



**HUSBAND AND WIFE**

**HELPS FOR BUILDING  
RATHER THAN WRECKING A HAPPY LIFE-LONG  
MARRIAGE**

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## *HELPS for Building Marriage*

**About the author:** Leon C. Alexander was married in holy matrimony on June 5, 1982 to his wife Linda. From this union two sons were born in 1984 and 1986. In 1984 Leon was appointed a deacon. Leon holds an Associate Degree in Business Administration, a Bachelor Degree in Behavioral Science (Psychology) and a Masters Degree in Education (School Counseling). Leon is an educator in a Maryland public school system, and assigned as a guidance counselor to middle schoolers. Prior to employment in education Leon worked for more than 20 years in corporate industry, served as a Board of Education member, holding the office of Vice President and President respectively for a five-year term from 1997 to 2002. After acknowledging a divine calling and charge, Leon was ordained to the work of an Evangelist in April, 2007.

**Purpose:** The purpose of the booklet is not intended to be the booklet that has all the answers to the tough and troublesome questions and situations that will occur in marriage. It is not intended to be one-sided on the part of either spouse, nor will it contain everything you will ever need to know about marriage. It certainly is not written to insinuate that man and wife are perfect never having any problems, misunderstandings or disagreements.

The booklet is intended to serve as a guide however, that will lead man and wife to success as they travel down the long path of marriage, riding the tides of adversity. In addition, it is intended to keep man and wife strong, loyal and enjoyable to each other regardless to the unavoidable forces that come to wreck every God-fearing marriage. The booklet is written in a way for man and wife to shine as models for the unmarried, the married and the struggling marriages. It is the intent of the author to impart some food for thought to the newly wed as well as to the couple that may have celebrated a golden wedding of fifty years.

Without apology, the contents of the booklet, as it relates to marriage are addressed from a biblical viewpoint and the author believes the Bible is the Divine, inspired and unadulterated word of God.

The helps reflected upon in the booklet will prove beneficial to all God-fearing spouses and individuals who wish to build rather than wreck a happy life-long marriage.

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TABLE OF CONTENTS

<u>Subject</u>	<u>Page</u>
Helps Index.....	3
Section 1 Do you have the same blueprint?..	5
Section 2 Wrecks your marriage can suffer..	5
2.1 I'm right, you're wrong.....	5
2.2 Mine is mine, what's yours is mine...	7
2.3 Isn't marriage a 50/50? .....	8
2.4 It's okay to look isn't it? .....	8
Section 3 Acts of Affection.....	9
Section 4 Working through the rough spots..	9
4.1 Anger/Frustration.....	9
4.2 Relaxation.....	10
4.3 Exercise and mental health.....	11
Section 5 Managing wants.....	11
Section 6 Married to one another and not others	12
Section 7 Spending time together.....	12
Section 8 In-laws need not become out-laws..	13
Section 9 Raising your children.....	14
9.1 Establishing Instructions.....	15
9.2 Establishing guidelines for school .....	15
9.3 Child conflicts with instructions.....	16
Section 10 The Marriage that goes south.....	17
10.1 No writing of divorcement.....	17
10.2 Departing by justification.....	18
Composed poem by Bro. R. Cropper.....	19

HELPS INDEX

<u>HELP#</u>	<u>PAGE</u>
Help #1 Shall man leave father and mother	5
Help #2 Husband render unto wife	5
Help #3 Withhold not good from them	5
Help #4 Be ye angry, and sin not	5
Help #5 Try to see mate's position	6
Help #6 Place your emotions on hold	6
Help #7 Agree to disagree	6
Help #8 Withhold not intimacy	6
Help #9 Defraud ye not one the other	7
Help #10 Address matters in private	7

*HELPS for Building Marriage*

Help #11	Trust each other in finances	7
Help #12	Attend to financial matters	7
Help #13	Both names on bank accounts	7
Help #14	Avoid "mine and yours" money	7
Help #15	Commit 100% to the marriage	8
Help #16	Pattern as desired couple	8
Help #17	Who can find a virtuous woman?	8
Help #18	Don't look on a woman to lust	8
Help #19	Let not good be evil spoken of	9
Help #20	To everything there is a season	9
Help #21	Time to kill, heal, break down	9
Help #22	Time to cast away, gather stones	9
Help #23	Time to rend, sew, keep silence	9
Help #24	Time to love, hate, war, peace	9
Help #25	Tell mate when anger occurs	10
Help #26	Don't employ "cold shoulder"	10
Help #27	Don't play "who's first" game	10
Help #28	Apologize and forget arguments	10
Help #29	Always make time to relax	11
Help #30	Bodily exercise is profitable	11
Help #31	Can two walk together?	12
Help #32	Married careth for things of world	12
Help #33	Take time to vacation	13
Help #34	Spend quality time regularly	13
Help #35	Married seek not to be loosed	13
Help #36	Be open and honest with spouse	14
Help #37	Wife becomes pregnant	14
Help #38	Father establish bond	14
Help #39	Child does not sleep with parents	15
Help #40	Man is not without woman	15
Help #41	Submit yourselves	15
Help #42	Wives subject to husbands	15
Help #43	Fathers provoke not children	15
Help #44	Train up a child	15
Help #45	My son, hear instruction of father	15
Help #46	Children, hear instruction of father	15
Help #47	Instruct those that oppose	16
Help #48	Rod of correction	16
Help #49	Withhold not correction	16
Help #50	Spouse is bound by the law	17
Help #51	Writing of divorcement	17
Help #52	Have your own spouse	18
Help #53	Let not wife depart from husband	18

## **SECTION 1 - DO YOU HAVE THE SAME BLUEPRINT?**

Marriage requires you to prepare a blueprint as to how your union will be built to sustain a long, healthy and peaceful marriage. It is highly recommended that the bases for which to prepare the blueprint come from the Bible. While it remains true - "We don't plan to fail, but rather fail to plan," it is largely due to this reason why preparing the blueprint is so critical. The blueprint establishes the framework for building the marriage, while God is the foundation of the marriage and must always be kept between man and wife.

***HELP#1 Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. (Genesis 2:24).***

***HELP #2 Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband (1 Corinthians 7:3).***

Benevolence is the manifestation of one doing good for the other, but not doing the good so that it may be returned.

Of course it is a great blessing if good is done by one and returned by the other, but you can render benevolence even if your spouse does not render it in return.

***HELP #3 Withhold not good from them to whom it is due, when it is in the power of thine hand to do it. (Proverbs 3:27).***

Doing good cannot cease when you get angry, upset or frustrated with life's challenges or the shortcomings of your spouse.

Let's now look into some of the situations that come to wreck every marriage.

## **SECTION 2 – WRECKS YOUR MARRIAGE CAN SUFFER**

### **2.1 "I'M RIGHT AND YOU'RE WRONG"**

Have you heard this phrase before? Probably more than you'd like to admit. Whether being married for a day, days, month, months, year or years you can relate to saying, "I'm right and you're wrong." Saying it is not near as devastating as keeping the attitude alive that goes along with this false sense of security. How is the "I'm right and you're wrong" attitude devastating to the marriage? It can set the stage for an argument. Is this something bad? Doesn't every couple have arguments? Arguments are not necessarily bad however; spouses should keep them to a minimum and resolve each and every argument peaceably and in a timely manner. Remember that the quicker arguments are resolved, the quicker you will have peace.

***HELP #4 Be ye angry, and sin not: let not the sun go down upon your wrath. (Ephesians 4:26).***

Not all couples respond well to not having all of the mouth all of the time and may lash out when feeling unheard. Let's focus back to Adam and Eve, being the first man and wife couple. And he said, Who told thee that thou wast naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldst not eat? And the man said, The woman whom thou gavest to be with me, she gave me of the tree, and I did eat. (Genesis 3:11-12)

### *HELPS for Building Marriage*

Adam did not answer God by saying, "Yes."

Adam could have responded to God by saying, "Yes, I did eat of the tree whereof thou commanded me that thou shouldest not eat." Do you see the difference this attitude takes on? It invalidates the "I'm right" concept.

Even though the consequences following may have been the same, Adam could have taken full responsibility for eating of the tree without shifting the focus onto his wife.

Husband, are you one who operates from the attitude of "I'm right and my wife is wrong?" Wife, are you one who operates from the attitude of "I'm right and my husband is wrong?" It is not suggested or inferred that every argument comes as a right or wrong issue, but certainly taking the "I'm right and you're wrong" approach can easily surface in an argument.

***HELP #5 It is suggested that you both try to see your spouse's position first. It may be an issue of misunderstanding or lacking the knowledge of the facts that creates an argument.***

***HELP #6 Place your emotions on hold so that you can gain the wisdom, knowledge and understanding of your spouses position.***

Once the three major ingredients of marriage (wisdom, knowledge and understanding) have been added to the situation it will help to then go back to the emotions to bring resolvability. When wisdom entereth into thine heart, and knowledge is pleasant unto thy soul; Discretion shall preserve thee, understanding shall preserve thee, understanding shall keep thee: (Proverbs 2:10-11).

Husband, you will never be less of a man by acknowledging your wrong verbally to your wife. Wife, you will never be less of a woman by not having the last word to say.

***HELP #7 Man and wife it is okay at times to agree to disagree.***

Every issue does not have to come down to the husband's way or the wife's way, but may come to taking no position at the present.

At some later time it is likely that light will be shown to either man or wife and may cause either at that time to take a position on the disagreement.

***HELP #8 At NO time should man or wife withhold intimacy or any other due benevolence one from the other as a means to make one suffer as the result of an argument, disagreement or inability to see the others position.***

Intimacy is honorable among the married and can only be fulfilled by the two married individuals. Separating yourselves from each other in a manner to inflict suffering can lead to deprivation, separation and ultimately adultery.

Remember, man and wife, you are the first teacher your family will ever learn from, and the way you treat one another is what you teach your family about marriage. What your family sees out of you and your spouse impacts their views on marriage positively or negatively. Strive to make your marriage a positive learning experience that is decent and pleasing for your family.

***HELP #9 Defraud ye not one the other except it be with consent for a time, that ye***

*HELPS for Building Marriage  
may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency. (1 Corinthians 7:5).*

Defraud means to deprive. The deprivation in this passage is acceptable only with consent for a time. Where is consent if husband gets angry with wife and sleeps in another room, leaving her in the bedroom they normally share? Where is consent if wife gets angry with husband and sleeps in another room, leaving him in the bedroom they normally share?

This is an example of man and wife depriving one another, and is not recommended for building a happy life-long marriage.

**HELP #10** *Learn to address your matters in private. Though man or wife may be at a disadvantage as far as controlling what starts an argument or where it may occur, you have full control in where you deal with it. Let all things be done decently and in order. (1 Corinthians 14:40).*

## **2.2 WHAT'S MINE IS MINE AND WHAT'S YOURS IS MINE**

It is not uncommon to hear a man make the statement to his wife, and usually it applies to the couple's finances.

"Two heads are better than one" is a saying that has been around for a number of years. If the saying holds true for two heads isn't it likely to hold true for two incomes?

**HELP #11** *Trust each other where finances are concerned. If both have an income, and combine incomes together to increase the amount available to work with, you have done wisely.*

**HELP #12** *Whichever mate is better suited and willing should attend primarily to the couple's financial matters. For example, if its husband, you are primary, but your wife should be involved enough to know the business affairs. If its wife, you are primary, but your husband should be involved enough to know the business affairs.*

Husband, having your bank account in your name only and wife having her bank account in her name only can set the stage for the marriage to take a downward shift. Both of you must learn early that you are equally responsible in financial matters, and there are grounds for a root of bitterness to stem up by keeping financial affairs hidden from one another.

If you agree on splitting the finances in some manner this is fine, and can be accomplished still, but with both of you having equal access to all accounts.

**HELP #13** *Have both names on the checking or savings accounts even if one of you primarily manage the accounts.*

**HELP #14** *Avoid the "mine and yours money" concept, and employ the "our money" concept.*

Combine financial efforts where practical to pave the way for smoother financial

### *HELPS for Building Marriage*

management. For example, when shopping, if both of you combine funds where practical you can satisfy the family needs without causing a strain necessarily on one income.

It is also wise to make a shopping list of the needed items for the family to avoid getting items unnecessarily. Remember, where failure is concerned, "We don't plan to fail, but we fail to plan."

### **2.3 ISN'T MARRIAGE A 50/50?**

It is strongly opposed for man to enter into marriage with the intent of giving it his best 50 percent and wife enter into marriage with the intent of giving it her best 50 percent. 50 percent is not enough to establish the platform for a happy life-long marriage.

***HELP #15 Husband, you must commit and give 100 percent of yourself to the marriage from the onset, and wife, you must give 100 percent of yourself to the marriage from the onset.***

The 100 percent concept is in keeping with two joining together to become one. Think on a man giving only 50 percent on his wedding day, and a woman giving only 50 percent on her wedding day. It would make one ask, "Where is the remaining 50 percent of the man and woman on their wedding day?"

***HELP #16 Man and wife; pattern yourselves as that "desired" couple. If you should fall down, get back up, correct any wrong, forgive each other, forget it and let "by-gones" be gone.***

***HELP #17 Who can find a virtuous woman? for her price is far above rubies. The heart of her husband doth safely trust in her, so that he shall have no need of spoil. She will do him good and not evil all the days of her life. (Proverbs 31:10-12).***

### **2.4 IT'S OKAY TO LOOK ISN'T IT?**

It is not unusual for unhappy husbands and wives to begin looking at other women and men, particularly if both lookers are displeased with each other as the result of a wrecked marriage.

In such a case either of you may try to justify yourselves in looking by saying you are just looking.

***HELP #18 But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart. (St. Matthew 5:28).***

It is not unusual for a man to be attracted to a woman and particularly if he feels she is beautiful and attractive. A happily married couple that is building rather than wrecking the marriage will not be so focused on "good looks", or looking at other men and women inappropriately.

It is not unusual in the early stages for man and woman to hold looks high on the priority list, but be assured that as time permits the "good looks" will change.

So long as the marriage has been nourished, cherished and built upon the spiritual platform, the man and woman's definition or importance of looks will be of low priority.

This does not mean that you should not take pride in appearing attractive one to another or carrying yourselves in a decent and presentable fashion. It may mean however,

### *HELPS for Building Marriage*

that the wife's beautiful long, thick black hair that you found so attractive has since turned gray and thin, but you still find your wife attractive because of the love you have for her.

## **SECTION 3 – ACTS OF AFFECTION**

Showing acts of affection between man and wife is honorable and becomes a crucial part of the overall marriage. Even though this affection is honorable it should be demonstrated in the confines of privacy. A man and wife desiring to be a light or example for the unmarried certainly, will limit the affections in public and particularly in view of the unmarried. Not for reasons that you are forbidden to demonstrate affections, but for the fact that such demonstrations are inappropriate to subject the unmarried to. Some of the unmarried are weak and may already struggle with abstaining from fornication and youthful lusts. The married couple openly demonstrating extreme affections may entice the unmarried and arouse lustful intentions causing the unmarried to stumble.

***HELP #19** Let not then your good be evil spoken of. (Romans 14:16). It is good neither to eat flesh, nor to drink wine, nor any thing whereby thy brother stumbleth, or is offended, or is made weak. (Romans 14:21).*

***HELP#20** To every thing there is a season, and a time to every purpose under the Heaven: (Ecclesiastes 3:1).*

***HELP #21** A time to kill, and a time to heal; a time to break down, and a time to build up; (Ecclesiastes 3:3).*

***HELP #22** A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; (Ecclesiastes 3:5).*

***HELP #23** A time to rend, and a time to sew; a time to keep silence, and a time to speak; (Ecclesiastes 3:7).*

***HELP #24** A time to love, and a time to hate; a time of war; and a time of peace. (Ecclesiastes 3:8).*

## **SECTION 4 – WORKING THROUGH THE ROUGH SPOTS**

Since marriage consists of two different, separate and unique human beings and life is not perfect there will be rough spots in the marriage to work through. This section addresses just a few of the rough spots that can work its way into every marriage.

### **4.1 ANGER/FRUSTRATION**

Anger and frustration is not exempt in life and can occur with all humanity whether married or single. Anger and frustration is more prevalent for the married, and requires man and wife to consciously be aware and in touch with feelings and attitudes of one another.

Anger and frustration of itself is not bad so it need not be viewed as though it is uncommonly evil. On the other hand however, anger, if not appropriately handled can wreck and even ruin a marriage. How should you handle yourselves when a situation of anger and frustration occurs?

***HELP #25** Tell your spouse when a situation occurs which, angers or frustrates you. Don't pretend that everything is okay and carry a deceitful attitude.*

## *HELPS for Building Marriage*

"Silence is hard to be understood." Keep in mind that either may be angry or frustrated and it not be readily known to the other.

By acknowledging the fact that you are angry or frustrated affords your spouse the opportunity to approach matters more cautiously to maintain peace.

***HELP #26 Don't employ or confuse the "cold shoulder" treatment with the thought of "a time for silence" without first saying you are angry.***

Why have to say, "I'm angry?" Won't it be obvious for one or both of you to see there is anger present?" Although, it may be evident that there is anger present, by one or both of you verbally acknowledging that you are angry or frustrated can be therapeutic and start the healing process.

It is appropriate and recommended to employ silence for a time if one or both of you have difficulties in terms of rationalizing. More fuel to the fire is likely to occur in the absence of acknowledging the anger. Storming out, yelling and screaming or clamming up may cause your spouse to ask repeatedly, "What's wrong with you?"

Both of you may need to employ positive self-talk to bring about a peaceful atmosphere. "This is not the end of the world," or "This too shall pass," or "This will not ruin my day." All of these are examples of positive self-talk that can be engaged to jump-start a peaceful resolution.

Once emotions are controllable then both of you can begin the healing process.

***HELP #27 Don't play the "Who's first?" game. That is, who is going to be first to "make up?" If both man and wife is equally responsible for causing the anger or frustration it must be apologized for equally.***

Both of you must willingly accept your share of the situation. Husband, if you provoked the situation by acting too hastily you must apologize to your wife. Wife, if you provoked the situation by acting too hastily, you must apologize to your husband.

A man who is building his marriage will be able to express why he is angry without demeaning his wife. A wife who is building her marriage will be able to express why she is angry without demeaning her husband.

Accepting one another's apologies resulting from anger or frustration, or otherwise, is a must in order to stop the build up of bitterness, which will wreck the marriage.

***HELP #28 Forget the arguments or frustrations that are apologized for and be careful not to resurrect the situation you have resolved.***

Both of you can merely go through the motions of apologizing and refuse to forget it and set the stage for a reoccurrence later.

Have you heard the statement, "I'll forgive you, but never forget it?" A happy life-long marriage will never become a reality by practicing this degrading statement.

### **4.2 RELAXATION**

Both of you should develop a plan that will include relaxation. Just as time is scheduled for performing a chore, it is healthy also to schedule periods of relaxation. The couple that rarely takes the time to relax is too busy. Growing a happy life-long marriage requires taking time for each other to relax and focus on quality time together. Relaxation

### *HELPS for Building Marriage*

can have a major impact on reducing or relieving stress. Often times you can focus so much on having to do something that you will feel guilty to entertain the thought of doing something as small as relaxing in some fashion that will benefit each of you.

***HELP #29 Always make time to relax with the most important person in your life – your spouse.***

If you are one who has no problem relaxing with others, or chatting on the Internet hours at a time and rarely taking time to relax with your spouse you are wrecking your marriage. Of course relaxation must be balanced and cannot become your primary focus.

Your marriage would starve if it were left to survive largely on relaxation. In an effort to build a happy life-long marriage hard work, hard work and hard work again is required by both of you and the hard work too must be balanced.

### **4.3 EXERCISE AND MENTAL HEALTH**

The marriage with little or no physical health is likely to impact mental health. For example, if husband exercises regularly in some physical fashion he is likely to be energized and active. If wife does not embrace exercising regularly in some physical fashion she is likely to feel less energized and may desire husband to slow down, and could cause illness to mental health. Likewise, for the wife who exercises rather than the husband the same is likely.

***HELP #30 Bodily exercise is profitable for good physical health and therefore both man and wife exercising together will not only increase physical health, but mental health as well.***

Physical health and exercise can benefit the newly wed or the couple who has been married for fifty years.

The exercise program need not be so taxing on you that it is burdensome, but something that satisfies physical health of less strain. For example, walking regularly for bodily exercise can have a major impact on your physical and mental health. The scripture sayeth, "For bodily exercise profiteth little:" however it is the little that can be much to keep the body in health. The scripture sayeth, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth (3 John 1:2). The physical, mental and emotional health of married couples must be appropriately balanced to develop a life-long marriage.

### **SECTION 5 – MANAGING HIS AND HER WANTS**

Since man is head of the household, does this mean his wants take priority over her wants? If you share this thinking, be cautious and encouraged to reconsider.

In a household occupied by man and wife, with or without children, there must be an ultimate decision maker. The head of the household is the man. A wise man will rule his household unselfishly and free from overbearing unnecessary control.

Effective communication is critical between man and wife, and particularly when both are at odds with wants. Logical reasoning is strongly encouraged in situations as such. For example, you want a new vehicle and your wife wants a used vehicle for the family. This example presents an opportunity for both of you to reason and come to an agreement without having to argue.

Consider and list the pros and cons between a new and used vehicle.

***HELP #31*** *Can two walk together, except they be agreed? (Amos 3:3). Come now, and let us reason together (Isaiah 1:18). Since you want a new vehicle it may be advisable for you to consider and list the cons, and for your wife to consider and list the pros since she wants a used vehicle.*

When pros and cons have been considered and reasonably discussed unselfishly you will be better prepared to make a decision that both can accept.

## **SECTION 6 – BEING MARRIED TO ONE ANOTHER AND NOT OTHERS**

When a man leaves father and mother and cleaves to his wife he is married to her and she is married to him. No matter how long each of you may have been single and committed to others, being married, the commitment is to each other and must be the primary focus for the life of the marriage.

Feeling guilty for no longer desiring to be committed to someone other than your spouse is only a feeling that will pass. Not everyone values marriage and particularly those who tend to carry jealousy, and find it difficult to accept a position, which make them no longer the primary focus.

***HELP #32*** *But he that is married careth for the things that are of the world, how he may please his wife (1 Corinthians 7:33)*

Both of you must reach a balance in prioritizing your commitments. At no time is it advisable or encouraged to become uncommitted to each other to fulfill your own desires or those that may be imposed on you by others.

Be reminded, marriage is a life-long commitment, and the success of the marriage is in the hands of each married person.

## **SECTION 7 – SPENDING TIME TOGETHER**

It is not unusual to see an unmarried man and woman together often. So often at times it would appear as they are married.

Do you know any unmarried couple that fit the “glued together” syndrome; when you see him, you see her, or when you see her, you see him? Spending time together in this manner may seem beneficial to both parties, however it only affects the relationship and does nothing to assure a future marriage.

Growing a marriage is comparable to the rearing of a child. At birth, a baby is totally dependent on its parents, particularly its mother, and needs much attention. The amount of time spent with a child is likely to impact the bonding between parents and child. As the child grows, becomes older and gains more independence the amount of time parents spend together with the child takes on a change. Similarly to newly-weds – the beginning of the marriage requires a significant amount of time being spent together. As the marriage matures and the spending of time together takes on a change, yet the bond has been established, nourished and kept alive. The newly weds who spend little to no time together at the onset of the marriage are not likely to increase time together as the marriage continues, if it continues at all. Take time together to know your spouse and the marriage will grow. Taking time to plan time apart from each other will only damage or wreck the marriage. A married couple can remain married for a number of years, but still have a wrecked marriage.

*HELPS for Building Marriage*

**HELP #33** *Take time to vacation together without children and with children. If only for an overnight stay, man and wife must build in time for each other.*

**HELP #34** *Husband; learn to spend quality time with your wife on a regular basis as the quantity of time permits. Wife, learn to spend quality time with your husband on a regular basis as the quantity of time permits.*

For example, spending time together at a time when you are to be working is not possible, so therefore, as a day of work ends this is the proper time to spend with your spouse, and not your ole' time friends, chat-room buddies or the guys at work.

It took time for you to grow and if your parents did not spend the amount of time with you to reach a level of growth to make it on your own, it is likely you would carry negative thoughts toward your parents. Likewise, your spouse will carry negative thoughts toward you, if you fail to spend time together. The newly weds that don't make a conscious effort to spend time together are on the road to developing a root of bitterness that will wreck the marriage. The newly weds can be compared to drivers of a vehicle. A driver must be licensed before being permitted to operate a vehicle. The vehicle cannot wreck of itself, but it is the driver who can wreck the vehicle. Man and wife drive the marriage and must have more than a marriage license to drive the marriage, and steer it clear from wrecks.

The spark that ignited and attracted your interests to your spouse must be kept burning and cherished to sustain the same interest throughout the marriage. The attraction must not be just the physical attraction, but the total attraction (i.e. personality, honesty, trust, thoughtfulness, caring, easy to communicate with, self-pride in how each presents themselves, etc.). Man and wife who spend quality time together will grow and as you grow so will trust and all of the other good qualities you need to sustain a life-long marriage.

Marriage is a life-long commitment and is often referred to as "tying the knot," or "bonding two together" with the ring. The knot of marriage cannot be "untied" and the circle of a ring cannot be broken, only by death.

**HELP #35** *Art thou bound unto a wife? seek not to be loosed. Art thou loosed from a wife? seek not a wife (1 Corinthians 7:27).*

**SECTION 8 – IN-LAWS NEED NOT BECOME OUT-LAWS**

Have you heard it said that when a man marries a woman he marries the woman's family? There can be a bit of truth to this statement, but only in the sense of a parable. Man and wife should not tolerate non-profitable interference from others in the marriage. Knowing that man and wife's first commitment is to each other, does not rule out the possibility of establishing a strong relationship with in-laws.

Marriage alone will pose challenges; however being proactive in creating some energy to connect with in-laws is advisable. The benefits to a good in-law relationship can in and of itself add to the success of the marriage. For example, if you have a child, the in-laws may be able to provide childcare services that are beneficial to the marriage. It is advisable for the married couple with children to spend quality time together with children and apart from the children at times. A good in-law relationship (be it mother, father, sister or brother in-law) can create an extended family to assist with the children.

Man as head of the household must exercise wisdom in dealing with in-laws on either side of the family where possible to create the greatest opportunity for a successful in-law, rather than an out-law relationship.

### *HELPS for Building Marriage*

If you have in-laws who have already become out-laws, and not because of your doings, you are encouraged to do good concerning your in-laws as much as lies possible with you.

***HELP #36 Be open and honest with your spouse concerning issues you may have with in-laws that could damage the marriage, so that each has the understanding of your concerns.***

To avoid an adversarial impact on the marriage because of certain undesired in-laws, it may be advisable for both spouses to agree to alternate plans.

## **SECTION 9 – RAISING YOUR CHILDREN**

***HELP #37 When your wife becomes pregnant and a mother, she needs much support from you. Your responsibility is to give her this support unselfishly.***

When children become a part of the marriage (through birth or adoption) does this mean man and wife won't be able to spend time together? As children enter into the marriage a major part of the couple's time and energy is required. You must make adjustments to accommodate the changes in the family unit, and yet maintain all of the same qualities and due benevolence to each other.

Man and wife who fail to reach the proper balance in time-sharing will suffer wrecks and cause the marriage to take on an unhealthy shift. The couple that bears a child together must realize that both were a couple before the birth, and must make every effort to remain a couple.

Does it mean that you can live as you always did, perhaps being together most of the time for each other? A child is helpless until it reaches a certain stage and requires time, time and time again to be raised to adult status. A child's life will be impacted positively or negatively by how the parents raise it. Certainly, you cannot give your undivided attention to just yourselves or the child, but must reach a balance in attending to each other and the child's needs.

The child cannot come between mother and father, but is a dependent of mother and father. Only one must come between man and wife, and that is God.

Let the thought of spending time together become the thought of working and sharing time together for the betterment of your child.

***HELP #38 Father must establish a bond with child and be willing to help mother care for the child.***

It is not unusual for mother to automatically bond; however fathers on the other hand may have to work exceptionally hard to bond with the child. Where possible, father may become involved with feeding the child and eventually changing, bathing and clothing it.

Your wife will be most pleased when you pitch in and help her to care for the child, especially getting up through the night to tend to its needs. If you're not able to do as much as you would desire, an every now and then can go a long way for your busy wife.

***HELP #39 Parents do not permit your child to sleep with you on your bed.***

### *HELPS for Building Marriage*

It is recommended and advised for parents to not set the stage for permitting your child to sleep with you on the same bed as a means to avoid having to get up through the night or any other reason. This can cause your child to become attached to sleeping with you on your bed, and at a later time in its developmental stage may have difficulties separating from you at night. Permitting your child to sleep with you illustrates just one example of how you can negatively impact your child, which could result in a disorder of separation anxiety for the child.

#### **9.1 ESTABLISHING INSTRUCTIONS**

Mother and father you both have a shared responsibility to train up your children. The area of training up children can produce great controversy with many, but nonetheless it must be a part of your marriage blueprint.

Mother and father, both of you with a single voice must discuss together the expectations concerning how your children will be trained or raised up.

***HELP #40** Nevertheless neither is the man without the woman, neither the woman without the man, in the Lord (1 Corinthians 11:11).*

***HELP #41** Submit yourselves one to another in the fear of God (Ephesians 5:21).*

***HELP #42** Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing (Ephesians 5:24).*

***HELP #43** And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord (Ephesians 6:4).*

***HELP #44** Train up a child in the way he should go: and when he is old, he will not depart from it (Proverbs 22:6).*

Training children effectively will best occur when both mother and father share the same blueprint.

The scripture references the father as the one to provide instruction. As father establishes instructions it becomes mother's responsibility to hold the instructions and to enforce them as law.

***HELP #45** My son, hear the instruction of thy father, and forsake not the law of thy mother.*

***HELP #46** HEAR, ye children, the instructions of a father, and attend to know understanding (Proverbs 1:8).*

#### **9.2 ESTABLISH GUIDELINES FOR SCHOOL AGE CHILDREN**

In practicing biblical teachings concerning raising school age children, both parents must establish and communicate clear and reasonable guidelines. It may not be feasible to establish all the guidelines up front, but certainly as the conflicts occur take the opportunity at the time to educate your children and school officials if necessary. Parents, you must be in agreement to the guidelines you establish and be willing to enforce them to the fullest extent as much as lies within your power. Some situations may give you flexibility to establish an

### *HELPS for Building Marriage*

alternative guideline. For example, if teacher teaches child humans came from the 'big bang' theory. Parents, you should educate your child according to biblical creationism and be willing to express your belief to the teacher. Parents, you can instruct your child when required to write an assignment in school where the teacher has taught the 'big bang' theory, to begin the writing with "according to the 'big bang' theory.... This is an example of establishing an alternative guideline. If given an opportunity to write an opinion concerning humans it would be acceptable to instruct your children to include the biblical aspect on creationism.

In contrast to a flexible alternative guideline you as a parent may have to take a firm stand without compromise on other matters. For example, if your female child is required to wear pants for school and you have established a guideline that no pants will be worn hold to it.

### **9.3 CHILD'S DESIRES CONFLICT WITH INSTRUCTIONS**

It is not unusual when training and instructing your child to strike an imbalance between your instruction and your child's own desires.

Parents, teach your child according to the scripture; CHILDREN, obey your parents in the Lord: for this is right. Honour thy father and mother; which is the first commandment with promise; (Ephesians 6:1-3)

***HELP #47** And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, Instructing those that oppose themselves; (2 Timothy 2:24-25)*

***HELP #48** Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him (Proverbs 22:15)*

The issues and controversies in correcting or physically disciplining your minor children by spanking is one that may have some merit, particularly, if it is not administered properly.

The rod of correction as referenced in HELP #48 signifies the instrument used to bring correction. The instrument is not specific; however parents must employ the ingredients of wisdom, knowledge and understanding before using the rod of correction. Parents, if you don't control your own temper to the point you inflict unjustified, unreasonable and excessive physical punishment on your child you are not justified to do so. Parents, you cannot bring control to your children who need correction unless you are first in control of yourselves. Your role in HELP #48 is to correct your children in a way that teaches consistently that foolishness comes with a consequence. On the other hand parents, you must realize not only your temperament, but also your physical strength and frame of mind before employing the rod of correction. You are teaching your children correction when you instruct them in what has been done wrong, and the consequence to follow. After the rod of correction has been employed it is wise to reconnect with your child to communicate in love what should have been done instead of the foolishness.

***HELP #49** Withhold not correction from the child: for if thou beatest him with the rod, he shall not die (Proverbs 23:13)*

It is evident in HELP #49 that the scripture is implying proper correction will be used concerning your child. The rod of correction must not become the rod of abuse. A child who

### *HELPS for Building Marriage*

is physically abused by its parents cannot and will not learn love. Parents need not feel guilty when the rod of correction is applied properly concerning the children. The end result in discipline is to teach correction. Physical abuse on the other hand, will prick any God-fearing parent to the heart, and will not teach correction.

The rod of abuse possibly has been employed if your children have been left with physical signs indicating that excessive force was used.

At times when raising children the rod of correction does not have to be physically applied in all cases. In mentioning or showing the rod to your children may often do wonders and bring about obedience, particularly, if your children have had a prior experience with the specific rod being shown.

Remember parents; your role is to bring correction properly, in love, and in the fear of God. Your children are a gift from God and you are responsible for bringing them up in the nurture and admonition of the Lord.

## **SECTION 10 – THE MARRIAGE THAT GOES SOUTH**

With the many helpful books, literature, encouragement and counsel man and wife may still lose patience and choose to end the marriage.

It is very difficult to give counsel to either spouse in a marriage when one or both fails to reconcile differences to keep the marriage from going south. Some will say they are tired of being married and will end the marriage only to later re-marry another person. In this case it is obvious that one spouse is tired being married to the other, but wants to trade in the current spouse so to speak. In the sight of God there is no trade-ins granted for the marriage that goes south. In contrast, you can buy a vehicle and later sell it or trade it in for another vehicle. Your spouse, not a piece of property, is the one you chose by a vow made until death, before God and in the company of others, and cannot be voided or traded.

***HELP #50** For the woman which hath an husband is bound by the law to her husband so long as he liveth; but if the husband be dead, she is loosed from the law of her husband, So then if, while her husband liveth, she be married to another man, she shall be called an adulteress: but if her husband be dead, she is free from that law; so that she is not adulteress, though she be married to another man (Romans 7:2-3) The wife is bound by the law as long as her husband liveth; but if her husband be dead, she is at liberty to be married to who she will; only in the Lord (1 Corinthians 7:39).*

### **10.1 NO WRITING OF DIVORCEMENT**

While it remains a law of the land today to write a divorcement, it is not and has never been sanctioned by God according to biblical references, although Moses permitted it.

***HELP #51** Is it lawful for a man to put away his wife for every cause? (Matthew 19:3). Why did Moses then command to give a writing of divorcement, and to put her away? He saith unto them, Moses because of the hardness of your hearts suffered you to put away your wives: but from the beginning it was not so (St. Matthew 19:7-8; St. Mark 10:1-12)*

In addition to writing a divorcement, the law of the land today permits the divorced man or woman to re-marry another while the first husband or wife is still living.

***HELP #52 Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband (1 Corinthians 7:2)***

Fornication is sexual behavior committed between an unmarried male and female and is to be avoided. To avoid fornication as a male or female you must abstain from sexual behavior, or have your own husband or wife.

## **10.2 DEPARTING BY JUSTIFICATION**

***HELP #53 And unto the married I command, yet not I, but the Lord, Let not the wife depart from her husband: But if she depart, let her remain unmarried, or be reconciled to her husband: and let not the husband put away his wife (1 Corinthians 7:10-11).***

The spouse choosing to depart cannot re-marry and neither can the deserted spouse re-marry. The God-fearing husbands and wives, who yet wish to follow biblical guidelines, are not authorized to live in adulterous behavior, cohabit or satisfy any sexual desires with another person, other than the lawful and legal spouse.

For these reasons and more, true and sincere Godly reconciliation is very important, and has a tremendous driving power to bring reform to the marriage to avoid indefinite departure.

If you are the God-fearing spouse who has chosen to depart or if you are the deserted spouse, you must remain unmarried and give yourself to fasting and prayer so that you can come together again and be reconciled to your spouse.

If reconciliation is never reached, and your marriage ends by separation or divorce both of you must remain unmarried and free from sexual behavior with any man or woman, other than your spouse, until death parts either one of you.

**WOMAN**

*Is like a flower in the spring  
She blooms with natural beauty and sunshine  
Is like the ocean in summer  
She is a cool breath of fresh air  
Is like the leaves in the fall  
She comes in many different sizes and colors  
Is like a fire in the winter  
She warms the home with her presence  
Is given as a gift of love  
To be accepted and treated as a treasure  
Can not be taken for granted  
But yet must be nurtured  
Was created as a helpmeet  
To be protected in mind and body  
Was created from a rib of a man  
The same ribs that protects the heart  
Can not serve the natural man  
But must serve her Creator  
For He must be first in her life  
In order for her to understand  
That God created a woman  
To walk in unison with the man*

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