



NEW TESTAMENT CHURCH

*Pre-Marital
& Marriage
Counselling*

Establishing Good Foundations

VOLUME 1

2026 Edition

Faith Maposa



NEW TESTAMENT CHURCH

Pre-Marital Counselling

2025 Edition



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PRE-MARITAL COUNSELLING

Welcome to the New Testament Church Pre-Marital Counselling Course. This course is designed to help you prepare and equip yourself for the new adventure you are about to embark on. The Bible emphasizes the importance of preparation.

PREPARATION

Luke 14:28–30

28 “Suppose one of you wants to build a tower. Won’t you first sit down and estimate the cost to see if you have enough money to complete it?

29 For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you,

30 saying, ‘This person began to build and wasn’t able to finish.’”

The Bible teaches that if you want to build something, you should first count the cost. Do not only focus on the end product; examine how you will arrive at that end product. In this case, do not only pray for a beautiful marriage—pray for the wisdom to attain and maintain a beautiful marriage. The Bible instructs us that wisdom is the principal thing, and that in all your getting, get understanding (Proverbs 4:7–9).

In addition, the pastor should lead the couple in prayer and fasting as they approach their wedding date, in conjunction with the counselling sessions. For example, if they have a session with the pastor in the afternoon, they may pray and fast together in the morning, or at another suitable time. The pastor should emphasize the power of prayer during such an important transition.

Compulsory: The pastor should recommend books for the couple to read before the wedding—at least two books per month. Examples include:

- His Needs, Her Needs by Willard F. Harley Jr.
- The Five Love Languages
- Understanding the Purpose and Power of Men and Understanding the Purpose and Power of Women by Dr. Myles Munroe
- Spirit-Controlled Temperament by Tim LaHaye
- The Purpose and Power of Love and Marriage by Dr. Myles Munroe
- Things I Wish I Knew Before I Got Married

• **Divorce KNOWLEDGE**

As a Christian, you should seek understanding on how to attain a successful marriage—understanding your spouse, and learning how to conduct yourself in marriage in order to build a fulfilling and joyful relationship. Everything God creates is successful, and nothing He speaks returns to Him void (Isaiah 55:11). It is human beings who misunderstand or mishandle God's ideas.

God intended for marriage to be enjoyed, for sex to be enjoyed, and for children to be raised in wholesome, healthy environments. One of the most important investments you can make in a marriage is to become rich in knowledge and understanding regarding the institution of marriage and to apply sound, sober counsel in your relationship.

COUNSEL

The Bible says that where there is a multitude of counsellors, there is safety (Proverbs 11:14). If you can receive pre-marital counselling before marriage, it can help you and your potential spouse navigate the journey with greater ease and clarity. It is therefore advised that couples enter into pre-marital counselling for six months before the actual wedding day.

The Bible also says that by the mouth of two or three witnesses every matter is established (2 Corinthians 13:1). This emphasizes that for a marriage to be established, it needs more than one person. The first “band” of agreement consists of you, your partner, and God. This forms a three-fold cord that is strong and secure for life.

In addition, God may bring people along your path who will act as marriage enhancers, mentors, or accountability partners. However, you must be discerning about whom you allow around your marriage, because the Bible declares that marriage is holy and should be honored by all (Hebrews 13:4).

You may receive pre-marital counselling from your local pastor or from a born-again marriage therapist. Choose someone you trust—someone who can speak into both of your lives, who is spiritually mature, who knows the voice of God, and who is not too close or related to either of you, to avoid any form of bias.

Counselling sessions are also clarity sessions. They bring insight into whether you still want to continue, whether the person is right for you, whether the timing is right, and they help sharpen both individuals within the relationship, just as iron sharpens iron (Proverbs 27:17). Never take this process for granted.

Attend every session faithfully, as they are compulsory before any pastor in NTC can officiate your wedding. It is imperative to do so.

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CONDUCT OF THE COUNSELLING SESSIONS

The counselling sessions should begin six months before the wedding date, with two sessions held per month. Sessions may be conducted either physically or virtually, depending on convenience and constraints. Counselling can only continue if both parties are present, unless the counsellor finds it necessary to meet with each individual separately at his discretion.

The counselling sessions may be conducted by a pastor in the New Testament Church at a location convenient for all. Each session should last between one and two hours. The couple is encouraged to pray and fast during this counselling period, purchase the recommended books, and complete all assigned tasks. It is compulsory that all twelve sessions be completed before the wedding date.

REQUIREMENTS FOR MARRIAGE IN THE NEW TESTAMENT CHURCH

1. Candidates must be born again.
2. Candidates must attend church.
3. Candidates must complete pre-marital counselling.

IN THE BEGINNING

In order to understand the heart and mind of God concerning marriage, you must look to the Creator who designed the institution. The one who created marriage also provided the manual for it—the Bible. It is the best guide for learning, growing, and succeeding in marriage. The Bible also warns us not to remove the ancient landmarks (Proverbs 22:28)—the timeless principles and examples that teach and guide us, including marriages that have stood the test of time and the older women who teach the younger to love their families (Titus 2:4–8).

Marriage is compared to Christ and the Church (Ephesians 5:22–33), and Scripture even calls it a mystery. A mystery is something hidden, deep, and hard to understand. Only the Holy Spirit can reveal the depth of this divine mystery.

To walk successfully in marriage, we must understand its essence. We are a kingdom and a priesthood (Exodus 19:6); therefore, the way we conduct our affairs is kingdom-like. Kingdom marriage goes beyond traditional or contemporary marriage. Kingdom marriage carries purpose and destiny.

God established marriage in Genesis 1 when He brought Eve to Adam. God said it was not good for man to be alone. That means Adam being alone on earth was not

good. After observing Adam, God concluded that he needed a helper suitable for him. God knew Adam would accomplish more and go further with a partner.

Now, let us consider some of the reasons God created marriage:

1. **Compatibility** – Genesis 2:23; Ephesians 5:31
Compatibility means marrying someone who fits you spiritually, emotionally, and physically. You marry for compatibility—someone who understands you. You cannot enjoy marriage with someone who merely tolerates you. A compatible marriage is peaceful and free from unnecessary conflict. Yes, you can have a strife-free marriage. Marriage is for peace of mind. Be compatible.
2. **Complementary** – Genesis 2:18
Marriage was established for complementary partnership. When you complement each other, you bring out the best in one another. God created marriage so spouses can help each other fulfill their destinies. Often, we are naturally attracted to our opposites—this spiritual principle causes us to complement each other in strengths and weaknesses.

3. **Companion** – Amos 3:3; 1 Peter 3:7
God created marriage for companionship. No one is meant to walk the earth alone. While various relationships exist, the highest earthly relationship is that of a covenant friend—your spouse. Children grow and leave, parents cannot always be with you, but your spouse remains your lifelong companion. Marriage is God’s promise that you will have a forever friend.
4. **Co-creation** – Malachi 2:15; Genesis 1:28
God intends to grow the earth through marriage. He blessed Adam and Eve to be fruitful and multiply—a command that remains today. Marriage is a partnership for co-creation, producing godly seed—children who honor and serve God.
5. **Consecration** – 1 Corinthians 7:14–16
In marriage, God uses both spouses to sharpen, strengthen, and sometimes discipline each other. Consecration means being set apart for God, separated from ungodliness, and prepared for good works. Iron sharpens iron (Proverbs 27:17), and those who walk with the wise become wise (Proverbs 13:20). Choose your partner wisely.
6. **Covenant** – Mark 10:8–9; Malachi 2:14–16
Marriage is a covenant—one of the greatest you

can enter. God blesses the marriage covenant with favor and supernatural strength. When two people agree to walk together in lifelong covenant, they become unstoppable. Unity is a powerful force against darkness.

7. **Community** – Hebrews 13:4
Strong marriages build strong communities. When families are stable, the entire community is blessed. Scripture commands that marriage be honored by all. In Proverbs 31:23, the husband of a virtuous woman is respected among the elders—healthy marriages build respected leaders.
8. **Enjoyment** – Proverbs 18:22; Psalm 133:1
Marriage is meant to be enjoyed. It is a gift from God to belong to a loving, caring family. A joyful home is one of God’s greatest blessings, and He desires everyone to partake in that gift.
9. **Sexual Purity** – Hebrews 13:4
God designed sex to be enjoyed within marriage alone. Scripture commands that the marriage bed be undefiled. Holy sex is within marriage; unholy sex outside marriage brings defilement. Marriage provides protection and purity in this sacred area.

10. Assignment

Every marriage carries a divine assignment. Just as individuals have purpose, marriages also have purpose. Marriage is not an achievement; it is an assignment. God trusts you to be a helper or a leader toward someone else's destiny. He also trusts you to raise children into their godly purpose. Your primary assignment in marriage is to ensure that your spouse fulfills their God-given assignment on earth.

TYPES OF MARRIAGE

In a world where the rules of marriage keep changing, culture continues shifting the narrative and redefining marriage's trajectory. But God does not change His mind about marriage. His principles remain the same and unchanging. People evolve, but in our evolution, we must move toward the principles of God, not away from them.

A traditional marriage is based on cultural values and practices. These marriages reflect the customs of one's tribe or nation—for example, Basotho cultural practices in Lesotho. Many traditions are passed down by elders and are not necessarily wrong. However, tradition becomes unbiblical when it involves ancestor worship,

witchcraft, or consulting sangomas or mediums (Deuteronomy 18:10–14).

Common traditional values include:

1. Only men should work and provide for the family.
2. It is acceptable for a wife to be a full-time housewife.
3. Children, especially firstborns, must inherit the father's work, business, or responsibilities.
4. Men are forbidden from entering the kitchen; the kitchen is considered a woman's space.

Traditional structures often suppress women, preventing them from having a voice. Whatever the man says is final.

A contemporary marriage is one that has shifted away from tradition and is influenced by modern culture. Traditional practices are no longer held in high regard. Contemporary marriage promotes ideas such as a 50/50 partnership, where both partners contribute equally. It also emphasizes modern concepts of feminism and masculinity.

A kingdom marriage is the marriage that God designed. It is the perfect model established by God Himself and explained in Ephesians 5:22–33. Kingdom marriage reflects Christ and the Church. Husbands should love their wives as Christ loves the Church, and wives should submit to and honor their husbands as the Church does Christ. In a kingdom marriage, the two spouses are partners and friends (1 Peter 3:7).

The Bible does not teach that husbands should dominate their wives. Humans were never created to dominate each other. God only gave dominion over animals and the earth (Genesis 1:28–29). After the fall, part of the curse was that the woman would desire to rule over her husband, and in response, the husband would subdue her (Genesis 3:16). This curse has contributed to global systems that suppress women in society.

Kingdom marriage restores divine order. It gives humanity the clearest picture of God's nature. In the union of man and woman, we see the full expression of God's image: the warmth and nurture of God reflected through the woman, and the strength and covering of God reflected through the man.

When two people enter a kingdom marriage, their union forms a powerful force that represents God to the world. That is one of the reasons the enemy hates marriage so

much. Healthy marriages produce healthy children, and healthy children grow into strong citizens who love God and change the world. Broken people rarely change the world. Therefore, society desperately needs strong and healthy kingdom marriages.

MARRIAGE STRUCTURE

Ephesians 5:22–33

Marriage has a divine structure established by God. The man is the head and leader of the home, and the woman is the helper and supporter. Just like any well-functioning institution or company, the structure determines its success. The man functions as the CEO, and the woman as an executive partner helping to steer the ship. The man presents the vision of the family, and the woman helps bring that vision into reality. This does not mean that the woman cannot have her own vision; rather, the husband should be able to merge both visions into a unified purpose that benefits both individuals.

Just as institutions operate according to constitutions and laws, marriage also thrives when its principles are understood and applied. A successful marriage requires knowledge, understanding, and consistent practice of these principles. This includes understanding both the “constitution” of marriage and the nature of your spouse.

Understanding your spouse will help you treat them with grace, kindness, and empathy.

Marriage can be compared to a bank—there are deposits and withdrawals. For a marriage to thrive, there must be more deposits than withdrawals.

DEPOSITS

1. Meeting each other's needs
2. Speaking one another's love language

WITHDRAWALS

1. Love busters
2. Land mines

THREE CATEGORIES OF MARRIAGE

1. Bad or failing marriage
2. Bland marriage
3. Thriving or fulfilling marriage

NEEDS IN MARRIAGE

Needs of Men

1. Friendship
2. Homemaker
3. Sex
4. Respect

Needs of Women

1. Leadership
2. Affection
3. Security
4. Communication

LOVE BUSTERS

These are behaviors that burst the “love bubble” and drain emotional connection:

1. Annoying habits
2. Unrealistic demands
3. Disrespect
4. Angry outbursts

5. Dishonesty
6. Independent behavior

LOVE LANGUAGES

Love languages are actions that communicate love in a way that makes a person feel valued. Each person has their own primary love language:

1. Gifts
2. Acts of service
3. Words of affirmation
4. Touch
5. Quality time

Each spouse must learn their own love language as well as their partner's.

LAND MINES

These are sensitive topics within the marriage that are often avoided or difficult to discuss. They can easily trigger arguments and conflict. Every couple should

learn to talk openly about all matters—nothing should remain off-limits.

1. Money
2. Sex
3. In-laws
4. Baby mama / baby daddy issues
5. Past or background
6. Blended families / parenting

MAINTAINING A GODLY MARRIAGE

Just like an expensive luxury car, a marriage will not function properly simply because it has an exquisite “interior” or an attractive “body.” It requires fuel, upkeep, and regular maintenance in order to operate at its highest performance.

Amos 3:3

Ecclesiastes 4:9

Marriage is also like a boat. Its efficiency is affected by storms both inside and outside. However, the true

strength of the boat is determined by how well it has been built to withstand those storms.

There are two types of storms:

1. Internal storms
2. External storms

A marriage can survive anything if the couple learns to resolve the internal factors. When the inside is strengthened, the outside storms lose their power.

QUALITIES YOU NEED IN MARRIAGE

1. **Partnership & Teamwork** – 1 Peter 3:7
Marriage is a partnership. Two people walking together in agreement.
2. **Peace of Mind** – 1 Thessalonians 5:13
Peace in the home is essential. Without peace, nothing grows.
3. **Servitude** – Galatians 5:13
Marriage is a giving institution, not a selfish one. Serve one another with love.
4. **Support One Another**
Encourage, uplift, and stand with each other through every season.

5. **Praise Publicly, Correct Privately**
Protect your spouse's dignity. Celebrate them in public and address issues in private.
6. **Unity in All Things**
Be united in decisions, partnerships, finances, business deals, debts, relationships, and every significant area of life. Unity is strength.

POINTS THAT COULD HELP YOU IN YOUR STORMS

1. **Understand the makeup and design of your partner**
Knowing who your partner is—emotionally, spiritually, and temperamentally—helps you respond with wisdom instead of frustration.
2. **Vows before feelings** — 1 Corinthians 7:3
Your vows come before your emotions. Give what is due to one another without reservation, even when you don't feel like it. Marriage is covenant first, emotions second.
3. **Have the mindset of a covenant relationship**
A covenant mindset means you stay committed through good and difficult seasons. You don't approach marriage as something temporary or conditional.

4. **Have empathy** — Proverbs 18:13
Listen before judging. Try to understand your spouse's perspective before reacting. Empathy softens conflict and strengthens love.
5. **Choose your battles wisely** — Proverbs 15:1
You cannot fight battles outside (career pressure, people who oppose you, financial stress, etc.) and battles inside your home at the same time. Protect your peace. Some things are not worth arguing over.

ISSUES THAT COULD THREATEN THE HEALTH OF YOUR MARRIAGE

1. **Infidelity**
Betrayal deeply impacts trust and emotional security.
2. **Infertility**
This can bring emotional, spiritual, and societal pressure, requiring great compassion, unity, and communication.
3. **Distance**
God's perfect design for marriage is not long-distance. However, if circumstances temporarily require it, proper counsel, boundaries, and intentional communication must be followed.

Distance may be for a short time but should never become a permanent arrangement.

4. **Relocation**

Moving to a new environment brings stress, cultural adjustment, emotional strain, and can unsettle routines.

5. **Health Issues**

Especially when they affect intimacy or sexual function. Patience, compassion, and medical or pastoral support may be necessary.

**THE BLESSINGS OF UNITY WITHIN A
MARRIAGE
YOU HAVE TO KNOW THAT A MARRIAGE IS A
COVENANT**

Take advantage of the fact that you are in a covenant.

A covenant benefits the people who are in it.

There is a special blessing upon covenants.

“Two are better than one, Because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up. Again, if two lie down together, they will keep warm; But how can one be

warm alone? Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken.”

Ecclesiastes 4:9-12 NKJV

“So God created man in His own image; in the image of God He created him; male and female He created them. Then God blessed them, and God said to them, ‘Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth.’”

Genesis 1:27-28 NKJV

There are blessings in your life that should be evident within the constitution of marriage.

Blessing only reserved for the married. There should be a trial of goodness in your life that people can point out that shows you are married.

“Behold, how good and how pleasant it is For brethren to dwell together in unity! It is like the precious oil upon the head, Running down on the beard, The beard of Aaron, Running down on the edge of his garments. It is like the dew of Hermon, Descending upon the mountains of Zion; For there the Lord commanded the blessing— Life forevermore.”

Psalms 133:1-3 NKJV

GOD COMMANDS A BLESSING WHEN PEOPLE LIVE IN AGREEMENT AND UNITY

BLESSING- empowerment to prosper. Ability that is supernatural.

“Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.”

I Peter 3:7 NKJV

God’s blessing cannot flow in strife and disagreement.
e.g people who wanted to build the Tower of Babel.
They were unstoppable because they were in agreement.
Gen 11:1-9

WHAT ARE THE BLESSINGS OF UNITY

1. Productivity.
2. Blessing
3. More powerful
4. Open heaven

Just like the Trinity, you need to strive to be one in all things.

The devil will fight your unity in marriage.

Unity attracts the anointing of God upon a marriage.

Unity brings blessings.

If you have an assignment or project, strive to be in unity. Unity means agreement.

Power of unity. Prayer rings aloud when there's unity.

WHAT KIND OF BLESSINGS DO YOU SEE?

1. Peace of mind.
2. A family – where you belong.
3. Children. Godly seed. Malachi 2:14.
4. Divine favor from God. Abraham had favor because of Sarah.
5. Suffer no spoil. “The heart of her husband doth safely trust in her, So that he shall have no need of spoil.” Proverbs 31:11.
6. Good reward from your labour.

7. A good family has the ability to change the community.
8. A good reputation.

WHY SOME PEOPLE DON'T SEE THIS KIND OF BLESSINGS

1. The agreement and unity are broken.
2. They are not living together with understanding.
3. They are not applying God's principles for marriage.
4. An enemy has attacked the marriage.

FORGIVENESS WITHIN A MARRIAGE

The importance of forgiveness in a marriage.

“Then Peter came to Him and said, ‘Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?’ Jesus said to him, ‘I do not say to you, up to seven times, but up to seventy times seven.’

Therefore the kingdom of heaven is like a certain king who wanted to settle accounts with his servants. And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. But as he

was not able to pay, his master commanded that he be sold, with his wife and children and all that he had, and that payment be made.

The servant therefore fell down before him, saying, “Master, have patience with me, and I will pay you all.” Then the master of that servant was moved with compassion, released him, and forgave him the debt.

But that servant went out and found one of his fellow servants who owed him a hundred denarii; and he laid hands on him and took him by the throat, saying, “Pay me what you owe!” So his fellow servant fell down at his feet and begged him, saying, “Have patience with me, and I will pay you all.” And he would not, but went and threw him into prison till he should pay the debt.

So when his fellow servants saw what had been done, they were very grieved, and came and told their master all that had been done. Then his master, after he had called him, said to him, “You wicked servant! I forgave you all that debt because you begged me. Should you not also have had compassion on your fellow servant, just as I had pity on you?”

And his master was angry, and delivered him to the torturers until he should pay all that was due to him.

So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.”

— *Matthew 18:21–35 (NKJV)*

“For where envy and self-seeking exist, confusion and every evil thing are there.”

— *James 3:16 (NKJV)*

Marriage is made up of two great forgivers.

Parents and spouses often are not great forgivers and apologizers. This needs to be a practice that is done intentionally. The flesh does not ask for forgiveness easily.

THINGS THAT CAN BE EXPECTED WITHIN A MARRIAGE

Have a sober expectation.

1. You will always have an opportunity to offend each other.
2. You are flesh and blood. You can err.
3. We don't know how to love correctly and perfectly.

4. We don't have a perfect understanding of our spouse.
5. It's our first-time experience of being a spouse.

WHY IS IT IMPORTANT TO FORGIVE?

1. We forgive because we have been forgiven.
2. Forgiveness makes a way for having a good marriage.
3. Forgiveness pardons and makes a way to start on a clean slate.
4. People who forgive are great lovers.

HOW DO YOU FORGIVE?

1. Accept the fault.
2. Don't be quick to solve the problem whilst still reeling from the offense.
3. Seek understanding first.
4. Start seeing your partner the way God sees them.
5. Practice advance forgiveness.

HOW DO YOU APOLOGIZE (APOLOGY LANGUAGES)

1. Express regret.
2. Accept responsibility.
3. Promise to make it right – resolution.
4. Express a desire to change your behavior.
5. Request forgiveness.

WHAT HAPPENS WHEN YOU FORGIVE?

1. You choose not to talk about it again.
2. You start on a clean slate.
3. You build a hedge of protection for your marriage.
4. The devil has no chance of controlling your marriage.

EMOTIONAL INTELLIGENCE IN MARRIAGE

Not every emotion is real. It doesn't mean that if you feel it, it is real.

Learn to vent out emotions. When you get an emotion,

vet it out.

Learn to practice self-control. Don't talk based on your emotions.

Talk based on logic.

Give time and space for good emotions.

Learn how to work out negative emotions.

POINTS TO CONSIDER

1. Is it the truth?
2. Is it positive or negative?
3. Is it valid to bring it up?
4. Does it qualify for confrontation, or can you wait?
5. Put it under the light of the Word.
6. How will it leave the other person?

EMOTIONAL IMMATURITY

Emotional immaturity is the tendency to react negatively or express emotions foolishly without restraint. It is a self-centered emotional behavior that is usually out of control and the inability to effectively communicate your emotions without overdramatizing them.

What does this immaturity look like?

1. Unreasonable demands.
2. They don't take blame.
3. They personalize errors.
4. You can't trust them.
5. Very suspicious.
6. Controlling.
7. Less focused and spontaneous.

HOW DO DIFFERENT PEOPLE REACT WITH EMOTIONAL IMMATURITY?

Man

1. Make foolish decisions – doesn't think through the consequences, only driven by the benefits.
2. They avoid taking responsibility for the risks taken – masculinity requires responsibility.
3. Insecure when people love you, so they isolate you. Isolation empowers them.
4. Lack sexual discipline.

5. Abuse their partner.
6. Negatively influenced by people.

Woman

1. Highly self-centered.
2. Never admits her wrongdoing.
3. She hardly apologizes.
4. Forgetful and ungrateful.
5. Highly insecure and aggressive toward well-to-do women.
6. She turns differences into war.
7. Very high on nagging but very low on communication.
8. Verbally abusive.

UNDERSTANDING YOUR SPOUSE

Men and women are different. Their makeup is different. Their design on the outside is also different. Every difference in detail and quality serves a purpose. The

Bible says the two shall become one (Genesis 2:24). They will cleave and become one. Cleaving means working out the differences in order to live in harmony and work together to have a fulfilling marriage. The differences between the two individuals are meant to complement and not cause chaos. If one fails, the other has to fill and strengthen the gap for the other. It's impossible to be good at all things. Let's talk about some of those differences.

Types of Personalities

You can test your own personality on this free website:
bit.ly/dccquiz

a. **INTROVERT** – This is someone who doesn't talk a lot. This person is mostly shy, withdrawn, and keeps to themselves. They enjoy their own company rather than being with people.

b. **EXTROVERT** – This person is usually outgoing, talkative, and easily blends in with people. This person is not shy at all and usually has a healthy self-image.

4 BASIC TEMPERAMENTS

1. **MELLOW MELANCHOLY** – Introverted
This person is usually very particular, meticulous, detail-oriented, and organized. This

person can be stubborn at times and not easily flexible to adapt to change. Very organized and works well under systems and protocols.

Advantages

- Attention to detail
- Not easily agitated/shaken
- Sticks to one thing at a time
- Good team player

Disadvantages

- Stubborn
- Hard to accept changes
- Not flexible
- Speaks their mind
- Controlling

2. PEACEFUL PHLEGMATIC – Introverted

This individual loves peace. They are peacemakers. This individual doesn't like strife at all. They easily adapt to change and make the best followers. They can be given instructions. They can be slow to start projects, but once started, they are the most consistent individuals.

Advantages

- Peacemaker
- Quiet introvert
- Quiet strength
- Consistent
- Organizer; rational thinker
- Good helper

Disadvantages

- Slow to start projects
- Procrastinates
- Follower

3. POPULAR SANGUINE – Extroverted

These are the bubbly, life-of-the-party, and spontaneous kind of people. They get bored easily and always want to be on the move. They are known for always smiling and not taking things deeply.

Advantages

- Always happy / life of the party
- Bubbly
- Not easily shaken by circumstances
- Spontaneous
- Flexible
- Friendly

Disadvantages

- Changes easily
- Does not accommodate other people easily
- Does not stick to one thing for long

4. POWERFUL CHOLERIC – Extroverted

These are the most productive people. They start things easily. They make good leaders.

Advantages

- An initiator
- Leader
- Friendly
- Highly productive
- Does not get attached easily

Disadvantages

- Hard to be a follower
- Always wants to lead
- Controlling
- Takes things on their own terms
- Does not think things through rationally

It is important for you to know your personality type and that of your potential spouse. Having this kind of knowledge will help you embrace and appreciate the major differences in men and women.

MAJOR DIFFERENCES IN MEN AND WOMEN

There are significant differences in how men and women are designed, how they are made up, and how they respond to each other, to circumstances, and to life in general.

One of the most valuable forms of knowledge you can acquire while still single is an understanding of these major differences. This knowledge helps you mature accordingly, embrace those differences, and respond appropriately. Men and women differ in how they respond to life, how they perceive situations, how they form opinions, and how they handle challenging times. It will not always be the case that couples agree on everything. At times, couples must agree to disagree while maintaining an amicable attitude toward one another. Love and respect should always be present, even when a couple does not see eye to eye on a matter. A conflict-free marriage is possible in God.

MEN

Men tend to respond first physically, then mentally, spiritually, and lastly emotionally.

When men face challenges, their initial focus is on finding solutions to the situation. They think about how they can help in practical, physical ways. After that, they

analyze the situation, then consider spiritual solutions. Only afterward do they respond emotionally and offer sympathy.

WOMEN

Women tend to respond first emotionally, then spiritually, mentally, and lastly physically.

A woman's initial response is to process situations emotionally. Women often communicate through their emotions rather than through logic. After responding emotionally, they then respond spiritually, followed by a mental response, and lastly a physical response.

HOME SETTING AND HOME MANAGEMENT

HOME SETTING

When we enter into marriage, we are entering into a new institution altogether—one that is independent of the previous families we come from. A new marriage is a new institution. Therefore, this new institution needs to be established with new traditions, culture, roles, and duties. In most cases, traditions and values are transferred from one family to the next. We must therefore be very careful about which values we choose to carry into our new marriage.

Before you get married, you must ask each other about the perfect (desired) picture of a family that you both envision. Both of you have certain visions for your family. For example: How many children will you have? Where do you want your family to settle? How will you raise the children? Will you have house help? What will your relationship with your in-laws look like?

When the Bible talks about cleaving, it means that we avail our lives to intertwine with another human being so deeply that it reflects as one. Your hopes, desires, jobs, values, traditions, habits, and dreams should merge into one vision. When you enter marriage, you make a promise to God that you will build a home that is conducive to the will of God and His assignment on earth. That is why we must build a home setting that glorifies God.

HOME MANAGEMENT

The Word of God portrays the woman as the homemaker and the keeper of the home (Proverbs 31), but that does not mean the husband should not step in to help with the upkeep of the home. Women have a natural gift of nesting, and that should be fully embraced. Men can nest too, but it does not come naturally to them. If the marriage is fairly new, both spouses should communicate about their home management roles to avoid conflict. The conclusion should be fair and

balanced, not demanding or manipulative. A good husband should step up and help in the house when he sees a gap.

**ROLES OF A HUSBAND AND WIFE
HOW TO BECOME A BETTER LEADER /
VISION BEARER OF THE MARRIAGE?**

Ephesians 5:22–33

Men are leaders and vision bearers. Dr. Myles Munroe put it this way: men are the teachers, providers, prophets, leaders, and vision bearers within the marriage. To fully understand the man's role within the marriage, we need to understand Christ's role. The Bible compares the love of Jesus Christ for the Church with that of a husband toward his wife. The love of a husband should be one of sacrificial love toward his wife. Men who desire to marry should first and foremost understand how Jesus Christ treats the Church. It is therefore with this understanding that they will love their wives properly. I often make a joke by saying that if, within a household, there is only one pair of shoes, the husband should give them to the wife to wear. This is sacrificial love.

Another aspect to consider is that the husband is the leader in all things and in all aspects. The wife is then to follow suit, based on the example set by the husband. It is an error to hold the mentality that the wife is to serve

and help the husband with little or almost no effort from the husband to make the marriage work. Marriage is too big an institution for only the wife to uphold.

The husband also casts the vision and maintains the vision for his family. Women follow easily when the vision is clear. The vision should also serve both individuals. Within the institution of marriage, resources, connections, and salaries are all combined to achieve a higher vision. Everyone should be able to shine if the vision is clear, from God, and leading unto godliness. Women should not have to sacrifice their godly dreams at the altars of marriage.

Men should also love their wives all the way unto godliness. The Bible says that women are the weaker gender. Men should treat their wives with knowledge and understanding. They should try to understand their wives' love languages and their makeup (design). They should know that their wives are their God-given responsibility. God has given them their wives so that they can present them unto God without blemish or spot. This is Christ's love.

SUMMARY OF MEN'S ROLES

1. Teacher
2. Provider

3. Prophet
4. Leader
5. Protector
6. Foundation and sustainer of the family

HOW TO BECOME THE GODLY HELPER / SUPPORTER?

Genesis 2:15–18

THINGS TO KNOW BEFORE BEING A SUITABLE HELPER

1. Know who you are as a person before you can be a suitable helper to someone.
2. Know your role as a wife in your partner's life.
3. Know the institution of marriage.
4. Know your partner as an individual.

WHAT IS A SUITABLE HELPMATE?

You are to complement him and not change him.
Train your children and not your husband.

1. Adaptable
2. Flexible
3. Suitable
4. Adequate
5. Right for him

YOUR ROLES

1. Helpmeet, not hurt mate
2. Companion, not a competition
3. Supporter in destiny
4. Team player
5. Partner in life
6. A forever friend

You have been designed in the best possible way to be a helpmeet for your partner. Believe that.

Do not be like Sapphira, who followed Ananias blindly (Acts 5). Do not submit to nonsense. Resolve to honor, respect, and submit regardless of what he is doing, because it is unto God. Before you point out your

husband's faults, make sure that you have fulfilled your part of obedience unto God.

“and being ready to punish all disobedience when your obedience is fulfilled.”

II Corinthians 10:6 (NKJV)

You were built to be a helper—a suitable one for your husband. It is ingrained in you to help him. That is why there are frustrated women with husbands who have no vision. A woman submits where the vision is clear.

Women need to know that men are transactional beings. They love because they know they will gain something from it. Women enter marriage because of love. Men present a vision, and it is up to you whether you accept it. You choose whom you submit to, and you should not complain afterward.

You can only be a suitable helper when your husband's mission becomes your submission.

1. God first gave the man a vision with all the instructions: tend the garden and do not eat of the fruit.
2. The vision of the family is given to the man; the man is the vision bearer.

3. Women come into the picture to help men.
4. The main vision should serve both of you. If you are not in his vision, forget about it.
5. You carry the assignment of your husband.
6. You ensure that he fulfills it well.
7. Take responsibility.
8. Men marry someone who is capable of carrying the assignment with him.

HOW DO YOU BECOME A SUITABLE HELPER?

1. Ask, and keep asking: What do you want for your life? How do you want this to be done? Ask him about his vision. Where do you need help?
2. Fill in the gaps without being asked. Men lay down the vision, but women think about the details and logistics.
3. Fill in the gaps without complaint or grumbling. Know your husband's weak spots and gaps, and be glad that you are filling them.
4. Study and know your husband. No one should tell you about your husband.

5. Know that even though you may not fill every gap, you can pray that God sends the right help. Get rid of the mentality that says, “If I’m not there, it will not be done.”

COMMUNICATION

Philippians 4:5

Proverbs 18:20–21

John 6:68

Proverbs 15:1–2; Proverbs 31:26

Words are powerful. Words are seeds. Words carry assignments. No word vanishes into thin air. Words are seeds planted in the heart of a person or spoken over situations to effect change. Words are spirit and life. Words backed by faith cause change. Be careful not to use words carelessly or idly.

A marriage should be able to talk about everything and anything. To women, communication is a need, just as sex is a need to men. Therefore, men should learn the art of communication just as women should learn how to satisfy a man in bed.

Women prefer detailed communication rather than short answers. Men talk for information; women talk because

they enjoy it and because it helps them de-stress. Men de-stress by thinking and keeping to themselves.

Communication involves words, tone, and actions. Sometimes it is not about what you said, but how you said it. At other times, it is about what you did while you were speaking.

MISCONCEPTIONS ABOUT WORDS

1. Words evaporate.
2. Words are powerless.
3. Bad words (shouting or nagging) will cause good change.

RIGHT KIND OF COMMUNICATION

1. The right tone with your words
2. Giving enough time to communicate
3. Creating an atmosphere of trust
4. Honest communication
5. Respectful communication

WRONG COMMUNICATION

1. Silence
2. Suspicion
3. Nagging and shouting
4. Dishonesty
5. Secrecy

Every couple should learn the skill of conflict resolution.

How you resolve conflicts in your marriage plays a significant role in how the couple moves forward.

1. Speak the truth in love
2. Confront the issue without fear of criticism or consequences
3. No interruptions or interjections
4. Find the right time and atmosphere
5. Give the other person a chance to explain themselves
6. Respond with understanding, not with a reactive response

WHAT TO DO NOW THAT YOU HAVE ENCOUNTERED STORMS?

Things you can do before storms:

1. Find your satisfaction and fulfillment in marriage.
2. Practice transparency in all areas.
3. Make solid decisions before temptations arise (e.g., not befriending the opposite sex).
4. Practice forgiveness in advance. Avoid trying to forgive during a storm. No storm should have an exception. Forgive all forms of storms in advance. We do not forgive because we want to please the other person, but because it is the right thing to do (Matthew 6:12; Colossians 3:13).
5. Put systems in place that will help you restore your marriage. Make decisions in advance about what to do if your marriage ever gets into trouble.
6. Practice gratitude rather than complaining.
7. Go on regular time-outs together to build a solid friendship.
8. Build a prayer life together.

9. Practice kindness and empathy.

PRAYING FOR YOUR MARRIAGE

It is of vital importance for a person in courtship to begin praying for their marriage and for their partner. When you attend these sessions, we recommend that you begin praying and fasting with your partner. This helps ensure a smooth transition into marriage and also allows each individual to work on themselves before the wedding. Inviting God into the marriage solidifies the union.

Prayer can reach the past, the present, and the future. Prayer can heal, cover, protect, and prepare you. There are certain things that prayer does within you that shift you into your next season. Prayer has the ability to deposit tools within you that you will need for future seasons.

Starting a prayer life for your marriage is similar to your personal devotion. You may not always feel like doing it, but it must be done. Just like your personal journey with God, it is an opportunity to exchange mysteries, receive the thoughts of God for your marriage, submit your will, and surrender your heart. Just as prayer brings intimacy with God, prayer practiced by a couple has the ability to draw them closer to one another.

Why do you have to start praying together?

It is an opportunity to dedicate the union, consecrate it, and surrender the marriage to God. Through prayer, we make kingly commands, give thanksgiving, confess, and engage in spiritual warfare concerning the marriage.

Prayer is the influence of the Holy Spirit upon a person. When we pray for our partners, we invite God to influence and work in their lives. We give God the authority to lead, guide, and shape the person for whom we are praying.

HOW DO YOU START PRAYING?

1. Start with yourself first. Be transparent before God and ask if there is anything you need to work on personally. Ask whether you have contributed in any way to the situation at hand or to the behavior of your partner. Ask for the help and guidance of the Holy Spirit.
2. Dedicate and consecrate the marriage and your partner to God.

3. Pray the Word of God concerning your marriage and your partner. Avoid complaints and grumbling toward God about your partner.
4. Make kingly commands concerning your marriage and your partner using Scripture.
5. Pray in tongues and prophesy. As you pray in tongues, God will begin to lead your mind to focus on specific areas. Surrender to that leading, and begin to focus and pray concerning those areas.

EXAMPLES OF HOW TO PRAY FOR YOUR MARRIAGE AND PARTNER

Scripture reference:

“Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered.”

1 Peter 3:7

PRAYER:

Thank You, Lord, that my husband treats me with understanding. Thank You that he knows me and knows how to love me correctly. His prayers are answered because he treats me as his partner and co-heir in life. He lives with me in peace and makes our family his priority.

Scripture reference:

“The heart of her husband trusts in her, and he will have no lack of gain.”

Proverbs 31:11

“He who finds a wife finds a good thing and obtains favor from the Lord.”

Proverbs 18:22

PRAYER:

Thank You, Lord, that my husband trusts me with all his heart. Thank You that he suffers no loss, and no spoil will he experience with me in his life. He will experience an open heaven. Thank You, Lord, that I am the favor of God in his life. I am like a crown unto him, and I beautify his life.

Scripture reference:

“Behold, how good and pleasant it is when brothers dwell in unity!

It is like the precious oil on the head,
running down on the beard,
on the beard of Aaron,
running down on the collar of his robes!

It is like the dew of Hermon,
which falls on the mountains of Zion!

For there the Lord has commanded the blessing,

life forevermore.”

Psalm 133

“Two are better than one, because they have a good reward for their toil.”

Ecclesiastes 4:9

PRAYER:

I thank You, God, that my marriage is a blessing. You have commanded a blessing over our marriage; therefore, our labor and rewards are good. We will never be stranded, and we will never lack in our marriage. Fruitfulness is our portion, in Jesus’ name.

ROLES OF A HUSBAND AND WIFE – Ephesians 5:22–33

The man is the leader. He is the one who steers the ship forward. He is given the ability and the wisdom to lead the family in all areas of life—not only financially, but also by providing a clear vision for the family and the way forward. God is the ultimate breadwinner and provider, but the man, as the head of the family, should seek God for direction on how to move the family forward. This means the man should have a relationship with the main Breadwinner.

Women are made to help and support. Women were created with the ability to accommodate, adjust, and nurture those around them. Women thrive when they have helped and fixed something. They thrive when they are given a project to assist with, as this makes them feel valued and loved.

RAISING GODLY SEED

Matthew 2:16

Revelation 12:5

Genesis 18:17–19

Genesis 24:60

Proverbs 22:6; Proverbs 13:24

Children receive seeds sown into them by their own parents. The law of parenting states that children become what they consistently see.

For example:

1. Pharaoh sowed hatred into his son, and this hatred continued toward Moses and the Israelites.
2. Haman's sons were killed, which cut off the seed or root that could have been planted by their father.

3. Herod's son received the seed from his father, which we see continuing when Joseph kept running away with Jesus.

CHILDREN'S TIMELINE OF YEARS

0–6: Discipline for the child. At this stage, they understand “yes” and “no.”

6–12: Training for the child. This is the period during which the child learns basic skills such as bathing themselves, cleaning up after themselves, and cooking basic meals.

12–18: Coaching. Once the child has learned basic skills, they then receive coaching from their parents.

18 and upwards: This is the period during which a friendship is fostered between the young adult and the parent.

PARENTING

You do not parent automatically or passively. Parenting does not happen in an instant. You parent intentionally. You must have a vision for your parenting—an understanding of how it should turn out and the expected

outcome. We do not parent according to our own understanding; rather, we must be in partnership with God concerning our children.

The law of parenting states that children become a reflection of how they are parented. Your children become an extension of who you are and what you sow into them. Therefore, ensure that you parent well and in alignment with the Word of God. If you parent unintentionally, it may result in the child inheriting traits and seeds from you that were never meant to be passed on.

A child cannot parent themselves; they need a parent to direct their path. It starts with you. You can only parent as well as the person you are. Effective parenting flows from being healed and whole as an individual.

GOD'S PROTOCOL REGARDING CHILDREN AND PARENTING

SINGLE

1. You still have a choice. Study the patterns of your potential partner and make a wise decision.
2. The person you choose to date and marry will one day help raise your children.

3. The divine covenant relationship you have with your children is the most important relationship at this stage.
4. Choose your partner based on their ability to help raise your child.
5. Do not leave your children behind. Your partner should marry you with your entire package.

MARRIED

1. God first, then your spouse, and then your children.
2. The health of your marriage will affect your children.
3. A healthy marriage will bring forth godly seed.
4. A healthy marriage provides a strong platform for children to stand on.
5. A healthy marriage will also push you to parent in a healthier way.

DIVORCED / SEPARATED

1. This can become a negative inheritance you do not want to pass on to your children.

2. Children may inherit bitterness, resentment, and a sense of hopelessness about marriage.
3. Allow children to have access to both parents and to the other side of the family.
4. Never speak badly about the other parent to the children.
5. Pray for your children and help them so that they do not inherit trauma.

WORK ON YOURSELF

1. Be careful what you model before your children.
2. Stop justifying or validating your weaknesses or mistakes.
3. Your loved ones should receive the best version of you.

HOW TO PARENT WELL

1. Train up a child in the way of the Lord.
2. Poor parenting often starts with self-centered perspectives.

3. Do not shield your child unreasonably; allow them to experience life.
4. Do not rescue too quickly.
5. Children respond well to patterns; create simple and consistent patterns for them to follow.
6. Do not be an absent parent. Be involved in your child's life, as children hold onto memories.
7. Be careful how you speak to and treat your child. Children are individuals with their own minds and emotions. Not every situation requires shouting or spanking. The rod also represents discipline.
8. Agree with your spouse on a plan to raise the children and do not deviate from it. Parent as a team.

WHAT DO YOU INSTILL INTO CHILDREN?

1. Spiritual seeds
2. Personal hygiene
3. Social skills
4. Purpose seeds

5. Behavioral seeds

CAREER AND FINANCES

Proverbs 31:10–11

Proverbs 12:4

1 Peter 3:7

Proverbs 18:22

Romans 10:12

Ephesians 1:3; Ecclesiastes 4:9

CAREER

The order of marriage that comes from God should always be a priority. We should choose career opportunities based on our purpose and assignments from God. Our careers should not hinder the plan and purpose of God for our lives. When opportunities arise, choose a career that will not affect the quality of life and marriage, for example, long working hours or long-distance commitments. Sometimes life circumstances may require us to make difficult choices regarding our careers, but such choices should be temporary. God's best plan is for us to have careers that do not compromise the quality of our lives, our marriages, or the raising of our children.

MONEY

You must have the spirit of oneness. The Bible says in Genesis 2 that both the man and the woman were naked and unashamed. This shows that in marriage there should be a spirit of oneness and transparency.

Transparency in everything is God's will for marriage. Transparency demonstrates oneness. A couple should have the character of being of one spirit, practicing transparency, and also possessing the skill of handling money. Money is a servant and a tool and should be treated as such. A sober perspective on money should be adopted so that money benefits both parties.

HEALTHY PERSPECTIVE ABOUT MONEY

1. Money is a good servant but a bad master.
2. It is meant to be used for purposes that benefit both parties and should not be used as a tool for manipulation.
3. Do not develop an unhealthy obsession with money, where you are unhappy when there is none or when financial goals are not met immediately. Money should not be the source of your happiness. The love of money is the root of all evil (1 Timothy 6:10).

4. Money is an answer for many things, but it is not the answer to your marriage. Treat it accordingly (Ecclesiastes 10:19).

FIVE MONEY PERSONALITIES

1. Big spenders – These individuals feel happy when they spend money.
2. Savers – These individuals save extensively and rarely spend their money.
3. Shoppers – These individuals feel satisfied when they are constantly shopping.
4. Debtors – They borrow money to have money and see nothing wrong with borrowing.
5. Investors – These individuals are disciplined with money and invest cautiously.

WHAT IS THE CORRECT MINDSET AND PRACTICES OF MONEY IN MARRIAGE?

1. God is the source of your marriage and your financial source—not jobs or businesses, but God. Never place pressure on your spouse to provide more. The only pressure you should apply is in prayer, asking God for financial wisdom and open doors.

2. Work toward a vision that benefits both of you.
3. Work as partners toward the family vision.
4. Practice joint accountability, whether through a joint account or shared financial oversight.
5. Discuss and decide on a spending limit that either partner can use without consulting the other.
6. Discuss how you will handle family needs—who covers what and when. Be fair. Give as a unit, or alternate families when it comes to giving.
7. Appoint a financial manager in the home—someone who is generally better with finances, such as handling vacations, cooking budgets, or paying bills.
8. Develop a sense of gratitude and contentment with what the family can generate. Resist greed and dissatisfaction (1 Timothy 6:6).
9. Ensure that your spouse does not suffer loss. Be considerate of your partner and do not be reckless with money (Proverbs 31:11).

IN-LAWS

Ruth 1:6–17

Genesis 2:24

As we grow, relationship priorities and rankings change. When you are a child, you are fully under the authority of your parents. When you come of age, you become an adult who can decide the course of your life.

Now that you are of age or married, you need to know how to relate to family in a healthy and sober manner. Building healthy boundaries early can help you even during marriage. While engaged, you can establish healthy boundaries that set the path for your spouse. Once married, you do not need to rush to your family with every challenge you encounter. You should understand that you do not owe anyone details about your marriage that you are not willing to share.

In-law relationships are healthier when both parties understand and respect the following aspects:

1. Boundaries
2. Knowledge of each other
3. The institution of marriage and its protocol

ATTITUDES TO GET RID OF

1. “I’m only here because of your child (son or daughter).”
2. “You can’t touch me.”
3. An invisible boundary line.
4. A cold attitude.
5. “My children are not yours.”

THINGS YOU CAN DO BEFORE MARRIAGE

SINGLE

1. You still have the power to choose.
2. You still have the power to amend and rectify certain issues.
3. Whatever is happening during courtship is a reflection of what will happen in marriage.
4. Learn the patterns of your in-laws.
5. Get to know them and work on your relationship with them.

MARRIAGE

1. His family is now your family; there should be no difference.
2. Unite the two families.
3. Give and do everything as a unit.
4. Exchange families.
5. Your spouse teaches their family how to treat you.
6. Never expose your partner's weaknesses to your family.
7. Never rebuke in public; rebuke in private and praise in public.
8. Always confirm with your spouse.
9. Strive to balance the two families.
10. Always stand up for your partner in public.

AFTER DIVORCE

1. You are the one in conflict with them, not your child.
2. Still treat them with respect and honor.
3. It is your choice whether you still want to maintain a friendship with them. Ensure the relationship remains amicable.
4. Still allow the children to have a relationship with them; they are their family.

HOW TO DEAL WITH IN-LAW ISSUES

1. Respect one another (Romans 12:10).
2. Respect your spouse's parents as an instruction from God (Ephesians 6:1–3).
3. Give honor and respect without needing a reason; do so as an instruction from God.
4. Depending on circumstances, friendship is not compulsory. The relationship should be amicable and respectful.
5. Practice the fruit of the Spirit (Galatians 5:22).

6. Live a quiet and peaceful life (1 Thessalonians 4:11–12).
7. Do unto others as you would have them do unto you. If you desire love and respect, sow love and respect toward others (Matthew 7:12).
8. See them the way God sees them.
9. Have empathy toward them. Remember that they had to let go of their child and receive you, and they may have gone through difficult circumstances.
10. Resolve never to ill-treat them in any way. Remember that how you treat them is a seed for your future; one day, you too may become a mother-in-law.

SEXUAL FULFILMENT

Proverbs 6:26

Proverbs 5:19

Hebrews 13:4

Song of Solomon 4:11, 16

Sex can become a landmine, especially if a couple does not have a fulfilled sex life. Sex is meant to be enjoyed by both parties.

REASONS WHY THE TOPIC OF SEX CAN BECOME A LANDMINE WITHIN MARRIAGE

1. Lack of sex education.
2. Unwillingness to learn or be open to learning what satisfies your partner.
3. Being rigid and unwilling to explore.
4. Past experiences.
5. Lack of communication.
6. Male ego and female shyness.

REASONS WHY THERE IS SEX WITHIN MARRIAGE

1. Enjoyment.
2. Procreation.

Marriage is a sex covenant. When two people are in covenant, they exchange something that signifies commitment and loyalty. In marriage, this is an

exchange of blood that takes place during the first act of sexual intercourse.

Sex within marriage is holy, good, and honorable. Sex within marriage is meant to be good, holy, and honorable. Men desire an adventurous woman in private and a reserved one in public.

Men and women view and respond to sex differently, depending on their timelines, sexual languages, turn-ons, and turn-offs.

MEN

Men usually have a higher sex drive than women due to higher testosterone levels. Because of the command from the Lord to multiply and fill the earth, the seed for increase is placed within them. This is why men generally have a higher sex drive when they are younger, which tends to decrease as they grow older. Men love sex and are often aware of their sexual orientation at an early age. Men can engage in sex even without emotional connection or availability.

WOMEN

Women usually have a lower sex drive than men, as their sex hormones are not as dominant. Women often become aware of their sexual orientation at a later stage

in life. Women typically need motivation to engage in sex and often respond to sex emotionally.

ARE THERE ANY BOUNDARIES AS A CHRISTIAN?

The Bible does not explicitly specify limits or detailed boundaries regarding sex; rather, it emphasizes enjoyment within marriage. The book of Song of Solomon is rich with imagery of foreplay, affection, and intimacy, which may indicate freedom to explore one another within marriage. Proverbs 5:19 encourages satisfaction within marital intimacy. The recommendation is that couples should enjoy sex within their comfort levels and as long as it is safe. Anything that falls outside the boundaries of safety, comfort, or the marriage bed may be considered inappropriate, such as threesomes, pornography, and anal sex.

HOW DO YOU GET HELP FOR A STRUGGLING SEX LIFE?

1. Start with communication in order to agree that there is a problem and that some form of help needs to be implemented.

2. If medical intervention is needed, seek medical help.
3. If there are serious complications, a sex therapist can be consulted.
4. Talk to someone about it. Sometimes there may be a simple and practical solution to the challenge.

HOW TO ENJOY SEX

1. Communicate with your spouse.
2. Set a date if life is busy, whether because of career demands or children.
3. Start during the day and allow it to build toward the night.
4. Communicate clearly and honestly about what you want.
5. Seek to please one another.
6. Take turns helping one another to climax, or climax together, with patience.

REASONS FOR LOW LIBIDO

1. Pregnancy and childbirth.
2. Stress.
3. Medical conditions.
4. Lack of interest or ignorance.
5. Lack of a heart of servitude.
6. Not enjoying sex.

SOLUTIONS FOR LOW LIBIDO

1. Supplements.
2. A healthy diet.
3. A strong and healthy relationship with your spouse.
4. Effective communication.
5. Greater focus on foreplay.
6. Climax is a bonus, not the main goal. Focus on enjoying intimacy rather than stressing about climax. Orgasm will often occur naturally as enjoyment increases.

7. Plenty of foreplay. Men are often ready sooner, while women usually need more time—at least twenty minutes of foreplay.
8. Take care of yourself physically. Make an effort to remain appealing and attractive to your spouse.

DIVORCE

Malachi 2:16

Matthew 19:1–10

1 Corinthians 7:10–16

The marriage relationship is one of the deepest relationships on earth and carries profound bonds. These deep bonds include children, businesses, family ties, and property. Divorce is therefore comparable to death. Spiritually, it represents death, and death signifies separation. This is why people often grieve after a divorce.

CAUSES OF DIVORCE

1. Hardness of heart. We are called to guard our hearts from becoming hardened and to keep them soft toward the discipline of God (Proverbs 4:23).
2. Internal issues.

3. A heart that is not satisfied or content, including greed.
4. Unfaithfulness.

OTHER EXTERNAL ISSUES CAN INCLUDE

1. In-laws.
2. Money or career changes.
3. Distance.
4. Blended families, including baby-mama and baby-daddy challenges.

HOW TO DIVORCE-PROOF YOUR MARRIAGE

It begins with working on yourself. Before pointing a finger at someone else, you must examine whether you have contributed in any way to the problems in your marriage. You must first do your part before attempting to correct or blame another person (Matthew 7:5; 1 Corinthians 10). Increase your knowledge of the structure of marriage and refer to teachings on marital foundations.

HAVE AN EMERGENCY MARRIAGE RECOVERY PLAN

1. Talk to someone who is neutral—not a family member or friend, and not someone who will take sides, but someone mutually agreed upon by both of you.
2. Escalate the matter to a professional if the situation is complicated.
3. Be open to controlled separation, where space is used to work through issues constructively.
4. Apply yourself fully to whatever guidance or counsel is given.

THINGS YOU CAN DO TO DIVORCE-PROOF YOUR MARRIAGE

1. Build a prayer life for both of you.
2. Continually invest in your marriage by nurturing your friendship, going on dates and vacations, and learning each other's language.
3. Keep communication lines open.
4. Eliminate relational landmines.

5. Learn how to resolve conflict effectively.

PROPHETIC / SPIRITUAL COUNSEL

Sometimes, after trying everything you know to rescue your marriage, or when there are issues you simply cannot resolve, the couple should consider booking an appointment with church leaders for a counseling session. This session can help the couple gain a different perspective and work toward resolving certain matters.

At times, problems are not merely surface-level; they may be spiritual in nature, especially when issues are repetitive or stubbornly resistant to resolution. The devil hates marriages, particularly Christian marriages.

Through prophetic counsel, a church leader can spiritually discern the root cause of certain issues or stand with the couple in prayer. Corporate prayer is powerful, especially when it is done with someone whose altar is consistently active and strong.

CHURCH ROLE REGARDING YOUR MARRIAGE

The role of the church is to support the couple by providing premarital counseling and by solemnizing the

marriage. The couple must declare their intentions as early as possible. They will then undergo counseling, ideally beginning six months before the wedding date. The pastor or church leader will require confirmation from both individuals.

A letter or phone call from the family confirming the wedding intentions is required. Additionally, a written request from the families asking the church to be involved in the entire process is necessary. Once the church has received all confirmations, including the proposed wedding date, premarital counseling sessions will commence.

As the wedding date approaches, the pastor will announce the couple to the church and present them publicly. This announcement will take place three times. Thereafter, the process will proceed to the wedding day.

HOW TO CONDUCT THE MARRIAGE CEREMONY

The wedding program belongs to the couple and their families. The church submits to the schedule and proceedings as determined by the family, according to the time allocated.

The role of the church is to solemnize the marriage. This includes sharing a message on marriage, leading the

couple through their vows, and pronouncing marital blessings over them.

The message should include God's plan for marriage, the roles of each individual, and guidance on how to maintain the blessing of marriage. After the message, the couple is led through the vows. The vows should not include negative declarations.

Following the vows, prayers and proclamations are made over the couple. The pastor then makes an altar call to conclude the ministration.

Afterward, the proceedings are handed over to the family.

THE VOWS

Below are some of the vows used at NTC. These vows can be customized and adjusted. The pastor may ask whether the couple has their own vows before proceeding. If they do not have their own vows, they may use the vows below.

The vows should generally include:

- A vow of duty

- A promise of strength
- A commitment to prosperity
- A pledge of love and respect
- A prayer for progeny
- A request for health and peace

Example:

In the name of God, I, _____, take _____ to be my wedded wife/husband. To have and to hold from this day forward, I leave my father and mother to cleave to you. Through every season of life, I commit myself to you as your constant spouse. I promise to be your partner in destiny and in the assignment from God. I vow to be with you in riches, health, and prosperity. I pledge to be your faithful partner in life. I promise to be your peace, your love, and your safe place. I promise to love and respect you all the days of my life, till death do us part.

Pre-Marital & Marriage Counselling

Welcome to the New Testament Church Pre-Marital and Marriage Counselling Course. This course is designed to help you prepare and equip yourself for the new adventure you are about to embark on.

Pre-marital and Marriage counselling is designed in such a way to help, fix and correct the foundations of Marriages to align with the intents of God-The Creator of Marriage.



Faith Maposa is the author of the Pre-marital and Marriage counselling of New Testament Church. She carries the calling of God to preach the gospel and that includes to especially address family and relationships.

Pre-marital and Marriage counselling 2026 is the first edition that will be used within the branches of NTC and also to the body of Christ at large.

Faith Maposa