at least is a bone of my bones and flesh of my flesh; She shall be called a woman, because she was taken out of man. Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed.*” (NASB)

This type of marriage is witnessed in the church, and officiated by the gazette Gospel Minister. Both the husband and the wife swore or promise long lasting commitment to each other till death separates' them.

Matthew 19:6 “Consequently they are no longer two, but one flesh. What therefore God has joined together let no man separate” (NASB).

This is original marriage designed by God.

2. CUSTOMARY MARRIAGE

This type of marriage is acceptable and practiced by different sections of cultural regions based on their belief and tribal norms. Under this type of marriage you will find both monogamy and polygamy marriages. Monogamy meaning one husband with one wife while Polygamy meaning one husband with more than one wife. This type of marriage puts its emphasis on customary roles and practices of the tribe and region. It is mostly spear headed and prepared by elders in the community starting with the go - in between Men (Bashibukombe). They represent man`s family and negotiate payments with the family of the lady to be married on behalf of the family of Man to marry till they reach an affordable payment agreement. This payment is called dowry. The agreement to make the payments makes the beginning point of customary marriage and making the payments in full or in installments form of money or Animals as agreed seal the marriage and united the two families together.

A celebration party is organized by the two families called IchombelaN`ganda where different invited people will come and give public council to the couple as they seat them outside the house and give gifts to them to help them get started with a new home. Parents have the upper hand on all matters of this type of marriage.

3. POLYGAMY

This is the selfish or greed act of marrying more than one wife or more than one husband. It is the result end of not only lust but immoral cultured mentality based on head strong self-ego ambition.

Genesis 4:19 “And Lameck took to himself two wives: the name of the one was Adah and the name of the other, Zillah.” (NASB).

Lameck was the first Polygamist in the history of all creation. He was the first one to break God`s design for marriage which is monogamy.

4. LEGAL MARRIAGE

This is a type of marriage is stipulated by the marriage act. It is marriage defined by National Constitution of each country. The national constitution and marriage act are basic foundations of this marriage. This type of marriage is either legalized by the registrar of marriages, or by the gazette solemnizing Gospel Minister depending on the legislature of each country.

5. CO-HABITING

This is a type of non-marriage where a man and woman are living together and enjoying the conjuncture rights without the consent of the family members, the Church and the Community even to the point of having Children. Under this type of relationship there is no marriage commitment or covenant made between the two. It's based on immorality, wickedness and selfishness of each other. It doesn't matter how long they may live together as long as they are not blessed in the Church or legalized, it's not marriage.

Part 3 – Types of Families

1. NUCLEUS FAMILY

This is a type of family limited to Father, Mother and Children household. The smallest unit of this family is father and mother. This type of a family has widely been adopted and practiced by many countries, families and institutions looking at the prevailing economical challenges. The first family created by God was Adam, Eve and children (Cain, Abel, Seth). This type of a family has many advantages and disadvantages which I am not going to discuss here but you can discuss them in the class. Below are some few examples of a Nucleus family in the Bible.

Genesis 5:4 “Then the days of Adam after he became the father of Seth were eight hundred years, and he had other sons and daughters.” (NASB)

Genesis 6:8 –10 “But Noah found favor in the eyes of the Lord. ⁹ These are the records of the generations of Noah. Noah was a righteous man, blameless in his time; Noah walked with God. ¹⁰ And Noah became the father of three sons: Shem, Ham, and Japhet.” (NASB)

2. EXTENDED FAMILY

This is a type of family that includes father, mother, children, grandchildren, nephews, and any other relatives. This type of a family has also been widely adopted and accepted and practiced by many people in the world. It is most common among African and Indian communities. The first extended family recorded in the Bible was Abrahams` ancestors Terah and the family. This type of family has its own advantages and disadvantages which I am not going to discussing here but you can discuss them at your own free time.

Both nucleus and extended family are Biblical household set up where the Husband and the wife bear great responsibilities of each member expecting to receive their attention. Below are some few examples of Extended families in the Bible.

Genesis 11:31 “And Terah took Abram his son, and Lot the son of Haran, his grandson, and Sarai his daughter in – law, his son Abram`s wife; and they went out together from Ur of the Chaldeans in order to enter the land of canaan; and they went as far as Haran, and settled there.” (NASB)

Genesis 12:5 “And Abram took Sarai his wife and Lot his nephew, and all their possessions which they had accumulated, and the persons which they had acquired in Haran, and they set out for the land of Canaan.” (NASB)

Part 4 – Review

1. List down **four** outstanding biblical purposes of marriage.
2. Outline **three** types of marriages
3. Briefly explain the **two** types of families with the help of scriptures.
4. Briefly share what you have learnt from this lesson.
5. What part of the lesson was helpful to you personally.
6. Who was the first man to break Gods` heart by having more than one wife?

Lesson 3 – Biblical Role of the Husband and Father

Introduction

A good husband is a responsible husband. A responsible husband is difficult to find also bearing in mind that “He who finds a wife finds a good thing and obtains favor from the Lord”. How responsible are you as a husband to your wife and to your children? What are some of the biblical roles of the husband in the family?

Part 1 – The Role of the Christian Husband to His Wife

Since Marriage was ordained by God, and there are clear expectations for husbands and wives. Here are some of the Biblical roles and qualities required from a good husband.

1. MAN LEAVE HIS PARENTS - INDEPENDENT AND RESPONSIBLE

The husband must **LEAVE** his parents and **CLEAVE** to his wife. The husband makes a new home for himself and his wife. Leaving here means getting established becoming independent from everyday life of parental interference. Been able to provide; food, clothing, shelter, and other basic needs for yourself without depending on your parents for if he cannot provide for oneself first then he needs to wait to marry till such a time when he is responsible enough to provide..Man should be able to lead one - self before he can lead someone.

Cleaverefer to relinquishing your intimacy relationship with your parents and build it with your wife. It is joining together Husband and wife and start a new household. Leaving and Cleaving are two fundamental requirements in God's design for marriage,

Genesis 2:24 – 25 “for this cause a man shall leave his father and his mother, and shall cleave to his wife; and they shall become one flesh sex and its satisfaction of each other. ²⁵ And the man and his wife were both naked openness and sexual fulfillment and were not ashamed.” (NASB)

Ephesians 5:31.“For this cause a man shall leave his father and mother, and shall cleave to his wife; and the two shall become one fresh.” (NASB)

2. THE HUSBAND IS THE HEAD OF HIS WIFE

The husband is privileged by God to head the wife. This headship does not mean; dictatorship, autocracy, kingship or non-equal instead it's loving intimacy relationship based headship. It is headship with love, respect and understanding of each other.

Ephesians 5:25, 28 "Husbands love your wives, just as Christ also loved the church and gave Himself up for her." ²⁸ So husbands ought also to love their own wives as own bodies. He who loves his own wife loves himself." (NASB)

Ephesians, 5:22 - 23 "Wives be subject to your own husbands, as to the Lord. *For the husband is the head of the wife, as Christ Himself is the head of the Church*". (NASB)

1 Corinthians 11:3 "But I want you to understand that Christ is the head of every man, and the man is the head of a woman and God is the head of Christ." (NASB)

This teaches us that God is the head of Christ, Christ is the head of man, and Man is the head of woman.

The husband leaves his parents and assumes the new role of headship in his marriage. He becomes the head to provide servant hood leadership to his wife and children in marriage. He becomes the role model in marriage.

Leaving means becoming independent "to start a new family unit" where the husband is now responsible towards God for his family. His father and mother, uncles and aunts, cannot interfere in the new family unit. If he is wise, he will seek counsel and advice with them, but God holds him responsible at the end of the day.

Cleaving means staying together with the wife "to stick to your wife". Nothing must come between husband and wife. They are stuck together with the super-glue of the marriage vows before God. The only "third part" involved is God Himself - no family interference is allowed, no "other woman" or "other man" (adultery). No circumstance is allowed to break a marriage either, whether it be sickness, money concerns, childlessness, extended family responsibilities, parental responsibilities in their old age, and so on, Only "until death do us part".

3. THE HUSBAND MUST LOVE HIS WIFE

The husband must love his wife and show it. This love should be like the sacrificial love of Christ for His Church, for which He died. The husband is to show this kind of love for his wife, and he must be willing even to die for her as a demonstration of his love. Noticing that in Ephesians and Colossians, it is the husband that is commanded to love his wife, not the wife commanded to love her husband. Does this mean that she does not have to love him? No, certainly not. Paul is addressing the specific areas which the husband and the wife find more difficult. Wives have a natural tendency to love their husbands, more than the husband, so husbands are specifically told to make every effort to love their wives, and show it. Whereas wives are told to submit themselves to their husbands and that is the more difficult area for them to achieve. So Paul says, Husbands love, wives submit.

Ephesians, 5:22 - 23 “Wives be subject to your own husbands, as to the Lord. For the husband is the head of the wife, as Christ Himself is the head of the Church”. (NASB)

Colossians 3:19 “Husbands, love your wives and do not be embittered against them.” (NASB)

Ephesians 5:28 “So husbands ought also to love their own wives as own bodies. He who loves his own wife loves himself.” (NASB)

4. THE HUSBAND MUST UNDERSTAND, RESPECT, AND PROTECT HIS WIFE

The husband in the house has a greater responsibility not only to his wife, children and other relatives but to God. The husband is responsible to God in the way he treats his wife as a suitable helper, and one of the weaker sex. The wife complements supports and encourages what the husband is doing. The failure of the husband to understand, respect and protect his wife distorts his relationship with God. The relation of the husband and the wife is as important as the relationship of an individual with God. God understands respects and protect marriage relationship between a husband and the wife. Remember;

Proverbs 18:22 “He who finds a wife finds a good thing and obtains favor from the Lord God.” (NASB)

Proverbs 19:14 “House and wealth are an inheritance from fathers, but a prudent wife is from the Lord.” (NASB)

Proverbs 31:10 “An excellent wife who can find? For her worth is far above jewels. ¹¹ The heart of her husband trust in her, and he will have no lack of gain, ¹² she does him good and not evil all the days of her life.” (NASB)

1 Peter 3:7 “You husbands likewise, live with your wives in an understanding way, as with a weaker vessel, since she is a woman; and grant her honor (respect) as a fellow heir of the grace of life so that your prayers may not be hindered.” (NASB)

The husband should understand, respect, and protect his wife. A husband must not intimidate his wife, but treat her with loving consideration because; -

- She is of the physically weaker sex.
- She is a co-heir to life with the man (has equal right), so he must not make his wife miserable.
- His prayers may be hindered if he fails to give his wife due consideration. He will not be able to pray with her if he has treated her harshly.

Part 2 – The Role of the Christian Father to His Children

The husband is the most accountable person to all family members. As they live together with his wife the Lord begins to bless them with children which comes with great responsibilities of providing; food, clothing, protection, good education, good health, good shelter and clean water for them. One of the most outstanding responsibilities of the father in the home is to training the children. This responsibility has been over delegated to teachers in both public and private schools as a result, children learn different things from these teachers good and bad things for teachers are a combination of different characteristics, hence the need for the father to retain his God given duty in the home to train his children in a Godly way. So that when they grow up they will not depart from the law of God.

Deuteronomy 6:6-7 “And these words, which I am commanding you today, shall be on your heart: ⁷ and you shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up.” (NASB)

Proverbs 22:6 “Train up a child in the way he should go, Even when he is old he will not depart from it.” (NASB)

Colossians 3:21 “Fathers, do not exasperate (provoke to anger) your children, that they may not lose heart” (NASB)

The husband as the father must train his children; spiritually, economically, socially, intellectually responsibly. This should never be left to the wife as their mother alone. These verses were specifically addressed to the fathers`.

Part 4 – Review

1. Outline **four** outstanding roles of the husband to his wife.
2. State **one** biblical outstanding responsibility of the father to his children.
3. Discuss the areas which are so helpful to your marriage in this lesson as a responsible father.
4. How should a responsible husband treat his wife according to 1 Peter 3:7?
5. What can cause the prayers of the husband to be hindered?
6. What does 1 Peter 3:7 teach about the role of a wife in relationship to her husband?

Lesson 4 – Biblical Roles of the Wife and Children

Introduction

Who can find a good wife? Where is the role of children in the family? However, in this lesson I will discuss the responsibilities of a wife to her husband and her responsibilities to the children.

Part 1 – The Role of the Christian Wife to Her Husband and Children

1. THE WIFE MUST SUBMIT TO HER HUSBAND

One of the most outstanding God given responsibilities of the wife to her husband is obedience. Obedience is the ability listen from the husband about plans, ideas, projects and talk through together, support and act together. Submission to the husband shows respect, love, caring and trust. This is not an intimidating, corporal or suppressing or autocratic submission instead its` an equal partnership, where the two seats together and talks through their marriage affairs, work, home, children, and serving God respecting each others` God given spiritual gift. It is love based submission and not work based condition.

Ephesians 5:22 “Wives be subject (submit) to your own husbands, as to the Lord.”

Colossians 3:18 “Wives, be subject (submit) to your husband’s as is fitting in the Lord.”
Although a woman is equal to man in the sight of God, there is order in His creation.

Ephesians 5:21-24, Paul tells us that we must all submit to one another out of reverence (respect) for Christ, who is the head of the Church. So submission is also two-way. But when it comes to order, man was created first, then the woman, so the wife must submit to the husband in God's order of things.

Genesis 3:16; “To the woman He said, I will greatly multiply your pain in the childbirth, in pain you shall bring forth children. Yet your desire shall be for your husband and he shall rule over you.” (NASB)

Titus 2:3-5 “Older women likewise are to be reverent in their behavior, not malicious gossips, nor enslaved to much wine, teach what is good, ⁴ that they may encourage the young women to love their husbands, to love their children, ⁵ to be sensible, pure, workers at home, kind, being subject to their own husbands, that the word of God may not be dishonored.” (NASB)

However, if husbands were to love their wives as Christ loved the church and died for it, wives would not find it difficult to submit to their husbands.

2. **THE WIFE MUST TRAIN THE CHILDREN AS A MOTHER**

The husband and wife in a new home begin to receive the gift of fruitfulness among fruits that brings joy and great happiness is birth of children. The Christian father and mother are the ones responsible for bringing up their children and to train them, not any other relative, who may not be a Christian. Bringing up and training children is greatest responsibility God has placed on the father and mother in the home. It is a joint responsibility. None of them should side with each other to defend the children for such becomes a dividing point in the family. It is important that both parents` stands together in giving discipline the children. See scriptures above on “husband train the children as the father”.

3. **A MODEL OF A FAITHFUL AND GOOD WIFE**

The wife should be cheerful, understanding, industrious, creative, supportive and kind.

Proverbs 12:4; “An excellent wife is the crown of her husband But she who shames him is as rottenness in his bones.” (NASB)

Proverbs 21:19 “It is better to live in a desert land than with a contentious and vexing woman.” (NASB) The wife must be non-violent in words, actions, and thinking.

Proverbs 25:24 “It is better to live in a corner of a roof than in a house shared with a contentious woman.” (NASB)

Proverbs 27:15 “A constant dripping on a day of steady rain and a contentious woman are alike.”

Therefore, the wife should be loyal to her husband.

Proverbs 31:10 - 13 “An excellent wife who can find? For her worth is far above Jewels. ¹² The heart of her husband trust in her And he will have no lack in gain ¹³ She does him good and no evil All the days of her life.” (NASB)

Proverbs 31:27-29 “She looks well to the ways of her household, And does not eat the bread of idleness, ²⁸ Her children rise up and bless her; her husband also, and he praises her sayings: ²⁹ Many daughters have done nobly, but you excel them all.” (NASB)

A good wife will use the many hours she spends with her children to teach them Bible stories and truths.

Part 2 – The Role of Children in a Christian Family

In a biblical home God never left anyone without duty to play just as the father and the mother have God given responsibilities in the home so children also in the home have God given responsibilities. The roles of the children in the home to their parents are; obedience, respect, helping parents, pleasing parents, and supporting parents.

1. OBEDIENCE

Obedience is God given responsibility to every child in the home. Obeying instructions from parents is paramount to every child in the home of parents regardless of age. Obeying parents brings the favor of good health and many years of living on earth to every child who obeys his /her parents.

Ephesians 6:1 -2 “*Children obey your parents in the Lord, for this is right. ²Honor your Father and Mother* (which is the first commandment with a promise), that it may be well with you, and that you may *live long on the earth*”. (NASB)

Exodus 20:12 “*Honor your father and your mother, that your days may be prolonged in the land which the Lord your God gives you*”. (NASB)

Luke 2:51 “And He went down with them, and came to Nazareth; and He *continued in subjection* to them; and *His mother treasured all things in her heart.* ⁵² And Jesus kept increasing in wisdom and stature, and in favor with God and men”. (NASB)

Even Jesus was subject to His parents, and that must have been hard at times, since He was perfect and they were not. Children must learn to respect elders, as in the example of Samuel towards the old priest, Eli.

1 Samuel 3:1-14 “That the Lord called Samuel and he said Here I am”...⁶ and the Lord called yet again, Samuel! So Samuel arose and went to Eli, and said Here I am, for you called me”...⁸so the Lord called Samuel again for the third time. And He arose and went to Eli, and said, Here I am for you called me” then Eli discerned that the Lord was calling the boy.⁹ And Eli said to Samuel, ‘Go lie down, and it shall be if He calls you, that you shall, Speak Lord, for they servant is listening,’ so Samuel went and lay down in his place.¹⁰ Then the Lord came and stood and called as at other times, Samuel! Samuel! And Samuel said, “Speak Lord, for they servant is listening.¹¹ And the Lord said to Samuel, ‘Behold I am about to do a thing in Israel at which both ears of everyone who hears it will tingle.’” (NASB)

1 Peter 5:5 “You younger men, likewise, be subject to your elders; and all of you, clothe yourselves with humility toward one another, for God is opposed to the proud, but gives grace to the humble.⁶ Humble yourselves, therefore under the mighty hand of God, that He may exalt you at the proper time.” (NASB)

1 Timothy 5:1-2 “Do not sharply rebuke an older man, but rather appeal to him as a father, to the younger men as brothers² the older women as mothers, and the younger women as sister, in all purity.” (NASB)

2. TAKE CARE OF THE PARENTS

Looking after parents is a holy duty to every child that they won their parents. The Bemba Proverb says “Mayo mpampa nayine nkakupapa” meaning `mother take care of me and I will take care of you`. It is Godly to provide for own parents. It’s the principle of sowing and reaping.

1 Timothy 5:3-4 “Honor widows who are widows indeed;⁴ but if any widow has children or grandchildren, let them first learn to practice piety in regard to their own family, and to make some return to their parents; for this is acceptable in the sight of God.” (NASB) Children have a duty to take care of their parents in old age.

Mark 7:9-13 “He was also saying to them, you nicely set aside the commandment of God in order to keep your tradition,¹⁰ for Moses said, Honor your father and your mother and he who speaks evil of father or mother let him be put to death...” (NASB)

In God's sight, it is a false religion to say I can't help you because I am giving my money to the Lord. Looking after our parents is a way to honor God. It is a form of repaying our debt for bringing us up and the best way of saying thank you father and thank you mother.

Joseph looked after his parents in Genesis 45:9-11, and God multiplied his family into a huge nation, called "the Israelites".

Parenting is a difficult job. All parents make mistakes, just as all children do. So children should not blame their parents if they sometimes get things wrong. One day they will be parents, most likely, and they will find out for themselves how difficult it is.

Children should not harbor resentment against their parents, If there is an outstanding issue, saying "Sorry" before going to bed is recommended. Most often that is all it takes to solve a problem with both parents.

Ephesians 4:26 “Be angry, and yet do not sin, do not let the sun go down on your anger²⁷ and do not give the devil an opportunity.” (NASB)

Part 3 – Review

1. Write the responsibility of the wife to her husband according to the following scriptures;
 - Ephesians 5:22
 - Colossians 3:18
 - Ephesians 5:21-24
 - Titus 2:3-5
2. Discuss the role of the mother to her children according to the Bible.
3. Write six characteristics of a responsible wife.
4. Write the role of the children to their parents according to the following scriptures;
 - Ephesians 6:1 -2
 - Exodus 20:12
 - Luke 2:51
5. What have you learnt from this lesson?
6. What areas were difficult for you to understand from this lesson?

Lesson 5 – Understanding Common Disagreements in Christian Marriages

Introduction

Even though two are better than one, conflict, misunderstanding, disagreement are unavoidable, because of having a different idea and way of action. Therefore since such are caused by many factors, they can also be solved peacefully in any Christian marriage.

Part 1 –13 Causes of Common Marriage Disagreements

Every marriage eventually encounters sharp misunderstanding due to miscommunications and misunderstanding of each other which builds up conflict. Many times a couple will find that the thing they are arguing about is only one symptom of a deeper problem. In this lesson, we will learn to recognize some of the deeper causes of disputes between the husband and the wife.

1. Lack of affection or love for each other.

Genesis 24: 64-67 “When Rebekah looked up and saw Isaac, she quickly dismounted from her camel. ⁶⁵ “Who is that man walking through the fields to meet us?” she asked the servant. And he replied, “It is my master.” So Rebekah covered her face with her veil. ⁶⁶ Then the servant told Isaac everything he had done. ⁶⁷ And Isaac brought Rebekah into his mother Sarah’s tent, and she became his wife. *He loved her deeply, and she was a special comfort to him after the death of his mother.*” (NLTB)

Genesis 29:31- 35 “When the Lord saw that Leah was unloved, he enabled her to have children, but Rachel could not conceive. ³² So Leah became pregnant and gave birth to a son. She named him Reuben, for she said, “The Lord has noticed my misery, and now my husband will love me.” ³³ She soon became pregnant again and gave birth to another son. She named him Simeon, for she said, “The Lord heard that I was unloved and has given me another son.” ³⁴ Then she became pregnant a third time and gave birth to another son. She named him Levi, for she said, “*Surely this time my husband will feel affection for me, since I have given him three sons!*” ³⁵ Once again Leah became pregnant and gave birth to another son. She named him Judah, for she said, “Now I will praise the Lord!” And then she stopped having children.” (NLTB)

Ephesians 5:25, 28 “Husbands love your wives, just as Christ also loved the church and gave Himself up for her;”...²⁸ So husbands ought also to love their own wives as own bodies. He who loves his own wife loves himself.” (NASB)

2. Immorality

Immorality is any kind of sexual outside the boundaries ordained by God. Infidelity to each other is a serious breeding point for many marital conflicts leading to high divorces and infections of sexual transmitted diseases. Immorality has caused so much death among all nations in the world especially in Africa. It is required that the husband and the wife be faithful to each other in mind, sex and affection.

Leviticus 18:20 “And you shall not have *intercourse with your neighbor`s wife*, to be defiled with her.” (NASB)

Hebrews 13:4 “Let marriage be held in honor among all, and let the marriage bed undefiled, for fornicators and adulterers God will judge.” (NASB)

Proverbs 5:15-18 “Drink water from your own cistern, and fresh water from your own well. ¹⁶ should your spring be dispersed abroad, stream of water in the streets? ¹⁷ let them be yours alone, and not for strangers with you, ¹⁸ let your fountain be blessed and rejoice in the wife of your youth.” (NASB)

1 Corinthians 6:18 “Flee immorality, every other sin that a man commits is outside the body, but the immoral man sins against his own body.” (NASB)

1 Thessalonians 4:3 “For this is the will of God, your sanctification; that is, that you abstain from sexual immorality.” (NASB)

3. Lack of time for each other

The modern world work culture and technology have greatly contributing to this problem. Different jobs and work stations are causing the husbands and wives at distance to lose out sweet fellowship that builds up the marriage stronger. Computers, Smart phones and digital televisions (watching films till late) are also stealing time for each other in marriages. Hence it is required that as we work and God keeps increasing us with blessings both the husband and

wife are to create time for each other in their marriage for fellowship revives love, affection, and the ego of the individuals. The husband and the wife must spare time for each other regardless of work commitment and other social platforms marriage comes first. Due to lack of time for each other there is miscommunication and misunderstanding in the home even on small issues. Fellowship clears the air and breaks the silence. Finding time for each other is medicine for a health marriage.

4. Lack of biological children

Staying in the marriage without a child is not good. It creates suspicion from family members, friends, and the general membership of the community. The fruit of the womb is expected from every marriage. However, it takes long for some couples to settle down and plan for the child while for others the delay is caused by the healthy formation and complication of the woman or of the husband organs. On the other hand for others it's waiting upon the Lord like the case for Abraham and Sara, also for Zachariah and Elizabeth.

Genesis 21:1-3 “Then the Lord took note of Sarah as He had said, and the Lord did for Sarah as He had promised. ² So Sarah conceived and bore a son to Abraham in his old age, at the appointed time of which God had spoken to him. ³ And Abraham called the name of the son who was born to him, whom Sarah bore to him Isaac.” (NASB)

Luke 1:18, 24-25 “And Zacharias said to the angel, How shall I know this for certain? For I am an old man, and my wife is advanced in years.” ..²⁴ and after these days Elizabeth his wife became pregnant; and she kept herself in seclusion for five months, saying, ²⁵ this is the way the Lord has dealt with me in the days when He looked with favor upon me to take away my disgrace among men.”

5. Lack of communication with each other

Communication in the home between the husband and wife is very important. Talking to each other, solving problems together, visiting together and being open minded to each other is very important for the health marriage. Communication is verbal and non verbal either of the ways communication should take place. Husband and wife communicate to each other; by talking, by signs, by facial expressions, by dressing, by moods, by eyes, by giving gifts to other. Refusing to communicate or keeping silent in the home between husband and wife is not healthy for marriage. Healthy marriages keep communicating, asking and explaining

where each other's needs clarification no need to be selfish or arrogant or bothered to each other. There is no need to assume that he or she is aware. Communication and reminding each other is very important.

6. Denying each other sex in the name of several excuses

1 Corinthians 7:1-5 “Now concerning the things about which you wrote, it is good for a man not to touch a woman, ² But because of immoralities let each man have his own wife, and let each woman have her own husband. ³ let the husband fulfill his duty to his wife, and likewise also the wife to her husband. ⁴ The wife does not have authority over her own body, but the husband does; and likewise also the husband does not have authority over her own body, but the wife does. ⁵*Stop depriving one another, except by agreement for a time that you may devote yourselves to prayer, and come together again lest Satan tempt you because of your lack of self-control.*” (NASB)

Exodus 19:15 “And he said to the people, be ready for the third day; *do not go near a woman.*” (NASB)

Leviticus 18:19 “Also you shall not approach a woman to uncover her nakedness during her menstrual impurity.”

Sex is good for both husband and wife for continuous satisfaction and enjoyment. A sexually satisfied husband and wife faces life realities or challenges with great optimism, determination, focus, confidence and walks with his or her head high. Sex is health for the health marriage. Love play, plays an important role in preparing each other for sexual satisfaction though it often takes long for women to reach their sexual satisfaction, the husband exercises high levels of self-control from early ejaculations till the wife is also ready to reach her orgasm. Sexual climax is healthy for the mind and for the affection for it fulfills the purpose of sex in marriage. Denying each other sex is digging a pit of silent conflict in the marriage.

7. Money

Deuteronomy 8:17-18 “Otherwise, you may say in your heart, my power and the strength of my hand made me this wealth. ¹⁸ But you shall remember the Lord your God, for it is He who is giving you power to make money wealth, that He may confirm His covenant which He

swore to your fathers, as it is this day.” (NASB)

Hebrews 13:5 “Let your character be free from the love of money, being content with what you have; for He Himself has said “I will never desert you, nor will I ever forsake you”. (NASB)

Proverbs 13:11 “Wealth obtained by fraud dwindles, but the one who gathers by labor increases it.” (NASB)

Ecclesiastes 5:10-11 “He who loves money will not be satisfied with money, no he who loves abundance with its income. This too is vanity. ¹¹ When good things increase, those who consume them increase. So what is the advantage to their owners except to look on?” (NASB)

Ecclesiastes 10:19 “Men prepare a meal for enjoyment, and wine makes life merry, and money is the answer to everything.” (NASB)

Isaiah 55:2 “why do you spend money for what is not bread, And your wages for what does not satisfy?” (NASB)

Money is the medium of exchange of goods and services. Money brings joy and happiness in marriage. Money is not evil but the usage of money and its sources matters most before God. Money must be worked for and should be used well. Sources of money include; farming, working, entrepreneurship, capital investments, buying shares in companies, real estate investments, fixed deposit account, cooperatives, clubs, and self-employment. The modern society is encouraging both husband and wife to be financially independent. The desire to be financially independent has led a lot of wives to replace financial independence with headship in the home. Money and headship in the home must be separated. The husband is an ordained head of the wife regardless of his financial status. Money must be earned in home to support family investments and help meet daily household needs. The role of the wife’s money is to supplement the well-being of the home. Yes money gives people authority, desire to control, desire to restrict and to carry out responsibilities. Remember it is God who gives us strength, power, wisdom and opportunities to make money.

8. Extended family members

Taking care of brothers, sisters, nephews, cousins, grandparents, in-laws, if not well balanced can be a serious source of tension in the home between the husband and the wife. Both the husband and the wife must talk through, agree and balance whom to keep and whom to support. Each one must exercise the control on temptation to assist family member with a view to win favor over the other. Remember supporting family members is healthy and highly recommended but it should be done with clear conscience and uprightness of both husband and wife.

9. Education

Education is what a person learns from birth to death. This learning is by guided and unguided methods. Guided learning include: going to school to learn from the curriculum and the set courses at primary and secondary school even at Universities while unguided learning is mostly by observing, imitating, and watching from outside the curriculum. The husband and the wife should not misuse their level of education to despise or under mean the wife or vice versa. The level of education attained comes with different friends, opportunities, wages, and favors which should be celebrated between the two, husband and wife. Education should be seen as opportunity to serve each other and the community at large.

Proverbs 1:5,7 “A wise man will hear and increase in learning, and a man of understanding will acquire wise counsel... 7 The fear of the Lord is the beginning of knowledge; fools despise wisdom and instructions.” (NASB)

James 1:17 “Therefore, to the one who knows the right thing to do and does not do it, to him it is sin.” (NASB)

Colossians 1:7, 10 “Just as you learned it from Epaphras, our beloved fellow bond servant who is faithful servant of on our behalf...” 10 “So that you may walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God.” (NASB)

10. Poverty and wealth

Poverty is another cause of conflict in marriage especially if two husband and wife are lazy. Poverty meaning lacking access to human basic needs which brings joy and happiness to the

family. These basic needs are; shelter, food, health, clothes, and education. Poverty makes the marriage vulnerable to external critics. Poverty because of laziness and sin is not good for healthy marriage. Wealthy refers to having access and enough basic needs that is in-excess.

Proverbs 6:9-11 “How long will you lie down, O sluggard? When will arise from your sleep? ¹⁰ A little sleep, a little slumber, a little folding of the hands to rest – ¹¹ and your poverty will come in like a vagabond, and your need like an armed man.” (NASB)

Proverbs 10:15 “The rich man`s wealth is his fortress, the ruin of the poor is their poverty.” (NASB)

Proverbs 13:18 “Poverty and shame will come to him who neglects discipline, But he who regards reproof will be honored.” (NASB)

Proverbs 14:23 “In all labor there is profit, but mere talk leads only to poverty”. (NASB)

Proverbs 28:19 “He who tills his land will have plenty of food, but he who follows empty pursuits will have poverty in plenty.” (NASB)

Proverbs 30:7-9 “Two things I asked of thee, Do not refuse before I die: 8 keep deception and lies far from me, give me neither poverty nor riches, feed me with the food that is my portion, 9 Lest I be full and deny thee and say who is the Lord? Or lest I be in want and steal, and profane the name of my God.” (NASB)

2 Corinthians 8:2-3 “That in great ordeal of afflictions their abundance of joy and their deep poverty overflowed in the wealth of their liberality. ³ For I testify that according to their ability and beyond their ability they gave of their own accord.” (NASB)

Serving God should be a priority to both husband and wife regardless of social status in the community.

11. Pride

In a home when one considers himself or herself more important than the other it becomes a serious source of conflict in marriage. Pride is always discouraged in marriage instead humility and self-control is encouraged in a health home. Exaggerated self-esteem is not

good.

Proverbs 16:18-19 “Pride goes before destruction and a haughty spirit before stumbling. ¹⁹ It is better to be of a humble spirit with the lowly, than to divide the spoil with the proud” (NASB)

1 John 2:16-17 “For all that is in the world, the lust of the flesh, and the lust of the eyes and the boastful pride of life is not from the father, but is from the world. ¹⁷ And the world is passing away, and also its lusts; but the one who does the will of God abides forever.” (NASB)

Proverbs 8:13 “The fear of the Lord is to hate evil; Pride and arrogance and the evil way, and the perverted mouth I hate.” (NASB)

Proverbs 11:2 “When pride comes, then comes dishonor, but with the humble is wisdom.” (NASB)

Proverbs 13:10 “Through presumption comes nothing but strife” (quarrels) “but with those who receive counsel is wisdom.” (NASB)

Proverbs 29:23 “A man`s pride will bring him low, but a humble spirit will obtain honor”. (NASB)

12. Unforgiveness

The husband and the wife must understand that no one is completely perfect, hence tolerance, love and forgiveness must be exercised. Each one in marriage accept each other`s weakness and not taking each other for granted. Un-forgiveness in marriage can be a serious cause of conflict in the home.

Proverbs 17:9 “He who covers transgression seeks love, but he who repeats a matter separates intimate friend.” (NASB)

1 Timothy 3: -4 “But relies this, that in the last days difficulty times will come ² for men will be lovers of self, lovers of money, boastful, arrogant, revilers, disobedient to parents,

ungrateful, unholy, ³ unloving, irreconcilable, malicious gossips, without self control, brutal, haters of good, ⁴ treacherous, reckless, conceited, lovers of pleasure rather than lovers of God.” (NASB)

Genesis 50:17-21 “Thus you shall say to Joseph, please forgive, I beg you, the transgression of your brothers and their sins for they did you wrong. And now, please forgive the transgression of the servants of the God of your father. And Joseph wept when they spoke to him. ¹⁸ Then his brothers also came and fell down before him and said, Behold we are your servants. ¹⁹ But Joseph said to them, Do not be afraid, for am I in God’s place? ²⁰ As for you, you meant evil against me, but God meant it for good in order to bring about this present result, to preserve many alive. ²¹ So therefore do not be afraid; I will provide for you and your little ones. So he comforted them and spoke kindly to them.” (NASB)

Matthew 6:14-15 “For if you forgive men for their transgressions, your heaven father will also forgive you. ¹⁵ But if you do not forgive men, then your father will not forgive your transgressions.” (NASB)

Matthew 18:21, 35 “Then Peter came and said to Him, Lord, how often shall my brother sin against me and I forgive him? Up to seven times? ²² Jesus said to him, I do not say to you, up to seven times, but up to seventy times seven.” ... ³⁵ “So shall my heavenly father also do to you, if each of you does not forgive his brother from your heart.” (NASB)

John 20:23 “If you forgive the sins of any, their sins have been forgiven them, if you retain the sins of any, they have been retained.” (NASB)

Colossians 3:13 “Bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you. So also should you.” (NASB)

13. Lack of respect for each other

Respect is very important not only in the home but in every work place. It required that both the husband and the wife in a home give respect to each other. A lot of blessings in marriage are attached to respect.

Esther 1:20 “And when the king’s edict which he shall make is heard throughout all his kingdom, great as it is, then all women will give honor to their husbands, great and small.”

(NASB)

Ephesians 5:33 “Nevertheless let each individual among you also love his wife own wife even as himself; and let the wife see to it that she respect her husband.” (NASB)

1 Peter 2:17 “Honor all men; love the brotherhood, fear God, honor the king.” (NASB)

Therefore these are some of the 13 few causes of conflict in marriages. If these causes are minimized in marriages, then a healthy marriage is the immediate result. The health marriage is characterized with some of the few ways as shown below.

Part 2

15 Practical Ways Couples Can Heal from Marriage Disputes

Below is a list of practical things that couples can begin doing to help them restore peace in their home and heal their marriage relationship. Help couples to think about which of these they can do together, and encourage them to be patient and work together on their problems.

1. By loving each other
2. By praying together
3. By spending time together
4. By communicating to each other as often as possible
5. By buying gifts for each other
6. By going to church together
7. By trusting each other
8. By having sex as a blessing not as an obligation
9. By spending money together or making budget together
10. By respecting each other
11. By working hard
12. By been Humble to each other
13. By forgiving each other
14. By been considerate to each other
15. By supporting each other

Part 3 – Review

1. List at least four causes of marital disputes in most marriages in your area.
2. Explain on how each of these marriage disputes listed above can be solved.
3. Explain on how such marriage disputes affect your church?
4. Share at least four steps the church can take in helping solving these marriage disputes
5. In your own words share what you have learnt from this lesson.
6. What would you like on this lesson if given chance to add on.

Marriage and Family Final Exam

1. Explain the meaning of the word marriage.

2. According to the Holy Bible what are the six purposes of marriage as designed by God. Support your answers with scriptures.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.

3. God blessed the first couple in the Bible, Adam and Eve. Give scriptures which support this statement.

4. List at least five roles of the husband towards his wife.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.

5. Give at least five roles of the wife to her husband.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.

6. Children are a blessing from God. State at least five responsibilities of parents to their children using the scriptures.

- 1.
- 2.
- 3.
- 4.
- 5.

7. There are different types of marriages. Explain the biblical model of marriage with the use of scriptures.

8. Give the necessary steps one should take in preparing for biblical marriage.

9. There are many causes of marital disputes. List at least 8 of the 13 which we have discussed in the class.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

10. Marital conflicts can be minimized and avoided completely by practicing 15 ways.

List 10 of the 15 ways of overcoming marital conflicts.

- 1.
- 2.
- 3.

- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

The following questions describe examples of questions or problems that Christians face in their marriages and families. For each question, describe how you can give biblical counsel to help these families.

11. John is married to two wives before he got saved. Now that he has surrendered his life to Jesus Christ but still with two wives. What Christian advice can you give him? Give at least three biblical recommendations.

- 1.
- 2.
- 3.

12. My children don't obey me as his parent. But I am faithful to serving God and my duties to them as my children. What can I do in order for my children to start obeying me?

13. My children who are now young adults but still single are discussing about family planning and contemplating which one to take. What can I do as a Christian parent?

14. A couple is been mocked for staying more than 10 years in marriage with the fruit of the womb. What biblical advice can you give to them. Give at least three points.

15. I have prayed and waited for a marriage partner for some time and now I am old. I need a husband and a baby. I will fall in love with a married man and get pregnancy and eventually have him divorce his wife and marry me. What Christian advice can you give to such a believer use scriptures.

Marriage and Family

Final Exam – MASTER COPY

Correct answers are in bold.

1. Explain the meaning of the word marriage.
Marriage is the union between a man and a woman.

2. According to the Holy Bible what are the six purposes of marriage as designed by God. Support your answers with scriptures.
 - 1. Fellowship/Companion/ friendship**
 - 2. Procreation**
 - 3. Affection**
 - 4. Love**
 - 5. Sexual satisfaction**
 - 6. Covenant**

3. God blessed the first couple in the Bible, Adam and Eve. Give scriptures which support this statement.
Genesis 1:26, 2:24

4. List at least five roles of the husband towards his wife.
 - 1. Head**
 - 2. Love**
 - 3. Protection**
 - 4. Provision**
 - 5. Understanding**

5. Give at least five roles of the wife to her husband.
 - 1. Submission**
 - 2. Love**
 - 3. Support/ help**
 - 4. Protection**
 - 5. Care**

6. Children are a blessing from God. State at least five responsibilities of parents to their children using the scriptures.

1. Training them Deuteronomy 6:4

2. Teaching them. Deuteronomy 6:4

3. Caring them

4. Providing food, clothing and shelter for them

5. Protecting them

7. There are different types of marriages. Explain the biblical model of marriage with the use of scriptures.

Monogamy, one husband one wife. Genesis 1:26 - 27

8. Give the necessary steps one should take in preparing for biblical marriage.

1. Prayer

2. Courtship

3. Engagement

4. Parental consent from both families

5. Pre – marital Counselling

6. Wedding

7. Honeymoon

9. There are many causes of marital disputes. List at least 8 of the 13 which we have discussed in the class.

1. Miscommunication/ misunderstanding

2. Lack of Love

3. Education

4. Money

5. Immorality

6. Poverty

7. Luck of Children

8. Extended family members

10. Marital conflicts can be minimized and avoided completely by practicing 15 ways.

List 10 of the 15 ways of overcoming marital conflicts.

- 1. Praying together**
- 2. Having time for each other**
- 3. Buying gifts for each other**
- 4. Maintaining good communication**
- 5. Trust each other**
- 6. Spending money together**
- 7. Investing together**
- 8. Attending church services together**
- 9. Studying the Bible together**
- 10. Balancing support to extended families**

The following questions describe examples of questions or problems that Christians face in their marriages and families. For each question, describe how you can give biblical counsel to help these families.

11. John is married to two wives before he got saved. Now that he has surrendered his life to Jesus Christ but still with two wives. What Christian advice can you give him?

Give at least three biblical recommendations.

- 1.
- 2.
- 3.

12. My children don't obey me as their parent. But I am faithful to serving God and my duties to them as my children. What can I do for my children to start obeying me?

13. My children who are now young adults but still single are discussing about family planning and contemplating which one to take. What can I do as a Christian parent?

14. A couple is been mocked for staying more than 10 years in marriage with the fruit of the womb. What biblical advice can you give to them. Give at least three points.
15. I have prayed and waited for a marriage partner for some time and now I am old. I need a husband and a baby. I will fall in love with a married man and get pregnancy and eventually have him divorce his wife and marry me. What Christian advice can you give to such a believer use scriptures.

Appendix

In addition to the information included in the five lessons of this course, I have included supplementary reading with information concerning different methods of birth control. Christian families often have questions about this topic, and sometimes it is difficult to find reliable information. This section is not required for study in this course, but it is given to inform pastors and church leaders so that they can better serve the families in their churches.

BIRTH CONTROL

This is one of the most controversial ethical teachings among several denominations. The question which stands out is should Christians practice family planning methods, especially contraceptives pills, injections and other methods discussed here below?.

Birth Control; this is the art of using one of the several family planning methods limited to married people. It's about child spacing and planning for the future education, social, economical and spiritual needs of the children. However birth control is not explained in details in the bible but some scriptures strongly teaches us to plan for our family as a measure of attaining wisdom.

Psalms 90:12 “So **teach** us to **number our days** that we may **get a heart of wisdom**”.
(ESV)

Psalms 39:4-5 “O Lord, make me **know my end** and what is the **measure of my days** let me know how fleeting I am! Behold you have **made my days** a few **hand breaths**, and my **life time** is as nothing before you. Surely all mankind stands as a mere breath.” (ESV)

Family planning should not be viewed as evil without considering the intention, the motive, the reason behind it. It should be viewed as a means of learning, numbering our days for economical and social purposes and as a means of attaining wisdom of the heart as husband and wife explore their sexual intimacy and reach their orgasm in desire to satisfy each other and reproduce. Family planning is good for child spacing for health purposes to both the husband and wife even for the child. The truth of this matter which we cannot avoid to discuss this matter is that our church members are practicing different types of birth control.

However, various methods of family planning or parental control have been recommended by World Health Organization. And here are some of them.

1. Hormonal contraceptive

According to (www.worldhealthorganisation.com) this includes `oral contraceptives pills, injectables, and implants`. They all prevent pregnancy mainly by stopping a woman's ovaries from releasing eggs. Hormonal methods contain either one or two female sex hormones that are similar to the hormones naturally produced by a woman's body.

Each is used differently, and each has different side effects, slightly different advantages and limitations. It is helpful if a woman talks with a health care provider to make sure she has no health conditions that may make a method unsuitable, to learn the specifics about the method, and to choose one that is right for her. Some hormonal methods are short acting, and some are long-acting. The short-acting hormonal methods require either taking a pill every day or getting repeat injections as scheduled. They are very effective when used correctly. They are somewhat less effective when women forget to take a pill or to return for an injection on time.

Implants are long-acting hormonal methods, and they are highly effective because, once inserted in the woman's arm, the woman will not require further action for 3 to 5 years depending on the implant being used.

2. Oral contraceptive pills;

According to (www.worldhealthorganisation.com) this includes taking one pill every day. They are `most effective when no pills are missed`, the pill is taken at the same time every day, and each new pack of pills is started without a delay.

Some women experience side effects when first taking the Pill, such as nausea or mild headaches, but the side effects are not dangerous and usually go away after the first few months.

Breastfeeding women should delay starting the Pill until the baby is at least 6 months old because the estrogen in the Pill might reduce the amount of breast milk.

3. Injectable contraceptives

According to (www.worldhealthorganisation.com) this is injection giving into `a woman's arm or buttocks once every 1, 2, or 3 months`, depending on the type of injectable.

Injectables are most effective when women remember to come back for re-injection on time.

The most common side effects of ‘injectables are bleeding changes’. At first, injectables may cause irregular, heavy, or prolonged bleeding. After several injections many women stop having monthly bleeding altogether. This is especially common with 2 and 3 month injectables. Having no bleeding pleases many women, but some may worry that something is wrong or that they are pregnant.

They should know that having no bleedings is harmless and does not cause permanent damage to a woman’s fertility. It can even be good for some women’s health because the absence of monthly bleedings reduces the risk of anemia (low iron level in the blood).

Women need to be aware of these side effects in advance so that they know what to expect and do not worry. Depending on the type of injectable, the return to fertility after a woman’s last injection is often delayed and may take from 4 to 10 months. A family planning counselor can help a couple to consider return to fertility when they are selecting a method for timing or spacing pregnancies. A woman can get an injection at a clinic or health outpost. In many countries, community based health workers and pharmacists are able to administer injections.

4. Contraceptive implants;

According to (www.worldhealthorganisation.com) these are ‘inserted under the skin of a woman’s upper arm’ and provide continuous, highly effective pregnancy protection for 3 to 5 years, depending on the type of implant. When this time is over, new implants can be inserted during the same visit that the old set is removed.

Side effects of implants include ‘irregular vaginal bleeding and spotting’. Some women’s monthly bleedings stop altogether. This pleases many women, but some may worry that something is wrong or that they are pregnant. It is important to counsel women in advance that they may stop menstruating and that this is harmless

5. Emergency contraceptive pills (ECPs)

According to (www.worldhealthorganisation.com) this type of family control ‘helps prevent pregnancy if taken within 5 days after unprotected sex’. The sooner they are taken, the more effective they are. They are not meant to be used for ongoing contraception, in place of a regular method.

ECPs have no serious side effects. Some women may have headaches, nausea, or vomiting after taking ECPs, but these go away within several days. The ECPs that contain only progestin cause fewer side effects and are more effective. There is no delay in return to

fertility after taking ECPs. Because of this, ECPs prevent pregnancy only after unprotected sex that occurred within the previous 5 days. ECPs will not prevent pregnancy resulting from unprotected sex that takes place after ECPs have been taken. ECPs offer women a second chance to prevent pregnancy after unprotected sex. They do not cause an abortion, and, if taken accidentally by a woman who is already pregnant, they will not harm the woman or the fetus or disrupt the course of pregnancy

6. Intrauterine contraceptive devices (IUDs or IUCDs)

According to (www.worldhealthorganisation.com) these are `small, flexible plastic devices that are inserted into the woman's uterus`. The `most common IUDs contain copper, and they work by preventing sperm from reaching an egg`. Depending on the type, IUDs can provide protection for 5 to 12 years.

`IUDs are nearly 100% effective`. They are long-acting, too. Once in place, they can provide 5 to 12 years of protection from pregnancy, depending on the type of IUD. However, a woman can ask to have the IUD taken out at any time. When the IUD is removed, a woman can get pregnant immediately. Women have found the IUD to be among the easiest family planning method to use: after it is inserted into the uterus there are no further actions a woman must take and no additional costs until the IUD is removed. Women of all ages can use IUDs, whether or not they have had children. It does not cause infertility. Women living with HIV can safely use IUDs. However, women at very high risk of STIs or who currently have an active STI, such as gonorrhoea or chlamydia, should not have an IUD inserted. The process of inserting the IUD could push gonorrhoea and chlamydia higher into the reproductive tract causing a more serious health problem. These infections should be treated and cured prior to IUD insertion.

7. Barrier methods

According to (www.worldhealthorganisation.com) these are devices ; male and female condoms that physically block sperm from reaching an egg, and chemicals (spermicides) that kill or damage the sperm in the vagina. The effectiveness of barrier methods greatly depends on people's ability to use them correctly every time they have sex.

Male and female condoms are the only contraceptive methods that provide protection from STIs, including HIV, in addition to pregnancy.

Less common barrier methods are diaphragms and cervical caps; they are not readily available in many countries. All of these devices form a mechanical barrier between the

sperm and an egg. Finally, spermicides are chemical substances placed in the vagina — a foam, a gel, film, or a tablet.

8. Copper-bearing IUD

According to (www.worldhealthorganisation.com) the `copper-bearing IUD works by creating an environment in the uterus that damages the sperm and keeps them from uniting with an egg`. It is effective for the period of 12 years.

The most common side effects of the copper IUD include ‘heavier and longer monthly bleeding’, which may be accompanied by increased cramping. For most women these side effects `diminish or disappear after the first 3 to 6 months of IUD use`.

9. Spermicides

According to (www.worldhealthorganisation.com) spermicides are `chemical substances that are inserted deep into the vagina shortly before sex to kill or disable sperm`. They can be `used alone as well as with diaphragms, cervical caps, and condoms`. Spermicides are available as foaming tablets, vaginal suppositories, foam, melting film, jelly, and cream. Used alone, spermicides are one of the least effective contraceptive methods. Even when used consistently and correctly, their effectiveness is only about 82%. Thus, 18 in every 100 women who use spermicides may become pregnant over a year. As commonly used, 29 of every 100 spermicide users will become pregnant within one year of use. Women and couples who want reliable protection from pregnancy should consider other contraceptive methods. Spermicides provide no protection from STIs/HIV and may even increase the risk of HIV if used several times a day.

10. Fertility awareness methods

According to (www.worldhealthorganisation.com) this method requires a couple to know the fertile days of the woman’s menstrual cycle — the days when pregnancy is most likely to occur. During these fertile days the couple must avoid sex or use a barrier method to prevent pregnancy.

This was very common in African Tradition culture, during these fertility period men and young men were taken out for economical activities such as hunting, fishing, knitting mats and baskets.

11. Breastfeeding

According to (www.worldhealthorganisation.com) this provides `contraceptive protection for the first 6 months after delivery if certain conditions are met`. This approach is called the Lactation Amenorrhea Method or LAM.

In addition to protecting against pregnancy, `breastfeeding benefits mothers by helping the uterus to contract and return to its pre-pregnancy state and by strengthening mother-baby bonding`. Also, feeding babies only breast milk for the first 6 months of life provides them with the most nutritious food and many health benefits. Since breastfeeding is so important for the health and a mother should start a family planning method no later than 4 weeks after giving birth to prevent a pregnancy if she is feeding her baby anything other than breast milk.

Family Planning methods nutrition of the baby, the mother should consider continuing to breastfeed even when she starts using another family planning method. The return to fertility after childbirth varies among women and is difficult to predict. A woman who does not breastfeed her baby or breastfeeds only occasionally should assume that she may become fertile as early as 4 weeks after giving birth. To prevent a risky and unplanned pregnancy, she should start a family planning method 4 weeks after giving birth.

12. Withdrawal

According to (www.worldhealthorganisation.com) this involves a man withdrawing his penis during sex and releasing his ejaculate, which contains sperm, outside the woman's vagina.

For most men withdrawal is one of the least effective contraceptive methods.

Effective practice of withdrawal requires men to have good self-control. A man must be able and willing to withdraw the penis and ejaculate outside the woman's body. If he does not withdraw before ejaculating, his partner may become pregnant. Also, a small amount of semen may be released into the vagina before the full ejaculation, possibly without the man realizing it. Even this small amount of semen may contain enough sperm to possibly cause a pregnancy and to transmit STIs/HIV.

13. Female and male sterilization

According to (www.worldhealthorganisation.com) these are `permanent methods of contraception`. Sterilization involves a relatively simple surgical procedure that provides life-long protection against pregnancy. Sterilization is appropriate for men and women who are certain they do not want more children.

i. Female sterilization

This is a relatively simple `surgical procedure`. A very small incision is made in a woman's abdomen, and her fallopian tubes are cut and blocked so that eggs cannot move through the tubes to meet the sperm. Female sterilization has no side effects, and complications are extremely rare when the procedure is performed by a well trained health care provider. It can be provided almost anytime, including family Planning methods immediately after childbirth, so long as she makes the decision before giving birth. Following surgery, a woman may have some abdominal pain and swelling, which goes away in a few days. If possible, she should return to the health care provider after about a week to have the incision checked for infection and to have the stitches removed.

ii. Male vasectomy

This is an even simpler `surgical procedure`. A tiny hole is made in the scrotum (the sac that holds the testicles), and both tubes (vas deferens) that carry a man's sperm to his penis are cut and blocked. This keeps sperm out of the semen, the fluid that is released by a man during an ejaculation. The man can still ejaculate and have an orgasm as before, but there will be no sperm in the semen, and so he will not be able to cause pregnancy. Vasectomy has no side effects, and complications of the surgery are uncommon. After the procedure a man may have discomfort, swelling, and bruising in the scrotum. These symptoms usually go away within 2 to 3 days

Although a man can have sex 2 to 3 days after the procedure, vasectomy is not effective immediately. It takes about 3 months for semen to be completely clear of sperm. During these 3 months a man or his partner should use another family planning method, such as condoms. Or if a woman was already using a family planning method prior to her partner's vasectomy, she can continue using this method for 3 months before discontinuing it. After 3 months a vasectomy is considered effective.

Where possible, a health care provider can examine a semen sample under a microscope to see if it contains living sperms. After 3 months, however, this test is not necessary. Millions of men who do not want more children have chosen vasectomy. Vasectomy is simpler than female sterilization, recovery is quicker — usually a day or two — and the method allows men to take responsibility for family planning. After this procedure, a man can enjoy sex with his partner as before, except now without fear of pregnancy

Female sterilization, the pill, the condom, and LARCs are the most common methods women are currently using.

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