

## **Servanthood that Enriches**

Mutual exhortation and admonition as servants in the Church

Christian counseling

    The continuum

    The state of Christian counseling

        Recent developments

    The Biblical model– sin, Satan, fall, redemption

*Behold I make all things new*

    Industrial revolution created “experts”

    Church has accepted the idea that social scientists are experts

Consideration of social sciences

    Christian counselors challenge the social sciences – God has the answers

## **Goals of counseling**

Spiritual and emotional health of God’s people

Establish communion with Father/God

Mutual exhortation and admonition as servants in the Church

Realize that all persons will have struggles at some time in life

Turn hearts of fathers to children and hearts of children to fathers

Set the captives free – Luke 4:18

Show the way to forgiveness

Establish sense of worth and value – boundaries and communication

Establish sense of identity – *Romans 12*

Establish capacity for self-evaluation

Establish intrinsic motivation

Eliminate negative self-assessment -

Eliminate irrational fears/phobias – find causes

Eliminate irresponsible behavior

    Eliminate adolescence

        Boys become men

        Girls become women

Establish ability to connect to other persons – with safe people

Place truth into the mind - teach

Support personal Spiritual development

    Help to understand God’s meta-narrative

## **Causes of stresses**

Acceptance of modern prosperity and affluence as normal

Dissatisfaction with lot in life

Expectations

Not accepting God's answers for life issues

As child, parent, husband, wife, etc

American dream

Peer socialization

Child centered families –no child training

"Me" centered approach to life

Advertising

Extrinsic motivation – constant need for novelty

#### Qualifications of the servant

Clean heart – Romans 15:14

Love of people – see people as valuable

Trustworthy – *money illustration – not spend what is not yours*

Knowledge of Scripture

Understanding of God's heart

Emotional health – strong, not easily offended or manipulated

Spiritual health – close to God, sensitive to Holy Spirit

Called by God to support God's people

Honesty –with love, not an enabler

Prayer – constant contact with Father

Godly wisdom – from constant devotion to Bible and Spirit

Discernment – see as God sees

Ability to see into situations

Ability to find root causes – ask right questions

Born of the Holy Spirit (John 3)

Perceptive – see big picture

Compassion

Available – not rushed

Not neglect your own family

Emotionally and Spiritually healthy – "Love tank" filled by God

Not swayed by manipulation – (this is so important)

Schmoozing

Anger

Believe God can change lives – not give up on people

Share your own life – counseling is not about you

As it is appropriate

Not too much

Communication Skills

Listening skills

*(Types of listeners)*

Not “talk down” to people

Give undivided attention

Respectful

Not “shut people down”

Humility – counselors are agents for God

Objective - Not take sides (major problem)

Accepting but not tolerating

Have “beam” out of your eye

Positive

Holy Spirit is the real counselor

Called by God to bring healing

Can see beyond appearance and personality

Able to teach Bible and apply it to specific difficulties

Maturity

Long range view – help one person means helping many persons

Not project self on other person – be objective

Not afraid of people

Not a “single issue” person

If counselor only studies depression – all person counseled will have “depression”

If counselor only studies mechanisms – all persons will use mechanisms

If counselor only studies DID – all persons will have “DID”. etc.

Able to help persons “see themselves” and patterns of behavior

Holy in thought and action

No “dark side”

No secret/private life of sin

Good reputation

Sensitive to needs

Not allow people to “fall through the cracks”

Careful with words and language – not use words with double meanings

Persistent

Patient

Peacemaker – not just a peace keeper  
Understand reconciliation of conflicts and persons  
Practical in making useful suggestions – give homework  
Have tissues available for tears

### Jesus' approach to people

The outcasts  
The emotionally injured  
Those with Spiritual needs  
Examples  
    Jn. 4  
    Jn. 8:3-11  
    Luke 15:11-24  
    Luke 13:10-17  
    Luke 13:34-35, 19:41-44  
    Luke 19:1-9  
Those who rebel - hypocrites  
    Matt. 23

Jesus: was not an enabler

Accepted sinner but not tolerate sin  
Caring but not controlling  
Forgiving but not permissive  
Accepting but not controlling  
Common but not condescending  
Truthful but not invasive  
Honest but not flattering  
Wise but not clever  
Holy but not isolating  
Righteous but not self-righteous  
Firm but not harsh

Loving but not mushy  
Took risks but was not risqué  
Insightful but not depreciating  
Sensitive but not sentimental  
Persistent but not pushy  
Confident but not arrogant  
Humble but not hesitant  
Compassionate but not compromising

### The counseling

Realize the helplessness of many people  
They may not realize that there is a problem – Prochaska’s model  
They may not see a way out of the problem  
They may not understand what caused the problem  
They may be helpless to find a way out by themselves – “learned helplessness”  
They may be in denial – refuse to recognize problem  
Do not allow them to dominate and constantly go over negative details of situation  
Not all people want to be healed – Pro. 9:8  
Many people have wrong perceptions of God  
Be careful to understand boundaries

**Informal counseling** is frequently useful – after Church service, on the phone, etc.  
Friend to friend – they know you care and take time

**Formal counseling** by making appointment  
Set flexible time parameters (1 to 2 hours)  
Build in “margin” do not make the person(s) feel rushed  
Begin and end with “sandwich” approach – not send hurting people away crying  
Prayer and speak **hope** again at end of session

“Build a bridge” to them so they trust you and will open their heart to you

Affirm their value and abilities (you are a good truck driver, seamstress, etc.)

Listen carefully

Ask good questions – not allow them to say, “I don’t know”

Keep them on track – guide the discussion

Do not be pushy

If overly emotional you may need to say, “tears may not be useful now”

Respect them (men especially need respect)

Make notes (tell them what you are doing)

Keep record (file) of date, place, time, persons present, discussion

Do not keep these longer than required to help the person(s) involved!

**Hope**– speak encouragement into their lives

Observe cues: posture, tone of voice, attire, facial expressions

Clarify

Use reflective and directive language

Do not force issues –

If sensitive, drop subject but make note to ask about it again with different words

Respect boundaries

Temporal

Emotional

Mental

Physical

Spiritual

Counselor’s boundaries

Counselee’s boundaries

## **Types of Problems**

**Physical problems** – get medical check up

Proper amount of rest - sleep

Too much

Too little

Sleep patterns can indicate stress issues

Proper diet and mealtimes

Exercise

Structure

Imposed

By self

By environment

Lack of structure

Stressors of life – money, work, etc.

Hygiene

### **Social problems**

Relationships

Loneliness

Expectations

Of self

Of others

### **Practical considerations**

Structure

Planning

Spending/money

Schedules

Time usage – wasting time or workaholic

Personal discipline

Media usage

Living in virtual reality – novels, magazines, media, movies, internet, games, daydreams

No concept of “margin” – build extra time and money into decisions and plans

No margin means constant stress and pressure

Make a simple plan for correction of practical problems

Create journal of income and expenses

Make schedule of rising times, meal times, bed time

Make schedule of responsibilities for each person involved

Build “margin” into schedule

Go slowly and be gentle – some people need time to develop discipline

Some people fear success

Success creates need for responsibility

Some people do not want responsibility

Too much discipline may initially cause stress

Start with one area of life, later move into other areas

Discipline will eventually produce security if followed faithfully

Identify problems brought on by personal behaviors or attitudes

Behavior patterns - sin, immorality, work, etc.

Coping mechanisms

Identify problems brought on by behaviors of other people

Hypocrisy of parents or authority figures

Abuses

Invalidated

Ignored

Rejected

Lack of feeling loved

Balance

Goodness and severity

Pro. 3:3, Ps. 101:1

Emotional problems can be but are not necessarily brought on by Spiritual problems

Not all problems are Spiritual

Do not try to solve all problems as if they are Spiritual in nature

If a Godly wife is abused by an ungodly husband she will have emotional problems

That does not mean that she personally has a Spiritual problem

Spiritual problems can become emotional problems can become physical problems

Christian people can tend to see all problems as spiritual

Emotional problems can become Spiritual problems if response is anger or bitterness

### **Spiritual problems**

Guilt (real)

Immoral behavior

Theft

Lying

Drugs/alcohol

Sexual sins

Be careful not to violate boundaries in this area

Do not do cross gender counseling without third party present

Confess premarital sins to each other and to children if impacted

by the sins (some people do not celebrate anniversary)

Satan's strongholds in life (control)

Rebellion



Turf yielded to Satan

Effects of yielding to Satan in areas of life

Binds, blinds, and grinds

Devices – II Cor. 2:11, Jn. 8:44,

Addictions can become strongholds

“mighty through God to the pulling down of strongholds” II Cor. 10:4

Yielding to temptations – Joshua 7:21

I saw, I wanted, I took, I hid

The woman you gave me - Gen.

Where are you...

I heard God’s voice, I was afraid, I am naked, I hid myself

Places where sinful people hide - work, study, amusement, etc.

When we lose the pleasures of the Spirit we turn to the pleasures of the flesh

### **Gaining freedom from Satan’s power – Eph. 4:22-32**

James 4:4-7

II Cor. 2:11

Filling life with good things – Mt. 12:44-445

Idle minds are the devil’s playground/workshop

Satan tells lies – Jn. 8:44

Satan tells part truths – Matt. 4

Ps. 119:133

Gal. 5:6

Mark 4:15

Jn. 10:10

Reclaim ground from Satan

“Drive a stake” in ground – write down date of re-commitment to God

No compromise with wrong

Immediate and complete decision to do what is right in each situation

Walk out of dangerous situations

Choose new associates

### **Emotional problems**

Guilt (false)

Shame

Anger (notes)

Materialism

Hypocrisy – lack of integrity  
Bitterness  
Depression – loss of hope  
Pride -  
Dishonesty  
Acting out  
Passive resistance  
Rejection  
Neglect  
Abuse: emotional, spiritual, physical, sexual  
Poor self image  
Fear  
Wrong thinking  
Fear of success – financially, socially, academically, etc.  
    Success makes people responsible  
    Not to succeed means no need to be responsible

Susceptibility because of lack of discipline

### **Behavior patterns**

Running away  
Acting out  
Self-pity  
Fears  
Skepticism  
Doubt  
Blaming God or other people  
Exaggeration  
Manipulation  
Gossip  
Anger  
Self-depreciation  
Oversensitivity  
Threatening suicide  
Delusions  
Fantasy

### **Specific types of problems**

Anxiety – ask questions to discover areas of difficulty

Depression – I Kings 19:1-18

Ahab and Naboth

Job and Satan and God

Your life can become battleground

Pornography (notes)

### **God's answers to these situations**

John 8:32

Identify unresolved issues

Identify unforgiven sins

Identify responses to problems

Identify behavior patterns

Identify wrong patterns of relating, reacting, etc.

Allow God to work in your life

### **Specific concepts**

Use word pictures if possible

Gently direct their thoughts and words

Do not allow them to start several sentences and not finish any of them

Do not allow them to say, "I don't know"

Sometimes people need to be removed from harmful situations

To reorient themselves to the truth – away from home, from mission field, etc

To relearn better methods of living – see other options

To be with "safe" people

To create a "safe" place

Guard the safe place – not allow unsafe people to invade and contaminate your safe place

SMBI can be safe place

Christian school can be safe place

Take care not to get too many persons who are not safe on board, staff

## Mind

We can instruct the mind

God can renew the mind

We can be agents of change of mental perspective

Words are the method of healing

Thoughts of the mind

Jer.17:9, Rom. 12:1-3, I Cor. 4:4, 10:5, 11:3, Heb. 4:12, Phil. 4:8, Ps. 139:23-24

## Heart

Scripture uses the term “heart” for the essence of who we are

Scripture does not define the term “heart”

Heart is the pulsating essence of life

Changes with life situations

Responds to life situations

Scriptures – God cares about the heart

I Samuel 16:7 Lord looks on the heart

Ps. 44:21 Lord knows the secrets of the heart

Jer. 17:9-10 Heart is wicked

Matt. 6:31 where your treasure is there will your heart be also

Out of abundance of heart...

Keep thy heart with all diligence for out of it are the issues of life

Pure in heart shall see God

We can encourage the heart

With kind, healing, supportive words

Only God can change the heart

We can appeal to the heart

By showing real love and compassion

Love is the most powerful agency of change I Cor. 13

Dallas Willard quote -

Reaching the heart

From the heart

To the heart

Understanding the heart

**Reasons why hearts are closed**

Unconfessed sin

Abuse of any kind

Rejection

Unwanted as a child

Parents wanted girl and not boy or vv.

Other rejections

Romantic breakup

Job loss

Neglect

Parents/authority figures who are wounded/unhealed/controlling

Wounded persons create wounded persons

Wounded preachers create wounded congregations

Wounded parents create wounded children

### Dealing with the Heart

**Results of heart being closed** – mechanisms used to hide

When heart is closed – deep issues are not dealt with, surface issues cause flare-up

Fear of discovery of contents of heart, produces anxiety

Deceitful heart or Abundant heart

Fractured heart

Sections of heart not available

Sections of heart not communicate with each other

Sometimes called ...multiple personality, etc.

Dissociative Identity Disorder

Splintered heart

Programs sabotage into every event

Fear of closeness or success

Broken heart

losses

Wounded heart

pain and defensiveness

### Potential responses of a life with a closed, wounded heart

Fear

Of separation from others

Loss of control

Loss of finances

Loss of health

Loss of freedom

Anger  
Neglect  
Self focus  
Wounded behaviors  
Angst  
Intellectualization  
Addicted to Behaviors and Substances  
Driven  
Rebellion  
Taking offense for others  
Isolation  
“Numb out”  
Unforgiving  
Sadism  
Masochism  
Pride  
    Focus on self  
    Focus on my problems  
    Inability to focus on others lives  
    Need constant affirmation  
Overly polite and proper -too nice  
Unable to work alone  
Insist on working alone  
Unable to cooperate with others  
Lack creativity  
Lack of self-control  
    Go “wild” when away from rules and laws  
Bitterness  
Getting even  
Flattery  
Over commitment  
Procrastination  
Give conditional love and attention  
Sexual issues  
    Overt  
    Covert  
Shame  
Inadequacy

Non-stop talking

Manipulation

Refuse help

Disrespectful of self

Disrespectful of others

Irresponsibility

Tell lies

Sloppiness

Internal heart discord

Evidenced by attempts to make externals perfect/image makers

Selfishness

Threatening suicide

Must be taken seriously

Can be manipulation

May need to violate confidence to intervene

“Destroying” others Gal. 5:15

Lack of forgiveness – II Cor.2:10-11

Perfectionism

Authoritarianism

Pathological obsessions

Bullying

Domination – conflict orientation – polarize every situation

Control -

Authoritarian – vs. authoritative

All indicate insecurity

Defiance

Hostility

Out of touch with emotions

Clingy

Passive aggressive

Humor/clowning

Association with demonic activity

Generational demonic activity

Unable to pray

### **Injured hearts**

Defiled

Abused

## **Goals**

Obedience

Good relationships

Resolve previously unresolved issues

Healthy emotionally and Spiritually

Repentance

Forgiveness

Fruit of Spirit

Romans 7 to Romans 8

## **Gaining freedom from a wounded heart**

7 steps (See Emotional Injury – Wounds and Scars)

Learn discipline

Discipleship

Bible study with trusted friends

## **Blessings of gaining freedom from a wounded heart**

Freedom Jn. 8:36

relationships

### What about those who resist?

## **Specific problems**

Not able to find God's will in life - Romans 12:1-3

Difficulties in life: money, etc.

See – 'dealing with different kinds of people'

### Scriptures that deal with general principles

Col. 3:8-14 – put off and put on

Eph. 4:22-32

John 4:10 – ask for living water

Matt. 6:33 – seek first...

### Family situations

## **No rules family**

No authority

Arbitrary and unpredictable application of discipline



Unpredictable and inconsistent  
Unhealthy communication  
Threats  
Bribes  
Lack of direction  
Loose talk  
Children in control  
Weak sense of belonging  
Lavish and inappropriate attention  
Undefined boundaries  
No “roots”  
Insensitivity to feelings of self and others

**Authoritarian family**

Maintain image  
Much trouble hidden  
Anger  
Control of thought and behavior  
Unhealthy communication  
Conditional love  
Feelings buried  
Emotions not expressed  
Mom or Dad is “boss” (no mutual leadership)  
Unquestioned obedience demanded

**Authoritative family**

Reasonable expectations  
    Good support  
    Training  
    Teaching  
    Encouragement  
Self-control  
Structure  
Defined boundaries  
Security  
Real praise for accomplishment  
Sense of value and belonging

Give and take – work together  
Respect  
Fairness  
Significance  
Openness to listening  
Healthy relationships  
Consistent discipline  
Learn to fail and not give up  
Sincere affirmation  
Sensitive to feelings of self and others  
Genuine love expressed in appropriate ways

### Healthy and Unhealthy Families

Healthy families meet Spiritual, emotional and physical needs  
Parents assume responsibility for direction, affection and affirmation of children  
Children are allowed developmental experiences with protection but not doting

Unhealthy families do not meet Spiritual, emotional and physical needs  
Children are forced to adapt to parent/adults emotional needs  
Children are over protected or under protected  
Have unwritten rules to conceal truth and create image – be blind, quiet, numb, good, do not embarrass the family, maintain image  
Deny perceptions of reality

#### Healthy Families

Praise with affirmation  
Genuine compliments  
Value person  
Being  
Honest  
Accurate perceptions of reality  
Genuine repentance  
Please God  
Accurate sense of God  
Ashamed of wrong  
Adequate care and value of self  
Failure allowed

#### Unhealthy Families

Praise without affirmation  
Flattery instead of genuine praise  
Value performance  
Doing  
Dishonest  
Distort reality  
Sorry for being caught  
Please people  
Faulty perception of God  
Not ashamed of wrong  
Lack of value and care of self  
Perfectionism

Admit failures and adjust  
Useful role models  
Healthy self-concept  
Healthy generational relationships

Cover failures  
Faulty role models  
Faulty self-concept  
Emotional incest

Systems counseling – consider changes in energy input and outgo  
Chart

### Abuse

Violates person's soul/heart/spirit/body  
Closes the heart to love  
Creates needs difficult to meet – deep heart pain  
Role distortion and confusion  
Violates boundaries  
Predisposes child to future abuse  
Predisposes person to self abuse  
Creates denial  
Fractures the heart – creates “multiple personalities”  
Feelings of being dirty, unlovable  
Can result in abuse of self  
Can create marriage problems  
Creates frightening memories  
Can make person perceive self as a sexual object  
Can draw person into aberrant behaviors

**Boys** raised with dominant mothers can react by hating women. It is a sort of hatred coupled with fear or based on fear. They generalize their reaction to their mothers to all women and the involvement in p and m can be a way of acting out anger toward all women. So the apparent vulnerability to sexual temptations may not always be attraction but actually be a seeking opportunity to release anger. This may be conscious or subconscious. It is actually displaced because they cannot vent their feelings appropriately toward their mother so they displace it to other women. They sometimes tend toward abusive porn. This affords an opportunity to see the generalized object of their scorn in an embarrassing and injurious situation while, at the same time, affording themselves personal pleasure.

**Girls** raised with or who have experienced (especially sexual) abuse can react in several ways.

-1.-One way is to fear and hate men. This attitude is frequently generalized to all males. At the same time these girls also experience the normal attraction to boys and want to marry. They frequently desire affection and enjoy physical closeness. In marriage they crave affection but react when their husbands initiate sexual intimacy because of painful associations. **They need** long-term gentle closeness and assurance of love.

2.-A second way is to think of themselves as “damaged goods” and, not seeing a reason to return to integrity and wholeness, they continue to allow themselves to be used by men. These girls may have adopted an identity of worthlessness. In marriage **they need** much assurance that they are accepted and that they are beautiful and that they are loved and cherished by their husband.

3.- A third way is to become totally withdrawn and fearful. These girls may turn to lesbian activity because it feels safe. **They need** long-term safe relationships with Godly men.

4.-A fourth way is to become openly angry and hostile and verbally abusive to their environment. Sometimes, in this hostility, they use their body in revenge against men- to make fools of men and ruin marriages and charge men money for their attention. **They need** Godly men who are strong enough to reject their advances and treat them like ladies.

5.-A fifth way is to allow themselves, or make themselves, to become unattractive (clothing, weight [loss or gain], behaviors, etc) that they hope that no man would want them. **They need** to be told and treated as beautiful and useful and valuable and helped to adjust their thinking to reflect the view that God has of them so they can drop their defenses.

6.-A sixth way is to marry but refuse to allow their bodies to respond to their husband. **They need** long-term gentleness and kindness so painful memories can be replaced by new, healthy ones. They need the recognition that they are not responsible for the way they were treated earlier. They need time to adjust to patient, loving experiences with their husband as they learn to trust him. They also need to sense the forgiveness of God for any false guilt or blame they may be carrying.

7. - A seventh way is to find healing in God and Godly men who can be trusted so that new associations can be made and wholeness can be restored over time as painful memories are replaced by/warm, strong loving experiences.

- God can restore 1000 fold– “Better is one day in your courts than a thousand elsewhere.” Ps.

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**Boys** raised with or exposed to homosexual behaviors may become fixated on sinful behaviors

### Healing

See abuser as abused/hurting/wounded (most abusers were abused as children)

Minister to that abused/hurting “child”

Forgiveness toward abuser

See abuser as hurting person

See notes on “*Emotional healing – wounds and scars*”

*From Broken Pieces to Treasures*- Donna Kauffman

### Spiritual warfare

#### **For those in leadership positions**

Will cause trauma in person’s life

May be their lot to be a warrior in a specific area

Can expect “war” (Job 1,2)

Endure difficulties as soldier – II Tim. 2:3

May have to deal with “messenger of Satan to buffet”

II Cor. 11:26, 12:7

False brethren – Acts 20:28

Matthew Henry on II Timothy 2:22

1. Youthful lusts are very dangerous, for which reason even hopeful young people should be warned of them, for they war against the soul, 1Pe 2:11.

2. The exciting of our graces will be the extinguishing of our corruptions; the more we follow that which is good the faster and the further we shall flee from that which is evil.

Righteousness, and faith, and love, will be excellent antidotes against youthful lusts. Holy love

will cure impure lust.--Follow peace with those that call on the Lord. The keeping up of the communion of saints will take us off from all fellowship with unfruitful works of darkness. See the character of Christians: they are such as call on the Lord Jesus Christ, out of a pure heart. Observe, Christ is to be prayed to. It is the character of all Christians that they call upon him; but our prayers to God and Christ are not acceptable nor successful except they come out of a pure heart

### **For anyone in Spiritual battle**

Resist the Devil and he will flee

Renounce any former association with occult, demonism, witchcraft, etc.

Put on the armor of God daily

### **Generational problems**

Family in witchcraft of demonic activity

Current generation not responsible but may be affected

Must be denounced in name of and by blood of Lord Jesus Christ

### **Practical**

Draw a picture of your heart – show broken areas, ask what % is available, “who has your heart?, where is your heart?”

Write – about your life

Draw and color picture of self – give range of colors (crayons) for them to use

Role play – You are the parent, I am the child – talk to me the way parent talked to you

Think of Jesus on the cross – his words, his pain,

## **CRISIS COUNSELING**

Death

Suicide – Gen. 18:25

Terminal illness – comfort and support

Handicap – support groups (Penn Valley)

Major loss - Fire, financial, health, accidents

At these times we need to focus on support

Do not offer glib answers or “band aid” solutions

Do not be obnoxious – give people family time and personal time

“Weep with those who weep...”

Be there – speak hope and peace

Supply physical needs (Anabaptists are good at this!)

Give assurance of God’s love in all situations

Give assurance of God’s knowledge and plan

Follow up – 2 weeks later, 1 year later, etc.

Not forget the loss - mark your calendar

Sometimes counselors say that accidents are “random”

So people do not blame themselves –

This often makes people insecure

Better to assure them that they are in God’s plan

Use Bible examples to show God’s providence

DABDA – stages of dealing with grief

Ps. 90

God uses life situations to bring our focus to Him

See self as God’s minister of grace to our world

Allow God to use our life as He sees best

### **The Role of the community in healing**

Teaching the Christian life

Practical preaching that is useful for daily living

Support for practical needs of life

## MARRIAGE COUNSELING

### **Pre-marriage**

Cover areas of potential stress

### **Marriage**

Where are their hearts?

Are you willing to see your spouse as the abused, hurting child that is inside of them?

Are you willing to be God’s minister to that person?

God wants this person to be loved – you are the one chosen to love him/her

Unconditional love is powerful healer – Willard quote

Write thoughts and feelings to each other

Spiritual leadership of husband

Submission of wife

Not grudging compliance

Not passive resistance  
Training and teaching of children  
Finances

Intimacy

Develop emotional intimacy  
Needs of each other  
Communication

Develop physical intimacy

Understand needs of each other  
Meet those needs  
Give self to each other  
Do not be demanding  
Provide reading material for understanding physiology  
*Dr. Ed Wheat – Intended for Pleasure*  
Remove any pornography from marriage  
Remove damaging influences of porn  
General hygiene

Pre-marital sexual experiences – need gentle healing from spouse

In abuse – seek counsel

Allow marriage to heal painful memories

Spouse minister to hurting heart

With self – can be difficult to break

With spouse

Ask forgiveness from each other, confess to each other

With others – can leave scars

Disclose to spouse only what is required for forgiveness

For not keeping self til marriage

Give self to spouse – never compare with former experiences

Focus on spouse – not allow memories to invade – they will fade in time

Be gentle with hurting persons

Highlights importance of keeping self until marriage

Husband is the savior of the body –Eph 5



## **HOMEWORK**

Are you willing to assume responsibility to minister to the needs of the other?

Assign specific behaviors for the next week

Tangible

Measurable

Reproducible

Reachable

Sustainable

Useful

Friendship

Parenting

Become the parent for those you help – gently, kindly

## **Impact of parents on children**

Sanctified – I Cor. 7:14

Joshua

Abraham

Job

Illus:

Use of Language

Catastrophic

Minimization

Escalation

Value-laden language

Controlling language

Blessings to all “care givers” in all areas of life as we represent God to His people