

The Genesis of Marriage

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Dr Edward Rice

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Preface

Beverly and I were teenagers in 1971 when we married; naive, working a dairy farm, and in love. On the farm we had a 5 bedroom double wide to live in, \$300 a month to live on, and all the farm food we could ever want to eat. We were making plans to fill the four bedrooms with bunk beds and raise some farm hands there. Then I won the lottery; the Vietnam draft lottery. Things went from “Everything is good, and quiet.”, to “Everything is good, and exciting.” As we launched into a 23 year USAF career, we leaned onto the Lord our God with all that we had. Bev's life verse, Proverbs 3:5-6, mine Romans 12:1-2 merged together to take the brunt of our lean. And viola, we emerged with this book, “The Genesis of Marriage.” It is only the proverbial tip of the iceberg, so don't be afraid of going deeper. And take your time, we took all 53 years, and found bliss. It's well worth the trip.

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. (Prov.3:5-6).

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God (Rom. 12:1-2).

My Son – The Genesis of Marriage.

Chapter 1 Intimacy of Body Soul and Spirit.

“My son, if thou wilt receive my words, and hide my commandments with thee; So that thou incline thine ear unto wisdom, and apply thine heart to understanding; Yea, if thou criest after knowledge, and liftest up thy voice for understanding; If thou seekest her as silver, and searchest for her as for hid treasures; Then shalt thou understand the fear of the LORD, and find the knowledge of God.”
(Prov.2:1-5)

The first and most intimate relationship for mankind on God's green earth is the marriage relationship; it is so very intimate that God parallels it equal with man's unique and intimate relationship with his Creator. We equally learn the intimacy of the one with the other and this learning is a very powerful two way street. The study, understanding, application, and practice of this parallel, is God's key to having a home that is a taste of paradise here on earth. Our world is replete with marriages that taste entirely different than that; determining to be a student of God's laws about marriage can keep the right taste in your marriage. *“The joy of the LORD is your strength.”*¹

To be *'intimate'* is “to love entirely a familiar friend to whom thoughts are entrusted without reserve.”² The word,

1 The Holy Bible, Nehemiah 8:10b.

2 Noah Webster's 1828 “American Dictionary of the English Language”, s.v. “intimate”. (“s.v.” is an abbreviation for the Latin phrase *sub verbo*, which means “under the word”.)

and the definition, are barely adequate to capture the marriage relationship, barely adequate to capture the relationship God has for his favored creator, made in his image and likeness. This intimacy is to engulf the physical plain, the emotional plain, and the spiritual plain of man in a manner that engages the body, the soul, and the spirit wherein man was created in God's image and likeness.

That being the case for the marriage relationship, it is vital to examine what God has written about its foundation. These short six chapters of prose are meant to begin such a journey. And when such a journey is launched, even in this feeble writing, it has the great potential that it not even end when “death do us part.”

In the genesis of marriage God gave very important concepts.

And the LORD God said, It is not good that the man should be alone; I will make him an help meet (appropriate)³ for him. ... And the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man. ... And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man. Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. And they were both naked, the man and his wife, and were not ashamed “ (Gen.2:18,20, 22-25).

This short extract from the Genesis account of “*male and female created he them*” has many details that need to be

3 *Meet*, old English “appropriate” i.e. a woman is a help *appropriate* for man.

explored more fully, and this we will do. Suffice it that in this chapter, we will only circle the tip of the iceberg, as it were, and surmise the depth of God's insights about the marital relationship. God's Word, the Holy Bible, kinda like the “Users Manual” for mankind, B-I-B-L-E fittingly, Basic Instruction Before Leaving Earth, has much to say about the marriage relationship.

“O the depth of the riches both of the wisdom and knowledge of God! how unsearchable are his judgments, and his ways past finding out!”
(Rom.11:33).

Consequently Solomon, the wisest of the wise, writes, *“Whoso findeth a wife findeth a good thing, and obtaineth favour of the LORD.”* And his mother writes, *“Give not thy strength unto women, (plural) nor thy ways to that which destroyeth kings. It is not for kings, O Lemuel, it is not for kings to drink wine; nor for princes strong drink:”* and continues, ... *Who can find a virtuous woman? for her price is far above rubies.”* (Prov.18:22, 31:3-4,10).

The Bible is replete with such insights and instructions about marriage, and these six chapters are meant to expose and exploit some of them, so let's start by stepping through God's genesis of marriage. God's very first point is, *“It is not good that the man should be alone.”* This is the first “not good” thing in God's creation account. Six times in six days God saw and said, “it was good”; man being alone was “not good.” So, let's examine briefly why we marry. As a youth pastor I found the first answer to, “Why do you two want to marry?” was, “Because we are in love.” We should certainly add a little depth to that reason.



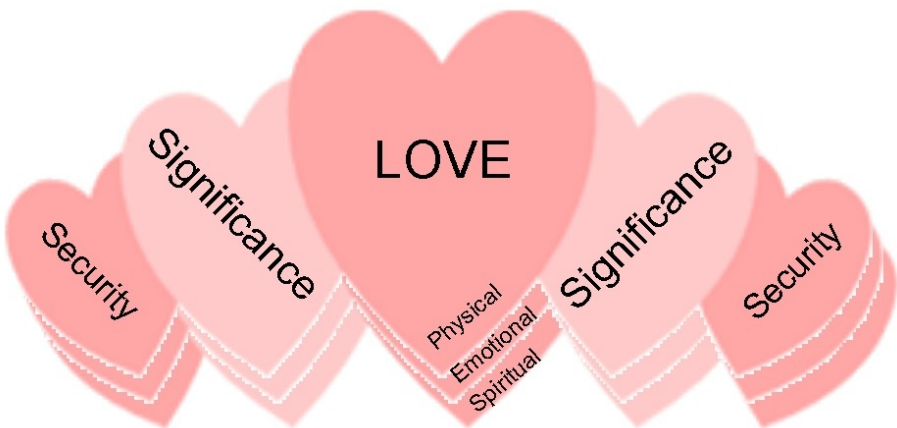
Humans have an inner yearning to love, and be loved; to be significant to someone, and have someone significant; and to live in security, and provide security to a significant other. Marriage is designed by God to fulfill these three needs,

and to fulfill them in all the three dimensions wherein God created man, body, soul, and spirit. The cartoon below shows these many dimensions of man's need to love.

Imagine living your life being insignificant to everyone, or rather, being significant to no one; there being no one who cared what you were doing today, no one who knew or cared where you were at, whether you were safe or dead, happy or sad, healthy or sick. No one! Some people have lived pretty close to that

The 3x3 Essentials
We need to be Loved,
We need to Love.
We need to be Significant,
We need to give Significance.
We need Security,
We need to provide Security.

That is: emotional love,
love on a spiritual plane,
and physical love.
It is significance emotionally,
significance spiritually,
and physically significance.
It is secure emotionally,
secure spiritually,
and secure physically.



avenue of life, most of us know someone who might be going down that street today. It is not good to be in such a state. Imagine having no one in this world that you cared for

one way or the other; where they were, whether they were well or in harms way, what they were doing today. No one! It is not good to be in such a state.

Three Baptist preachers went into Auburn State Penitentiary every month to preach to the inmates, I was the youngest. Just before we entered, and heard the doors and bars slam shut behind us, and the guards jeering, my friend Carl, went to a pay phone (that's a large phone, chained to a wall, that takes quarters), called his wife and said, "We are going in now." Two or three hours later when we safely emerged, he rushed over to the pay phone, dropped in his quarter, and phoned his wife. The other preacher busted on Carl, called him wimpy, and "hen-pecked". I shall never forget what Carl said to him that day, "At least there is someone in this world, to whom I am significant." I started calling my wife each month on the same phone, and pondering what it would be like to live a life in complete insignificance.

To be '*intimate*' is "to love entirely a familiar friend to whom thoughts are entrusted without reserve.

For a human the most wretched condition in all the world is to be reduced to a place of insignificance. The Psalmist expresses it, "*I looked on my right hand, and beheld, but there was no man that would know me: refuge failed me; no man cared for my soul*" (Ps.142:4). Ponder that for a moment; God said, "*It is not good that the man should be alone*" (Gen.2:18).

The most hurtful thing ever done to a spouse started with the ill conceived notion, weather in conscious thought or unconscious stinking thinking, that what she/he thinks or feels or knows or says is not significant. The husband that would say that in thought, word, or deed has tarnished the "significant-other" relationship and is stepping away from his best friend in all the world. You cannot love someone and reduce them to insignificance, nor thrust them into insecurity. Certainly the marital relationship is a complex

intermingling of love, significance, and security, but wait, there is more; as much as time, space, and matter continua were created by God in three dimensions so to was man created with three dimensions.

God (Father, Son, and Holy Ghost) created man in his image and likeness with three dimensions to his existence, body, soul, and spirit. His intent for man from the beginning of time to the end of time was captured when Jesus, the only begotten Son of God, answered the question of a lawyer: *“Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment”* (Matt.22:6-7, cf Mrk.12:30, Luk.10:27).

Love, significance, and security expressed physically, emotionally, and spiritually, this renders love and marriage more complex than conceived at first glance. It is worth the study effort. God said, *“I will make him an help meet (appropriate) for him”* (Gen2:18). That would take us into another chapter in this brief study.

When I take my wife to church, it's because her spiritual well being is significant to me, I get her car door for her and stand in guard between her and this sometimes vile, dangerous, and often slippery world, to defend her physically. She is my significant-other, a weaker vessel who is my appropriate helper, my soul-mate, the love of my life, and the closest friend I have in all the world. We celebrated our 53rd anniversary last November. My son, I pray your marriage has that flavor; that it be a taste of paradise on earth.

Chapter 2 A Help Meet, and Being One Flesh.

Genesis is a book of the Bible that gives the history of creation, the beginnings of all things, the generations of the worlds and all that in them is. The genesis of the marriage relationship is capturing our attention and God has his thinking written down for us. *“It is not good that the man should be alone; I will make him an help meet for him”* (Gen.2:18). In the previous chapter we have examined some thoughts on why it is not good for man to be alone, and why people marry. In this chapter we will examine why and how *woman* is the *appropriate* help for man.

James Strong compiled *“The Exhaustive Concordance of the Bible”*, generally known as Strong's Concordance, published in 1890. It is an alphabetical numbered index of every Hebrew and Greek word used in the King James Bible, with an included Hebrew and Greek Dictionary. It is an awesome resource, and every Bible student needs one. Word #0119, 0120, 0121 and 0122 are four forms of the Hebrew word אָדָם ‘adam’ pronounced ‘aw-dam’. ‘aw-dawm’, and ‘aw-dome’, and meaning “to be red” 5 times, “man or mankind” 552 times, “red as in the name ‘Adam’ ” 5 times, and “red or ruddy” 9 times. Evidently God made man out of red dirt, but dirt just the same.

The word “*woman*” found in verse 22, and 23, *“And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called **Woman**, because she was taken out of Man.”* is from #0802 אִשָּׁה ‘ishshah ish-shaw’, meaning “woman, wife and female”. It is used 779 times in the Hebrew Bible. Incidentally, the word Eve from verse 3:20 has its definition given in the text, *“And Adam called his wife’s name **Eve**; because she was the mother of all living.”*

I will make him an help meet (appropriate)⁴ for him. ... And the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man. ... And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man (Gen.2:18,22-23).

The woman was thus created for an help meet. Common English slang calls her the help-mate, misunderstanding God's word. The LORD made the woman for a help “that is appropriate for” man. When the Creator of the heaven and the earth, the sea and all that in them is, takes special care to build a woman to be the appropriate helper for a man, because it is not good for man to be alone, be well assured that she is the appropriate helper in far more excess than we can explore and comprehend here. But we must give it noble effort. Man is made from dirt, woman is not. Woman was created special, and especially for man's needs.

Mankind, both male and female, are made in the image and likeness of God, having body, soul and spirit. The woman is the appropriate physical help for man. The female has less physical size and strength than does the male. Sure you know of exceptions, we have all heard of Ulga, the Russian female wrestler who makes Hulk Hogan blush. Stay on point, women are of smaller stature because God created them to be the physical help meet for man. They are physically constructed with a whole different purpose than man. The lesser muscle but larger organs are specifically designed for child bearing; the petite size and gentler touch for mothering. The woman is made more tender and delicate

4 *Meet*, old English “appropriate” i.e. a woman is a help *appropriate* for man.

than the man. That is altogether appropriate and preferred. God means what he says and says what he means; the woman is the appropriate physical help for man.

The woman is the appropriate mental and emotional help for man. Again it is obvious that the woman thinks different than does the man. They have an entirely different emotional package on board than a man. Again God purposed this and created the woman for mothering and caring for children, and for being the help meet for man. Twisted humanist society has made great strides to pretend this is not so.

When a USAF captain, assigned to Rome Air Development Center (RADC), “they” formed a “Women in Science and Engineering Society”, to recruit and promote women in that field, and I, in turn, formed a “Men in Science and Engineering Society.” I was called into the Colonel's office and told I would disband such a society and cease and desist with such talk or receive an Article 15⁵ in my record. I have no such article in my military record, but we still know that women are made with a different way of thinking and a different way of feeling about things than a man; and “they” cannot make them equal! Their thinking is not scientifically, mathematically, rationally the same as males; they are a different package altogether. Praise the Lord.

The LORD God says, “*Ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, ...*” (1Pet.3:7). Husbands must apply themselves to understanding their wife's different thinking, and her variant feelings, resigned that they might

5 Article 15 is a military justice option that allows commanders to punish soldiers for minor offenses without a court-martial. It's a non-judicial punishment, meaning it's not a legal proceeding.

never fully understand. It must, however, at least be acknowledged and accepted. Husbands should not try to “fix” the wife's thinking or feelings, God made her different on purpose. If a husband will “dwell with them according to knowledge” he will take full advantage, understanding that she thinks different and feels different about things than he does, and acknowledge her as his help meet for thinking about things and feeling about things. She provides a different perspective on EVERYTHING, God intended it so. She is your help meet in that regard. Notice also she is the “weaker vessel”; weaker physically, weaker emotionally, but just different mentally. Carefully recognize these differences, be her protector physically and a strength emotionally. Again, woe to the man who insists that she thinks like he does. God means what he says and says what he means; a woman is the appropriate mental and emotional help for man.

The woman is the appropriate spiritual help for man. Solomon, the wisest man on earth, God said so, observed, “*The spirit of man is the candle of the LORD, searching all the inward parts of the belly*” (Prov.20:27). There is often confusion in man discerning the difference between soul and spirit, but God is not confused, or confusing. Consider these two Bible verses:

For to be carnally minded is death; but to be spiritually minded is life and peace. ... But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned. (Rom.8:6 and 1Cor.2:14).

Humans were created in the image and likeness of God with body, soul, and spirit with physical needs, mental – emotional needs, and spiritual needs. We are exploring the genesis of marriage whereby God makes provision of these needs in both the male and the female and we have examined briefly some physical aspects of marriage, and some aspects of having a soul-mate. It is often overlooked and underplayed that man is a spiritual being having spiritual awareness, needs, and aptitude. God created woman, and gave her to man as an appropriate help for his spiritual needs; *the spirit of man is the candle of the LORD*, and *to be spiritually minded is life and peace*, i.e. there are things in life and marriage, very important things, that must be *spiritually discerned*.

We only discern things of God our Creator on a spiritual plane. “*God is a Spirit: and they that worship him must worship him in spirit and in truth.*” (Jhn.4:24). God, our Creator, desires that humans know him, fellowship with him, be one with him, and he gave the man a spiritual helper in this quest. We must explore this spiritual aspect of marriage in much more depth. God himself calls it a great mystery, but it is a mystery that has been revealed in his word. As husband and wife spiritual things are most accessible, explore that, cherish that, exploit that. God means what he says and says what he means; the woman is the appropriate spiritual help for man.

There is a 'therefore'. Given all that was just said about the woman being a weaker vessel and help meet for man, a helper on the physical plane, the mental – emotional plane, and a helper on the spiritual plane, do not miss this all important “therefore”. “*Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and*

they shall be one flesh” (Gen.2:24). In marriage God's way, a couple is no longer to be leaning or dependent on mom and dad for their physical needs, mental and emotional needs, or spiritual needs. Don't throw your parents under the bus, as they say, but don't cleave to them for body, soul, and spirit needs; cleave to your spouse. The depth of being one flesh needs to be “fleshed out” in these three dimensions of body, soul, and spirit, and in the full aspects of our love for one another, our being significant to one another, and in providing a “till death do us part” security provision. This we will begin to do.

The last verse of this chapter says, “*And they were both naked, the man and his wife, and were not ashamed*” (Gen.2:25). Naked and unashamed has implications about nothing being covered up in this relationship. Sure we first consider such a statement on the physical plane, but don't get hung up there. Take it to the mental – emotional plane, take it to the spiritual plane, there, “naked and unashamed” has tremendous implications for the husband and wife. It is sobering what thoughts and intents might be kept covered up with our soul mate. Stop and consider again that initial, page 1, definition of intimacy ... To be '*intimate*' is “to love entirely a familiar friend to whom thoughts are entrusted without reserve.”

Chapter 3 The Weaker Vessel and the Genesis of Sin

The genesis of marriage we have been examining, is described in Genesis 2:18-25, and occurs just after the LORD God put man, alone, in the Garden of Eden, and gave him the “thou shalt not” command that the Garden is so renown for.

“And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed. And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil. ... And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it. And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die” (Gen.2:8-9,15-17).

In the next verse God states it is not good for man to be alone. Consequently the marriage relationship is intricately intertwined with the genesis of sin. My Hamartiology Volume of a Systematic Theology⁶, shows this **Genesis of Sin. ... In the Beginning.**

In six days God created the universe that we know. On the first day of time he created, from nothing, space (heaven,

6 Edward Rice, “A Systematic Theology for the 21st Century – Vol 7 Hamartiology The Doctrine of Sin”, Lulu.com, 2020 available at www.GSBaptistChurch.com/theology/

singular), and matter (earth), i.e. “*In the beginning God created the heaven and the earth*” (Gen.1:1). Each evening, and twice on Tuesday, God observed that his creation work was good. On the sixth day he created man in his image and likeness. Saturday was man's first day of existence in the universe and it was a day of rest.⁷ Sunday was the first day of the first week of the universe's existence and it found Adam and Eve at peace with their environment, at peace with each other, and at peace with their Creator. They called it *shalom* (07965 שָׁלוֹם *shaw-lome*’ or שָׁלוֹם *shaw-lome*’, def.: completeness, soundness, peace.)

When God, during the six day creation period, created the heavens (plural), “*and all that in them is*”(Ex.20:11, Acts.4:24), he created the heavenly hosts. One group of these heavenly hosts were called angels and the triune God who created man as a trichotomy, with body, soul and spirit, organized his angels under three archangels, Michael, Gabriel, and Lucifer. The latter of these three rebelled against God and determined to pull man, God's favored in creation, into his rebellion. This is the Genesis of sin.

Satan, the opposer of God, as fallen Lucifer was labeled, that serpent was more subtle than any beast of the field, and came to entice man from his blessed position. The woman, the weaker vessel, listened to his arguments; Satan convinced her that God was withholding good, and she needed fruit from the tree that would give her knowledge of good and evil. Adam and Eve left their trust in their Creator, disobeyed him, and took fruit from the forbidden tree. The consequence of trusting Satan and disobeying God was immediate shame, fear, and broken peace. The peace they

7 Edward Rice, “*God's Glory, God's Handiwork, and God's Word, The Genesis Account*”, Lulu.com, 2017 available at www.GSBaptistChurch.com

had with their environment was broken, the peace and trust they had with each other was broken, and the peace and fellowship they had with their Creator was broken. Sin in the Garden of Eden, and in our world today, destroys our harmony with nature, our harmony with each other, and our harmony with God. It is universal.

The consequences of sin reach into every area and relationship of life. Sin is associated with an evil power that pursues humanity's harm. Sin is disobedience to God. Sin is destructive in its results. Sin calls for judgment from God and his justice requires its punishment.

The universal devastating consequence of sin is emphasized in all that the LORD pronounced in sin's inception. The serpent was cursed, crawled on his belly, ate dust, and terrified women. He would one day have his head kicked in by the “seed of woman.” The woman had multiplied sorrow and was to be ruled by the husband. The man saw the ground he was made from cursed, in sorrow he would eat its fruit, it would require the sweat of his brow, and in time consume the body God had put him in. The man, the woman, and the serpent were cast from the Garden of Eden and kept from the Tree of life.

In his book, *“Against God and Nature”* evangelical theologian Thomas McCall summarizes this inception of sin:

The biblical story of “the fall” ... is as simple and straightforward as it is short. Yet this account is crucial for understanding the biblical drama. It portrays the situation before the fall, it assumes human responsibility for the actions that could have been avoided, and it shows us that the consequences of sin reach into every area and relationship of life.

Everything—the integrity of the first human persons, their mutual relations, their relationship to their environment, and ultimately their relation to their Creator—is fundamentally wrecked by what they have done.

The genesis of sin, smack dab in the middle of the genesis of marriage, is a big deal. Sin fundamentally wrecked every relationship of mankind, and thus threw a significant wrench into the middle of the marriage relationship.

Genesis 3:1-7 details how this sin, this disobedience to God, occurred, and how the woman was deceived, but the man sinned on purpose; the Bible clarifies this, “*For Adam was first formed, then Eve. And Adam was not deceived, but the woman being deceived was in the transgression.*”

(1Tim.2:13-14). The last thing said about the man and the woman in the marital relationship is, “*And they were both naked, the man and his wife, and were not ashamed*” (Gen.2:25), and the first thing said about them after they tasted of the “Knowledge of Good and Evil” is “*And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons*” (Gen.3:7). This self awareness made them ashamed, made them hide from God their Creator, made them afraid in his presence, and of his presence. They fell from a state of innocence and harmony and landed in a lesser state, one of self consciousness and of selfishness. The enemy of selfless love in the marriage relationship is selfishness, and the ongoing battle to keep a marriage a taste of paradise, will be an ongoing battle against selfishness.

The fall of man has far reaching tentacles that grasp and hold ruin in all areas of life. The most significant being his

relationship with his Creator. Concerning the fruit of the tree of knowledge of good and evil, God said, *“In the day that thou eatest thereof thou shalt surely die”* (Gen.2:17). The day they ate it, they died spiritually; they were estranged from God, their Creator. Recall what was said about the spiritual discernment of man; *“The natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned”* (1Cor.2:14). God goes so far as to call man's spiritual discernment, *“Dead in trespasses and sin”* (Eph.2).

If a couple would follow all the instructions of God about life and marriage it will go very well for their home, but until they deal with this deadness in their spiritual condition there will be something ammiss. Dr Fielder, a renown evangelist, orator and author writes about this depraved state of man.

An accurate and Scriptural definition of this doctrine (of depravity of man) would be as follows; ***the belief that all human beings are sinful because they are born with an inherited sin-nature and that because of this nature they are powerless within themselves to change their condition.*** This definition is in my opinion confirmed by volumes of Scripture including the following passages, just to submit a few: *“Behold, I was shapen in iniquity; and in sin did my mother conceive me.”* (Psalm 51:5) *“Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:”* (Romans 5:12) *“For as by one man's disobedience many were made sinners, so by the*

obedience of one shall many be made righteous.”
(Romans 5:19)

Bible believers have no problem with the above definition of man’s depravity. According to these passages, we do not sin to become sinners we sin because we are sinners.

According to the Word of God man was initially created perfect and had no sin nature prior to the incident in the garden with Eve and Adam. “*So God created man **in his own image**, in the image of God created he him; male and female created he them.*” (Genesis 1:27) “*And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.*” (Genesis 2:7) “*Lo, this only have I found, that **God hath made man upright**; but they have sought out many inventions.*” (Ecclesiastes 7:29) According to Genesis chapter one, in the process of creating the world and all things therein God said *it was good* at least six times, but when he finished making man in his own image He said, *it was very good*.

It was obviously a perfect world, but this was about to change. According to the Word of God (for lack of a better expression) sin entered the bloodstream of mankind when our first parents were deceived into disobeying their creator and eating of the tree of knowledge of good and evil. As someone has said; *the problem was not the apple on the tree, but the pair on the ground*. You can read the factual account of this in the following passage: “*Now the serpent was more subtil than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath God*

said, Ye shall not eat of every tree of the garden? And the woman said unto the serpent, We may eat of the fruit of the trees of the garden: But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die. And the serpent said unto the woman, Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.” (Genesis 3:1-5)

Then in the next verse, Eve and Adam, having been deceived took of the fruit of the forbidden tree and sin entered the bloodstream of mankind: *“And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.” (Genesis 3:6)*

The sad fact is that this sin not only affected Eve and Adam, but it has continued to plague the entire human race ever since. Having dealt with the **definition** of human depravity above, lets consider several passages that reveal the **Bible doctrine of human depravity**.

Although many passages could be considered for the purpose of discussion, only three are required at this point to confirm this doctrine. *“Therefore as by the offence of one judgment came upon all men to condemnation; even so by the righteousness of one the free gift came upon all men unto justification of life. For as by one man's disobedience many were made sinners, so by the obedience of one shall many be made righteous.” (Romans 5:18-19) “But we are all as an unclean thing, and all our righteousnesses are as filthy*

rags; and we all do fade as a leaf; and our iniquities, like the wind, have taken us away.” (Isaiah 64:6) “All we like sheep have gone astray; we have turned every one to his own way; and the LORD hath laid on him the iniquity of us all.” (Isaiah 53:6)

We, who take the Word of God at face value, have no problem with the fact that prior to our faith in Christ and the salvation and regeneration that followed we were dead in sin. In no uncertain terms this truth is confirmed in the following passage: “*And you hath he quickened, **who were dead in trespasses and sins;***” (Ephesians 2:1) We truly were at the mercy of the world, the flesh, and the devil prior to Christ coming into our lives.

Because of the above passages and numerous others, mankind’s sin nature is established as a fact. Of course, if you want to get some idea of just how depraved human nature is, you could consider what God said about it in this passage: “*The heart is **deceitful above all things, and desperately wicked: who can know it?***” (Jeremiah 17:9) You probably noticed the little *phrase who can know it?* This means none of us know how wicked the human heart really is and can be. Not even the psychiatrist, the psychologist, or anyone else.

This passage is consistent with what God saw when he looked down from heaven and made this observation: “*And GOD saw that the wickedness of man was great in the earth, and that **every imagination of the thoughts of his heart was only evil continually.***” (Genesis 6:5) This was not an incidental statement in the Bible. Just to comment further on this truth, it must be acknowledged that God is the only

person in the universe who truly knows the depths of depravity of the human heart. Consider the context of God's statement on the wickedness of the human heart: *"The heart is deceitful above all things, and desperately wicked: who can know it? **I the LORD search the heart**, I try the reins, even to give every man according to his ways, and according to the fruit of his doings."* (Jeremiah 17:9-10) ...

For further confirmation of the inherent sinful nature of man consider the following passages: *"For there is not a just man upon earth, that doeth good, and sinneth not."* (Ecclesiastes 7:20) *"Who can say, I have made my heart clean, I am pure from my sin?"* (Proverbs 20:9) *"As it is written, There is none righteous, no, not one: There is none that understandeth, there is none that seeketh after God."* (Romans 3:10-11) *"For all have sinned, and come short of the glory of God;"* (Romans 3:23)

These passages leave no doubt that man has inherited a depraved nature.⁸

In order to have a home that is consistently a taste of paradise on earth, there will need to be a spiritual life in that home. Pause for a moment here and thoroughly examine how that spiritual life is born into a home. Man needs to be saved from condemnation to have spiritual life born or quickened into their soul. It would be worthwhile to get a notebook and write out verbatim, the twelve Bible verses that explain this salvation process. If you have been saved, it's an exercise of rejoicing, if you need saved, it's an

⁸ Fielder, Gerald, "*BIBLE TRUTH on CALVINISM*", as quoted in Dr Rice's "A Systematic Theology for the 21st Century, Volume 8 Soteriology" pg 76-78.

exercise that can get you there.

Joh 3:16 - 18, 36 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved. He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God. ... He that believeth on the Son hath everlasting life: and he that believeth not the Son shall not see life; but the wrath of God abideth on him.

Joh 5:24 Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life.

Rom.3:10,23 As it is written, There is none righteous, no, not one: ... For all have sinned, and come short of the glory of God;

Rom.5:8 But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

Rom.6:23 For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

Rom.10:9-10, 13 That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. ... For whosoever shall call upon the name of the Lord shall be saved.

There was a man who started coming to our church after COVID-19 because the Methodist Church he loved could not open for services until it met a bureaucratic list of stringent requirements from their denominational heads. He was a marvelous student of the Bible, and we talked much. He loved a very learned and well spoken Methodist teacher, and was a little dismayed when I had no interest in her.

I regularly rehearse from the pulpit, the twelve verses you just wrote out, verbatim, and one morning, early, while reading his Bible and praying, his thoughts landed on Romans 10:9-10. He wandered back through his years of Bible studies and attendance in church services and considered that he had never done that, “confess with thy mouth, and call upon the name of the Lord to be saved.” So he did it that morning, right there in his Bible study and prayer time, he bowed his head, and out-loud called upon the name of the Lord.

I wish you could hear him describe what happened next that morning. I wish you could hear him tell how his Bible reading changed, and his prayer life became real after he was born-again-saved. It is not what you have in your head that saves you, it's what you have in your heart. There are a lot of people who will miss this genuine relationship with the Lord Jesus Christ by those 18 inches between a head knowledge and a heart knowledge. Don't be like that.

*For God sent not his Son into the world to condemn the world; but that the world through him might be **saved**. He that believeth on him **is not condemned**: but he that believeth not is condemned already, because he hath not believed in the name*

of the only begotten Son of God. ...

That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. ...

For whosoever shall call upon the name of the Lord shall be saved (John 3:17-18, Romans 10:9-10,13).

To be '*intimate*' is "to love entirely a familiar friend to whom thoughts are entrusted without reserve.

Chapter 4 Paradise in Peril

With the genesis of sin, smack-dab in the center of the genesis of marriage, the paradise that God intended marriage to envelop is in peril. The protagonist asks, “Grave peril?”

The antagonist, “Is there any other kind of peril?”

Protagonist, “We could have that read back to us, 'The consequences of sin, reach into every area and relationship of life.'”

Antagonist, “I don't need that read back, we all know what sin does! This is paradise lost!”

The gospel, i.e. good news of the Bible, is that paradise, is not lost; marriage, as formed by the LORD God to be man's paradise on earth, can still be gained, it can be redeemed from peril.

God does not mince words when he depicts the peril; it is a grave peril. In Genesis chapter four, the firstborn man becomes the first first-degree murderer; the chapter goes on to portray the ungodly line of Cain, and concludes with God raising up another line, a Godly line, through Seth. In chapter 5 ten generations of “sons of God” are given.⁹ For

9 A sidebar is a short news story presenting a sidelight to a major story; this is that. In the Bible “sons of God” are always human, “*But as many as received him, to them (humans) gave he power to become the sons of God, even to them that believe on his name*” (Jhn.1:12). “Sons of God” are never angels, “*For unto which of the angels said he at any time, Thou art my Son, this day have I begotten thee? ... Are they not all ministering spirits, sent forth to minister for them (humans) who shall be heirs of salvation?*” (Heb.1:5,14). Genesis 5 lists nine generations of “sons of God”, i.e. men who received him; i.e. sons of Adam, who was the first “son of God” (Luke.3:38). In Job 38 Adam, Seth, Enos, Cainan, Mahalaleel, Jared, Enoch, Methuselah, Lamech, and Noah were “sons of God” who shouted for joy when God overthrew the foundations with a flood; and in Job.1:6 and 2:1 it was these “sons of God” who came to present themselves before the LORD. Nowhere in the Bible are angels called sons of God. In the conglomerated exegesis of “gaptists”, who do not believe in God's six day

all but one, it is noted “and he died”; one walked off to heaven; and one, Noah, walks into chapter 6. In that chapter these sons of God saw the daughters of men, ... and they took them wives of all which they chose, and God saw that the wickedness of man was great in the earth, ... And the Lord said, I will destroy man whom I have created from the face of the Earth... But Noah found grace in the eyes of the Lord (undeserved merit, God's Riches At Christ's Expense).

Only Noah, his three sons and their wives survived the world flood. Then the arrogance of their descendants angered the Lord, he confounded their language, and divided them into the various nations. God then chooses a Hebrew, a son of Eber, to make for himself one blessed nation. These, his chosen people, are destined to bring God's Anointed One, his Only Begotten Son, his Messiah, his Christ, into the world.

But these Hebrews had marriages and homes fraught with problems; dysfunctional homes, multiple wives, favoritism to children, manipulating deceitful actors, and cruel vindictive children. One cannot be ONE FLESH with two wives!

These eventually land the whole Hebrew nation in bondage in Egypt. But God commended his love towards us in that while we were yet sinners, ... he redeems us, he did the Hebrews, and he can your home, your marriage, and your life.

If, however, a marriage will be a taste of paradise on earth, as God intended, the work is cut out for us. Again, God's word is clear, “*the heart is deceitful above all things,*

creation, nor trust his accounting of it, they suppose that angels were created eons before the universe and perhaps, it could be surmised, that in Job 38 they are called “sons of God”. Don't hang with such misgivings.

and desperately wicked who can know it? I, the Lord, search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings” (Jer.17:9–10). If you want your home to be a taste of paradise on earth, God does more so. The genesis of marriage is herein bigger, and more important than imagined by mere mean man. Sin has invaded paradise, and, “*We wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places”* (Eph.6:12).

The taste of paradise in your marriage is dependent on your believing, and following life instructions and the marital instructions from the Creator of paradise. The word “paradise” is defined as a place of bliss, a region of supreme happiness, blessedness, prosperity and delight, as was found in the Garden of Eden, where Adam and Eve were placed immediately after creation. There, in the Garden of Eden, they were one flesh, there they were both naked, the man and his wife, and we’re not ashamed. To this day, that is achievable in marriage.

Under sin marriage went from a couple being naked and unashamed (Gen.2:28) to their being naked, aware, afraid, and hiding (3:7-11). Consequently our self-consciousness (and its selfishness) needs to be carefully examined in the marriage union.

Man is self-conscious, animals are not. When, I was young, my Italian mom, in English, would often ask me the bothersome question, “What in the world were you thinking?” As a result, in my lifetime, I would often stop and analyze what I was thinking, why I was thinking it, and what effect that thinking might have on my next decision. I was

thus empowered to detect and circumvent stinking-thinking, well a lot of it anyway. That is the very best description of being self-conscious, and the world would be a far better place if more people would consider, “What in the world are you thinking?” Try it sometime.

Some have called it transcendental meditation (a system of philosophy emphasizing the intuitive and spiritual above the empirical and material); mom didn't, “Di riflettere prima di agire.” I think it means “Think before you act.”

Self conscious is where one can step out of themselves, look back into their own mind, analyze what they are thinking, what they are feeling, what they are supposing, et al., and take corrective actions, ... OR NOT. They do not need a “shrink” or psychologist to do this; they can bring their thoughts and feelings into their conscious mind and ... analyze them, frankly consider them.

It is the labor of this study of the genesis of marriage to bring a man and woman back to a state of innocence where a selfless love of their spouse and a selfless love of their Creator makes their home a taste of paradise on earth. It will take a conscious labor and an ongoing maintenance effort to live there, but it is worth every ounce of effort.

If Christian, they have a Counselor on board with whom they can talk about what they are thinking; “*Ps 139:23-24 Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.*” ... “*Ps.19:12-14 Who can understand his errors? cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression. Let the words of my mouth, and the meditation of my heart, be*

acceptable in thy sight, O LORD, my strength, and my redeemer. ”

Valentine's Day is for celebration of love and marriage. Humans marry for three reasons, Love, Significance, and Security. For joy and contentment in life, each of these are two way streets, we need to love, and be loved, be significant and show significance, and be secure and provide another's security. God has ordained the role of the husband and the role of the wife to provide for this joy and contentment in married life, and this provides the most stable environment for rearing children. These intimate relationships in marriage are mirrored and paralleled in our relationship to God through our Lord Jesus Christ. We can learn something about each from the other.

God loves us. *“Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee”* (Jer.31:3). *“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life”* (John 3:16). *“Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins. ... We love him, because he first loved us”* (1Joh.4:10,19). We are to love him. *“And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment”* (Mrk.12:30).

We are significant to God. *“For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end”* (Jer. 29:11).

“Many, O LORD my God, are thy wonderful works which thou hast done, and thy thoughts which are to us-ward: they cannot be reckoned up in order unto thee: if I would declare and speak of them, they are more than can be numbered”

(Ps.40:5). *“For the ways of man are before the eyes of the LORD, and he pondereth all his goings. ... the LORD pondereth the hearts.”* (Pr.5:21, 21:2). So we should ponder the hearts of our significant other. *“Wives, submit yourselves unto your own husbands, as unto the Lord. ... Husbands, love your wives, even as Christ also loved the church, and gave himself for it”* (Eph 5:22,25).

We can have a supreme security in God. *“... He hath said, I will never leave thee, nor forsake thee”* (Heb.13:5); we are supremely significant to him (Prov.5:21); we are the object of his supreme love (Joh.3:16). Those attributes are to be reflected in our marriages. When they are, voila, paradise in marriage, paradise in the home.

We said it earlier, the word “paradise” is defined as a place of bliss, a region of supreme happiness, blessedness, prosperity and delight, as was found in the Garden of Eden, where Adam and Eve were placed immediately after

To be 'intimate' is “to love entirely a familiar friend to whom thoughts are entrusted without reserve.

creation. There, in the Garden of Eden, they were one flesh, there they were both naked, the man and his wife, and we're not ashamed. To this day, that is achievable in marriage.

Chapter 5 The Key to Paradise

Much has been covered about the challenges of making our marriages and our homes a taste of paradise on earth, little about the steps needed to get there. Before revealing the primary key, we need to cover a couple things about leadership. For half my life, or more, I have heard it, said, “Everything rises and falls on leadership!”

After twenty-three years of military leadership training and positions, allow me to say two things about leadership. First, a good leader, by every reasonable definition, has three abilities that are either naturally inherent or carefully learned: 1. The ability to keep the end goal in sight, to keep the big picture in view, to keep the focus on where we are going. The best exemplum being “When you are up to your neck in alligators, it’s hard to remember you set out to drain the swamp!” 2. The ability to equally involve and motivate all the players of the team. And 3. The ability to meet needs, i.e. the needs of the overall mission, and the needs of each individual on the team.

Many full chapters could be written on each of these key abilities, and chapters have been (my favorite being H.W. Croker's “*Robert E. Lee on Leadership : Executive Lessons in Character, Courage, and Vision*”), but in light of my second observation, I will not spend more time on them here.

My second observation about leadership is a bit surprising; God and his Holy Bible, do not lend an ounce of credence to the importance of leadership. Moses was the man who led a million people out of Egyptian bondage, and then in forty years of wandering through the wilderness. The Bible never calls him a leader, but over forty verses speak of

his being a servant.

And so it is for all the great men of God accounted for in the Bible, they are called servants, and nowhere are any leadership skills extolled, or displayed; Noah, Abraham, Job, the Prophets, Isaiah, Daniel, Jeremiah, Ezekiel, these are all extolled as servants, never as leaders. That's curious. In God's economy, everything rises and falls on ... ~~leadership~~ servant-hood.

Moses, one of the Bible's greatest leaders, clearly exhibiting all three of those leadership abilities just highlighted, abilities known to be central and essential to excellent leadership, got there by being God's servant. It is key here to comprehend that that is the way for a husband to lead a home into a paradise like relationship.

Jesus suggested servant-hood of his disciples when they contested about who was going to be the greatest. “*But he that is greatest among you shall be your servant*” (Matt.23:11).

And he came to Capernaum: and being in the house he asked them, What was it that ye disputed among yourselves by the way? But they held their peace: for by the way they had disputed among themselves, who should be the greatest. And he sat down, and called the twelve, and saith unto them, If any man desire to be first, the same shall be last of all, and servant of all. (Mrk.9:33-35).

And there was also a strife among them, which of them should be accounted the greatest. And he said unto them, The kings of the Gentiles exercise lordship over them; and they that exercise authority

upon them are called benefactors. But ye shall not be so: but he that is greatest among you, let him be as the younger; and he that is chief, as he that doth serve. (Luk.22:24–26).

To drive home his point, the Lord Jesus Christ, the only begotten Son of God himself, put it on display; *“He riseth from supper, and laid aside his garments; and took a towel, and girded himself. After that he poureth water into a bason, and began to wash the disciples feet, and to wipe them with the towel wherewith he was girded” (Jhn.13:4–5).* This is a powerful example:

“So after he had washed their feet, and had taken his garments, and was set down again, he said unto them, Know ye what I have done to you? Ye call me Master and Lord: and ye say well; for so I am. If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet. For I have given you an example, that ye should do as I have done to you. Verily, verily, I say unto you, The servant is not greater than his lord; neither he that is sent greater than he that sent him. If ye know these things, happy are ye if ye do them” (Jhn.17:12–17).

Let us say it again, *“If you know these things, happy are ye if you do them.”*

I am not sure how much training one needs to be servant, but I know it takes a mental ascension, ... or perhaps a mental descent. In the military it is said of the plebeian, *“Ours is not to reason why, ours is but to do or die.”* In the

Bible it is worded more thoughtfully, *“For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith”* (Rom.12:3).

We have exercised an understanding of what paradise in a marriage and home is, it is descriptive in two things *“Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. And they were both naked, the man and his wife, and were not ashamed”* (Gen.2:24-25): one flesh physically, mentally, emotionally, and spiritually; and naked and not ashamed physically, mentally, emotionally, and spiritually. That is paradise in a home. We have exercised an understanding of how paradise was lost in the genesis of sin, and how only the powerful hand of God can redeem man from that sin nature, quicken his spirit, and set him on a path whereby he can reclaim that paradise.

A rudimentary understanding of leadership, helps us keep the big picture in mind, helps us include all players in the home, and know the essential needs to be loved and love, to be secure and to secure, and to be significant and lend significance. Lastly, we are learning the important role of servant-hood, in providing selfless love, instead of selfishness. Oh, and we also learned the importance of exposing our stinking-thinking by asking and answering my mom's question, *“What in the world were you thinking?”*

If that captures it, we are free to openly examine some Bible lessons and examples on how to secure such a paradise in our marriage, and in our home.

The Bible characterizes the Lord Jesus Christ as the supreme example in our behavior in this regard. When the

Apostle Peter details the role of wife and then the role of the husband in the paradise like home he starts with the phrase “Likewise ye wives, ...” and “Likewise ye husbands ...”. Preceding the “likewise” is how Christ became a servant, and what all he has done for us. (1Pet.2:18-25,3:1-12). We should make a study of that. And when the Apostle Paul gives powerful illustration of the husband wife relationship it hinges completely on the relationship of Christ to his church (Eph 5:21-33). We should make a powerful application for that.

We should begin such a journey by first stepping outside of ourselves, looking back on our thinking, to consider two things. What do we think about this course of study? Am I ready to do things God's way? And secondly, can I bring my own selfishness into conscious examination and learn to exchange it for selflessness. That will take a spiritual discernment, the kind that only comes when the Spirit of God dwells in us, after our spiritual new birth.

“Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God. ... Ye must be born again. ... For God sent not his Son into the world to condemn the world; but that the world through him might be saved. He that believeth on him is not condemned: ... ”
(John.3:3,7,17-18).

“There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. ... For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. ... the natural man receiveth not the things of the Spirit of God: for they are foolishness unto

him: neither can he know them, because they are spiritually discerned. ... Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.” (Rom.8:1,5, 1Cor.2:14, 2Cor.5:17)

Note also that this spiritual new birth, and with this “*all things are become new*”, is a new selfless calling in life to be “*ministers of reconciliation*”; we are now to be “*ambassadors for Christ*”:

*And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath **given to us the ministry of reconciliation**; To wit, that God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation. **Now then we are ambassadors for Christ**, as though God did beseech you by us: we pray you in Christ’s stead, be ye reconciled to God. For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him (2Cor.5:18-21).*

To be '*intimate*' is “to love entirely a familiar friend to whom thoughts are entrusted without reserve.

Chapter 6 Loving her as Christ loves his church.

God makes a clear parallel between a husband's love for his wife, and a husband's leadership role toward his wife, being lockstep with Christ's relationship to his church:

“For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body. Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing. Husbands, love your wives, even as Christ also loved the church, and gave himself for it; ... ” (Eph.5:23-25).

This parallel then, is a tremendous field of study about marriage; the text calls it “*a great mystery*” (5:32). Everyone loves a good mystery. Noah's 1828 dictionary says it is, “That which is beyond human comprehension until explained. In this sense, mystery often conveys the idea of something awfully sublime or important; something that excites wonder.” My favorite scholar, C. I. Scofield says, “A 'mystery' in Scripture is a previously hidden truth, now divinely revealed, but in which a supernatural element still remains despite the revelation.”¹⁰

10 C.I. Scofield, “Scofield Reference Bible,” Oxford University Press, Inc. 1909, pg1014, Note to Matt.13:11 “mysteries”. Study other 10 Bible mysteries at: Scofield Reference Bible Notes - Matthew 13:11 mysteries: A "mystery" in Scripture is a previously hidden truth, now divinely revealed; but in which a supernatural element still remains despite the revelation. The greater mysteries are: 1) The mysteries of the kingdom of heaven Mat 13:3-50; (2) the mystery of Israel's blindness during this age Rom 11:25 (with context); (3) the mystery of the translation of living saints at the end of this age 1Cor 15:51-52; 1Th 4:14-17; (4) the mystery of N.T. church as one body composed of Jew and Gentile Eph 3:1-11; Rom 16:25; Eph 6:19; Col 4:3; (5) the mystery of the church as the bride of Christ Eph 5:28-32; (6) the mystery of the inliving Christ Gal 2:20; Col 1:26-27;

Every good mystery novel has a final chapter where all the clues, innuendos, and insights are wrapped up in a final chapter. Weirdos, excuse my bluntness, jump to that final chapter and read it first; they destroy the intensity, the drama, the compilation of innuendos and insights that are meant to unfold a chapter at a time. I will not do that with this mystery.

In the previous chapters I have laid out some tools and truths, some ideas and insights, some goals and aspirations, for ones marriage being a taste of paradise on earth. On November 6th, 1971, at age 19, when I married my high-school sweetheart, we had roughly the same package. I recall that it was bundled in naivety, but I also recall the excitement of walking through chapter after chapter of our life together, and turning pages of new understandings and new insights, which produced new intimacy. Recall Noah's 1828 said, To be 'intimate' is "to love entirely a familiar friend to whom thoughts are entrusted without reserve." You have in your hands a good set of tools to build that intimacy. And so, with little more ado, I'll leave you to the task; I hope you get 50 years to build; if you do, you'll find the finishing touches are the most refined, and the greater blessing. Remember you are building a taste of paradise on earth, and the two key ingredients found in the Genesis of Marriage, and needed dead center in the middle of your home are found in Genesis 2:24-25:

(7) the "mystery of God even Christ," that is, Christ as the incarnate fullness of the Godhead embodied, in whom all the divine wisdom for man subsists Col 2:2; Col 2:9; 1Cor 2:7; (8) the mystery of the processes by which godlikeness is restored to man 1Tim 3:16; (9) the mystery of iniquity 2Th 2:7; Mat 13:33; (10) the mystery of the seven stars Rev 1:20; (11) the mystery of Babylon Rev 17:5; Rev 17:7. It is left as an exercise for the sincere Bible student to explore each of these eleven mysteries more fully.

Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. And they were both naked, the man and his wife, and were not ashamed.

Let's run through the tool box we've built to start into this work. We have laid out the absolute essentials, but like any carpenter shop or mechanic toolbox you will likely add favorite tools of your own. (Somewhere in the bowels of my office I have Evangelist Clarence Dole's booklet "Marriage, a Taste of Paradise", I've given away 11 copies, but I'm sure I kept one.) The essentials we have assembled for starting this construction are listed in this chapter, but remember just because your given a fancy jack-plane, it doesn't mean you can turn out finished carpentry, you will need to hone your skills some, sometimes sharpen your tools, take your time but be persistent.

First an ongoing right relationship with your Creator is an essential. With that you get out of condemnation (John.3:17-18, 5:24), you get spiritual life (Eph.2:1) and you get a Counselor-on-board. That is not a complete list, of course, but are three things essential to getting back to a paradise. When "*Any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new*" (2Cor.5:17): the "*are become*" is in an *aorist* tense meaning "*are become, are becoming, and will continue to become!*" (I only got a "C" in my Greek classes, but I did learn that much.) Being Born-again-saved starts that right relationship, it is to start an ongoing growth, (Jhn.8:31) and if husband and wife are saved, they will grow together, which is far superior to growing apart.

One cannot have an intimate friend that they never talk to or listen to. True for a spouse; true for a Saviour. Prayer is

your speaking with God, reading and meditating in his Word is your hearing from him. Naked and not ashamed before God? Indeed, *“Heb 4:13 Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do.”*

Another important tool, is to analyze what you are thinking. Being self-conscious is an important part of being human. Answer my mom's question, “What in the world are you thinking?” Once you have mastered some of that, try to analyze what your spouse is thinking. Be sure to check with her to see how you did, then make this a regular exercise until you can read each other's minds. That will be a healthy exercise and take more than 50 years, so, regularly revisit the definition of being intimate, and intimately talk together about thoughts, thinking, and feelings, even exposing and clearing up one's stinking-thinking. The greatest encumbrance to good communication is when one errantly supposes what another is thinking. Be a self-conscious thinker, then as one flesh, husband and wife, be a self-conscious thinker, it builds intimacy. Recall, to be '*intimate*' is “to love entirely a familiar friend to whom thoughts are entrusted without reserve.

The last tool we discussed, recognize dimensions of body, soul, and spirit, in love, in significance, and in security. In conscious thought consider how to love physically, how to show significance physically, and provide security physically. Now how do I do those same three emotionally; how do I do them spiritually. Keep these dimensions of your relationship in remembrance; develop them, exercise them, talk about them.

Bev and I went to a marriage seminar where a men's session, taught us guys the importance of asking her about

her feelings, women like that, women need that. They emphasized, when talking about any circumstance, we should ask her, “So, how did that make you feel?” You'll be amazed at how many “brownie points”¹¹ that racks up.

In the next joint session, 25 guys talking about what the ladies were taught in their last session, asked their wives, “So, how did that make you feel?” The jig was up, it didn't last the day, there were now no “brownie points” to be had. Thirty years later, when Bev was telling me about what happened to her in the grocery store, I asked, “So, how did that make you feel?” She kicked me in the shins and refused any further talk about the grocery store. Point being, don't throw out the concept, but, yes, rethink the wording of your question. And, although at times I still can't contain this, don't mark a “one” in the air with your finger, and say “Ka-Ching” when you suppose you earned a brownie point! There is nothing that dissolves, them faster. We still laugh about these, as we do the catch phrase, “Yes dear, I see the mailbox!” But that fits in another story.

So with that much reflection on your goal and those valuable tools at your disposal I charge you to guide your marriage and build your home to be a taste of paradise on earth. You will face your own set of adversities, your own challenges, even your own setbacks, never stop building, you will find a verse in the Bible that says “I can do all things through Christ which strengtheneth me.” Let that be one of your mainstays. There is one that says, “The joy of the LORD is my strength”, let that strengthen you.

Read a Psalm or Proverb a day, out-loud, and together is

11 Brownie Points = an idiom referring to imaginary rewards or recognition for doing good deeds or earning favor, originating from the Girl Scout Brownies program, where points were earned for various achievements.

best. That's 181 chapters, read them through twice in the year and take the three days left over to read Psalm 119 again. Above all be a Bible student, and a Bible study leader.

Start in Ephesians 5 doing a verse by verse study of what a marriage should be, understanding God's role for the wife and his role for the husband. Add a study of 1Peter 3, and explore why each charge starts with a "Likewise." Write the outlines like you are going to teach them, then instead, live them. I could do it for you, but not as well as you could do it for you. Make it a 50 year study, and God bless your home.

The charge is complete. I expect the information in these 6 chapters is sufficient for a couple starting down the road of marriage, or a couple reevaluating their direction. It can, with God's help and blessing, construct a home that is a taste of paradise; a home wherein a man *shall cleave unto his wife: and they shall be one flesh*, and wherein the man and his wife, can be naked physically, emotionally, and spiritually, and not ashamed. May God bless your marriage and home, as he has blessed mine.

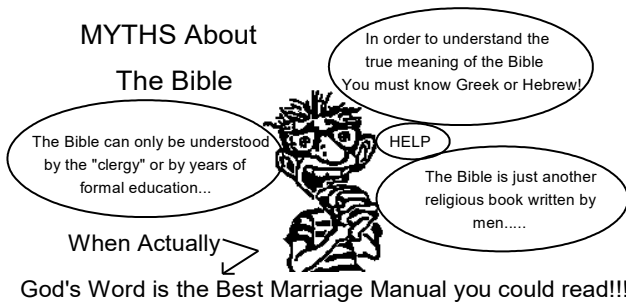
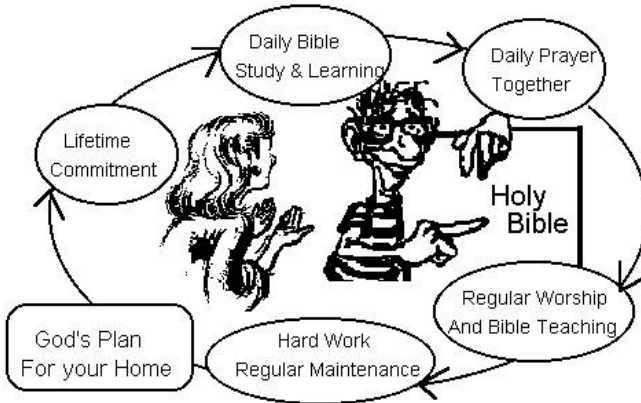
The rest of this book is ancillary information that I wish I could have gotten into the narrative. I am old and stricken in years and there is much more that could have been written. (ref.Joshua 13:1).Use the ancillary information for resource. I found it rich, and enriching, even at times ennobling. fff¹²

It must suffice to leave a lot in the following pages. Don't miss the appendix; take the anger management short-course.

12 When I set at my keyboard and ponder what I should type next, I have a heavy left hand index finger and it will often release three or more "f"s like so, ... fff Consequently, when I come up with other responsibilities that need attended to, I'll often end my typewritten diatribe with those three letters; it is a kind of code for me that I haven't yet finished the segment here. I've often opened an old document, did a word search for "fff" and found three or four areas where paragraphs, chapters, or books were left hanging and not yet completed.

Chapter 7 Marriage Ancillary Helps

It is challenging to go through 40 years of accrued marriage counsel material and not include it all here. I've tried to include the most useful. I made a lot of cartoons.



FORGIVENESS: An Essential in Marriage

Dr. Ed Wheat writes "Marriage becomes a series of surprises for most of us, and one of them is how frequently we need to forgive and be forgiven. Faithfulness may be the first essential of a love filled marriage but even the best relationship cannot remain intact for long without

FORGIVENESS.

When you have truly forgiven you will **Remember their sin no more**. Too often, down the road often in a battle, a mate will bring up a previous offense as a war weapon, often in a vicious way. When that happens you know that there was not a Biblical forgiveness for that offense. A true and genuine forgiveness can only occur if you have a new nature born inside of you. See Colossians 3.

Here are Four excellent steps to forgiveness.

1. Choose with your free will to forgive.
2. Make the promise to lift the burden of guilt from the person as far as the wrong against you is concerned. Remember the person's sin no more - never mentioning it again to the person, to others, or to yourself, even by innuendo.
3. Seal it with your behavior, demonstrating love in suitable ways with tenderhearted kindness, and doing what the Bible shows you to be right in the situation.
4. Trust God to allow you to forget and to renew your mind with new attitudes.

What happens when you will not forgive?

1. If you hold on to your resentments, they will turn to bitterness. As a result, your life will be poisoned, and other lives too. *Heb 12:15 Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;*
2. By refusing to release the burden of the other person's wrong against you and choosing to carry that burden yourself, you will become crippled in the living of your life.

Heb 12:13 And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed. 14 Follow peace with all men, and holiness, without which no man shall see the Lord: ...

3. If you are not willing to forgive, (and forget), there is no way you can expect to walk in personal fellowship with God. *Matt 18:35 So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses.*

What do I do when it seems impossible to forgive?

1. God never asks His children to do anything that He does not provide both the instructions for, and the strength to accomplish.
2. You do not have to be controlled by your feelings and you are not the helpless prisoner of your past. *John 8:32 And ye shall know the truth, and the truth shall make you free. . . . 36 If the Son therefore shall make you free, ye shall be free indeed.*
3. Jesus Christ has special deliverance and healing for you if you have been bruised and wounded by the sins of your mate - or anyone else - against you. *Luke 4:18 The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised.*

Do we have to forgive everything?

Sometimes people say "I can forgive everything but 'that'!" Is there any sin that you can't be expected to forgive? The answer is that God is not selective with us. When He

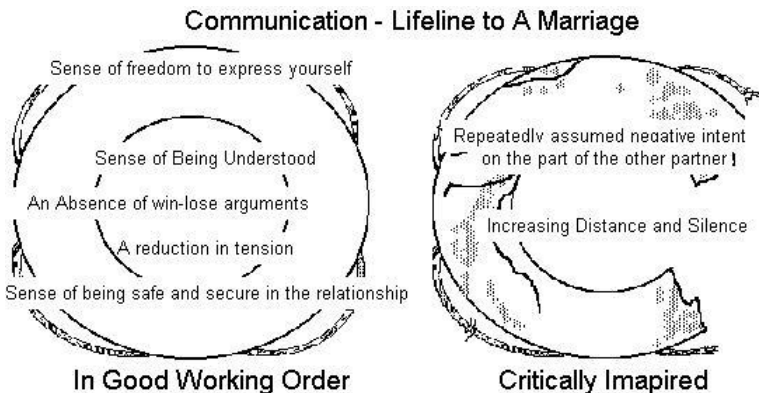
forgives us in Christ, He **forgives everything**. Eph 4:32
And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Forgiveness in your love relationship.

Here is how forgiveness can take its place in your love relationship, soothing the irritations and healing the hurts, which occur even between two people who love each other very much, and, afterward, restoring your sense of oneness.

1. Make a habit of forgiving and never keep count.
2. Settle your accounts quickly. If you cannot kiss your mate and say "I love you" before going to sleep, it is best to work on the conflict until it is reasonably resolved. Eph 4:26 *Be ye angry, and sin not: let not the sun go down upon your wrath: ...*

3. Remember that forgiveness always includes the idea of restoration and a new start.



Communication: An Essential in Marriage

After Faithfulness, and Forgiveness, the third essential for your surviving as one flesh with your spouse is

communication. This is such an important and complex essential that we will take the whole next lesson to cover some of it's basics. ... Next Lesson cont.

Lets review some differences between men and women.

Men and women differ in every cell of their bodies. This difference in the *chromosome combinations* is the basic cause of development into male or female as the case may be. Women have greater constitutional vitality, perhaps because of this chromosome difference. *Normally women outlive men by 3 or 4 years* in the US. They differ in skeletal structure. Women have a *shorter head, broader face, less chin, shorter legs and longer trunk*. There are also internal differences. Women have a larger *stomach, kidney liver, appendix, yet smaller lungs*. In bodily functions, women have several important ones, totally lacking in men: *menstruation, pregnancy and lactation*. Women's hormones are different and more numerous than men's. These hormonal differences influence behavior and feelings.

The thyroid gland behaves differently in the two sexes. Women's thyroid is *larger and more active*. Consequently, it enlarges during pregnancy and during menstruation; it make her more prone to goiter, provides resistance to cold, is associated with the smooth skin, relatively hairless body and thin layer of subcutaneous fat. Women's blood contains *more water (20% fewer red cells), thus they tire more easily and are prone to faint*. In England war factories increasing the work day from 10 hours to 12 hours caused a 150% increase in accident rates for women and 0 % increase for men.

In brute strength, men are *50% stronger*. Women's hearts

beat more rapidly i.e. 72 to 80 bpm. Their blood pressure is 10 points lower, and varies from minute to minute, but they have much less tendency to have high blood pressure, at least until after menopause. Women's breathing power is significantly lower. Women withstand higher temperature variations better than men because their metabolism slows down less. As to sexual drive, the woman's relates to her cycle and man's drive is fairly constant. Women are affected by touch, words, and emotional feelings. Men are affected by sight.

Intuition is an unconscious perception of minute details which are sometimes tangible, sometimes abstract in nature. Since it is usually an 'unconscious' process, many times a woman isn't able to give any specific explanations for the way she feels. A man tends to follow a logical analysis of circumstances or people.

God made us different. God made us for different roles. Obey God's roles, live life to the fullest.

Communication is your lifeline in marriage. Perhaps your not listening, let me say again,

Communication is your lifeline in marriage.

The lifeline of Communication will supply these marital necessities:

- The knowledge and understanding of one another which you need for intimate closeness.
- The interchange of information and ideas you need to work together as a husband-wife team.
- The capability to work out your differences and resolve your conflicts.
- The continuing "in touch" contact you must have to

grow together in the same direction, and to be there to support each other during the changes and difficult times of life.

How does your communication system check out?
**Five Characteristics of a Communication Lifeline in
GOOD WORKING ORDER**

- A sense of freedom to express yourself.
- A sense of being understood.
- An absence of win-lose arguments.
- A reduction in tension.
- A sense of being safe and secure in the relationship.

**Further symptoms of a CRITICALLY IMPAIRED
LIFELINE**

- One or both repeatedly assumes negative intent on the part of the other.
- There is increasing distance and silence.

Every Home needs some improvements, use this study to build your lifeline up.

HOW TO BUILD YOUR LIFELINE in 5 steps

5 STEPS - One at a time!

* * * * *

**Step 1. You will feel free to express yourself
when both of you accept one another just as
you are.**

* * * * *

Acceptance (or rejection) sends one of the most powerful messages known to humans.

How can I communicate with my husband/wife when

- * he/she makes a value judgment on everything I say.
- * he/she decides it's not worthy of his/her attention.
- * he/she quits listening.
- * he/she says "That's not important enough to discuss."

REPLACE A JUDGMENTAL OR FAULT FINDING ATTITUDE WITH A POSITIVE RESPONSE AND A CONSISTENTLY CARING ATTITUDE!

Become sensitive to reactions when you criticize or show impatience, in communication; so sensitive that it hurts you deeply when you see your spouse hurt this way.

* * * * *

Step 2. You will feel understood when both of you learn to listen with your ears and hearts to one another.

* * * * *

We listen at about 25% efficiency! Most misunderstanding is attributable to poor listening.

Eight ways to develop Your Listening Skills

- 1) **"Half is Not Enough"** Give Complete attention- listen with your heart as well as your ears. The human heart holds more than speech does.
- 2) **"No Interruptions"** Don't interrupt each other! Don't jump to conclusions about what the other is saying Hear your partner out, then respond.
- 3) **"Repeat, Re-pete"** Prove that you have listened by repeating your partner's thoughts AND FEELINGS back to them so that they are sure you have understood them correctly.
- 4) **"Respond with Your Eyes"** Real listening involves concentration accompanied by eye contact. Stop what you

are doing and respond with your eyes. Stop and make yourself available when you sense that your partner may be wanting to talk.

- 5) **"Don't wait for Commercial Breaks"** Give each other focused attention with the television OFF. Forgo television, put away the video, turn off the radio, move away from the computer, close the doors, get the children occupied elsewhere, and take the phone off the hook.
- 6) **"Silence a NEGATIVE Feedback"** Remember your silence can be a negative feedback unless you accompany it with a nonverbal signal of approval, such as a smile, or squeeze of the hand, or loving eye contact.
- 7) **"With a Breakthrough Don't Overwhelm"** Never overwhelm your partner by demanding more than he or she is ready to give. Just show appreciation and thankfulness for what has been shared with you. And, of course, never repeat what your partner has told you in confidence.
- 8) **"Give a LOVE Message"** Remember that when you listen to your partner, you are showing love. You are giving your partner the message, "What you have to say to me is important because *you* are important."

* * * * *

Step 3. You will be rid of win-lose arguments in your marriage when you learn what causes them and how to replace them with real communication in resolving disagreements and conflicts.

* * * * *

Disagreements are rarely life-death matters, often they are petty, but they can start viscous wars!

Lets look at 6 ways a Discussion Goes Wrong...

Then 8 ways to replace arguments with communication!

Six Ways a Discussion Goes Wrong

- 1) A War to Be Won** When the disagreement becomes a power struggle, no one wins.
- 2) A Personal Rejection** People often take rejection of their ideas as rejection of themselves. Bring your varying viewpoints together and discuss them, finding a solution, and gaining a deeper appreciation for one another at the same time.
- 3) A Change of Weapons.** People change the subject and drag in other issues to use as weapons instead of limiting the discussion to the original disagreement. .
- 4) Sweeping Generalizations.** People, frustrated by their inability to make their point, resort to these, characterized by the use of these expressions "You always ..." or "You never..." fighting words.
- 5) Shouting or Siberia.** Inappropriate and Childish ways. "I wish my husband could discuss a matter without shouting. He seems to think that talking loud and fast is the only way to communicate." OR "My only option is to agree with my wife on every point. Otherwise, she sends me to Siberia for weeks at a time." .
- 6) Yea But!** People often pull out this prize communication stopper. It simply escalates the argument. Refuse to use those two words in combination again. Learn to make your point differently, beginning with a favorable response, such as "That's an interesting way of looking at it, I hadn't thought of it that way." OR "I see what you mean." then present your point as a question.

Eight ways to replace Arguments with Communication.

1) Response, Not Reaction. Don't interrupt. Listen carefully before you respond. Keep the discussion Squarely on the issue at hand. No side issues. Limit discussion to the present!

2) Disagreement, Not Disapproval. Acknowledge that you understand what your partner is saying, even though you disagree. Show respect.

3) The Gift of Empathy. Make it a point to share your feelings, but not criticize. Encourage the sharing of feelings and respond lovingly. Give sympathy, give empathy.

4) Carefully Clarify what you are both saying, so there is no misunderstanding. Take turns at this.

5) Truthing in Love. Speak the truth in love. Gently, with your speech and behavior, with Honesty and with Love.

6) Say "I Need You." Be willing to show your vulnerable, needy side to your partner. Learn the value of being honest, even about your own weaknesses. Real communication means revealing yourself even at the risk of rejection. When both are willing to do this, you are well on your way to building loving intimacy in your relationship.

7) Surprise, and Disarm. Stop being defensive, when the issue is a personal one. Agree that there is wrong on your side, since there always is (even if you don't wish to admit it). "I was wrong", can stop a fight, and demonstrate to your partner how to admit wrong as well.

8) Apply the B-e-s-t BLESS with your words. *EDIFY* your partner by what you say, and by your interest. *SHARE* openly and honestly. And *TOUCH* affectionately while you talk.

BEST = BLESS - EDIFY - SHARE - TOUCH

communicate the BEST to your mate.

* * * * *

STEP 4. You can reduce tension by recognizing and correcting the communication practices that cause frustration and by learning to fight the Biblical way - a way that deals constructively with anger, resentment, and hurt feelings.

* * * * *

RECOGNIZING THE FRUSTRATIONS

Five Deadly Sins in Communication which can blight any relationship. (Also Sins against Love)

SHUTTING DOWN: Not Listening

SILENT TREATMENT: Not Talking

STABBING: Using the other's words against him/her.

SCOLDING: Putting guilt / blame on the other.

SHALLOW LIMITS: Surface Talk Only.

Another Look at silence: Silence is often used . . . in a power struggle . . . The with-holder often feels powerful for he/she can manipulate both the feelings and behavior of the other. This is a favorite ploy in the "something-is-wrong-but-i-will-never-tell game. Sometimes a fierce competition takes place and the competition is in the form of who can be the coldest and most uncommunicative, breaking the silence becomes a sign of weakness . . . Silence can be passive-aggressive behavior, which is indirect, covert, and camouflaged hostility. The hostility is never dealt with openly and , therefore, often feeds on itself and becomes greater. Because the silence prevents hostility from being overtly recognized and dealt with, alienation may result,

which is more destructive than fighting.¹³

Alienation leads to more alienation. The more distance you've placed, the more likely you are to miss or distort messages transmitted between you. Considering the delicate and complex nature of the hundreds of messages sent and received in a day's time between husband and wife, with words comprising only seven percent of what is communicated, (the rest coming through tone of voice, body language, and even more subtle factors), is it any wonder that misunderstood messages can seriously damage an already shaky relationship?

Eight other frustrating communication practices:

- 1. Pretending** you are communicating, when you're merely attacking your spouse.
- 2. Not knowing** how to express your feelings without putting each other down.
- 3. Stating** your views as though they are the absolute truth.
- 4. Not hearing** the message from your partner because you're too busy figuring out what to say next.
- 5. Faking attention**, but not really listening.
- 6. Trying** to communicate when you each have **two different goals** for the conversation.
- 7. Husbands and wives communicate differently**, and this can lead to misunderstandings and mutual exasperation.
- 8. Cultural differences** and personality differences take their toll on patience necessary for communication.

* * * * *

STEP 5: You will feel safe and secure in your

¹³ Barbara E. James, PhD., "The 'Silent Treatment' in Marriage," *Medical Aspects of Human Sexuality* (February 1983): 100

relationship if you get to know one another through good communication and remain closely in touch for a lifetime.

* * * * *

Think about this rather melancholy statement spoken by the Duke of Wellington at the end of his life in 1852:

"It is a strange thing that two people can live together for half a lifetime and only understand one another at the very end."

You can build a lifeline system of loving, unhindered communication that will make it possible for you to become:

- * Intimate lovers;
- * Best friend who always enjoy being together;
- * A team that can accomplish anything because you work together rather than fighting for control;
- * Two people who understand one another as unique individuals, not as extensions of yourselves, and accept each other just as you are;
- * A couple who stay in touch during the changes of a lifetime, who "grow up together" and "grow old together" and remain "at home" with each other no matter what else changes;
- * Compassionate partners who can help one another adjust to the difficult times of life and endure them together.

GUARDING YOUR LIFELINE

Security takes a bit of guarding. In your case you will know more than anyone else about the sensitive points in your relationship, which need special watchfulness. Here are Dr. Wheats suggestions:

- * Be alert to Unusual Tension;
- * Never Betray Your Best Friend;

- * Beware of the Heat of the Moment;
- * Never Look at Your Mate Without Compassion;
- * Remember the power of words;
- * Watch out for the 'third-partner' in you marriage. Your TV! (iPhone, computer, internet, game console)!

How To Have A Good Biblical FIGHT!

In Strike the Original Match, Charles Swindoll says that Ephesians 4:25-32 "offers seven rules for having a good fight. These rules will allow you to carry on normal, natural, disagreeable times without breaking with Scripture." Here are Chuck Swindoll's *Rules on How to Keep it Clean* from Ephesians 4:25-32:

- 1 Keep it honest (v. 25). Be committed to honesty and mutual respect.
2. Keep it under control (v. 26). Make sure your weapons are not deadly.
3. Keep it timed right (vs. 26-27). Agree together that the time is right to talk.
4. Keep it positive (v. 28). Be ready with a positive solution right after taking a swing.
5. Keep it tactful (v. 29). Watch your words and guard your tongue.
6. Keep it private (v. 31). Don't swing at your mate in public. When you swing in public, your malice is showing.
7. Keep it cleaned up (v. 32). When it's all over, help clean up the mess.

We encourage you to study these 'rules' and make them part of your new life together. They are practical; they are wise: they work! They can guide you through your conflicts in a controlled, constructive way that hurts neither of you and actually causes you to love each other more, after "the fight" is over.

TV A Major Cause of Problems Leading to Divorce

(Now, more so, iPhone, computer, internet, game console.)
"the TV itself, that noisy box in the corner of the living room, has become an equal-and essential - partner in many marriages (the Third Partner) Even when it's turned off, there's a blank screen waiting to rejoin the conversation or to monopolize one's spouse's attentions."¹⁴

For 15 years Dr. Wheat urged newly weds to begin their marriage without a television set in the house. Young people sometimes thought that was asking too much. Now, couples are realizing what a thief television can be, robbing them of prime time together, A bride reported "We decided not to get a TV, and it has been wonderful. There's nothing else to do but spend time paying attention to each other!" Decide how much TV is necessary in your home, a decision of NONE will be richly rewarding If you will not get rid of it be sure and limit it to a minimal effect (i.e. less than 1 hour per day with at least 2 days OFF per week)

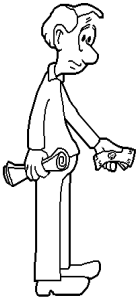
Never stop studying and improving your communication; else your pool of living water becomes stagnant. Guard your lifeline. May God Bless your marriage.

To be '*intimate*' is "to love entirely a familiar friend to whom thoughts are entrusted without reserve.

Pastor Ed Rice
Good Samaritan Baptist Church

¹⁴ Dr. Wheat dates himself with the TV, we can equally substitute phones, devices, or social media here.

Some Material on Child Rearing:



God's Order in the Home

Sociologists of all ages have directly contradicted God's Word concerning the sin nature in man. Today, still, they say things like "Our studies show that capitol punishment is not a deterrent to crime." God says that it is; they say that it is not. Who are you going to believe? In the rearing of your children the stakes are much higher, the results much more near term. They say do not punish, God says

"Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him" (Proverbs 22:15). The all important question to you is, once more, "Who are your going to believe?" To say "I tried spanking and it didn't work for my child!", is to say God is wrong and the world is right. To dawdle in the middle will bring a horribly painful 18 years, and a future filled with anguish. Lets admit up front that God is right here and carefully, knowledgeably pursue and follow His directions.



Correcting a Child God's Way

A reason that the sociologist react to spanking as they do is because there have been numerous misuses. When we act in the flesh, in anger, in impatient haste, or in selfishness to correct a child we are outside of God's purposes. Look quickly at these illustrations.



- 1) If you spank a child when you are angry you are in error.
- 2) If you strike a child when they are not expecting it, it is hasty and wrong.
- 3) If you spank a child without addressing the disobedience and expressing your love for them

you are not correcting.

4) If you fail to spank a child when it is needed, you do not love the child (Prov 13:24).

5) There is much more to child reading than spanking.



NOTE from Pastor Rice, Do not send your child to a public school, they do not teach Reading Writing & Arithmetic. They teach anti-creation, anti-moral, anti-Bible, anti-God. They start this rigorous training in kindergarten! Afford any other option!

Bill Rice wrote a book called "Love 'em Lick 'em and Learn 'em". If you are going to raise a child, do not do it without this book. It is very practical, and addresses all

the worlds arguments against doing it God's way.

God said to chasteneth him betimes. This entails doing it Early. Over 200 years ago Jean Roussear (1712-1778) wrote "Lacking all sense of right and wrong, a child can do nothing which is morally evil, or which merits either punishment or reproof." Again this directly contradicts God's instruction as well as blatant observation. From his first day in a home a child begins learning to manipulate parents to get his own way. Any parent knows (except perhaps some of us fathers) that a child quickly learns to cry for food, when not hungry, but knowing that mom will pick him up. (That's called lying, to get your own way, they did not need instructions to figure it out, it comes in our morally evil nature Miss Roussear.)

Again God says: *Pro. 29:15 The rod and reproof give wisdom; but a child left to himself bringeth his mother to shame.*"

Bill Rice records for us: "There was a Texas preacher named B.B. Crim. Crim...He was a rough and tumble cowboy preacher who preached in great revivals... Somebody said: "Dr. Crim, do you believe in spanking children?" He said: "Of course!" They said, "Well how soon do you think you should spank your children?" He said: "Well, you ought to wait about a week to spank a little girl but you'd better give a baby boy a lickin' the day he's born."

Of course he was joking (is that hyperbole?) but he was right to

emphasize the fact that parents should begin training children early.

Somebody says: "Well, when should you spank a little child?" The moment he knows that you say "don't and he does. He has bought and paid for a paddling."

I had a co-worker, James F., who knew I was a youth pastor at church. I observed his defiant 8 year old son, who did nothing his father told him and was big enough to do his parents physical harm. He asked if I thought spanking him was the solution. He never had spanked or disciplined his children, never forced them to obey him because the sociologists said that would ruin his children's creativity. Now, the father was terrified of his 8 year old who had been thrown out of two schools for disobedience and had beat his mother for telling him what to do; police were at his home, his was wife hospitalized. He wanted to change his tactics from what the world had taught him. What could he do now?, he asked. The sociologists hate our tactics but they love our results. Purpose to do it right from the start.

Spanking or Other Means to an end?

Again from Bill Rice- Somebody says, "Well, I just think we ought to make Junior sit in the corner." Fine. And he'll be sitting there... getting madder every minute. You make him sit in a corner and he will think, "Boy, when I get big enough, pow! He will get it! I'll tell you right now..." No, No , why don't you get it settled ? Why in the world don't you just take and turn him over your knee and blister his britches and get the thing settled. You say: "Well, aren't there other ways to discipline?" Yes, there are, but I don't believe any of them work nearly as well as this. This is how God told us to do it. You can take away the allowance, and there may be a time you ought to do it. You may ground him. You may turn off the T.V., and that's a real good idea. But spank him. Yes, Spank him! This is what God says to do. Paddle him. Get it settled.

I have often heard young parents say; "Oh, we tried spanking him, and it doesn't work." That's what James F. said. But God's word says that it will work. I could either believe that God was right and they did something inconsistent or wrong, or that God is wrong and they are

learning a better means of discipline. What would you believe? Let's look at some important principles.

Seven Rules

From Bill Rice's Book "Love'em Lick'em Learn'em"

When my wife and I were married and expecting the first baby, we read everything we could find in the Bible about parents and children. We made some rules concerning spanking. Perhaps they may be of help to other parents.

1. *Talk.* Try to anticipate things that might happen. that might go wrong. Don't be quick to spank them. Be quick to talk and try your best to talk them into doing right. "Don't do that any more, son, you mustn't do it any more." Talk! there are a few things where there was no second chance. We live on a ranch. If a house catches on fire it is very serious. So our children simply could not play with matches. The fire department can't get to u. So we warned our children that playing with matches was a spanking matter.

2. *Keep your word.* Don't ever, ever get into the habit of saying, "Now, if you do it I'll spank you. Now don't do that again. All right , the next time I'll spank you." No, if you ever say; "I will spank you if you do it," spank him! If your mother-in-law is there, if the governor is there, no matter who is there... If you say you will spank him, do it.

3. *Husband and wife agree.* Don't ever argue in front of the kids. If one thinks he shouldn't be spanked and the other one thinks he should, say, "Go to your room. We will call you." Talk it over. You will probable agree. You say you won't spank him or you will. Call him and tell him. If you can't make up your mind and you disagree, then spank him. Every time spank him. Anything is better than that he divide his father and mother. Don't ever let a kid get the idea that one of you is going to be his lawyer and if he can just get to you, you'll take up for him. Don't ever do that.

4. *Next thing, co-operate.* One of you hold him and one of you spank. Your child ought to be made to realize - in our home we serve God, we do it right. Make him realize he is being punished

because it's right - not because one is mad and one isn't. It's a matter of right and wrong and both parents are in favor of seeing that he does right.

5. *Spank soundly.* Don't ever slap him, or hit him, or kick him. Not ever. Spank your son or your daughter on the buttocks. Hard. And Long. Don't ever use your hand. It'll sting and you'll quit... If you've ever spanked your child and he's mad at you, then you didn't spank him. If you've ever spanked him and he gets up and hits you, you didn't spank him.

You spank until you get the thing settled. And no matter how much yelling and promising don't stop. He's had his opportunity to show whether he will or won't do right. If you ever have to start spanking, keep it up. Make it a sound one while you are at it. Always. Don't have little bitty eensy weensy itsy bitsy make'em-mad-and-cry spankings. "Let not your soul spare for his crying," the Bible says. A psychiatrist heard me preach and she said, "Dr. Rice, if my father had spanked me I'd have hated him for the rest of my life." I replied, "Lady, if my dad had spanked you, you'd have loved him to death, just for stopping!" Spank Soundly.

6. *Talk after the spanking.* Explain again how vital it is that children obey parents. Tell him how much you love him and how concerned you are for him.

7. *Be consistent!* And the last point, do it again when you need to. Be consistent!

Child Rearing 101

This is but introductory material to pursued you to raise your Child "in the nurture and admonition of the Lord." To be a Godly parent you will need to study far more of His Word and His principles. Decide now that you will study and follow his plan, instead of the sociologists plan, your mom's plan, or Hollywood's plan. Although I say I have hundreds of books, I only have one written by God. Let me encourage you to get and study several Godly books on the home and on child



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rearing. May God bless you as you follow his plan.

Child Discipline with 7 Rules

1. Talk Before;
2. Keep your Word;
3. Husband and Wife Agree;
4. Husband and Wife Co-operate;
5. Spank Soundly. Hard. Long;
6. Talk after Spanking. Pray;
7. Be Consistent!

To be '*intimate*' is "to love entirely a familiar friend to whom thoughts are entrusted without reserve.

Pro. 22:6 Train up a child in the way he should go; and when he is old, he will not depart from it.

Marital Pre-Counseling Inventory I (make copies before scribbling)

The following series of questions relates to the level of satisfaction which you usually find in your interaction with your spouse.

1) How happy are you with the way in which you and your spouse usually handle each of the following aspects of your family life? Please circle the number which best represents how happy you are in each area.

1. Happy 2. Mostly Happy 3. Moderately Happy
4. Moderately Unhappy 5. Mostly UnHappy
- ___ a. Social interaction with each other 1 2 3 4 5
___ b Affectionate interaction with each other 1 2 3 4 5
___ c. Sexual interaction with each other 1 2 3 4 5
___ d. Trust in each other 1 2 3 4 5
___ e. Management of children 1 2 3 4 5
___ f. Management of free time 1 2 3 4 5
___ g. Management of chores or other responsibilities at home 1 2 3 4 5
___ h. Management of finances 1 2 3 4 5
___ i. Social interaction with friends 1 2 3 4 5
___ j Social interaction with in-laws and other relatives 1 2 3 4 5
___ k The way spouse manages themselves personally 1 2 3 4 5
___ l. Management of jobs outside the home. 1 2 3 4 5

2) Please look back over each question. This time draw an X through each answer, 1 2 3 4 5, which you think your spouse will select in answering each question for himself/herself.

3) Please read over the list again and in the blanks at the left of the list, please indicate weather the item is:

- a. Most important to you b. Highly important to you.
c. Fairly important to you. d. Unimportant to you.

4) Looking back over this list once again, please suggest ways in which a change in your behavior might improve your satisfaction in any areas which you rated as '4 or 5' that is, less than moderately happy or unhappy.

5) Now it's time to share this information with your spouse and compare our lists.

Source: Richard B Stuart and Frieda Stuart, *The Marital Pre-Counseling Inventory*(Champagne, Illinois: Research Press, 1973), p. 7. If needed copies of these worksheet are at <https://www.gsbaptistchurch.com/marriage/myson.pdf>

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Marital Pre-Counseling Inventory II (make copies before scribbling)

These questions concern your general commitment to, and optimism about your marriage. Please answer them with your present feelings in mind, leaving out of consideration how you used to feel,.. or how you think that you should feel.

1. Everything considered, how happy are you in your marriage?
95%+ 75% 50% 25% 5%
2. Everything considered. how happy do you think your spouse is in your marriage? 95%+ 75% 50% 25% 5%
3. Everything considered, do you expect to become happier as time goes by? 95%+ 75% 50% 25% 5%
4. Everything considered, do you think that your spouse expects to become happier as time goes by?
95%+ 75% 50% 25% 5%
5. How committed are you to remain in your marriage?
95%+ 75% 50% 25% 5%
6. How committed do you think your spouse is to remain in your marriage? 95%+ 75% 50% 25% 5%
7. What proportion of the time spent with your spouse is happy for you? 95%+ 75% 50% 25% 5%
8. What proportion of the time which your spouse spends with you do you think is happy for him or her?
95%+ 75% 50% 25% 5%
9. Everything considered, do you expect to continue to grow personally as time goes by?
95%+ 75% 50% 25% 5%
10. Everything considered, do you expect your spouse to continue to grow personally as time goes by?
95%+ 75% 50% 25% 5%

Source: Richard B Stuart and Frieda Stuart, *The Marital Pre-Counseling Inventory*(Champagne, Illinois: Research Press, 1973), p. 11 If needed copies of these worksheet are at gsbaptistchurch.com/marriage/myson.pdf

Chapter 7 Marriage Ancillary Helps

INITIAL GOALS FORM *(make copies before scribbling)*

Instructions: Below you will find a list of goals you may consider important for the two of you to work toward at this time. Please read each item. Select the one most important goal for you at this time.

1. I would like to get some relief from the constant arguing and unpleasantness between us.
2. I would at least like things to be a bit more peaceful and pleasant.
3. I would like to see more politeness in our day-to-day relationship.
4. I would like to avoid violent quarrels.
5. I would like us to be more civil and respectful toward each other.
6. I would like to be able to work together better as a team, to take better care of the daily chores.
7. I would like to know that if I do something positive it will count and mean something to my spouse.
8. I would like to be able to come to agreements better in which there is give and take on both sides.
9. I would like there to be more exchange of affection between us.
10. I would like my spouse to share more in the responsibilities we both must meet.
11. I would like my spouse to accept me more and to express more liking for me.
12. I wish we could be better at being each others friend.
13. I would like my spouse to find me more attractive.
- 14 I would like to have more influence in making decisions.
- 15 I would like to have my spouse be more interested in me.
16. I would like to be better able to get my messages across to my spouse.
17. I want my spouse to be better at discussing problems and helping to solve them.
18. I want my spouse to improve at listening to me
19. I wish my spouse were more understanding and considerate of my feelings.
20. I would like to better understand my spouse's feelings and reactions.
21. Other (please specify) ' _____

Source: John Gottman, Behavioral Interviewing with Couples (guidebook accompanying the film)(Champaign Illinois: Research Press, 1976), p 34. If needed copies of these worksheet are at gsbaptistchurch.com/marriage/myson.pdf

Wedding Vows in General

Eve Womann and Adam Mann

Who giveth this woman in marriage?

(The bride takes her place at the alter by the groom. And follow the pastor to the front, the wedding party closes in a semicircle)

Opening Prayer

Today for Adam & Eve, for their family that has gathered here, for their friends and for the guests that are here,... we want to celebrate the formation of a Christian home.

We, then, are assembled in the sight of God and of his holy angels, to join this man and this woman in the bonds of matrimony; which is an honorable estate, instituted of God in the time of man's innocence, confirmed by the teaching of our blessed Savior, and compared by the apostle Paul to the mystical union which exists between Christ and His Church.

God's Word Says: *Have ye not read that he which made them at the beginning, made them male and female, and said; for this cause shall a man leave father and mother, and shall cleave to his wife; and they twain shall be one flesh? Wherefore they are no more twain, but one flesh. What, therefore, God hath joined together, let no man put asunder.*

There are several distinctives to a Christian home that make it quite different from the homes found in our society. Adam and Eve have gone through these distinctives in detail and have agreed to me that they want their home to be a Christian home based on the Bible.

That brings us to this day in their lives when they take their vows before God. In these vows they shall endeavor, with all the power that is within them, to form a home that follows hard after God and to pledge their love and loyalty to each other. Adam and Eve have professed their salvation in the Lord Jesus Christ, been scripturally baptized according to the command of their Lord. The Bible says that when a believer takes these steps in sincerity that "*if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new. And all things are of God, who hath reconciled us to himself by Jesus Christ,*"

When I said Adam and Eve will form a Christian home with all the power that is in them, it is only the Lord Jesus Christ within them that will enable them to have such a home, for the Bible says *Except the LORD build the house, they labor in vain that build it: except the LORD keep the city, the watchman waketh but in vain. (PSA 127:1)*

We rejoice in a new found life in Christ, and His presence in us, and want all to know that you too can have this new found life, simple by calling on Him today, and putting your faith and trust in his grace to save you. Adam and Eve have professed that all important life changing decision for their life, and we are excited now to be part of this decision for their marriage.

White is the symbol of purity, and Gold the symbol of everlasting righteousness. Adam and Eve appear before God on this day, having called on the Lord Jesus Christ to forgive them, and to cleanse them, and have claimed that scripture that says, *Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. (Isa 1:18)*

Adam and Eve, your marriage to each other, and your home that you will form this day is to be that white and that pure. And it can be,... in the Lord Jesus Christ. He is the God of rebuilt lives, for of him the scriptures say: *A bruised reed shall he not break, and the smoking flax shall he not quench: he shall bring forth judgment unto truth. (Isa 42:3)*

It has been truthfully said, I am not perfect, just forgiven. Each of us here today may be perfectly forgiven of sin and white as snow. The gold in a ring today symbolizes His everlasting righteousness, because these vows, taken before God, are "until death do us part", and this Christian marriage is to be covered in Christ's Righteousness.

Adam, your home will have trials that it must endure, but the saint of old, who endured tremendous trials has penned in the Scriptures: *But he knoweth the way that I take: when he hath tried me, I shall come forth as gold. My foot hath held his steps, his way have I kept, and not declined. Neither have I gone back from the commandment of his lips; I have esteemed the words of his mouth more than my necessary food. (Job 23:10-12)*

You have chosen to have a Christian marriage, and a Christian

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home to raise up your children. Today we rejoice with you in that decision and bid you God's blessing and Christ's presence.

Into this holy estate these two persons are come to be joined. Therefore, if any man can show any just cause why they may not be lawfully joined together, let him now speak, or forever after hold his peace.

Also, I charge you each, as you will answer before God at the day of judgment, if either of you know any reason why you may not be lawfully joined together in matrimony, confess it now. For, be well assured, that all those who are brought together, contrary to the Word of God, are not joined together of God; neither is their marriage lawful before God.

Marriage Vows

If you, Adam Mann, and you, Eve Womann have freely and deliberately chosen each other as partners for life, would you please join hands.

Adam Mann, will you have this woman to be your wedded wife; will you love her, honor and keep her in sickness as in health, in poverty as in wealth, and forsaking all others, keep thee only unto her so long as you both shall live - do you so promise?

Eve Womann, will you have this man to be your wedded husband? Will you love him, honor and keep him in sickness as in health, in poverty as in wealth, and forsaking all others, keep thee only unto him so long as you both shall live - do you so promise?

Adam, would you repeat after me the following words please:
I, Adam Mann... Take thee, Eve Womann ...
To be my wedded wife. ...To have and to hold ...
From this day forward ... For better, for worse ...
For richer, for poorer ... In sickness and in health ...
To love and cherish ... Till death do us part ...

Eve, would you repeat after me the following words please:
I, Eve Womann ... Take thee, Adam Mann
To be my wedded husband. ... To have and to hold ...
From this day forward ... For better, for worse ...
For richer, for poorer ... In sickness and in health ...

To love, cherish and obey... Till death do us part ...

Exchanging of Rings

May I have the rings please. Please join hands. There is no better way to show one's love for another than the exchanging of a ring. A ring is beautiful as is love. A ring never ends, and your love is to never end. You join millions of people who through the generations of mankind have said to each other, "I love you, and express that love by giving you a ring."

Adam , as you give this ring to Eve you are saying, "Eve , I love you with a love as beautiful and as never-ending as this ring."

To show that love for her would you take this beautiful ring and place it on the third finger of her left hand. As you do, will you give it to her because you love her, and she will wear it to show the world her love for you.

Now, Eve , you are saying, "Adam , I too want to show my love, and I show you that love by placing this ring upon yor finger, I give you my life, my love, and my heart." In so doing would you please place the ring upon the third finger of his left hand. You will give it to him because you love him, and Adam , you will wear it because you love her.

For as much as you, Adam Mann , and you Eve Womann, have offered yourselves each to the other, believing it God's will that you become one flesh, and believing that God has led you to this place, as your Pastor, an officer of the laws of the State of New York, and a minister of the Gospel of Jesus Christ, in the presence of your family, these friends, and our Heavenly Father, I take great pleasure in pronouncing you as husband and wife.

Let us pray. Our Heavenly Father, at this alter, on this day, in this place we have seen Adam Mann, and Eve Womann, make vows that will cause them to be one flesh, according to Your Word. We thank you that this will be the place where they will grow in grace, and where they will continue to know Thee better and love Thee more. Bless their home. Bless their life together. May peace, love, joy, and all the blessings and goodness of You be given to each of them. In Je-

... name. Amen

You may now kiss the bride.

"What God hath joined together, let not man put asunder."

It is a real joy to introduce to you Mr. & Mrs. Adam Mann

A Wedding REHEARSAL Guide

Start with Prayer

Do 3 passes, Talk thru - Run thru - Walk thru

WHOOOPS, handle errors with all grace.

A time for Serious Vows but also a time of great rejoicing

It is not fitting that pictures be taken during the ceremony. Ample time for pictures will follow the ceremony.

Schedule

Groom and Attendants arrive 15 minuets early

Bride should arrive in time to avoid rush.

Usher#1 _____ Usher#2 _____

Usher#3 _____ Usher#4 _____

Best Man _____ Grooms man _____

Bridesmaid#1 _____ Bridesmaid#2 _____

Bridesmaid#1 _____ Bridesmaid#2 _____

Maid of Honor _____

Ring Bearer _____ Flower Girl _____

Father (or one giving the bride away) _____

Ushers should begin seating guests as they arrive. One should seat the grooms guests (on right) and one the brides guests (on left). The usher should extend his arm to the lady (in a party of ladies to the eldest) the husband follows. From the outside of the seating section (lady closest to seats), the usher escorts them to the seat. Turn & face the rear while showing the seat with your hand.

The Wedding BEGINS with the escort of the Grooms mother, with father following, to the first row on the right side. Usher returns to the rear.

The bride's mother is now escorted to the front seat on the left just to the left of the isle. Leave seat for the father. Usher returns to the rear.

For a two candle union the two head ushers together escort the mothers to the table, where the mothers light the candles.

Ushers roll out the white carpet for the coming of the wedding party. (If ushers are also groomsmen they must immediately join the Pastor and Groom for their entry.)

The first wedding song is sung by _____
Title _____

The pastor enters 15 seconds later the groom followed by the best man, and the groomsmen. They take their place at the altar, facing the rear.

With the beginning of the bridal march the bridesmaids enter and take their place on the left facing the rear.

The maid of honor enters and takes her place at the altar opposite the best man.

Ring Bearer and Flower Girl enter and take their place. The entire wedding party faces the rear for the entrance of the bride.

With the beginning of the wedding march the bride enters on the right arm of her father. (or left if the father is to give her right arm to the groom at the altar.) As they approach, the music softens, and the pastor asks "Who giveth this woman in marriage?" The father replies "I do." and in turn gives the bride to the groom. The groom offers his left arm to the bride and they step up to the pastor. As they take their final step the wedding party turns and forms a semicircle around the pastor.

The soloist sings the second song _____

The Pastor gives a few fitting words, the exchange of the vows, the giving of rings and the pronouncing of husband and wife.

The two proceed to the candle table and jointly light the single candle with their individual candle and then extinguish the individual candles lite by their moms.

Soloist sings The Lord's Prayer or The Wedding Prayer (Option)
Pastor's closing prayer.

The KISS! At the close of the prayer the bride and groom turn toward each other , the groom lifts the bride's veil and places a brief, but impressive, kiss upon her lips. The pastor quotes, "*What God hath*

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joined together, let not man put asunder"

At the end of the kiss, the pastor steps to the side of the bride, gestures with hand and says "I now present Mr. and Mrs. John Doe.

The organist then plays the recessional.

The receiving line should consist of the grooms men and brides maids, the Parents of the Groom, the Parents of the Bride, and then the bride and groom.

Any reenactments for photo's should be accomplished swiftly prior to departure to the reception, or if local after reception meal starts.

* * * * *

Appendix Anger Management Short-course

Anger issues are prevalent in people of our society today, and this six week short course is a faith-based approach of dealing with yours effectively.

The course consists of six guides in four page handouts to be proctored by a mentor in weekly assignments and counseling sessions. They can be used effectively to make one face their anger issues, and establish good and sound anger management practices.

Pastor Rice can mentor these sessions locally or remotely through zoom meetups of 1 or more interested clients. Please contact him at www.GSBaptistChurch.com.

You may find these worksheets at:

www.GSBaptistChurch.com/anger

You may find this book in pdf at:

<https://www.gsbaptistchurch.com/marriage/myson.pdf>

You may purchase this book in paperback at:

<https://www.lulu.com/spotlight/GSBaptistChurch>

Week#1 Dealing With our ANGER Verse Memorization List

BE ANGRY, and SIN NOT

Ec 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

Pr12:16 A fool's wrath is presently known: but a prudent man covereth shame.

Pr14:17 He that is soon angry dealeth foolishly: and a man of wicked devices is hated.

Pr14:29 He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.

Pr15:1 A soft answer turneth away wrath: but grievous words stir up anger. ...18 A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife.

Pr16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

**Pr19:11 The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.
19 A man of great wrath shall suffer punishment: for if thou deliver him, yet thou must do it again.**

Pr20:2 The fear of a king is as the roaring of a lion: whoso provoketh him to anger sinneth against his own soul.

Pr21:14 A gift in secret pacifieth anger: and a reward in the bosom

strong wrath. 19 It is better to dwell in the wilderness, than with a contentious and an angry woman.

24 Proud and haughty scorner is his name, who dealeth in proud wrath.

Pr22:8 He that soweth iniquity shall reap vanity: and the rod of his anger shall fail. 24 Make no friendship with an angry man; and with a furious man thou shalt not go:

Pr25:23 The north wind driveth away rain: so doth an angry countenance a backbiting tongue.

Pr27:3 A stone is heavy, and the sand weighty; but a fool's wrath is heavier than them both. 4 Wrath is cruel, and anger is outrageous; but who is able to stand before envy?

Pr29:22 An angry man stirreth up strife, and a furious man aboundeth in transgression.

Pr30:33 Surely the churning of milk bringeth forth butter, and the wringing of the nose bringeth forth blood: so the forcing of wrath bringeth forth strife.

Mt 5:22 But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment:Eph 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath: cf Eph 4:31, Col 3:8, 21, Tit 1:7

Anger – *noun* A violent passion of the mind excited by a real or supposed injury; usually accompanied with a propensity to take vengeance, or to obtain satisfaction from the offending party. This passion however varies in degrees of violence, and in ingenuous minds, may be attended only with a desire to reprove or chide the offender. Anger may be inflamed till it rises to rage and a temporary delirium. 1828

Thoughts on Anger Management

Anger issues have a cause, and pent up anger can be analyzed with some self awareness, i.e. being self-conscious.

Man is self-conscious, animals are not. When, I was young, my Italian mom, in English, would often ask me the bothersome question, “What in the world were you thinking?” As a result, in my lifetime, I would often stop and analyze what I was thinking, why I was thinking it, and what effect that thinking might have on my next decision. I was thus empowered to detect and circumvent stinking-thinking, well a lot of it anyway. That is the very best description of being self-conscious, and the world would be a far better place if more people would consider, “What in the world are you thinking?”

Once upon a time, in a land far away, I lay under my car replacing a very rusty muffler. I had a hammer in my hand, a hunk of rust the size of an acorn in my right eye, and when I shook my head to fling it out, my forehead met the rusty tip of a muffler clamp and spewed an impressive amount of blood into my left eye. I had the right to lose my temper. I consciously walked that thought into my mind: the circumstance I was in gave me every right!

I was previously told I had a short temper, that I had anger issues, and that I needed to get some anger management counsel. My mom's words taught me to be self-conscious. That day I began to consciously analyze what could make me lose my temper. It was a monumental step. Just the same, I won't tell you what I did with the hammer.

Some Assignments

Assignment: Get a notebook, write by hand, verbatim, the first four verses of the list above. Read them aloud, write them a couple times.

Assignment: Analyze some things that make you angry; Some things that make you lose your temper; And some things to answer, what in the world were you thinking, when they did.

When we meet and talk be prepared to brainstorm a little about the things that might produce anger in a person, (circumstances, people, self, things, other?) ... Pastor Ed Rice

PRECURSERS

This is a holistic effort involving Body Soul and Spirit; we are made in the image and likeness of God with these entities involved in our health and well being. There is often confusion in man discerning

the difference between soul and spirit, but God is not confused, or confusing. Consider these two Bible verses: *For to be carnally minded is death; but to be spiritually minded is life and peace. ... But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.* (Rom.8:6 and 1Cor.2:14).

Humans were created in the image and likeness of God with body, soul, and spirit, with physical needs, mental – emotional needs, and spiritual needs. Solomon, the wisest man on earth, God said so, observed, “*The spirit of man is the candle of the LORD, searching all the inward parts of the belly*” (Prov.20:27).

This is a faith based effort. Requiring faith in the WORD that became flesh and dwelt among us, the Lord Jesus Christ, the Only begotten Son of God; and requiring faith in the WORD of God that is quick and powerful and sharper than any two edged sword, able to divide the thoughts and intents of the heart (Heb.4:12). Those two can meet uniquely when you recite, or write, and pray these twelve verses of God's Word: John.3:16-18,36, 5:24, Romans 3:10,23, 5:8, 6:23, 10:9-10, 13. Contact your mentor if you need clarification on how to be born-again.. If you just talked to the Lord Jesus Christ about it, and accepted him as your Saviour, call your mentor and let him know you did.

One more thing, you can be angry and not in sin; “*Eph 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:*” Also make this distinction between anger and wrath; in general wrath involves extreme anger and generally involves belligerence (a hostile warlike attitude). Pretty much you can be angry with your hands in your pockets, but when you decide to bloody someones nose, you've transitioned into wrath. You taking steps in anger is generally a pretty dangerous territory.

Three Keys to Success

COMITTMENT – JOURNALING – THE WORD

Make a **commitment** to pursue this effort. A commitment to God “*Ps 37:5 Commit thy way unto the LORD; trust also in him; and he shall bring it to pass. Pr 16:3 Commit thy works unto the LORD, and thy thoughts shall be established.*”

A commitment to OTHERS, talk therapy, and group therapy are

powerful tools in mending behaviors. At least make a commitment to rehearse your progress with a mentor, and bounce things off of others, particularly other believers in a Bible believing church. Stay connected.

A commitment to SELF, in pursuing this effort with self-discipline, getting supplies, doing the assignments and staying connected.

Journaling, “The act of regularly writing down thoughts, experiences, and reflections in a personal journal, often for self-exploration or emotional processing”, will be an essential part of learning in this effort. Writing assignments, writing out scriptures verbatim, and tracking ones progress with a pencil, brings remarkable insight and self conscious analysis. For the duration of this effort, make a commitment to be a writer.

The Word; this is a faith based effort, and faith cometh by hearing and hearing by the Word of God. It is the Word hidden in our hearts that brings the power of God to bear on our lives. It is that power alone that can transform our lives. Methods might reform, but God transforms.

*“Rom.12:2 And be not conformed to this world: but be ye **transformed** by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”*

Keep the notebook out and the pencil sharpened. Read through all those up-front angry verses, pick one or two favorites for memorization and write them when you rewrite those first four. Remember the word 'verbatim", and have some thoughts to share when next you meet with your mentor.

Pastor Ed Rice

Keeping Track: Put something like this (below) in your notebook, add a check mark for each day you focused or worked a little on this effort.

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Wk 1							
Wk 2							
Wk 3							
Wk 4							

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 54 Main St. Dresden NY www.GSBaptistChurch.com

Week#2 Dealing With our ANGER Verse Memorization List

BE ANGRY, and SIN NOT

Ec 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

Pr12:16 A fool's wrath is presently known: but a prudent man covereth shame.

Pr14:17 He that is soon angry dealeth foolishly: and a man of wicked devices is hated.

Pr14:29 He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.

Pr15:1 A soft answer turneth away wrath: but grievous words stir up anger. ...18 A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife.

Pr16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

Pr19:11 The discretion of a man deferreth his anger; and it is his glory to pass over a transgression. 19 A man of great wrath shall suffer punishment: for if thou deliver him, yet thou must do it again.

Pr20:2 The fear of a king is as the roaring of a lion: whoso provoketh him to anger sinneth against his own soul.

Pr21:14 A gift in secret pacifieth anger: and a reward in the bosom

strong wrath. 19 It is better to dwell in the wilderness, than with a contentious and an angry woman.

24 Proud and haughty scorner is his name, who dealeth in proud wrath.

Pr22:8 He that soweth iniquity shall reap vanity: and the rod of his anger shall fail. 24 Make no friendship with an angry man; and with a furious man thou shalt not go:

Pr25:23 The north wind driveth away rain: so doth an angry countenance a backbiting tongue.

Pr27:3 A stone is heavy, and the sand weighty; but a fool's wrath is heavier than them both. 4 Wrath is cruel, and anger is outrageous; but who is able to stand before envy?

Pr29:22 An angry man stirreth up strife, and a furious man aboundeth in transgression.

Pr30:33 Surely the churning of milk bringeth forth butter, and the wringing of the nose bringeth forth blood: so the forcing of wrath bringeth forth strife.

Mt 5:22 But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment:Eph 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath: cf Eph 4:31, Col 3:8, 21, Tit 1:7

Anger – *noun* A violent passion of the mind excited by a real or supposed injury; usually accompanied with a propensity to take vengeance, or to obtain satisfaction from the offending party. This passion however varies in degrees of violence, and in ingenuous minds, may be attended only with a desire to reprove or chide the offender. Anger may be inflamed till it rises to rage and a temporary delirium. 1828

Thoughts on Anger Management II

We have already made some great strides in dealing with anger issues in ones life. Write out and ponder the anger-issue verses from Proverbs 15, 16 and 19 in your notebook.

A key concept emphasized is to be self-conscious; to literally step back from yourself and in your conscious mind ask and answer the burning question, “What in the world were you thinking?” But on top of that self-awareness, the Born-again-saved Christian has the ability to talk to their “Counselor-On-Board” and ask the Lord Jesus Christ, our Saviour, *“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting”* (Ps.139:23-24).

What's further, is one can ask his Saviour, *“Who can understand his errors? cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression. Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer”* (Ps.19:12-14).

These verses should be written in the notebook of the serious student, and they should be prayed often. The Psalmist and King, David, prayed 7 times a day! The Beloved Prophet Daniel, on his knees, facing Jerusalem, prayed three times per day. It might behoove the student to use one of the weekly calendars in his notebook to track his prayer life. Just saying.

When a person gets born-again-saved from the condemnation of sin, five specific things occur instantaneously. They are 1) Converted to Christ via *“Ac 20:21 ... repentance toward God, and faith toward our Lord Jesus Christ.”* 2) Justified by God *“Tit 3:7 That being justified by his grace, we should be made heirs according to*

the hope of eternal life.” 3) Quickened “*Col 2:13 And you, ... hath he quickened together with him, having forgiven you all trespasses;*” 4) Indwelt “*Rom.8:9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.*” 5) Baptized into Christ “*Mrk..1:8 I (John) indeed have baptized you with water: but he (Christ) shall baptize you with the Holy Ghost.*” A comprehensive study of each one of these is worthwhile, but not right here. Here let's just focus on #5.

The last of these, being baptized into Christ, has no water involved, rather it means that we are “wholly immersed into Christ.” If we are wholly immersed into Christ, we have a position there, and I'd like to take some liberty with that thought to convey that we can, on occasion, step out of that position. John 15 challenges us to “Abide in Christ”, but verse 7 recognizes that we might step out of that abiding position. We do not lose our salvation when we step out of position, but we lose an awful lot, and the chapter clarifies that stepping out of that position can bring chastisement.

Consequently a believer has the ability to step out of his *position* in Christ, step off into life, commit some “presumptuous” sin, and then come back and use 1John.1:9 to step back into position. Ponder that, in order for you to lose your temper in anger, you will need to step out of your position in Christ.

I came to a place in my life, where I would, in my conscious mind, ask permission to step out of position. That was a very big deal in my anger management. I could look back on my day, make a list of things that went awry, the dog had messed on the carpet, my thumb had closed in the screen door, a son had not taken out the garbage before

school, now I had rusty muffler parts lodged in my right eye, and blood filling my left one, ... I had every right to lose my temper and vent for a considerable time. I had earned the right, likely no one would see it but me, and I was going to take that hammer to the fender of that swine car.

“Lord, I need permission to step out of position, I think I deserve that right, I am going to throw a little fit right now, please excuse me, I'll be right back.”

I never thought that permission was forthcoming. I only finished the prayer out loud a couple times, in my conscious mind not even a dozen times. When I waited for an answer, or eventually when I barely started the prayer, God brought a smile to my face in some of the strangest of circumstances. Recall Proverbs 19:11 *“The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.”*

When you are tempted with a “presumptuous sin” you might word just such a prayer, Write it down in your notebook, remember there is great power in being a journaler, power in answering the question, “What in the world are you thinking?” and power in praying *“Search me, O God, and know my heart: try me, and know my thought.”* Use the power.

Keeping Track: Put this in your notebook and add a check mark for each day you journaled, focused or worked a little on this effort. You might include some track of your prayer life. Evangelist Harold Boyd asked, “How long does it take you to have a sweet hour of prayer?” Praying three times per day just for meals takes 3 minutes per day; in 20 days, you'd have an hour of prayer! That's not so sweet.

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Wk 1							
Wk 2							

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Week#3 Dealing With our ANGER Verse Memorization List

BE ANGRY, and SIN NOT

Ec 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

Pr12:16 A fool's wrath is presently known: but a prudent man covereth shame.

Pr14:17 He that is soon angry dealeth foolishly: and a man of wicked devices is hated.

Pr14:29 He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.

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Pr19:11 The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.
19 A man of great wrath shall suffer punishment: for if thou deliver him, yet thou must do it again.

Pr20:2 The fear of a king is as the roaring of a lion: whoso provoketh him to anger sinneth against his own soul.

Pr21:14 A gift in secret pacifieth anger: and a reward in the

bosom strong wrath. 19 It is better to dwell in the wilderness, than with a contentious and an angry woman. 24 Proud and haughty scorner is his name, who dealeth in proud wrath.

Pr22:8 He that soweth iniquity shall reap vanity: and the rod of his anger shall fail. 24 Make no friendship with an angry man; and with a furious man thou shalt not go:

Pr25:23 The north wind driveth away rain: so doth an angry countenance a backbiting tongue.

Pr27:3 A stone is heavy, and the sand weighty; but a fool's wrath is heavier than them both. 4 Wrath is cruel, and anger is outrageous; but who is able to stand before envy?

Pr29:22 An angry man stirreth up strife, and a furious man aboundeth in transgression.

Pr30:33 Surely the churning of milk bringeth forth butter, and the wringing of the nose bringeth forth blood: so the forcing of wrath bringeth forth strife.

Mt 5:22 But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment:Eph 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath: cf Eph 4:31, Col 3:8, 21, Tit 1:7

Anger – *noun* A violent passion of the mind excited by a real or supposed injury; usually accompanied with a propensity to take vengeance, or to obtain satisfaction from the offending party. This passion however varies in degrees of violence, and in ingenuous minds, may be attended only with a desire to reprove or chide the offender. Anger may be inflamed till it rises to rage and a temporary delirium. 1828

Thoughts on Anger Management III

We have made some great strides exploring how to control anger issues in ones life. In your notebook write out and ponder the anger-issue verses above from Proverbs 20 and 21.

To summarize, Anger issues come from stinking thinking, and a self-consciousness helps us carefully analyze my mother's tough question "What in the world were you thinking?" As a born-again believer we have great resources to bring to bear on the question with a prayer, "*Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting*" (Ps.139:23-24). One might prayerfully add those verses to our notebook again.

While answering mom's question we are listing some things that rise us to anger to evaluate the causes of our anger. Then, last week we looked at how we need to step out of our position as a sane, spirit controlled Christian, in order to "lose our temper" and throw a tissy-fit or temper-tantrum. Coincidentally, the same is true for any other "presumptuous sin" we might commit.

We are actually examining a means by which we are "transformed by the renewing of our mind", and it would behoove us to write out verbatim, Romans 12:1-3 in our notebook at this point.

When a sin gets a foothold in your life, particularly a presumptuous sin, more particularly an addictive sin, the following "Taking Back a Stronghold" strategy is particularly successful. .

Taking Back A Stronghold

Read this Card Daily for 30 days memorize it's verses,

Five Elements of a Victorious Walk

1. Genuine Repentance (Psalm 51) Do you see sin as an affront to a holy God or just remorse over the consequences. *Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge my transgressions: and my sin is ever before me. Against thee, thee only, have I sinned, and done this evil in thy sight..*

2. Taking back ground (Eph 4:27) Ground is given by sinful acts. This gives Satan legal jurisdiction in our lives. *Neither give place to the devil.*

3. Tearing down strongholds (2Cor 10:3-5) These are false belief systems that provide the enemy an area to bring destructive attacks.

For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

4. Build towers of truth (Joh 8:32) these towers are a belief system based on the truth of God's Word *And ye shall know the truth and the truth shall make you free.*

5. Taking every thought captive (Phil 4:8) This is God's standard for right thinking. If you do not take your thoughts captive, they will captivate you. *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

My besetting Sin _____

My Stronghold Verse

1Cor:6:19-20 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

Place a check on each day you read this card, and an x for each commission of this besetting sin. Review this card with your Pastor weekly. Revenge each x each day.

A Bridge to Recovery program I work with has a thorough justification for your journaling. I'm including it here for "food-for-thought".

Welcome to Your Journal

From Bridge to Recovery Addictions Recovery <https://recovery-bridge.com>

For some, journaling may seem difficult. For others, it can be a fun time to use gel pens and stickers. Regardless of "how" you journal, the only wrong way is to not journal at all! The ultimate purpose of journaling with your Bridge to Recovery program is to help you develop a personal, intimate relationship with Christ.

Journaling has many benefits, as you will read below. However, in the

Bridge to Recovery workbooks, you will be asked to ponder, process, and pause. You will need to record your thoughts from these sections in your journal as part of your program. The word ponder simply means to “think carefully about something.” The word process means to “take a series of actions or steps in order to achieve a particular end.” And the word pause means “a temporary stop” which implies taking a brief time to cease all other activities in order to focus on something.

This is imperative because God tells us clearly in His Word that we need to abide in Him and abide in His Word. This is what the ponder, process, and pause emphasis helps you to achieve. The word abide comes from the Greek word *meno* which means to stay, continue, dwell, endure, be present, remain, stand, or tarry.

“Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.” (John 15:4-5).

“Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free.” (John 8:31-32).

“Let that therefore abide in you, which ye have heard from the beginning. If that which ye have heard from the beginning shall remain in you, ye also shall continue in the Son, and in the Father.” (1 John 2:24).

Journaling can help you to abide. While you may think you can do this without journaling, writing these thoughts down requires you to use more of your senses (sight, hearing, touch) which will help you to retain it longer and recall it later.

But that is not all. Journaling is beneficial to your whole being.

We have somewhat evaluated levels of anger to differentiate a difference between anger and wrath. This week we should add terms for lesser anger. Words like “peevied”, “annoyed”, “irritated”. None of these are Bible words, but we use them pretty regular to show minor to moderate anger, and they can build up and exasperate ones anger issues. A vulgar expression used by the carnal tongue is that we get peeved-off. It is swearing and vulgar when we mix up the pee in peeved. We might add Psalm 34:13 to our notebook.

Week#4 Dealing With our ANGER Verse Memorization List

BE ANGRY, and SIN NOT

Ec 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

Pr12:16 A fool's wrath is presently known: but a prudent man covereth shame.

Pr14:17 He that is soon angry dealeth foolishly: and a man of wicked devices is hated.

Pr14:29 He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.

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dwelt in the wilderness, than with a contentious and an angry woman.
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Thoughts on Anger Management IV

It is the Word of God that is “*quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart*” (Heb.4:12). So, in your notebook write out and ponder the anger-issue verses from Proverbs 22-27 listed in bold above. Ponder how each verse might find application in your anger management, and journal a thought or two on each verse.

Last week we looked at “Taking Back A Stronghold”, and another emphasis on the importance of writing things down. This week I'd like that we learn some things from angry people in the Bible.

Jonah's Anger

In two verses of Jonah 4 God asks Jonah, “Doest thou well to be angry?”

*Jon 4:4 Then said the LORD, **Doest thou well** to be angry?*

*Jon 4:9 And God said to Jonah, **Doest thou well** to be angry for the gourd? And he said, I do well to be angry, even unto death.*

Read the 11 verses of Jonah 4 and answer some questions, perhaps, if you can answer in complete sentences, you should answer in your notebook. If you are not familiar with Jonah's story or need a refresher, read Jonah chapter 1-4 first.

1. Why was Jonah angry?
2. How angry was Jonah?
3. What did God think of his anger?
4. How did God deal with Jonah's anger?
5. What verses of our anger-list might be applicable here?

Naaman's Anger

Read the 27 verses of 2Kings chapter 5 and answer some questions, perhaps, if you can answer in complete sentences, you should answer in your notebook.

2Kings.5:11-12 But Naaman was wroth, and went away, and said, Behold, I thought, He will surely come out to me, and stand, and call on the name of the LORD his God, and strike his hand over the place, and recover the leper. Are not Abana and Pharpar, rivers of Damascus, better than all the waters of Israel? may I not wash in them, and be clean? So he turned and went away in a rage.

1. What made Naaman so very angry?
2. Who observed Naaman's anger and talked him down?

3. What tact or manner soothed Naaman's rage?

(The word “tact” means “Consideration in dealing with others and avoiding giving offense”; we should all have more of it.)

4. Can others talk us down from angry, rash, decisions?

5. What verses of our anger-list might be applicable here?

Jehoshaphat and God's Wrath

Read the 11 verses of 2Chron.19 and answer some questions, try for complete sentences. One of my mom's favorite exclamation was “Jumping Jehoshaphat!” Dad rationalized it in a Bible lesson, that Jehoshaphat jumped into compromise so vile it brought down the whole nation of Judah. The next generation had to deal with the vile “Queen Athaliah” because of “Jumping Jehoshaphat.” (2Chron.22-23)
Consider:

2Chron.19:2 *And Jehu the son of Hanani the seer went out to meet him, and said to king Jehoshaphat, Shouldest thou help the ungodly, and love them that hate the LORD? therefore is wrath upon thee from before the LORD.*

1. Why was God's wrath upon Jehoshaphat?

2. Can we reconcile verse 2 with the command to love our enemies?

3. What brought a “nevertheless” into Jehoshaphat's life?

4. What 3 things did Jehoshaphat do in 2Chron.19 to amend his error?

5. Did Jehoshaphat 's amended ways circumvent all the consequences?

6. What verses of our anger-list might be applicable here?

God's Anger

We can learn from God's Anger Management. It is a surprise to some that God reveals his anger management, so consider these verses:

Moses De 1:37 Also the LORD was **angry with** me for your sakes,

4:21 Furthermore the LORD was **angry with** me for your sakes,

Israelites De 9:8 Also in Horeb ye provoked the LORD to wrath, so that the LORD was **angry with** you to have destroyed you.

Aaron De 9:20 And the LORD was very **angry with** Aaron to have destroyed him: and I prayed for Aaron also the same time.

Israel 1Ki 8:46 & 2Ch 6:36 If they sin against thee, (for *there is* no man that sinneth not,) and thou be **angry with** them, and deliver

them to the enemy

Solomon 1Ki 11:9 And the LORD was **angry with** Solomon, because his heart was turned from the LORD God of Israel, which had appeared unto him twice,

Israel 2Ki 17:18 Therefore the LORD was very **angry with** Israel, and removed them out of his sight: there was none left but the tribe of Judah only.

Israel Ezr 9:14 Should we again break thy commandments, and join in affinity with the people of these abominations? wouldest not thou be **angry with** us till thou hadst consumed us,

The Wicked Ps 7:11 God judgeth the righteous, and God is **angry with the wicked** every day.

Israel Ps 85:5 Wilt thou be **angry with** us for ever? wilt thou draw out **thine anger** to all generations?

Israel Isa 12:1 And in that day thou shalt say, O LORD, I will praise thee: though thou wast **angry with** me, thine anger is turned away, and thou comfortedst me. ... Wow, that is a lot of anger.

READ Exod.32:9-14, where Moses is an advocate after Israel's golden calf caper; AND READ Num.14:10-21 where he advocates after their Kadesh-Barnea caper. Ponder these questions:

1. Was God's "threat" to destroy Israel, and raise up another, real?
2. What tact or manner of argument is in Moses' intercession?
(The word "tact" means "Consideration in dealing with others and avoiding giving offense"; we should all have more of it.)
3. Did Moses "change God's mind"?
4. Have others talked us down from angry, rash, decisions?
5. What verses of our anger-list might be applicable here?

Consider, what Moses did for Israel, Jesus Christ does for us. In your notebook write out 1Jhn.2:1-2. Then from a dictionary (Noah Webster's 1828 preferred), write out definitions for 'Advocate' and 'Propitiation'.

Next week we will examine things that "appeased" God's wrath, and consider ways to build our own self-discipline. Jot more things in your journal, and we will talk more next week.

Week#5 Dealing With our ANGER Verse Memorization List

BE ANGRY, and SIN NOT

Ec 7:9 Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

Pr12:16 A fool's wrath is presently known: but a prudent man covereth shame.

Pr14:17 He that is soon angry dealeth foolishly: and a man of wicked devices is hated.

Pr14:29 He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.

Pr15:1 A soft answer turneth away wrath: but grievous words stir up anger. ...18 A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife.

Pr16:32 He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

Pr19:11 The discretion of a man deferreth his anger; and it is his glory to pass over a transgression.
19 A man of great wrath shall suffer punishment: for if thou deliver him, yet thou must do it again.

Pr20:2 The fear of a king is as the roaring of a lion: whoso provoketh him to anger sinneth against his own soul.

Pr21:14 A gift in secret pacifieth anger: and a reward in the bosom strong wrath. 19 It is better to

dwel in the wilderness, than with a contentious and an angry woman.
24 Proud and haughty scorner is his name, who dealeth in proud wrath.

Pr22:8 He that soweth iniquity shall reap vanity: and the rod of his anger shall fail. 24 Make no friendship with an angry man; and with a furious man thou shalt not go:

Pr25:23 The north wind driveth away rain: so doth an angry countenance a backbiting tongue.

Pr27:3 A stone is heavy, and the sand weighty; but a fool's wrath is heavier than them both. 4 Wrath is cruel, and anger is outrageous; but who is able to stand before envy?

Pr29:22 An angry man stirreth up strife, and a furious man aboundeth in transgression.

Pr30:33 Surely the churning of milk bringeth forth butter, and the wringing of the nose bringeth forth blood: so the forcing of wrath bringeth forth strife.

Mt 5:22 But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: ...
.Eph 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:
cf Eph 4:31, Col 3:8, 21, Tit 1:7

Anger – *noun* A violent passion of the mind excited by a real or supposed injury; usually accompanied with a propensity to take vengeance, or to obtain satisfaction from the offending party. This passion however varies in degrees of violence, and in

ingenuous minds, may be attended only with a desire to reprove or chide the offender. Anger may be inflamed till it rises to rage and a temporary delirium. 1828

Thoughts on Anger Management V

In your notebook write out and ponder the anger-issue verses from Proverbs 29 to the end on our list above. Ponder how each verse might find application in your anger management, and journal a thought or two on each verse.

Last week we looked to learn some things from angry people in the Bible, some of God's anger, and Moses' being an advocate. This week I'd like that we learn some things that turned God's wrath, and some things that build self-discipline. Consider these verses:

Things That Turn the Wrath of God. ... or not.

*Nu 25:11 Phinehas, the son of Eleazar, the son of Aaron the priest, hath **turned** my **wrath** away from the children of Israel, while he was zealous for my sake among them, that I consumed not the children of Israel in my jealousy.*

*2Ki 23:26 Notwithstanding the LORD **turned** not from the fierceness of his great **wrath**, wherewith his anger was kindled against Judah, because of all the provocations that Manasseh had provoked him withal.*

*2Ch 12:12 And when he (Rehoboam) humbled himself, the **wrath** of the LORD **turned** from him, that he would not destroy him altogether: and also in Judah things went well.*

*Ezr 10:14 Let now our rulers of all the congregation stand, and let all them which have taken strange wives in our cities come at appointed times, and with them the elders of every city, and the judges thereof, until the fierce **wrath** of our God for this matter be **turned** from us.*

*Ps 78:38 But he, being full of compassion, forgave their iniquity, and destroyed them not: yea, many a time **turned** he his anger away, and did not stir up all his **wrath**.*

*Ps 85:3-4 Thou hast taken away all thy **wrath**: thou hast **turned** thyself from the fierceness of thine anger. 4 Turn us, O God of our salvation, and cause thine anger toward us to cease.*

In your notebook, in complete sentences, name the things that turned away God's wrath in each verse above.

Some Things About Self Discipline.

Self-discipline and character are in drastic decline in America. This shallowness of character is referenced in the Sower and the Seed parable, where Jesus explains:

*“ And these are they likewise which are sown on stony ground; who, when they have heard the word, immediately receive it with gladness; And **have no root in themselves**, and so endure but for a time: afterward, when affliction or persecution ariseth for the word’s sake, immediately they are offended”... they bear no fruit! (Mark.4:16-17).*

When a person with a character flaw, or character shallowness, gets genuinely born-again saved he brings the flaw/shallowness right into his “new-creature” life. We are “transformed by the renewing of our mind” (Rom.12:2). But some of us need more renewing than others. God can, ... but proactive, disciplined, consistent involvement will be required. A study of “Where Self-Discipline Comes From” can help.

When a child is raised with no, little, or poor discipline, they have no, little or poor self discipline. They are then launched into a world centered on “amusement” (to “muse” is to “think”, the 'a' prefix means “not-to”) and play video games 24-7.

It might be that nothing short of “shock-camp” can rehabilitate such a condition. There, they can be forced into a very strict disciplined life, that develops self discipline. One without it, blames others, blames circumstances, even blames authorities for their incompetent state. Christ can set one free from their bondage to sin, but an individual with no/poor self discipline and a shallow character, will become a Christian with no/poor self discipline and a shallow character. Steps to build discipline and character will be essential, as is a Philippians 4:13 mentality. “I can do all things through Christ which strengtheneth me.”

What does the Bible say about building character? It starts with responsible parenting:

Deut 6:6-7 And these words, which I command thee this day, shall be in thine heart: 7 And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

Le 19:3, Eph 6:1-3 Ye shall fear every man his mother, and his father, ... Children, obey your parents in the Lord: for this is right. Honour thy father and mother; ... That it may be well with thee, and thou mayest live long on the earth.

Arch-atheist Neil DeGrasse Tyson, HBO comedian Bill Maher, and Bill Nye the Science Guy have publicly promoted that any person teaching children the Bible

are “science deniers” and should be charged with child abuse.¹⁵ Shame on them, God will bring them to derision. In early life my parents taught me the Bible, and a “spare-not-the-rod” mentality, which I assembled in this list:¹⁶

Proverbs 17:25 A foolish son is a grief to his father; and bitterness to her that bare him. 26 Also to punish the just is not good, nor to strike princes for equity. 19:18 Chasten thy son while there is hope, and let not thy soul spare for his crying. 22:6 Train up a child in the way he should go: and when he is old, he will not depart from it., 15 Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him. 23:13 Withhold not correction from the child: for if thou beatest him with the rod, he shall not die. 14 Thou shalt beat him with the rod, and shalt deliver his soul from hell. 29:15 The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame. 17 Correct thy son, and he shall give thee rest; yea, he shall give delight unto thy soul.

Otherwise children **have no root in themselves**, and so, if they profess salvation, they might only endure but for a time. Dr. Clarence Doyle, a renowned youth camp director said, “It is easier to raise boys and girls than to repair men and women.” And so, if a child is NOT trained up *in the way he should go*, what recourse is there to fix the adult? *De 8:5 Thou shalt also consider in thine heart, that, as a man **chasteneth** his son, so the LORD thy God **chasteneth** thee.*

Taking the trek that God has outlined might involve, *Chasten the adult while there is hope, and let not thy soul spare for his crying. Foolishness is bound in the heart of the adult; but the rod of correction shall drive it far from him. Withhold not correction from the adult: for if thou beatest him with the rod, he shall not die. Thou shalt beat him with the rod, and shalt deliver his soul from hell. The rod and reproof give wisdom: but the adult left to himself bringeth shame. Correct the adult, and he shall give thee rest; yea, he shall give delight unto thy soul.*

*Job 5:17 Behold, happy is the man whom God correcteth: therefore despise not thou the **chastening** of the Almighty.*

All of us can consciously with discipline, improve our self-discipline a little. It would be wise to do it with his help, rather than with his chastisement. Either way, there are steps in life that will get us there. “*Ps 37:23 The steps of a good man are ordered by the LORD: and he delighteth in his way. Though he fall, he shall not be utterly cast down: for the LORD upholdeth him with his hand.*”

People don't read enough; it takes self-discipline; especially when it's a 100 year old book, even when it's free. Some here might pursue a quick book review of Samuel Smiles 164 year old book “Self-Help” to better understand the scope of this lacking self discipline and failed work ethic problem. “Self-Help” by Samuel Smiles, 1866 <https://www.gutenberg.org/ebooks/935>

15 Edward G. Rice, “A Systematic Theology for the 21st Century – Vol 6 Anthropology”, Lulu.com, 2019, pg 30, GSBaptistChurch.com/theology.

16 Spare_rod_not.lst Eph 6:1,2,3, Pr 17:25,26 19:18 22:6,15, 23:13,14 29:15,17

Week#6 Dealing With our ANGER

Verse Memorization List (see Previous Handout)

In your notebook write out and ponder the three profoundest (for you) anger-issue verses from our list in the prior lessons. Journal a thought or two on each verse.

Thoughts on Anger Management VI

Last week we looked to learn some things about curbing anger and building self-discipline. This week I'd like that we overview what we have learned and set a pace for ongoing growth into a spiritual maturity, with temperance, a spirit controlled temperament, and with an obliterated angry countenance.

Consider where-all we have been in this short journey. We have started with a list of Bible memory verses dealing with anger and controlling our spirit to quell it and manage it. Why start with the Word of God? Well; "*Ps 119:9 BETH. Wherewithal **shall a young man** cleanse his way? by taking heed thereto according to thy word.*"¹⁷ "*Ps 119:11 **Thy word have** I hid in mine heart, that I might not sin against thee.*" "*Ps 119:105 NUN. Thy word is a **lamp unto** my feet, and a light unto my path.*"¹⁸ "*Ps 119:165 **Great peace** have they which love thy law: and nothing shall offend them.*" "*Pr 3:5-6 Trust in the LORD with all thine heart; and **lean not unto** thine own understanding. In all thy ways **acknowledge him**, and he shall direct thy paths.*"¹⁹

After the power of God's Word was utilized the power of self-awareness was employed; unlike animals, humans can analyze what is going on in their own head. We can consciously ponder and answer my mom's question, "What in the world were you thinking?" There is great wisdom in doing that more often, it can eliminate much of our "stinking thinking." While pondering our thinking it behooves us to

17 BETH is the second letter of the 22 letter Hebrew Alphabet (not Alph-a-bet because Hebrew has no vowels per se); Psalm 119 is an amazing acrostic of that Alphabet with each letter starting an octet of verses addressing an octet of Scripture names. It would behoove the genuine Bible student to take their King James Bible, write out and memorize that Hebrew Alphabet, as well as the octet of Scripture names. The author did that as a teenager and has been enthralled with it ever since.

18 NUN is the fourteenth letter of the 22 letter Hebrew Alphabet, see note above.

19 Bold underlined words were the Bible search criteria that found each verse.

ask, and honestly answer God's question to Jonah, "Doest thou well to be angry?" Such self-awareness is a key tool in anger management.

After a little self reflection we learned the great power of watching others get angry, supposing that they utilized (or direly needed) these anger management tools. Bible characters often learned and used anger management (the jury is still out on Jonah); often tactfully, they had forces brought to bear on their angry stresses. Interestingly, so too did God himself. In people around us we watch anger management, or mismanagement, unfold, and some of our key verses touch this verse, "*Mt 5:9 Blessed are the **peacemakers**: for they shall be called the children of God.*" Especially here, analyzing anger management in our home, our spouse, and our marriage; talking about it openly and honestly, are keys to building good anger management.

Lastly, but just as importantly, we can get a good handle on our anger management, by discussing it with our Creator. Rightly so, we considered his advice in the key verse list memorized in our first step, but an intimate relationship with him is vital for our life, both eternal life, and our practical living. A born-again-saved individual has a Counselor on-board (Isa.9:6, Rom.8:9-11), and can have regular consults with him. Unchecked anger is a presumptuous sin, and when we ask he can counsel us on that: "*Ps.19:12-14 Who can understand his errors? cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression. Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.*" And again, "*Ps.139:23-24 Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.*"

Somewhere through all this we should have memorized Noah Webster's 1828 definition of 'anger' and let have an affect on our behavior:

"Anger – noun A violent passion of the mind excited by a real or supposed injury; usually accompanied with a propensity to take vengeance, or to obtain satisfaction from the offending party. This passion however varies in degrees of violence, and in ingenuous minds, may be attended only with a desire to reprove or chide the offender. Anger may be inflamed till it rises to rage and a temporary delirium. 1828"

If, instead of wandering through them one at a time, we had put these four methodologies in our opening, we might not have comprehended their power; it's been worth the trip. "*Jas 1:4 But let patience have her **perfect work**, that ye may be perfect and entire, wanting nothing.*" Let's do one more exercise, then, I think we can better work on that "perfect and entire, wanting nothing" goal.

We also did a short study on self-discipline; if you got to this point in these lessons you have some of it. The same tools used to bring our anger under control can be used to refine our discipline, and it will take that to "give all diligence" and add six things to our faith.

Romans 12:2 stresses that your spiritual growth will come from mind control. "*And be not conformed to this world: but be ye transformed by the renewing of your mind.*" That is, **NOT to conform** one's self (i.e. one's mind and character) to the world's pattern, (NOT to fashion one's self according to worldliness) **but to be changed into another form**, to transform, to transfigure even as Christ appearance was changed and was resplendent with divine brightness on the mount of transfiguration (Matt.17:2, Mrk.9:2). As Paul wrote earlier, "*But we all, with open face beholding as in a glass the glory of the Lord, **are changed** into the same image from glory to glory, even as by the Spirit of the Lord.*" (2Cor.3:18). Let's transform.

2Peter gives the profound recipe for Christian growth, giving six ingredients to add to ones faith. It has been a tremendous help to this author to write these three verses out, in the format below, in the margin of my Bible. I did so because verse 10 says "If ye do these things, ye shall never fall" (2Pet.1:10); here God had Peter write the recipe for "never fall" and trust me, Peter new the cost of a fall. In anger management, we need that recipe.

Read through the verses below a couple times. Ponder the impact each could have on ones anger. Write them verbatim as here, with definitions included, in your notebook. If you are a neat writer, and have room in the margin of your Bible, write them there (I use a Pigma Micron™ 01 Archival Ink Pen from Sakura Color Products Corp. for waterproof, smear proof, bleed proof and fade proof Bible marking, just saying). After writing them in your notebook, write a few thoughts about how each attribute might impact your anger management.

These three essential Christians growth verses, that Peter said would cause you to “never fall” are expounded below:

2Peter 1:5-7 *And besides this* (i.e. all things that pertain unto life and godliness vr.3), *giving all diligence, add to your **faith virtue**; and to **virtue** (strength and moral excellence) **knowledge**; 6 and to **knowledge** (A clear and certain perception of that which exists, or of truth and fact, wherein there is a connection and agreement of our ideas, or a disagreement and repugnancy of them; knowledge comes from, *Prvb.1:7 The fear of the Lord is the beginning of knowledge: but fools despise wisdom and instruction. 1:29 Because that they hated knowledge, and did not choose the fear of the LORD) **temperance**;**

*and to **temperance** (habitual moderation and resistance in regards to indulgences of natural appetites and passions i.e. calmness and sedateness) **patience**;*

*and to **patience** (suffering afflicting pain, toil and calamity, with calm unruffled temper and endurance, without murmuring or fretfulness) **godliness**; 7*

*and to **godliness** (reverence for God's character and his laws, testimonies, ways, precepts, statues, commandments, righteous judgments, and word of Psalms 119) **brotherly kindness**;*

*and to **brotherly kindness** (that temperament which delights in contributing to the happiness of others, which is exercised cheerfully in gratifying their wishes, supplying their wants, or alleviating their distresses; Noah Webster says, “Kindness ever accompanies love”)*

***charity** (the capstone of Christ-I-anity which is the Godly selfless Love captured in 1Corinthians 13).*

Anger is a passion built into us by our Creator. I love this exercise in studying, thinking about and praying about our anger and our essential anger management. The process can surely apply and help with other “presumptuous sins.” The Lord Bless you as you press forward in growth because of these lessons. Pastor Ed Rice

Week#7 Dealing With our ANXIETY and OCD

Verse Memorization List

Prov.3:5-8 Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

Prov.3:7-9 Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.

Psa.37:4,23 Delight thyself also in the LORD; and he shall give thee the desires of thine heart. ... The steps of a good man are ordered by the LORD: and he delighteth in his way.

Psa.119:9 BETH. Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.

1Pet.5:6-7 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you.

Psa.139:23-24 Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting”

Psa.19:12-14 Who can understand his errors? cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression. Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

Thoughts on ANXIETY and OCD

In this anger management short course we have exercised some valuable tools that can curb some of our “stinking thinking.” Foremost is the power of writing down, bringing to mind, memorizing and meditating on God's Holy Word. It has on-topic insights and instructions to live by. But equally we have exercised the power to get into one's own head and analyze what is going on in there. We have learned to answer my mom's question, “What in the world were you thinking?” These tools can effectively come to bear on the stinking-thinking involved in crippling anxiety attacks, and in obsessive-compulsive disorders. These are both passions gone awry; a 'passion' being “ The feeling of the mind, or the sensible effect of impression; excitement, perturbation or agitation of mind; as desire, fear, hope, joy, grief, love, hatred.”²⁰ (I'd add anger, and anxiety to Websters 1828 listing.)

²⁰ <https://webstersdictionary1828.com>, s.v. 'passion'.

These tools can bring these passions gone awry under subjection.

Recall first that a Christian is transformed by the renewing of the mind, “*And be not conformed to this world: but **be ye transformed by the renewing of your mind**, that ye may prove what is that good, and acceptable, and perfect, will of God*” (Rom.12:2). A good start then is to bring these 'mental defects' into our conscious mind, and consider what we are thinking.

Anxiety is “concern or solicitude respecting some event, future or uncertain, which disturbs the mind, and keeps it in a state of painful uneasiness.” Painful uneasiness, is bad but an anxiety-attack is “ a sudden episode of intense fear or panic that can cause a variety of physical and emotional symptoms.” Those symptoms include Rapid heartbeat, Shortness of breath, Sweating, Chest pain or tightness, Dizziness or light-headedness, Nausea or vomiting, Trembling or shaking, Feeling of impending doom or loss of control, accompanied by Intense worry or fear.

Such a panic-attack might be brought on by any number of phobias, but once you have been there it might be brought on just by a fear of going there again. We have all felt the onrush of a panic wherein some of those symptoms show up; an in front of the whole class book report in grade school comes to mind. It's a normal passion. But when it takes over our life and abnormally controls our mind in an ongoing saga, it is stinking-thinking and needs conquered, controlled, and put under subjection. The same tools used in anger management can be utilized in this battle for the mind. OCD is another anxiety disorder that can impact us abnormally.

Obsessive-Compulsive Disorder (OCD) is “*a disorder marked by uncontrollable and recurring thoughts (obsessions), repetitive and excessive behaviors (compulsions), and/or both.*” All three words are concerning, but again this is a condition that is, in moderation, present, or at least recognized, in all of us. I'd classify it as a self-discipline gone awry wherein it drives you to finish what you start, to pursue order and discipline relentlessly, and to demand structure and order to perfection. In moderation these attributes of discipline may be helpful, but OCD is a once rare form of a twisted anxiety. If you know who Adrian Monk is you know these symptoms; Fear of contamination or dirt; Doubting and having a hard time dealing with uncertainty;

Needing things to be orderly and balanced; Aggressive or horrific thoughts about losing control and harming yourself or others; Unwanted thoughts, including aggression, or sexual subjects or religious subjects.

The Mayo Clinic, Dec 2023, suggests: To calm OCD anxiety, practice **relaxation techniques** like deep breathing and **mindfulness**, engage in regular exercise, maintain a healthy lifestyle, and **seek professional support**. Use Relaxation Techniques: Deep Breathing: Engage in deep, slow breaths to calm your nervous system. Practice Mindfulness: Practice being present in the moment, focusing on your senses and thoughts without judgment.



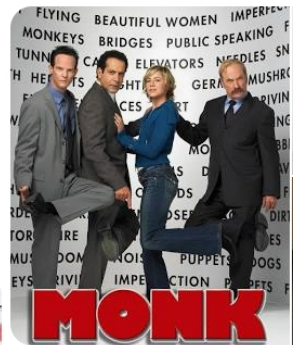
The Mayo Clinic continues, OCD significantly impacts daily life by causing intrusive thoughts (obsessions) and repetitive behaviors (compulsions) that can interfere with work, relationships, and overall well-being, leading to distress and reduced quality of life. OCD triggers can be diverse, encompassing stressful life events, traumatic experiences, major life changes, sleep disturbances, and even reminders of common obsessions, ultimately leading to increased anxiety and compulsive behaviors. While individuals with OCD may exhibit behaviors that seem controlling due to their compulsions and anxiety, it's more accurate to say they're struggling with a fear of losing control and a need to manage anxiety through specific rituals and behaviors, rather than being inherently controlling.

These anxiety disorders are disorders because they interfere with our life, our relationships, and our walk with our Saviour. They need brought under control and put in subjection. For the Christian a faith based approach, as was undertaken in the anger management short course, can set us free from their bondage, and *“If the Son therefore shall make you free, ye shall be free indeed”* (John.8:36). Certainly what the Mayo Clinic advises is in perfect order for both panic attacks and for OCD, but it is lacking a human's 3rd dimension, our spiritual dimension. Relax, *“Casting all your care upon him (Christ); for he careth for you.”* Be mindful, Dear Lord, what in the world am I thinking? *“Search me, O God, and know my heart: try me, and know my thoughts.”* Lord, *“Who can understand his errors? cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me: ... Let the words of my*

mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.” And finally, seek professional support, you have a counselor-on-board, talk to him, and let his word's talk to you.

To be honest, I had never actually witnessed someones full blown panic-attack until after I retired from the military and entered the ministry in 1995, and I never heard of OCD until Bev and I watched the Monk TV series starting in 2002. I have since seen to many symptoms of both in genuine believers, and was compelled to address that sort of stinking-thinking in this lesson series. I will likely get out my Roku and binge watch the Monk series after writing this. Not so much to laugh at the anxiety disorder with Andy Breckman's proding, as to consider the great power of our Counselor to fix all aspects or our stinking thinking.

MONK, The TV Series:After the unsolved murder of his wife, Adrian Monk develops obsessive-compulsive disorder, which includes his terror of germs and contamination. His condition costs him his job as a prominent homicide detective in the San Francisco Police Department, but he continues to solve crimes with the help of his assistant and his former boss. First episode date: July 12, 2002, Final episode date: December 4, 2009, Created by: Andy Breckman



Tony
Shalhoub
Adrian Monk



Traylor
Howard
Natalie Teeger



Ted Levine
Leland
Stottlemeyer



Jason Gray-
Stanford
Randy Disher

God Bless your walk
with him.

Pastor Ed Rice

*Now unto
him that is able to do exceeding abundantly above all
that we ask or think, according to the power that
worketh in us, Unto him be glory in the church by
Christ Jesus throughout all ages, world without end.
Amen.*

The Genesis of Marriage

Personal Testimony of Pastor Edward Rice. I was saved in 1960 at the age of eight. My father and mother were saved and founding members of Fellowship Baptist Church in Gang Mills New York. In 1958 my dad, Levi O. Rice, an agnostic, was invited by Cecil Palm to be a founding member of that church; both of my parents were born-again-saved two weeks later. My mother, Doris was converted from Roman Catholicism, and became a Christian. She stopped her Roman penance and practiced Bible repentance, stopped praying to Mary and called upon the Lord Jesus Christ to save her. She was thus converted from Roman Catholicism to the Lord Jesus Christ. Everyone needs converted from something. Mom and Dad were now born again, and two years later I was saved in revival services with Evangelist Dale and Opel Linbaugh. Opel cut the flannel graph burden of sin off little Christian's back in her Pilgrim's Progress presentation, and I was born-again-saved before it hit the basement floor. In 1995 I retired from the USAF as a systems engineer and became an ordained Baptist Preacher of the Gospel of the Lord Jesus Christ. "Verily I say unto you, Except ye be converted and become as little children, ye shall not enter into the kingdom of heaven" (Matt 18:3).

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God's Glory, God's Handiwork, and God's Word - The Genesis Account

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