

I would like to give thanks to those who have spent many hours making this handbook as helpful as possible - Christina, Jackie, Pat, and Craig. We are greatly indebted to George Scipione, founder of IBCD, who laid the foundation for this material. I pray that God's people are blessed through your labors.

Jim Newheiser

June 2013

Copyright © 2013 by IBCD.

All rights reserved. No part of this publication may be reproduced, stored in retrieval system, copied in any form or by any means, electronic, mechanical, photocopying, recording or otherwise transmitted without written permission from the publisher, except to produce a personal copy, in the case of brief quotations embodied in critical reviews, and certain other noncommercial uses permitted by copyright law.

For permission requests, please email us at info@ibcd.org or write to us at:

IBCD

655 W 11th Ave

Escondido, CA 92025

Find out more about IBCD's training resources at www.ibcd.org.

TABLE OF CONTENTS

Sessions 21-36

Marriage

The Divine Design for Marriage (CDC 21)	1
Transforming Grace in Marriage Roles Part 1 (CDC 22)	9
Transforming Grace in Marriage Roles Part 2 (CDC 23)	15
Keys to Preserving and Strengthening Your Marriage (CDC 24)	21
Solving Marriage Problems: Conflict Resolution and Communication(CDC 25)	29
Solving Marriage Problems: Using Financial Wisdom from Proverbs(CDC 26)	37
From Idol to Blessing: How Grace Transforms Our Sexuality Part 1 (CDC 27)	43
From Idol to Blessing: How Grace Transforms Our Sexuality Part 2 (CDC 28)	53
Counseling in Cases of Separation, Divorce and Remarriage (CDC 29)	59

Medicine

What’s Medical About Mental Illness (CDC 30)	73
Counseling People With a Psychological Diagnosis (CDC 31)	81

Parenting

Parenting Is More Than a Formula Part 1(CDC 32)	89
Parenting Is More Than a Formula Part 2 (CDC 33)	95
Dealing With Rebellious Teens: When “Good Kids” Make Bad Choices (CDC 34)	103
You Never Stop Being A Parent: Parenting Your Adult Children (CDC 35)	113

The Will of God

Knowing God’s Will (CDC 36)	133
-----------------------------------	-----

KEYS TO PRESERVING AND STRENGTHENING YOUR MARRIAGE

Introduction

Time Stamp 1:29

What Is the One Key to Keeping a Marriage Strong?

A. The gospel of Jesus Christ is the key to keeping a marriage strong.

1. Both the Old and New Testaments portray the Lord's relationship with us as a marriage.

Eph 5:32; Isa 54:5

2. You must first know the love of Christ. *1 John 4:19; Eph 5:1-2, 25, 32*

3. The best thing you can do for your marriage is to grow closer to Jesus.

Time Stamp 2:23

4. Study God's Word and meditate upon the greatness of Christ's love for you.

Time Stamp 3:51

5. Pray the prayer which Paul prays for the Ephesians. *Eph 3:14-19*

Time Stamp 5:17 **not performance**

B. Christlike love is founded upon grace, not law.

1. Most human relationships are implicitly governed by law.
2. This is not how God has dealt with you. *Titus 3:5-6; Eph 5:1-2*
3. You are the chief of sinners who has been shown great mercy. *1 Tim 1:15*

Time Stamp 7:58

4. Self-righteousness is delusional and destructive. *Js 4:11-12*
5. You married a fellow sinner and should not be shocked when he or she sins.
6. As you remember God's grace to you, restore and forgive your spouse. *Gal 6:1; 1 John 1:8-9; Col 3:12-14; Pr 19:11*
7. The kindness of God leads us to repentance. *Rom 2:4*

Time Stamp 9:09

- C. Keep fighting for love.
1. Walk by the Spirit. *Gal 5:16-24*
 2. You are in a spiritual battle. *Gal 5:17*

3. Your spouse cannot make you fleshly. *Gal 5:16; 1 Cor 10:13*

Time Stamp 11:22

4. Covenant love endures.

5. God loves us with an eternal and unchanging love. *Heb 13:5*

6. Christ's love described. *1 Cor 13:4-7*

Time Stamp 14:50

What Must Be Done to Protect and Preserve Your Marriage?

A. The Lord must come first.

1. Make your personal walk with the Lord your highest priority. *Gal 5:16; 1 Pe 2:2-3; Ps 1:1ff; Phil 4:6-7; 1 Th 5:17*

2. Remain involved in a strong church. *Heb 10:24-25; 13:17; Eph 4:11-16*

Time Stamp 18:05

B. Laziness will cause your marriage to deteriorate. *Pr 24:30-31*

1. Do not take each other for granted.

Time Stamp 20:13

2. Quickly and completely resolve conflicts. *Rom 12:18*

- Conflict is dangerous. *Eph 4:26-27*

- Don't be quarrelsome - fire your inner lawyer (excusing and accusing). *Prov 29:22; 20:3; 25:24; Js 4:1-2; 1:19; Eph 4:29*

Time Stamp 23:16

- First, get the log out of your own eye. *Mt 7:1-5*

- Gently restore your spouse. *Gal 6:1-2*

- Forgive as you have been forgiven. *Eph 4:31-32*

- Get help (godly counsel) if you need it.

Time Stamp 24:52

3. Commit to communicate.
 - Learn to listen in love. *Js 1:19; Phil 2:3-5; Pr 20:5*

 - Build up with your speech. *Eph 4:29; Pr 16:24*

 - Learn to communicate on a deeper level.

 - Make specific plans to spend quality time together.

Time Stamp 27:04

C. Lies are like a deadly cancer to your relationship. *Eph 4:25*

1. Nothing is more important in marriage than mutual trust.
2. Lying includes exaggeration, spin (“always” or “never”).

Time Stamp 29:33

3. Why do people lie? People lie for selfish reasons. *Js 4:1ff*

4. Some people are so accustomed to lying that learning to be truthful is like learning to speak a new language (and to trust God). *Pr 3:5-6*

Time Stamp 30:38

5. Make it safe for the other to honestly confess his or her sins and failings.

Time Stamp 31:04

D. Lust can destroy your marriage. *Js 1:14-15*

1. Be circumspect in your dealings with the opposite sex. *2 Tim 2:22; Prov 5:8*
2. Don't be emotionally vulnerable with someone of the opposite sex. *Gen 2:24*

Time Stamp 35:34

3. Don't think that it can't happen to you. *2 Sam 11:1ff; 1 Cor 10:12*

Time Stamp 37:34

4. Agree upon guidelines for propriety in dealing with the opposite sex.

Time Stamp 40:17

5. Consider the consequences of moral failure. *Prov 6:27-35; 7:22-27*

6. If boundaries are crossed, quickly confess and seek accountability.

Time Stamp 41:39

- E. Lift one another up in order to strengthen your marriage.

1. Have you affirmed your spouse lately?

2. Look for that which is affirmable. *Phil 4:8-9*

Time Stamp 44:58

3. Affirmation is biblical. *Prov 31:28-29; Rev 2:2-6; 1 Cor 1:4-8*

4. Give God glory by affirming His work in your spouse. *Col 1:3 8; 1 Thess 1:2 10; Eph 2:10; 1 Cor 1:30 31*

5. Affirmation is very powerful. *Prov 16:21b*

Time Stamp 47:11

Concluding Summary

Reflect the gospel in your marriage.

Reflect His gracious love in your marriage.

Be confident that God is working in your marriage.

He is working to make you more like Christ.

He is working to sanctify you.

**He is teaching you about His love for you as you learn to love someone
who is hard to love.**

There is no better place to reflect His gracious love than in your marriage.



Books

Crabtree, Sam, *Practicing Affirmation: The God-Centered Praise of Those Who Are Not God.*

Harvey, Dave, *When Sinners Say I Do.*

Keller, Tim, *The Meaning of Marriage.*

Tripp, Paul, *What Did You Expect?*



Audios

Crabtree, Sam, "Affirmation: The Problem and Opportunity for Every Person."

Crabtree, Sam, "The God-Centeredness of Affirmation."

Crabtree, Sam, "Helping People Get Good at Affirmation."

Crabtree, Sam, "Practical Applications of Affirmation."

Duguid, Iain, "Friendship on Fire – The Song of Songs in Marriage."

Harvey, Dave. "When Sinners Say I Do – Grace."

Harvey, Dave. "When Sinners Say I Do – Sin."

Kelleman, Bob. "Gospel-Centered Marriage Counseling – Four Pillars of Glorifying God Through Oneness in Marriage."



Supplemental Resources

"Built to Last: The Greatest Risk You'll Ever Take – Marriage Homework."

"Business/Travel Plan for Avoiding Sexual Temptation."

"Computer Purity Covenant."