



# Transformed

Couples

From Brokenness  
to Wholeness  
Season 4

Study Guide

Dr. Lou Priolo

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# How to Use This Curriculum

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- **Curriculum Components**

***Transformed Season 4 Couples Digital Series***

This curriculum is based on Transformed Season 4, a 13-episode video series. Each video is approximately 25 minutes and invites students to explore and discuss actual biblical counseling sessions.

- **Study Guide**

The study guide provides a place for students to expand their knowledge and understanding as they are challenged by the content of this curriculum. This can become a valuable tool as they find themselves needing personal encouragement or equipping to help others. The guide presents three questions for each episode and space to record their answers and take additional notes during discussion.

The student's copy without answers is found at the end of this guide starting at page 134. The lessons with answers should act as a teacher's or facilitator's guide. Print out several copies of the second section for all students and the teacher can just print one copy for himself of the entire guide.

- **Videos and Questions**

Each lesson has three questions the students should answer after watching the videos. Then engage the students in discussion using the teacher's guide with answers.

- **Conclusion**

Use whatever time remains to answer questions, make announcements, and to close in prayer.

# Discussion Tips

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The strength of this curriculum depends on the engagement of the students with the ideas presented. Use the following discussion tips to help you lead fruitful discussion:

- Discussion is effective when a majority of students are involved. Manage students as necessary to draw out those who are quieter and keep the more vocal from dominating the conversation.
- Create an environment where students feel safe to share their thoughts and experiences without judgment or ridicule.
- While you need to be aware of your time, do not cut short a discussion that seems especially engaging to the students. Invest your time where the students respond best.
- Have a plan but be flexible enough to allow the students to guide the discussion. In this way you will learn what aspects they are most interested in.
- Use the students' answers to the questions, especially if they changed their answers, to launch discussion.
- Use the main ideas provided as prompts for discussion. Ask whether students agree with certain statements in the video. Encourage thoughtful explanations.
- Ask questions that require thoughtful answers.
- Avoid leading questions; the goal of discussion is not to receive correct answers, but to lead students to think about their answers

# Sample Schedule

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Below is a sample schedule based on one and a half hour of class time. Exact timing will vary with segment lengths and success of discussion.

6:00–6:10	Open, introduction, and prayer
6:10–6:35	Watch video lesson, encourage students to think about and answer the questions while watching
6:35–6:55	Have students complete answering all questions on their own
6:55–7:20	Discuss each question as a class
7:20–7:30	Wrap-up, answer questions, make announcements, close in prayer

# EPISODE 1

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## Broken Trust, Shattered Marriage – Ahmad & Tiffany Part 1 –

### Instruction for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

### *Primary Resources*

**Article:**

Post-Adultery Reconciliation in Marriage by Julie Ganschow at

<https://www.biblicalcounselingcoalition.org/2015/09/23/post-adultery-reconciliation-in-marriage/>

The Forgiveness Trap by Brad Hambrick at <https://bradhambrick.com/the-forgiveness-trap/>

# SEGMENT 1

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## Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What issues do Ahmad and Tiffany need to work through?
- How does Dr. Priolo begin the session? Why do you think he does this?
- What information does Dr. Priolo learn through his opening questions?

# SEGMENT 1

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## Answers

- Though there are likely many issues that Ahmad and Tiffany need to address, the most immediate concerns are infidelity and dishonesty.
- Dr. Priolo opens the counseling session by asking the couple to express the problems in their own words and state what they hope counseling will accomplish. By having them state the issues, Dr. Priolo is able to learn more about the couple—their attitudes and mannerisms, how they interact—and their issues than he can by just reading about it.
- Dr. Priolo is able to get a sense of the issues as seen by each spouse. It is also revealed that it was Ahmad who initiated counseling and an attempt at reconciliation. Tiffany believes she has forgiven Ahmad and is willing to try counseling for the kids' sake, but she doesn't seem to have much hope for a solution.



### MAIN IDEAS

Infidelity is a breaking of the marriage covenant.

Though necessary for transformation and reconciliation, forgiveness is not the end of the journey.

It is important in biblical counseling to understand what the root issues are in order to treat the problem rather than only dealing with symptoms.

# SEGMENT 2

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## Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What sin is the “mother” of all other sins?
- What role does selfishness play in marriage problems?
- Why is it important to avoid using the term “cause” in discussing how spouses’ actions and attitudes affect each other?



# SEGMENT 2

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## Answers

- Selfishness is the mother of all other sins. Most sins flow out of a selfish and self-serving heart.
- Selfishness is at the root of nearly all marriage problems. Love is sacrificial giving, but selfishness is the opposite—taking to satisfy oneself. Most marriage problems are caused or exacerbated by selfishness. When spouses act selfishly, they are not serving the spouse or the marriage; they are only serving self. Self is the enemy of a marriage union where two have become one.
- It is easy to say “your attitude caused me to . . .” or similar phrases, but that is not precisely accurate. It is important to acknowledge that each individual is entirely responsible for his or her own choices and behaviors. One person cannot cause another to sin. It is better to speak of how one’s words, actions, or attitudes tempt the other to respond wrongly.



### MAIN IDEAS

The root cause of almost all marriage problems is selfishness.

Selfishness is the opposite of love. Love is giving; selfishness is taking.

According to Jesus, the greatest commandment is to love the Lord with all your heart, soul, and mind, and the second is to love your neighbor as yourself (Matthew 22:36–39).

One person cannot cause another person to do anything, but one’s actions and choices can tempt another toward sin.

When someone is hurt, it is not unreasonable or unexpected that they may react in fear and pain. The spouse must realize the hurt behind the reaction and be patient with those reactions.

# SEGMENT 3

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## Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What is the difference between forgiveness and trust?
- If trust is lost due to lying and concealing the truth, what does Ephesians 4:25 teach about the biblical solution to that sin?
- How does the Bible define being faithful?

# SEGMENT 3

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## Answers

- The Bible clearly teaches that Christians are obligated to forgive those who have wronged them. Forgiveness is instantaneous once granted. But forgiving someone does not automatically restore trust. Trust takes time to earn back according to efforts taken to be faithful.
- Ephesians 4:25 instructs Christians to put off lying and instead commands speaking truth. Repentance and sanctification require putting off the old self and putting on the new self. The righteous actions of the new self are often defined as the opposite of the old self. Instead of lying, we must become speakers of truth.
- In the Bible, faithfulness is seen as having a dependable, reliable, and trustworthy character. Faithfulness is commanded of the righteous steward (1 Corinthians 4:2) and is represented as a very important trait of the righteous.



## MAIN IDEAS

The Bible commands Christians to forgive those who have wronged them as many times as they repent (Luke 17:3-4).

There is a difference between forgiveness and trust. Forgiveness is instantaneous, but trust takes time to rebuild.

Ephesians 4:25 reveals that the solution to lost trust due to lying and deception is to put away lying and instead speak truth.

To be faithful means to be dependable, reliable, and trustworthy.

# SEGMENT 4

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## Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- How are Ahmad's actions undermining his stated purpose in seeking biblical counseling?
- What role does accountability play in repentance and restoration?
- Why is a spouse a valuable part of an accountability team?

# SEGMENT 4

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## Answers

- Ahmad states that he wants to restore his relationship and that he understands that he has hurt Tiffany, but his defensive actions regarding his privacy suggest to Tiffany that he just expects her to trust him without having earned it back over time.
- Repenting of a sin means turning away from it, but sinful habits and temptations can be hard to escape. It is important to allow others to speak into the situation and offer correction and warning as necessary. Accountability is a vital part of the sanctification that follows genuine repentance.

When it comes to building trust in a relationship, accepting accountability from a partner can be a valuable tool for restoration.

- Your spouse should be the person who is closest to you—knows you best, loves you the most, spends the most time with you, etc. Ideally, spouses are vulnerable and honest with each other and trust and value each other's advice. As a leader (husband) or a helpmate (wife), there is a sense in which accountability is part of a spouse's responsibilities in fulfilling his/her role. Your spouse is in a uniquely advantageous position to speak into your life and spiritual health.

### MAIN IDEAS

To restore trust in a relationship, the one who has broken trust must be willing to work at earning back trust over time, and the one who was hurt must be willing to incrementally restore the trust that has been lost as the other works to demonstrate trustworthiness.

Part of the biblical solution in learning how to be faithful is building a network of accountability.

Accountability requires being vulnerable with others and accepting their attempts to help and correct.

A spouse can be a valuable part of an accountability network because of the closeness (both literally and figuratively) of the relationship.

## **Additional Resources**

### **Article**

Counseling after Adultery by Dave Dunham at

<https://www.biblicalcounselingcoalition.org/2017/02/22/counseling-after-adultery/>

Adultery and Counseling in the Local Church by Jonathan Holmes at

<https://www.biblicalcounselingcoalition.org/2013/06/04/adultery-and-counseling-in-the-local-church/>

Do I Admit I've Been Unfaithful? by Julie Ganschow at

<https://www.biblicalcounselingcoalition.org/2016/02/10/do-i-admit-ive-been-unfaithful/>

### **Study**

False Love (for the unfaithful spouse) by Brad Hambrick at <https://bradhambrick.com/falselove/>

True Betrayal (for the betrayed spouse) by Brad Hambrick at

<https://bradhambrick.com/truebetrayal/>

# EPISODE 2

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## Is He Willing to Change? - Ahmad & Tiffany Part 2 -

### Instruction for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

### Primary Resources

#### Article:

*The Journey to Restoring Broken Trust Part One* by Brad Hambrick at

<https://www.biblicalcounselingcoalition.org/2016/01/13/the-journey-to-restoring-broken-trust-part-one/>

*The Journey to Restoring Broken Trust Part Two* by Brad Hambrick at

<https://www.biblicalcounselingcoalition.org/2016/01/15/the-journey-to-restoring-broken-trust-part-two/>

# SEGMENT 1

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## Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What role do current behaviors play in communicating repentance?
- What is Ahmad's biggest obstacle in earning back Tiffany's trust?
- Why did Dr. Priolo respond as he did to Tiffany's assertion that Ahmad would only show superficial responses and not be truly vulnerable?



# SEGMENT 1

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## Answers

- True repentance means turning away from sin and seeking righteousness instead. Of course, all people are sinful and will never be able to perfectly practice repentance. However, genuine repentance must lead to genuine change. When current behaviors
- Ahmad's failure to be completely truthful and transparent in the present is an obstacle to Tiffany's willingness to let Ahmad earn back her trust.
- Dr. Priolo has to believe the best about both parties until he gets a deeper understanding of the situation. Furthermore, Tiffany's assertion demonstrated a sense of hopelessness, which is contrary to the goal of counseling. Dr. Priolo needed to redirect Tiffany's understanding away from her sense of futility and toward the hope of transformation through Christ.

### MAIN IDEAS

The counselor must start by believing the best of both parties.

Past behavior does not have to be an indicator of future behavior, particularly in the life of a Christian.

A person with Christ as the center of his/her life should be able to change.

# SEGMENT 2

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## Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What connection is there between James 2:17 (faith without works is dead) and 1 Corinthians 13 (love is patient, etc.)?
- How is repentance described in the Bible?
- What is the “put on” that is opposite of being dishonest and untrustworthy?

# SEGMENT 2

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## Answers

- James teaches that faith without works is dead. In other words, a person's faith is demonstrated by his actions and true faith will necessarily lead to action. 1 Corinthians 13 describes love as a list of actions. Just like faith, true love is action.
- The Bible command repentance, which is described as a turning from sin and toward God. John the Baptist says to repent and bear fruit in keeping with repentance, indicating that repentance will result in changed behavior. Paul describes repentance as part of the sanctification process as believers put off the old man and put on the new man. In other words, repentance is putting away sin and seeking righteousness in its place.
- The untrustworthy man should put off dishonesty and deception and put on being a truth teller.



## MAIN IDEAS

The Bible teaches that faith without works is dead.

Love is not primarily a feeling. Love is doing what the Bible says you need to do in order to meet the needs of the other person.

The biblical formula for change is to put off the old man, be renewed in the spirit of your mind, and put on the new man.

# SEGMENT 3

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## Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Why is time in God's Word so important for biblical counseling?
- What benefit can come from dedicated "couch time"?
- How is Proverbs 18:2 helpful in counseling?

# SEGMENT 3

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## Answers

- God's Word is the authority for the believer, and God has given answers through His Word. It is through His Word that God has promised to work transformation in the lives of believers. Therefore, the more engaged with God's Word, the more readily change can occur.
- Couch time is a great way for couples to communicate intentionally. While helping to build a habit of communication, it also provides practical time that is free of distractions for couples to work on issues, study God's Word, or practice communicating together.
- Most people tend to express their own opinions readily and often fail to consider what others are saying. This verse can bring conviction and correction in the area of communication and valuing others' opinions.



## MAIN IDEAS

Every person is a sinner who needs to change. Transformation happens from the inside out when a person puts his faith in Christ and cooperates with the sanctifying work of the Spirit dwelling within.

The Holy Spirit works in our lives through the Word of God. The best thing you can do to grow as a Christian is to spend time in the Word.

A counselor can give hope from the Bible that God will protect and provide, but the offending party must give the offended party hope regarding the sincerity of repentance and working toward reconciliation.

# SEGMENT 4

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## Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Why can Christian couples have hope that their marriages can be restored?
- Why might divorce not be the best option even if there are biblical grounds for it?
- What might be the benefit of assigning “Is It Real” as homework?

# SEGMENT 4

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## Answers

- If both spouses are Christians and are willing to do what the Bible says, then God will transform each of them. As each grows in holiness and in fulfilling their God-given responsibilities, the relationship will find healing as well.
- The Bible says that the way of the transgressor is hard. In the final analysis of things, it is likely that it will be easier to put in the hard work now to save the marriage than to go through the inevitable pain and misery of divorce (even if it is legitimate).
- “Is it Real” helps to evaluate the extent to which one’s walk with the Lord is legitimate and genuine. This may be a benefit in a situation where one or more parties do not seem to be bearing the fruit of salvation. Since transformation is accomplished by the Spirit in a believer, it is important to ensure that both are truly walking with the Lord. In the case of a believer who is not prioritizing his walk with the Lord, this type of evaluation may lead to conviction and motivation to walk intentionally with the Lord.



## MAIN IDEAS

If both spouses are Christians and are willing to do what the Bible says, they have at their disposal the unlimited power of God.

Even when there are biblical grounds for divorce, it may be better to put in the hard work to restore the marriage now than to suffer through the misery of divorce.

Homework is an important tool for the counselor as it provides additional opportunity to expose counselees to biblical truth, it provides practical and often measurable application, it promotes building biblical habits, and it provides a form of accomplishment and accountability.

## **Additional Resources**

### **Article**

*Building Accountability around Counselees* by Tim St. John at <https://www.biblicalcounselingcoalition.org/2023/05/26/building-accountability-around-counselees/>

### **Audio**

*Rebuilding a Marriage After an Affair part 1* by Wayne Mack at <https://ibcd.org/rebuilding-a-marriage-after-an-affair-part-1/>

*Rebuilding a Marriage After an Affair part 2* by Wayne Mack at <https://ibcd.org/rebuilding-a-marriage-after-an-affair-part-2/>

### **Handout**

*The Unfaithfulness Assignment* at <https://ibcd.org/unfaithfulness-assignment/>

### **Podcast**

*Counseling in Cases of Adultery* with Jim Newheiser (Care & Discipleship Podcast) at <https://ibcd.org/005-counseling-in-cases-of-adultery/>

### **Conference Messages**

*Bringing Healing to Marriages Broken by Sexual Sin* by Jim Newheiser (Disordered Desires Series) at <https://ibcd.org/bringing-healing-to-marriages-broken-by-sexual-sin/>



# EPISODE 3

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## He Won't Lead. She's losing Hope – Hannah & Thomas –

### Instruction for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

### *Primary Resources*

**Article:**

*Divine Motivation for Husbands* by Paul Tautges at

<https://www.biblicalcounselingcoalition.org/2012/04/18/divine-motivation-for-husbands/>

*Financial Infidelity in Marriage* by Shannon Kay McCoy at

<https://www.biblicalcounselingcoalition.org/2020/01/31/financial-infidelity-in-marriage/>

# SEGMENT 1

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## Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What is the goal of any type of counseling?
- What makes biblical counseling distinct from other types of counseling?
- How does time in the Word of God affect the success of counseling?

# SEGMENT 1

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## Answers

- The goal of any type of counseling is change. People seek counseling because they want something in their lives to change.
- Biblical counseling, unlike secular approaches, recognizes that true change happens internally. As Christians, the Spirit of God lives in our hearts and changes us from the inside. Biblical counseling is ultimately concerned with spiritual transformation.
- Spending consistent time in the Word of God is foundational to biblical counseling. The Spirit of God works through the Word of God to transform the Christian. The Christian who is not spending time reading, memorizing, and studying the Bible is going to have a limited ability to change.



### MAIN IDEAS

The bottom line of any type of counseling is change.

Christians seek internal change, recognizing the transforming role of the Spirit of God. Biblical counseling recognizes the foundational role of the Bible and the work of the Spirit in transforming lives.

The Spirit works in the life of a believer primarily through the Word of God.

Lack of time in the Word will result in a limited ability to change.

# SEGMENT 2

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## Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- According to God's design, what is the role of a husband in his home?
- How can a husband's tendency toward non-confrontation be a sin?
- What does it mean to be faithful?

# SEGMENT 2

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## Answers

- God sees the husband as the head of his household and holds him responsible for leading his family. This does not only mean providing for their physical needs but also cultivating spiritual growth. In this role, the husband should take the initiative to communicate, address issues, and cultivate healthy relationships.
- As the leader of the home, the husband ought to be taking the initiative to cultivate healthy communication and to address issues as soon as they arise. While being non-confrontational may at first be confused with keeping the peace, avoiding issues that need to be addressed can be a failure to fulfill the God-given role of the husband. This failure to lead in the way the Bible teaches the husband should is a sin of omission.
- Biblically speaking, faithfulness is a very important trait of a mature believer. Being faithful is fulfilling responsibilities in such a way as to demonstrate the ability to handle additional responsibilities.



## MAIN IDEAS

God designed husbands to be the leaders of their homes. As the head of the home, husbands must take the initiative to lead, to communicate, and to deal with issues.

James 1:25 teaches that the doer will be blessed in his doing. A Christian must not be a hearer only, but a doer of the Word.

Faithfulness is demonstrating to God and others that I can be trusted with more responsibility based on the way I have fulfilled my responsibilities in the past.

Luke 17:3 demonstrates that God desires for wrongs to be addressed immediately. Whether the one who was hurt or the one who caused the hurt, it is the responsibility of a Christian to run toward reconciliation.

Spending time in God's Word increases the ability to discern right from wrong, leading to the recognition, repentance, and confession of sin.

# SEGMENT 3

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## Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- How is making decisions as a married person different than making decisions as a single person?
- What is the biblical view of owing money?
- When there are no outstanding financial requirements, how should a married person approach a significant purchase?

# SEGMENT 3

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## Answers

- A single person only accounts for himself in decision-making. A married person is now unified with his spouse. Most decisions now affect the other, whether directly or indirectly. This must change the way decisions are made. The married person must now consider the spouse (and perhaps children), and that often requires consulting or at least communicating with the spouse prior to making decisions.
- The Bible teaches that the Christian should make every effort to pay what is owed. The Christian should not be making unnecessary purchases when money is owed to others.
- The married person should recognize that a purchase will affect the spouse and, therefore, should communicate and collaborate with the spouse. Hiding financial activity only compounds the issue.



### MAIN IDEAS

The process of making decisions changes when you get married. When you're single, you make unilateral decisions. When you're married, most of the decisions you make are going to affect your spouse directly or indirectly.

When a husband fails to consult his wife regarding decisions to be made, he is making it difficult for her to fulfill her God-given role as helper.

The Bible teaches that the Christian should make every effort to pay what is owed.

# SEGMENT 4

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## Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- How does Dr. Priolo's analogy of the vase help to explain the wife as the "weaker vessel"?
- How does reading the Bible equip the believer to deal with difficulties in marriage?
- What can the church do to prepare young men to lead their families well?



# SEGMENT 4

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## Answers

- A valuable vase is treated with great care and honor—it is handled with care, cleaned with special treatment, protected from harm, and displayed for all to see. In the same way, the wife is to be treated with great care and honor, as a prized vase.
- The Bible is instrumental in the life and growth of a Christian. Spending time in the Word of God allows the Christian to figure out what God's will ahead of time. Then, when difficulties arise, the Word of God drives decision-making. The more time spent in the Word, the more equipped the Christian will be to deal with difficult circumstances in a way that pleases and honors God.
- The church must be intentional about teaching God's design for marriage, explaining biblical roles for husbands and wives, and training young men to be godly leaders in their homes. Older men must mentor the younger men, pointing them to the truth in Scripture and training them to love their wives as Christ loved the church.



## MAIN IDEAS

To think of the wife as the weaker vessel is to value her like a prized, valuable vessel.

Spending time in God's Word builds a foundation that helps to discern the will of God and to inform decisions before they need to be made.

The church must teach men how to take initiative and lead their wives well.

## Additional Resources

### Article

Counseling the Wife of a Passive Husband, Part One by Lucy Ann Moll at <https://www.biblicalcounselingcoalition.org/2019/03/06/counseling-the-wife-of-a-passive-husband-part-1/>

Counseling the Wife of a Passive Husband, Part Two by Lucy Ann Moll at <https://www.biblicalcounselingcoalition.org/2019/03/08/counseling-the-wife-of-a-passive-husband-part-2/>

Even Tom Brady Watches Game Film: Critiquing Our Leadership in the Home by Jason Hsieh at <https://www.biblicalcounselingcoalition.org/2021/03/17/even-tom-brady-watches-game-film-critiquing-our-leadership-in-the-home/>

Counseling Biblical Masculine Maturity: Shepherding Young Men Wisely by Kyle Swanson at <https://www.biblicalcounselingcoalition.org/2019/09/20/counseling-biblical-masculine-maturity-shepherding-young-men-wisely/>

What is Biblical Counseling by Scott Mehl at <https://ibcd.org/what-is-biblical-counseling/>

# EPISODE 4

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## When the Kids Leave, What's Left of the Marriage? - Jimmy & Shelly Part 1 -

### Instruction for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

### Primary Resources

#### Article:

Healthy Rhythms in a Godly Marriage by Garrett Higbee at

<https://www.biblicalcounselingcoalition.org/2023/09/11/healthy-rhythms-in-a-godly-marriage/>

How Do I Enjoy My Spouse? By Andrew Rogers at

<https://www.biblicalcounselingcoalition.org/2014/02/11/how-do-i-enjoy-my-spouse/>

# SEGMENT 1

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## Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What is the danger of letting kids become the center of a marriage?
- What does biblical counseling offer than reading books or doing online programs may not?
- How does neglect affect a relationship?

# SEGMENT 1

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## Answers

- It is true that one of the purposes of marriage is to bear and raise godly offspring. However, the marriage covenant is between a man and his wife, not the kids. It is the man and his wife who become one flesh. Many marriages face trouble in later years because they have let the kids become the identity of the marriage. Once the kids are grown, the couple find they have little to no real relationship between the two of them anymore.
- There may be books and online programs that can be helpful for couples trying to reconnect, but if follow-through is lacking, biblical counseling can offer the additional benefit of accountability. Also, a biblical counselor can help mediate when there are disagreements or difficulties and can help reframe and rephrase questions and answers to ensure true communication is occurring.
- Neglect is not always intentional or malicious, but it will lead to bigger problems in a relationship. Relationships, and marriages in particular, require intentional cultivation and maintenance. When investing in the marriage and in each other is not prioritized, the relationship will suffer.



## MAIN IDEAS

Jimmy and Shelly began investing time in work and children with little attention focused toward their marriage.

One of the strengths of biblical counseling is that it provides accountability and motivation to address the issues, to put forth effort, and to see the issue through to its solution.

Biblical counseling offers biblical tools to breathe life into a relationship that has grown cold and distant due to neglect.

# SEGMENT 2

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## Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Why is it important to consider all the Bible says about a certain topic?
- What does the Bible teach about confrontation?
- How does 1 Corinthians 13:4–7 apply to frustration caused by strained communication?

# SEGMENT 2

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## Answers

- Many people latch onto a particular biblical principle to the exclusion of other biblical teachings. It is important to study all the Bible teaches on a topic and not to use one biblical truth to justify failing elsewhere. For example, it is biblical that a soft answer turns away wrath (Proverbs 15:1) and that it is better to be silent than to speak sinfully (Proverbs 10:19), but that should not be used as a reason to continually avoid biblical confrontation.
- The Bible teaches that it is the responsibility of the Christian to confront sin and to rebuke the brother who is sinning. It is clear, though, that the manner of that confrontation is love and gentleness and the goal is repentance and restoration.
- 1 Corinthians 13:4–7 teaches that “love is patient” and “endures all things.” Often, frustration in communication is connected to impatience. Reacting in that frustration or impatience is the opposite of love.



## MAIN IDEAS

The Bible teaches that there is a time to hold one’s tongue and avoid an angry confrontation.

Continual avoidance of confrontation is, in the long term, going to produce bitterness.

Luke 17:3–4 and Matthew 18:15 teach that a Christian is commanded not to avoid conflict but to deal with it in a biblical way. A Christian is called to rebuke a brother who sins.

When a Christian rebukes a brother in sin, Galatians 6:1 teaches that he must do it gently. The goal is repentance and restoration.

According to God’s design, it is the man’s responsibility to take the initiative in communicating, confronting sin, and leading his wife and family.

# SEGMENT 3

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## Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What is the relationship between fear and love?
- Why does Dr. Priolo give counselees questions to ask their spouses?
- How does considering the role of revelation in communication help to frame the difficulty?



# SEGMENT 3

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## Answers

- 1 John 4:18 teaches that perfect love casts out fear. Therefore, fear and love are in opposition. Love should motivate action, and when fear thwarts action, it is antithetical to love.
- If Dr. Priolo was simply trying to get information, he could ask the questions directly himself. By giving the words to the counselees and having them ask the questions, he is training them to communicate and equipping them with the right questions. He is teaching them to ask the right questions.
- Revelation is a prerequisite to having a relationship. Two people will be only as intimate as the extent to which they pull back the curtains and share their hearts with each other. Spouses must seek to know each other's heart and must be vulnerable enough to reveal their hearts to each other.



## MAIN IDEAS

The husband is to be the shepherd of his wife and family.

Fear is the opposite of love. 1 John 4:18 says that perfect love casts out fear. When fear trumps responsibility, it demonstrates a lack of love.

1 Peter 3:7 ("living with your wife in an understanding way") assumes that the husband must be a life-time student of his wife. The husband must learn to ask the right questions in the right way to draw out the information he needs to lead his wife well.

Communication requires revelation. To the extent that two people pull back the curtains and share their hearts with each other, they can be intimate.

Both husband and wife must learn to be submissive to Christ. As brother and sister in Christ, they must be able to convict each other of their sin by using Scripture.

# SEGMENT 4

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## Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Why is it important for a Christian to be punctual?
- How can couples ensure that a resolution reached in discussion translates to a solution in reality?
- Why is it important that commitments be reasonable and achievable and only agreed upon in earnest?

# SEGMENT 4

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## Answers

- A Christian is called to be faithful, or dependable. Part of being dependable is being where you ought to be when you ought to be there. When a Christian agrees to be somewhere at a certain time, being there on time shows that he is a man of his word—his “yes” must be “yes.”
- When a couple has a discussion and reaches a resolution, there ought to be some action that results. If one spouse admits and repents of a wrong, he or she may offer a commitment in keeping with repentance. If a commitment is not offered, the other spouse may request that one be made.
- A faithful Christian’s “yes” is “yes” and “no” is “no.” This means that he or she should not make unachievable commitments. If someone is asking for an unreasonable commitment, the faithful Christian should counter with a commitment in terms that are reasonable.



### MAIN IDEAS

Punctuality is connected to dependability. Biblical faithfulness means being dependable and trustworthy. Not arriving at an agreed-upon time shows a lack of biblical faithfulness.

Good communication should result in actionable solutions. If a commitment is not offered, it is acceptable to request a commitment.

A Christian’s “yes” should be “yes” and “no” should be “no.” If a commitment is made, the Christian should fulfill it.

## **Additional Resources**

### **Article**

Hope for Hurting Marriages by Steve Cornell at

<https://www.biblicalcounselingcoalition.org/2011/09/28/hope-for-hurting-marriages/>

The Beauty of Confrontation by Beverly Moore at

<https://www.biblicalcounselingcoalition.org/2017/10/18/the-beauty-of-confrontation/>

When to Cover an Offense and When to Confront Another's Sin by Brady Goodwin at

<https://www.biblicalcounselingcoalition.org/2021/05/12/when-to-cover-an-offense-and-when-to-confront-anothers-sin/>

Counseling the Un-submissive Husband by Adam Embry at

<https://www.biblicalcounselingcoalition.org/2012/08/21/counseling-the-un-submissive-husband/>

The Covenant of Marriage by Kevin Carson at

<https://www.biblicalcounselingcoalition.org/2013/09/04/the-covenant-of-marriage/>

# EPISODE 5

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## No Longer Friends, Still Married - Jimmy & Shelly Part 2 -

### Instruction for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

### *Primary Resources*

#### **Article:**

A Crippling Reason Why a Husband Does Not Lead His Wife by Rick Thomas at <https://www.biblicalcounselingcoalition.org/2022/06/22/a-crippling-reason-why-a-husband-does-not-lead-his-wife/>

Navigating Difficult Conversations in Marriage by Joe Keller at <https://www.biblicalcounselingcoalition.org/2024/09/16/navigating-difficult-conversations-in-marriage/>

# SEGMENT 1

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## Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What does it mean for marriage to be a covenant of companionship?
- Is it wrong to have “best friends” apart from one’s spouse?
- What is righteous jealousy?

# SEGMENT 1

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## Answers

- God said it was not good for Adam to be alone, so He created a helper for him. This man and woman were created for companionship. This is one of God's main purposes for marriage. If you're married and your partner is not your best friend, that is not living the purpose of marriage. Marriage is a lifelong commitment to being the other person's best friend.
- It is not wrong to have close friends aside from one's spouse, but the most intimate relationship ought to be between a husband and wife. Therefore, if a married person is treating someone other than his/her spouse as primary confidante or advisor, that is a breaking of the covenant of companionship. Another question to consider would be the amount of time that is being invested in a relationship.
- Jealousy is not always sinful. Sinful jealousy is based on covetousness, a desire to have something that belongs to someone else. Jealousy is righteous when it is over something that rightly belongs to you but is being given to another. A husband is rightly jealous over the affections of his wife.



## MAIN IDEAS

When a man marries a woman, they are joined together and become one flesh.

Companionship is a main purpose of marriage. God said it was not good for Adam to be alone, so He created a companion or helper fit for him.

There is a right kind of jealousy; not all jealousy is sinful.

Confiding in other friends or seeking advice from them before one's spouse is the wrong order, especially when it is something that the spouse ought to be weighing in on.

Committing to spending time in God's Word every day and spending time in intentional and undistracted communication with each other will have a tremendous stabilizing effect on a marriage.

# SEGMENT 2

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## Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Why is it important to have a biblical understanding of the Spirit and the flesh?
- What danger must married couples guard against when it comes to other friends?
- How can choosing to confide in, share with, and ask advice from a spouse aid in building a strong relationship?



# SEGMENT 2

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## Answers

- Christians are new creations indwelt with the Holy Spirit, but as long as this life lasts, the flesh continues to tempt the Christian to give in to its lusts. Although a Christian is no longer enslaved to sin, he does struggle continuously against his flesh. A proper understanding of this tension equips a Christian to put to death the desires of the flesh and to live by the Spirit.
- Married couples are supposed to be each other's best friend. This means that they must guard against other friends taking the place that ought to belong to their spouses. It may at times be easier or more convenient to go to those other friends, but there are certain issues that need to be addressed first between the spouses.
- Friendships are built on communication and time spent together. Communication is not only necessary when there is a problem to address. A marriage relationship is built on the friendship and companionship that comes from sharing with each other. The more they share, the more trust is built, the better they know each other, and the more natural it becomes to look to each other as best friends.



## MAIN IDEAS

The Bible uses the word “flesh” in a few ways. In saying that the two become one flesh, it means basically one person. When God told Noah He was going to destroy all flesh, He didn't just mean the physical flesh but all persons. The New Testament uses the term to talk about our tension toward sin. The flesh is contrary to the Spirit and so the Christian struggles with this tension (Galatians 5:17).

Romans 7:25 reveals that while the mind may serve God, the flesh serves the law of sin. But in Romans 8:13, the Bible teaches that we can by the Spirit put to death the deeds of the flesh. This is the responsibility of Christians.

Although it may be convenient to go to others first, there are some things that need to be addressed with the spouse first. This is where self-control may be necessary to refrain from speaking to others until speaking with the spouse is prioritized.

# SEGMENT 3

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## Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Why is it so common for married couples to experience tension regarding the leadership role of the husband?
- What does it mean biblically for a wife to respect her husband?
- How can a hard-working husband actually be failing the family he provides for?

# SEGMENT 3

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## Answers

- Tension regarding the husband's leadership is common among married couples. This is a struggle that finds its roots in the curse of sin. God warned Eve that she would desire to control her husband and that he would rule over her. Men struggle with abusing their authority or failing to fulfill their responsibilities, while women struggle to submit to the husband's lead.
- The Bible is clear that the wife must respect her husband. This doesn't mean, however, that she must agree with every opinion he has or decision he makes. The wife is also meant to be a helper. She can offer her own opinions and insights and try to convince her husband to see things her way. But at the end of the day, she must submit herself to follow his lead.
- Providing financially for his family is only one responsibility of the husband. He is also meant to lead them spiritually and emotionally. If he prioritizes work over time spent with his family, he is actually failing to provide in the ways that matter most for eternity. If the husband seeks first the kingdom of God, he will prioritize his family over his work.



### MAIN IDEAS

The tension caused by a wife wanting to lead or struggling to submit to her husband is a common issue in marriage. In fact, it traces all the way back to the first woman, Eve. Because of the curse of sin, the woman's desire will be to control her husband, but he will rule over her.

When the Bible says that the wife must respect her husband, it doesn't mean that she must agree with his every opinion or decision. But the wife does have a responsibility to submit to the husband's lead if she cannot convince him to see things her way.

The husband has a responsibility to lead his family, neither abusing his leadership role nor failing to lead.

Even if the husband cannot be trusted, the wife must trust God to provide and to work through the husband.

# SEGMENT 4

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## Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Why is it important for a biblical counselor to assign homework?
- What does Ephesians 4:1–3 suggest are the essential qualities for conflict resolution?
- What should be different about stumbles and failures after counseling compared to previous failures?

# SEGMENT 4

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## Answers

- Homework is vital for the counseling process because it trains the counselees to apply what they learn during their counseling sessions. Transformation requires the application of biblical knowledge, and homework is designed to help counselees to seek God, grow in understanding of His Word, and to be doers of the Word rather than hearers only.
- Ephesians 4:1–3 calls Christians to be humble, gentle, patient, and forbearing in love. These qualities are essential for keeping the unity of the Spirit. As these qualities grow, so will the ability to resolve conflicts in a godly way.
- Biblical counseling serves to confront the Christian with their sins and failures. Now that the counselees have been made aware of their root issues and equipped to grow in those areas, they should be quicker to recognize their failures and more intentional about setting things right.



### MAIN IDEAS

Communication is key to a strong relationship. Communication is necessary for conflict resolution. Withdrawing from conflict is not always helpful; where there is no communication, conflicts cannot be resolved.

Ephesians 4:1–3 demonstrate that spiritual unity requires humility, gentleness, patience, and forbearance. These qualities are essential for conflict resolution.

As humans, we will continue to stumble. But when we are aware of our weaknesses, we can more readily recognize our failures and quickly seek to make things right.

The Bible offers help and hope for the struggles of life. Biblical counseling points to the hope that can be found in God's Word.

## **Additional Resources**

### **Article**

5 Commitments for a Good Marriage by BCC Staff at

<https://www.biblicalcounselingcoalition.org/2014/01/24/5-commitments-for-a-good-marriage/>

Three Foundational Truths to Fight Our Fears: A Meditation on Isaiah 41:8–10 by Robert Jones at

<https://www.biblicalcounselingcoalition.org/2019/02/08/three-foundational-truths-to-fight-our-fears-a-meditation-on-isaiah-418-10/>

Biblical Priorities by Beverly Moore at

<https://www.biblicalcounselingcoalition.org/2024/04/26/biblical-priorities/>

The Union of the Trinity and the Implications for a Husband by Nicolas Ellen at

<https://www.biblicalcounselingcoalition.org/2015/09/22/the-union-of-trinity-and-the-implications-for-a-husband/>

Fitting Together the Puzzle Pieces of Marriage by Karen Gaul at

<https://www.biblicalcounselingcoalition.org/2013/10/03/fitting-together-the-puzzle-pieces-of-marriage/>

# EPISODE 6

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## When Bitterness Feels Safer than Trust – Kevin & Jennifer Part 1 –

### Instruction for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

### **Primary Resources**

#### **Article:**

The Heart of Bitterness by BBC staff at

<https://www.biblicalcounselingcoalition.org/2014/02/21/the-heart-of-bitterness/>

What Makes Your Counseling Model Different from Anyone Else's? by Joshua Waulk at

<https://www.biblicalcounselingcoalition.org/2015/07/30/what-makes-your-counseling-model-different-from-anyone-elses/>

# SEGMENT 1

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## Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What are the three most important instruments for change?
- Why is it important to distinguish between “Christian” counseling and biblical counseling?
- What makes counseling truly biblical?



# SEGMENT 1

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## Answers

- The most important instruments for change are the Holy Spirit, the Word of God, and the local church. These are tools that God has provided to aid our sanctification.
- Many Christian counseling approaches are not truly biblical. Though they may be done by a Christian or be affiliated with a Christian organization, many of these approaches employ secular models and methods. Sprinkling in Bible verses here and there or speaking in religious terms does not make counseling biblical.
- Biblical counseling is a method that reflects the Scriptures at every point, major and minor. Biblical counseling seeks a biblical diagnosis and biblical solutions through the application of biblical truth.



## MAIN IDEAS

Many people question whether some issues are too deep for pastors or the Bible to handle, but it is the Bible that discerns the thoughts of the hearts.

The three most important instruments of change are the Holy Spirit, the Word of God, and the local church.

Secular counseling models are insufficient because they reject the three most important instruments for change. Even “Christian” counseling can fail when it is not truly biblical counseling.

True biblical counseling is a counseling model that reflects the Scriptures at every point, major and minor.

# SEGMENT 2

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## Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What causes bitterness?
- What is the biblical response to bitterness?
- Why is it important to recognize bitterness as a sin?

# SEGMENT 2

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## Answers

- Bitterness comes from pride and fear, fostering unforgiveness by dwelling on the hurt and pain of the past. Bitterness is not simply an emotion; it is a sinful response to pain.
- The biblical solution for bitterness is the renewal of the mind. Dwelling on the pain of past betrayal causes bitterness to grow. Refusing to dwell on those thoughts and instead seeking righteousness will stifle bitterness and grow forgiveness.
- It is easy to think of bitterness as a justified emotion, a normal response to hurt and betrayal. But when considered through the lens of Scripture, it is clear that bitterness is itself a sinful response. Recognizing bitterness as sin is the first step toward repentance and restoration.



## MAIN IDEAS

Bitterness is evidence of pride and unforgiveness, which is sin. No matter how justified feelings of hurt may be, a sinful response to that hurt is never right.

The biblical response to thoughts that lead to bitterness and unforgiveness is the renewing of the mind—refusing to dwell on sinful thoughts and feelings and instead seeking things that righteous.

Choosing to dwell in bitterness and unforgiveness is like saying it is better to continue in sin and be out of God's will than to do what the Bible says and to be in God's will. Fostering bitterness is like drinking poison and hoping for the other person to die. It is a prideful and fearful response.

The biblical attitude should be: "If I must suffer, let it be for righteousness; let me not suffer as an evil-doer or sinner."

# SEGMENT 3

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## Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What does 1 Corinthians 13:7 teach a Christian struggling with trust issues?
- How does believing the best help in distinguishing between deception and a failure to inform?
- How does dwelling on biblical truth rather than a sinful response make a difference in dealing with difficult moments?

# SEGMENT 3

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## Answers

- 1 Corinthians 13:7 says, in part, that love believes all things. In other words, love requires that the Christian believe the best about someone's intentions. This requires the Christian to be willing to allow trust to be earned back.
- When someone who has been hurt focuses on the pain, every failure will increase despair and likely undermine progress that has been made. However, when a Christian chooses to believe the best in love, he or she will be able to recognize that not every failure was a sin, and not every sin was intentional deception. Distinguishing between these can help to mitigate the damage done to the restoration progress.
- People fail and there will be difficult moments along the path to restoration. When those moments arrive, dwelling on sinful responses will only exacerbate the misery and sin, allowing bitterness, unforgiveness, pride, and fear to take root. On the contrary, focusing on biblical truth allows the Christian to rest in Christ, to grow in holiness, and to act in righteousness.



## MAIN IDEAS

If a Christian sins against another, it is incumbent upon him to confess that sin and ask for forgiveness. The Christian who has been sinned against is obligated by Christ to forgive.

A Christian is not obligated to immediately offer trust to someone who has sinned against him. In fact, it is foolish to trust someone who has proven to be untrustworthy.

Trust must be earned, but a Christian must be willing to allow trust to be earned back in increments according to what has been earned.

There is a difference between failing to communicate or holding back out of fear of reaction and intentional deception.

In moments where trust seems broken, instead of focusing on despair and bitterness, the biblical response would be to focus on love believing the best and bearing all things. The Christian is called to walk in forgiveness and love regardless of others' actions.

# SEGMENT 4

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## Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What is the value of compiling a list of sins? Why is it important to be specific?
- Why should couples actively and formally confess sin and ask forgiveness?
- What must Kevin and Jenny do now that they have confessed their sins and forgiven each other?

# SEGMENT 4

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## Answers

- Compiling a list helps counselees to think intentionally about their own thoughts and actions, identifying sin where they may not have considered it before. The exercise can help in expressing or quantifying sin. It can also help in communicating to the one against whom the sin was committed.
- Being intentional to confess sin and ask forgiveness allows couples to deal with issues that need to be addressed before they cause additional damage to the relationship. It also fosters communication, forbearance, and trust. Ultimately, the Bible demands that Christians confess their sins and ask forgiveness, and that they forgive. This practice is a practical application of that command.
- Kevin and Jenny have confessed their sin and agreed to forgive each other, but that is not the end of the journey. Repentance requires that they begin to address each issue biblically, learning little by little to do what the Bible teaches as they seek to put to death these sins.



## MAIN IDEAS

Confession and forgiveness are vital for healthy relationships. Christians are called to confess sin one to another (James 5:16) and to forgive one another (Colossians 3:13).

Formal confession can lead to a deeper analysis of one's own sin, recognizing areas that were never before identified as sin.

Asking for forgiveness formally is an important step toward healing. It demonstrates a recognition of sin, an attitude of repentance, and an intention to do better.

The Bible offers hope to those who recognize and repent from their sin. Christians can find hope in God's Word as they learn little by little how to do what the Bible teaches.

## **Additional Resources**

### **Article**

The Idolatrous Heart by Julie Ganschow at

<https://www.biblicalcounselingcoalition.org/2014/03/03/the-idolatrous-heart/>

Helping Marriages Get Unstuck from the Past by Garrett Higbee at

<https://www.biblicalcounselingcoalition.org/2021/03/31/helping-marriages-get-unstuck-from-the-past/>

The Process of Renewing the Mind (Part 1) by Jeff Forrey at

<https://www.biblicalcounselingcoalition.org/2016/07/20/the-process-of-renewing-the-mind-part-1/>

The Process of Renewing the Mind (Part 2) by Jeff Forrey at

<https://www.biblicalcounselingcoalition.org/2016/07/22/the-process-of-renewing-the-mind-part-2/>

Why I Wrote Forgiveness: Reflecting God's Mercy by Hayley Satrom at

<https://www.biblicalcounselingcoalition.org/2021/02/09/why-i-wrote-forgiveness-reflecting-gods-mercy/>



# EPISODE 7

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## The Pride that Keeps You Apart - Kevin & Jennifer Part 2 -

### Instruction for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

#### *Primary Resources*

**Article:**

*The Search for Humility* by Brady Goodwin at

<https://www.biblicalcounselingcoalition.org/2021/12/03/the-search-for-humility/>

*The Angry Heart* by BCC Staff at

<https://www.biblicalcounselingcoalition.org/2014/03/01/the-angry-heart/>

# SEGMENT 1

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## Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What does the Bible teach about worry and fear?
- As the spiritual leader of his home, how can a husband help his wife to deal with her pain or worry?
- How can the wife allow her husband to lead her spiritually in this way?

# SEGMENT 1

---

## Answers

- The Bible teaches that we should not be anxious about anything (Philippians 4:6–7), for worry cannot add to one’s life (Luke 12:25). Rather, we should trust in God.
- The husband, as the spiritual leader, should help the wife to identify the cause of the problem and look to what Scripture teaches about it.
- The wife is called to follow her husband and submit to his leadership. She helps him fulfill his role when she asks for his help, accepts his guidance, and allows him to hold her accountable. She must trust him to lead.



## MAIN IDEAS

One must recognize their sin in order to think biblically about a solution.

The husband, as the spiritual leader, should help his wife to find what the Bible says about her problem and help her, little by little, to grow in holiness.

The Christian must take every thought captive and compare it to Scripture, seeking to think more and more biblically.

# SEGMENT 2

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## Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- How do Adam and Eve in the Garden of Eden provide an example for Christian relationships?
- What is helpful about asking if an offense was truly a sin?
- How should a husband and wife think about their responsibilities toward each other in regard to sin?

# SEGMENT 2

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## Answers

- Adam and Eve initially had a perfect relationship unspoiled by sin. They were completely open and honest with each other. Christians seek that same level of honesty in relationships with each other, though sin now makes it a struggle.
- Asking if something was truly a sin forces the offended to slow down and not simply react. Next, the answer to the question informs a biblical response. In the case of a sin, the offender must be rebuked, and forgiveness must be granted. If the offense was not truly a sin, then the offended must change his own thinking and consider where he himself has failed.
- Husbands and wives must confront the habitual sin they see in their spouse. They must also allow themselves to be rebuked when they are in sin. Both have an obligation to speak the truth in love.



## MAIN IDEAS

When Genesis 1 says Adam and Eve were naked and unashamed, it is more than just physical nakedness. They could be totally open and honest with each other without sin getting in the way. Our goal as Christians is to be that open with each other.

In determining how to react biblically, one of the first questions should be, “Was that really a sin?” If the hurt is caused by something that is not truly sinful, then it is the thinking of the offended that must be changed.

Pride is the worst sin; it carries the swiftest and most severe judgment.

Christians have an obligation to rebuke other Christians who are caught in a transgression.

1 John 4:18 teaches that perfect love casts out fear. Love for God and others should overcome the fear of the consequences for speaking the truth in love.

# SEGMENT 3

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## Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Why is bitterness such a dangerous snare?
- What contrast does Ephesians 4:31–32 show?
- How can Christians find encouragement and hope in conviction of sin?

# SEGMENT 3

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## Answers

- Bitterness is dangerous because it infects everything around it. A person who allows bitterness to grow in one area will soon find that bitterness has consumed their heart. Bitter people also affect those around them, causing trouble and defiling many (Hebrews 12:15).
- Ephesians 4:31–32 contrasts the wrong ways to respond with the biblical responses. The Christian is told to put off sinful responses such as bitterness and wrath and instead cultivate biblical responses, including kindness and forgiveness.
- When a Christian is convicted of sin, he will be motivated to repent and equipped to apply the biblical cure. Furthermore, diagnosing a problem as a sin frees the Christian to find a solution. If the issue were genetic there would be no escape. If it were a medical problem with no cure, it would be hopeless. But if it is a sin, Jesus has already come to do away with it; the problem is something that is fixable. God has equipped Christians with everything they need to fight against sin and grow in holiness. And in the event of failure, the Christian can take solace in the truth of Christ's forgiveness.

### MAIN IDEAS

The Bible teaches a lot about forgiveness, which is the antithesis of bitterness.

Bitterness is an infectious sin. Hebrews 12:15 speaks of bitterness defiling many. Allowing bitterness to take root toward one person will soon infect other relationships. A bitter person can also infect those around him/her.

Ephesians 4:31–32 Shows the right and wrong ways to respond to hurt and rejection. The sinful ways include bitterness, wrath, anger, clamor, and slander. The biblical response is kindness, tenderheartedness, and forgiveness.

Identifying one's actions as a sin is necessary for the application of the correct cure. Upon recognizing it as a sin, the Christian should then prioritize the issue in the sanctification process in the pursuit of putting off the old man, being transformed by the renewal of the mind, and putting on the new man.

# SEGMENT 4

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## Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What benefit is there in assigning memory verses as counseling homework?
- How can selfishness and pride be a hinderance to good communication and conflict resolution in a marriage?
- When there are many issues to address, how can counselees begin to make application without being overwhelmed?



# SEGMENT 4

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## Answers

- It is the Word of God that teaches what is right and the Holy Spirit works through the Bible to convict and sanctify the believer. Memorizing Scripture is a vital part of renewing one's mind. As Psalm 119:11 (NASB) says, "I have treasured Your word in my heart, so that I may not sin against You."
- Pride and selfishness can lead to an unwillingness to listen, avoidance of issues that need to be addressed, or a lack of compassion toward the other party. Lack of communication is often related to selfishness, and pride hinders a biblical response to rebuke.
- Sometimes there are many issues for counselees to address and it may seem overwhelming. However, God can and will affect change in the hearts of the believers over time. Counselees ought to choose a couple issues of priority and really focus on applying biblical truth in those areas while only considering other issues peripherally. As biblical habits are formed in the initial areas, other issues can come into focus. The life of a Christian is about growing in holiness little by little.



## MAIN IDEAS

2 Timothy 4:2 instructs the Christian to reprove, rebuke, and exhort with great patience and teaching. A Christian is obligated to confront sin, but it ought to be done in patience and love with the goal of sanctification for the sinner.

Ephesians 4:29 exhorts the believer to speak only that which is edifying and gives grace to those who hear. A Christian must not speak angry or hurtful words, but instead what is good.

Fear is often considered to be something external that grips and paralyzes a person, but it is actually something that is created in a person's own heart.

When there seems to be an overwhelming number of things to work on, choose one or two to hold in focused vision and work on those intentionally. The other issues can be considered in peripheral vision.

## **Additional Resources**

### **Article**

Is Forgiving Forgetting? What to Do When You Remember Pain by Lee Lewis at  
<https://www.biblicalcounselingcoalition.org/2016/01/22/is-forgiving-forgetting-what-to-do-when-you-remember-pain/>

Overcoming Worry with an Action Plan by Lucy Ann Moll at  
<https://www.biblicalcounselingcoalition.org/2021/05/31/overcoming-worry-with-an-action-plan/>

Marriage CAN Work! by Ernie Baker at  
<https://www.biblicalcounselingcoalition.org/2013/03/06/marriage-can-work/>

### **Audio**

How Do People Change? Part 1 by Jim Newheiser at  
<https://ibcd.org/cdc1-07-how-do-people-change-1/>

How Do People Change? Part 2 by Jim Newheiser at  
<https://ibcd.org/cdc1-08-how-do-people-change-2/>

# EPISODE 8

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## Cycles of Revenge - Guy & Natalie Part 1 -

### Instruction for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

### *Primary Resources*

**Article:**

Overcoming Bitterness by Steve Viars at

<https://www.biblicalcounselingcoalition.org/2022/03/14/overcoming-bitterness/>

Counseling Husbands with Insubmissive Wives by Robert Jones at

<https://www.biblicalcounselingcoalition.org/2020/02/27/counseling-husbands-with-insubmissive-wives/>

# SEGMENT 1

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## Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Where does change come from, ultimately?
- Why is a statement like “I can’t do this anymore” not biblical?
- How does the Bible give hope in difficult situation?

# SEGMENT 1

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## Answers

- Ultimate change occurs in the inner person and is a result of spiritual growth. True and lasting change comes through the process of sanctification as the Spirit collaborates with the believer to transform and renew the mind.
- Philippians 4:13 says, “I can do all things through Him who strengthens me.” This means that an “I can’t” attitude is not biblical. It may be difficult to endure in certain circumstances, but God gives hope, wisdom, and strength to His children.
- The Bible offers hope in difficult situations because the Gospel message is one of transformation, healing, and restoration. The road may be difficult, but those who seek the Lord can find true and lasting healing.



## MAIN IDEAS

Growing in relationship with God is pivotal for life change.

In most situations, Christians cannot say “I can’t” because Philippians 4:13 says, “I can do all things through [Christ] who strengthens me.”

Enduring certain situations can be difficult without hope, but the Bible gives hope of healing and restoration.

# SEGMENT 2

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## Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What is the relationship between forgiving and forgetting?
- What does the Bible mean when it says that God remembers our sins no more?
- How is forgiveness, along with forgetting the offense, an act of love?

# SEGMENT 2

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## Answers

- Forgiveness and forgetting about an offense are often equated. Many people think of forgetting as the means for forgiveness. But forgiveness does not necessarily require forgetting about the wrongdoing in the plain sense of the word. Rather, forgetting is a result of forgiveness. After granting forgiveness, forgetting the offense means refusing to recall it to mind or to wield it against the offender.
- Obviously, God is omniscient and thus does not literally forget our sins. It isn't as if He gets amnesia and cannot remember our sins. When God forgives our sins and remembers them no more, He no longer recalls them to mind or holds them against us.
- 1 Corinthians 13 teaches that love does not keep an account of wrongs suffered. This means that biblical love requires forgiveness and forgetting, in the sense of no longer keeping a record of those hurts. Just as God demonstrates His love for us in His forgiveness, Christians must also love others through forgiveness.



### MAIN IDEAS

Forgetting is not the means of forgiving; it is the result of forgiving.

When the Bible says God remembers our sin no more, it doesn't mean He has amnesia. It means that He doesn't again and again recall our sins to mind.

1 Corinthians 13 says that love does not keep an account of wrongs suffered.

# SEGMENT 3

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## Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Why might someone be hesitant to truly hope that restoration is possible? How might a counselor speak to this situation?
- What is the biblical response for a Christian who is seeking restoration with someone he or she cannot yet trust?
- How can the Christian, in a practical way, overcome a lack of trust toward a spouse?



# SEGMENT 3

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## Answers

- Especially when someone has been hurt continually, it can be hard to hope for true healing. Some may hesitate to hope because they are afraid of going through another painful experience. The counselor must help them to see that true biblical love casts out fear. Fear must not be a guiding factor in the life of a Christian.
- The Christian must be willing to let the offender earn back trust incrementally. But even to the extent the offender cannot yet be trusted, the Christian must be willing to trust God to protect, help, and provide the grace to handle whatever trials may come.
- The Christian must focus on trusting God even when the other person cannot be trusted. Instead of focusing on how the other person has failed to love in the past, the Christian should focus on how to show love in the present and future.



## MAIN IDEAS

A goal of biblical counseling is to offer hope to the struggling. However, sometimes those who have been hurt are hesitant to accept hope because they fear disappointment if that hope is not realized.

To the extent that a Christian cannot fully trust another who has hurt him, he must trust God.

The Christian must retrain his mind so that instead of focusing on the hurt or licking his wounds, he focuses on demonstrating love to the other person. He must shift his focus from himself and his own hurt to the one he loves.

# SEGMENT 4

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## Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Why is change so hard, even when acknowledging and believing the truth of the Bible?
- How should a Christian respond to the commands in Scripture that seem humanly impossible?
- What exhortation should the Christian take from James 1:25 where it says the doer will be blessed by his doing?

# SEGMENT 4

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## Answers

- Even when a Christian recognizes biblical truth and knows God is to be trusted, change is a process. It takes time to put off the old man and to renew the mind and put on the new man. Unbiblical ways of thinking must be replaced by training oneself to think and respond biblically.
- The Christian must remember that God makes promises concerning the commands that seem humanly impossible. He promises to give wisdom, to bless those who walk in faith, and to enable Christians to do His will. It may seem humanly impossible, but it is possible when equipped and enabled by God.
- The Christian must take steps in obedience to God even when it seems impossible. The Christian is not called to wait until God supplies wisdom and ability; he must walk by faith and not by sight. God will, in turn, provide the wisdom and ability for each step as it comes.



### MAIN IDEAS

The Bible doesn't work as a quick fix. The Spirit works through the Word of God that has been internalized and little by little transforms the believer from the inside out.

There are commands in the Bible that seem humanly impossible. But obedience is possible through the power of the Spirit. The Christian must remember that God has promised to supply wisdom, strength, and ability to accomplish His will.

The Christian must take steps of obedience in faith, trusting God to supply wisdom and ability in His timing. The doer is blessed in the doing (James 1:25).

## **Additional Resources**

### **Article**

*Forgiveness After Sexual Sin in Marriage* by Julie Ganschow at

<https://www.biblicalcounselingcoalition.org/2013/04/17/forgiveness-after-sexual-sin-in-marriage/>

*Yes, You Can Change!* by Charles Hodges at

<https://www.biblicalcounselingcoalition.org/2020/01/29/yes-you-can-change/>

*Sometimes Forgiveness Looks Like Repentance* by Brady Goodwin at

<https://www.biblicalcounselingcoalition.org/2022/10/14/sometimes-forgiveness-looks-like-repentance/>

*Marriage Maintenance and Minefield Management* by Ernie Baker at

<https://www.biblicalcounselingcoalition.org/2021/04/26/marriage-maintenance-and-minefield-management/>

### **Audio**

*Restoring a Wayward Friend* by Jim Newheiser at <https://ibcd.org/restoring-a-wayward-friend/>

# EPISODE 9

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## When Guilt Lingers After Forgiveness - Guy & Natalie Part 2 -

### Instruction for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

### Primary Resources

#### Article:

*Four Purposes of Scripture When Counseling Others* by Brady Goodwin at <https://www.biblicalcounselingcoalition.org/2019/07/12/four-purposes-of-scripture-when-counseling-others/>

*7 Gospel-Centered Principles for Protecting Your Marriage* by Jim Newheiser at <https://www.biblicalcounselingcoalition.org/2015/07/15/7-gospel-centered-principles-for-protecting-your-marriage/>

# SEGMENT 1

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## Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- How does pornography harm the marriage relationship?
- How have you seen the transformative power of the Word in your life or the life of someone you know?
- Why does Guy so strongly desire for Natalie to be more invested in her faith?

# SEGMENT 1

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## Answers

- The Bible clearly condemns sexual immorality as sin, and pornography is no exception. Beyond the personal effects, pornography can be detrimental to a marriage relationship as intimacy and trust are undermined and insecurities grow.
- The Word of God has the power to change lives, and the Spirit works through the Word to transform the hearts and minds of believers. Every Christian, like Guy, should have a testimony that proclaims the power of the Gospel not only to save, but also to sanctify.
- Guy has experienced the change that the Spirit brings through the Word, and he wants Natalie to experience that same healing.



## MAIN IDEAS

Pornography is a sin that can be destructive in the lives of individuals and in marriages.

The Bible has the power to change lives, and the Spirit works through the Word.

Coming to the realization that God exists and understanding who He is should result in a willing submission to Him.

# SEGMENT 2

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## Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What is the role of Scripture in the life of a believer?
- What does it mean that the Bible has a cleansing effect?
- How could you encourage a believer who doesn't feel like reading the Bible is impactful?



# SEGMENT 2

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## Answers

- The Bible teaches, reproves, corrects, and trains the believer to walk in ways that are pleasing to God. The Bible is instrumental to the sanctification process.
- Jesus said, “Now you are clean through the word which I have spoken unto you” (John 15:3). As the Christian reads the Bible, the Holy Spirit uses the Word to bring conviction and correction.
- Feelings do not define truth. The Bible is living and active and is having an impact in the life of the believer whether or not he/she feels it. Just because there isn’t a warm, fuzzy feeling doesn’t mean that the Bible isn’t piercing, penetrating, and cleansing.



## MAIN IDEAS

The Word of God has a cleansing impact on Christians (John 15:3).

Just because there isn’t a warm, fuzzy feeling every time one reads the Bible doesn’t mean that the Bible isn’t piercing, penetrating, and cleansing.

All Scripture is useful for doctrine, reproof, correction, and training in righteousness. The Bible teaches what is pleasing to God, it convicts of sin, provides the correct actions in keeping with repentance, and is helpful in the training process as biblical habits are formed.

# SEGMENT 3

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## Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What are some ways that access to God's Word grows?
- How is access to God's Word connected to spiritual growth?
- How are spiritual appetites indicators of salvation?

# SEGMENT 3

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## Answers

- Christians access God's Word by reading it directly, but also by hearing it, meditating on it, engaging in Bible studies, and fellowshiping with other Christians.
- The more access one has to God's Word, the greater the likelihood of spiritual growth. God uses His Word and His Spirit to cultivate growth in His children. The Bible is the primary means by which the Holy Spirit works to bring change.
- Christians are characterized by a love of God's Word, a desire to be with God's people, a hunger and thirst for righteousness, and a hatred of sin. These affections are clear evidence of salvation. When these affections are not apparent, it is natural to question the veracity of one's salvation.



## MAIN IDEAS

The more access you have to God's Word, the greater the likelihood that you're going to grow.

Reading God's Word, going to Bible studies, and being involved in church are things that the Bible says are good, and these things will grant greater access to the Word and facilitate receiving God's grace and healing.

Christians desire to be with God's people and read His Word, hunger and thirst for righteousness, and hate sin. These affections are one of the greatest assurances that we truly know the Lord.

# SEGMENT 4

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## Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What is the difference in believing Jesus is God and trusting in Jesus as Savior?
- What is the great exchange of salvation?
- How should a husband lead a wife if he is unsure of her salvation?

# SEGMENT 4

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## Answers

- Even the demons believe Jesus is God. Knowing who Jesus is and even what He did does not save a person. Salvation comes by placing one's faith in Jesus Christ, trusting in his substitutionary death to pay the penalty for sin.
- Jesus takes on the sin of the person and the grants the person His own righteousness. Jesus pays the penalty for sin and the Christian receives the grace of adoption into God's family.
- The husband is called to be the spiritual leader of his house. If the wife claims to be a Christian, he should treat her as if she is. However, he should continue to cultivate an environment around her that encourages her to grow in her faith (including salvation if it turns out she is not truly saved).

## MAIN IDEAS

Many people believe that Jesus is the Son of God and that He died on the cross. But salvation is more than believing the facts. Salvation comes by grace through faith in Jesus, recognizing that He died in the place of the sinner to pay the penalty for sin.

When a person is saved by faith, there is a transaction that takes place. Jesus takes on the sin of the person, paying the penalty that could otherwise never be repaid. In return, the person is credited with the perfect righteousness of Christ.

It is the role of the husband to be the spiritual leader of the family. It is the husband's responsibility to create an environment that will help his wife to either become a Christian or to grow in her sanctification. Biblical masculinity sees the husband as the initiator.

## **Additional Resources**

### **Article**

God's Working Word by Kyle Johnston at

<https://www.biblicalcounselingcoalition.org/2017/03/31/gods-working-word/>

Seven Dangers You Face as a Spiritually-Single Christian by Robert Jones at

<https://www.biblicalcounselingcoalition.org/2020/11/23/seven-dangers-you-face-as-a-spiritually-single-christian/>

Gospel-Driven Sanctification by Jerry Bridges at

<https://www.biblicalcounselingcoalition.org/2013/04/05/gospel-driven-sanctification/>

Divine Power by Jason Ho at

<https://www.biblicalcounselingcoalition.org/2017/07/17/divine-power/>

### **Study**

Care & Discipleship Leader Handbook by IBCD at

<https://ibcd.org/wp-content/uploads/2019/01/Leader-Handbook-E-Version-2.0.pdf>

# EPISODE 10

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## Still Ashamed After Saying "I'm Sorry" - Guy & Natalie Part 3 -

### Instruction for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

### **Primary Resources**

#### **Article:**

*Are You a Bad Listener or a Good Listener?* by Deepak Reju at

<https://www.biblicalcounselingcoalition.org/2015/05/12/are-you-a-bad-listener-or-a-good-listener/>

*Humility and Helpfulness: Learning to Think Well and Love Others* by Jack Gamble-Smith at

<https://blog.tms.edu/humility-and-helpfulness>

# SEGMENT 1

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## Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What does the Bible teach about hearing other's opinions?
- What does it mean to "give your shoulder before your mouth"?
- What role does each party play in helping improve communication?



# SEGMENT 1

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## Answers

- The Bible teaches that it is foolish to ignore others' opinions or to think only of one's own opinion. The Bible also suggests that wisdom requires being reasonable or open to the ideas or entreaties of others.
- It is easy to announce solutions or decisions without soliciting the thoughts of others. Especially in a marriage relationship, it is important to consider the thoughts and opinions of one's spouse before simply declaring the resolution.
- Each party should seek to improve in areas that are known to be sinful or unhelpful. Each party must help the other to see where they fail, and each must be willing to take correction from the other.



## MAIN IDEAS

Proverbs 18:2 teaches that a fool does not delight in understanding but only wants to express his own opinions.

James 3:17 teaches that biblical wisdom is, among other things, reasonable or willing to hear entreaties.

Being dismissive can mean looking down on someone or looking around or past someone.

A good principle for communicating well is to “give your shoulder before you give your mouth.” In other words, hear the other person's thoughts or opinions prior to giving one's own opinions.

# SEGMENT 2

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## Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Is there a legitimate reason for a Christian to struggle with feelings of guilt?
- What does it mean to have a clear conscience?
- What is the difference between guilt and shame?

# SEGMENT 2

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## Answers

- A Christian has the assurance of forgiveness, and therefore guilt should not live beyond conviction, confession, and repentance. However, a Christian can legitimately struggle with guilt when there is unrepentant sin, or when steps have not been taken to reconcile, or when still in bondage to the sin.
- A person with a clear conscience can say that they have committed no sins against anyone without having attempted to set things right, as much as biblical wisdom allows.
- Guilt is a feeling that comes from having done something wrong and being convicted about it. Generally, once the sin is dealt with, confessed, and forsaken and forgiveness is received, the guilt is resolved. Shame is generally a long-term feeling that shadows a person, sometimes long after the guilt is resolved.



## MAIN IDEAS

Feelings of guilt can come from a lack of forgiveness for those who are not saved. Some may feel guilty because although they've asked the Lord to forgive them, they are still bound in their sin. They feel guilty because they know they may commit the sin again tomorrow.

It is important for Christians to have a clear conscience. A clear conscience means being able to look everyone in the eye and say, "I've never sinned against you without trying to make it right."

Guilt is a short-term feeling that is typically resolved with the confession and forgiveness of the sin. Shame, on the other hand, is a feeling that can hang over a person for a while.

# SEGMENT 3

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## Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- How should Christians think about grace after salvation?
- Why does God discipline His children?
- What hope can a Christian find to help him endure trials?

# SEGMENT 3

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## Answers

- Grace means unmerited favor and is most often thought of in the context of salvation. After salvation, grace can be thought of in terms of help. God gives grace, or help, to His children.
- God disciplines His children because He loves them. Although discipline is not pleasant in the moment, it leads to fruit of righteousness for those who allow themselves to be trained by it (Hebrews 12:11).
- The Christian has hope in the grace that God gives to endure trials (e.g., 2 Corinthians 12:8–10). Furthermore, Christians can find hope in the fact that God is sovereign and that He will work good from the trials, both for the Christian and for those he will minister to in the future because of what was learned in this trial.



## MAIN IDEAS

God resists the proud but gives grace to the humble. Either we must humble ourselves or God will humble us. Grace, in this context, means help. God gives help to the humble.

Micah 7:9 teaches that a person may have to bear the indignation of the Lord for a season, until He pleads the case.

No punishment is pleasant in the moment, but God's discipline is good because it brings about spiritual growth (Hebrews 12:11).

One reason God allows His children to experience troubles is so that they may be able to assist others who experience troubles (2 Corinthians 1:3–4).

# SEGMENT 4

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## Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Whose responsibility is it to initiate good communication in a marriage?
- What common issues keep couples from communicating well?
- Where are the answers found to all of Guy and Natalie's issues?

# SEGMENT 4

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## Answers

- The Bible holds the husband responsible for taking the initiative in a marriage relationship. He ought to communicate well and lead his wife to do so as well. Communication is vital to a strong, intimate relationship, and it is the husband's responsibility to initiate good communication.
- Though there may be a variety of factors that make communication difficult, there is often fear involved. Whether that is a fear of uncertainty regarding how to lead, fear of intimacy, a fear of how the other will respond, or a fear of failure, communication can be stunted by fear. But perfect love casts out fear.
- Everything Guy and Natalie are dealing with is addressed in the Bible. Christ is the solution, and He has provided His answers in Scripture.



### MAIN IDEAS

It is the responsibility of the husband to take initiative in communication. Love communicates and a lack of communication is rooted in selfishness.

The four most important qualities for getting along with other people are humility, gentleness, patience, and forbearance.

If both parties are willing to be patient and learn to apply the Bible to their lives individually and to their marriage, their marriage will grow to be stronger than it ever has been before.

## Additional Resources

### Article

Five Tips for Overcoming Fear of Your Spouse by Gary Hallquist at

<https://www.biblicalcounselingcoalition.org/2023/01/16/five-tips-to-overcoming-fear-of-your-spouse/>

Marriage: The Main Point and the Foundation by John Henderson at

<https://www.biblicalcounselingcoalition.org/2018/02/26/the-main-point-of-marriage/>

Who Pays for Your Spouse's Sin: Christ or Your Spouse? by Tick Thomas at

<https://www.biblicalcounselingcoalition.org/2011/08/20/who-pays-for-your-spouses-sin-christ-or-your-spouse/>

Exhorting a Passive Husband: Listening as a Key Indicator by Greg Gifford at

<https://www.biblicalcounselingcoalition.org/2021/08/04/exhorting-a-passive-husband-listening-as-a-key-indicator/>

7 Truths for a Christ-Centered Marriage by John Henderson at

<https://www.biblicalcounselingcoalition.org/2014/02/10/7-truths-for-a-christ-centered-marriage/>



# EPISODE 11

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## Buried in Resentment – Jennifer & Jason Part 1 –

### Instruction for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

### *Primary Resources*

#### **Article:**

*Cloaked Cowards: A Theology of Conflict* by Reagan Rose at  
<https://blog.tms.edu/cloaked-cowards-a-theology-of-conflict>

*Put Off, Be Renewed, Put On* by IBCD Admin at <https://ibcd.org/put-off-be-renewed-put-on/>

# SEGMENT 1

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## Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Why is it important to start by giving counselees hope?
- Why can the Christian always find hope?
- Why is it important to emphasize that someone else cannot cause you to sin?

# SEGMENT 1

---

## Answers

- Many counselees come to counseling only after they find themselves desperate. It is important to help them see that there is hope for their broken situations, and that hope is found in God and His Word. Transformation takes time and hard work, so the counselee needs hope that the effort will be worth it.
- The Christian always has hope because God is able to do exceedingly abundantly above all we ask (Ephesians 3:20–21). God promises to work all things for the good of those who love Him, and He is sovereign and all-powerful to do so.
- Often people say that other’s actions or certain situations “cause” them to sin. It is important to make the distinction that no one causes another to sin. Everyone is responsible for his own sinful actions. While there may be factors that increase the temptation, the individual must not shift blame (whether intentionally or not) by saying something caused him to sin.



### MAIN IDEAS

Christians who are committed to doing what the Bible says can be confident that there is always hope.

God is able to do exceedingly abundantly above all that you ask or think (Ephesians 3:20–21).

While another’s actions may influence one’s own reactions, no one can cause another to sin.

# SEGMENT 2

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## Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- How does the Bible define love?
- How is biblical love different than how the world views love?
- How is the Ephesian church an example for a couple who are struggling to love each other?

# SEGMENT 2

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## Answers

- In the Bible, love is always an act of giving. God demonstrates His love for the church by giving Himself up for her.
- In today's culture, love is tied to a fickle emotion—warm, fuzzy, romantic feelings. But biblically, love is defined as sacrificially giving of oneself, without expecting a return. Love is an action, a choice. Romantic feelings will follow loving actions.
- Jesus rebuked the Ephesian church for losing their first love. He admonished them to remember, to repent, and to return to the works done at first. This example can apply in a marriage relationship, as well. The love and intimacy experienced early in the relationship was cultivated by what was done to, for, or with each other. Those are the first works that should be returned to.



### MAIN IDEAS

The essence of love is giving of oneself with no expectation of receiving something in return. Love is sacrifice.

Selfishness is the opposite of love. Love is giving, selfishness is taking.

The greatest commandment is to love the Lord, and the second is to love your neighbor.

In Revelation 2, the Ephesian church was rebuked for losing their first love. Jesus admonished them to remember from where they had fallen, to repent, and to do the works they had done at first.

# SEGMENT 3

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## Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What does it mean that love does not think evil and believes all things?
- Why is isolation a negative for the Christian?
- What did Dr. Priolo's analogy of the folded paper help to explain?

# SEGMENT 3

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## Answers

- Love believes the best about others and chooses the best interpretation of situations. Love gives the other the benefit of the doubt whenever possible.
- Wise biblical counsel is vital for a Christian who is trying to walk faithfully in obedience to God. Separating oneself is foolish, as it avoids the tools God has provided for sanctification and accountability, namely the church body.
- Once the paper was folded, the only way to make it straight again was to fold it back in the opposite direction. This is a picture of the repentant Christian who is trying to repair a broken trust. It is not always sufficient to stop the harmful action; often true restoration requires that the opposite action be taken to demonstrate true repentance and earn back lost trust.



## MAIN IDEAS

According to 1 Corinthians 13, love does not think evil and it believes all things. In other words, love puts the best interpretation on what people do.

Proverbs 18:1 says the man who isolates himself seeks his own desires and rejects wise counsel. It is important for the Christian not to separate from other believers.

If paper is folded, the only way to make it straight again is to fold it in the opposite direction. Likewise, sometimes the way to fix something that has been a problem is to intentionally do the opposite.

# SEGMENT 4

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## Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What is the difference between a peace-lover and a peacemaker?
- Why is confrontation not always bad?
- How is a non-confrontational husband failing to fulfil his role?



# SEGMENT 4

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## Answers

- A peace-lover wants peace so badly that he avoids all conflict. A peacemaker is willing to engage in conflict or to confront an issue in order to bring about resolution that brings peace.
- People often think of confrontation as something that ought to be avoided, but the Bible is clear that sin should be confronted. It is the role of the believer to confront other believers regarding their sin, especially within close relationships like marriage.
- The husband was made to be the initiator in the marriage. He is meant to lead his wife and family to grow in holiness. It is his role to confront sin and to initiate dialog over difficulties. A husband who avoids conflict is neglecting his biblical role as husband.

### MAIN IDEAS

A peacemaker is willing to engage in conflict for the purpose of bringing about peace.

Husbands and wives must be willing to confront each other. It is a sin to avoid confrontation regarding areas that biblically need to be confronted.

It is the role of the husband to initiate confrontation and communication. It is not in keeping with the husband's role to run away from conflict.

## **Additional Resources**

### **Article**

The Illusion of Control by Beverly Moore at

<https://www.biblicalcounselingcoalition.org/2018/02/02/the-illusion-of-control/>

Help! I've Married the Wrong Spouse! by Steve Hoppe at

<https://www.biblicalcounselingcoalition.org/2020/10/05/help-ive-married-the-wrong-spouse/>

### **Audio**

Bringing God's Peace to a Bitter Heart by Jim Newheiser at

<https://ibcd.org/bringing-gods-peace-to-a-bitter-heart/>

### **Article**

Why Won't She Just . . . ? by Jonathan Holmes at

<https://www.biblicalcounselingcoalition.org/2020/02/21/why-wont-she-just/>

Marriage as a Covenant by Robert Jones at

<https://www.biblicalcounselingcoalition.org/2024/01/08/marriage-as-a-covenant/>

# EPISODE 12

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## The Power of Biblical Forgiveness – Jennifer & Jason Part 2 –

### Instruction for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

### **Primary Resources**

**Article:**

*Listening in a Loving Way, Part One* by Tim Allchin at

<https://www.biblicalcounselingcoalition.org/2021/08/25/listening-in-a-loving-way-part-one/>

Article: *Listening in a Loving Way, Part Two* by Tim Allchin at

<https://www.biblicalcounselingcoalition.org/2021/08/27/listening-in-a-loving-way-part-two/>

# SEGMENT 1

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## Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What does the Bible teach about listening and understanding?
- What role do habits play in the Christian life?
- Why is it important to talk to yourself rather than listen to yourself?

# SEGMENT 1

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## Answers

- The Bible teaches that the foolish take no delight in understanding others but only in expressing one's own opinion (Proverbs 18:2) and that speaking on a matter before truly understanding it is folly (Proverbs 18:13). The Bible exhorts the Christian to be quick to hear and slow to speak (James 1:19). The Christian is called to be understanding and to listen well to others. The Bible also teaches that the burden of understanding falls on the husband (1 Peter 3:7).
- Habits can be detrimental when it is sinful responses that are allowed to become second nature. However, habits are a gift from God and when the Christian develops biblical habits, they can help the believer to quickly, easily, and even unconsciously respond in biblical ways.
- When we listen to our own emotions and selfishness, we end up believing the lies of the flesh and responding in ways that are sinful. When we speak the truth of God's Word to ourselves, reminding us of what is true despite our feelings, we exhort ourselves to practice biblical responses rather than sinful ones.



## MAIN IDEAS

The burden of understanding is biblically more on the husband than the wife.

When responding in sin has become second nature, the Christian must practice how to think biblically and respond in a God-honoring way. Over time, responding biblically will become second nature.

God has given us the ability to develop habits, and habits are a good thing when they are developed according to God's Word.

Transformation requires practicing new ways—biblical ways—of thinking and responding to each other, even when the other person sins against you.

# SEGMENT 2

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## Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What should be the Christian's first response to being sinned against?
- How should a Christian balance forgiveness and confrontation?
- How should a Christian go about convicting another of sin?

# SEGMENT 2

---

## Answers

- The Bible is clear that forgiveness is an obligation to the Christian. The Bible also teaches that love covers a multitude of sins. When possible to overlook an offense, the Christian is called to do so.
- The Christian should first seek to overlook a sin. However, the Bible also gives the command that a Christian should convict a brother of his sin so that he may be restored. The Christian should not be overly eager to confront every little offense, but neither should he avoid confronting a grievous or habitual sin. Furthermore, forgiveness and confrontation are not mutually exclusive.
- The Christian must convict a brother in sin, in gentleness and love. It is Scripture that convicts, so it is important to ground the confrontation in God's Word. This also helps the sinning Christian to recognize the need for repentance, since it isn't just against a person that he sinned, but against God.



### MAIN IDEAS

Matthew 18:15 teaches that Christians must convict other believers of sinning against them.

Forgiveness is a biblical obligation. Love covers a multitude of sins, and the Christian must overlook sin when possible.

2 Timothy 3:16 shows that Scripture is given to convict (among other purposes). Christians should use Scripture in confronting others of their sin.

# SEGMENT 3

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## Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- How can homework help the counselee who feels the path to restoration is overwhelming?
- What is required of the counselee for true restoration to occur?
- How is an individual commitment to obedience necessary and helpful for the reconciliation of a relationship?



# SEGMENT 3

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## Answers

- Homework provides tangible steps that the counselee can take in the right direction. It can be daunting to see the hurdles that must be overcome, and feelings can make it seem impossible. Homework gives direction, and it is easier to move once a step has been taken in the right direction.
- The counselees must repent of their sins and commit to obeying God's Word. Everything else takes time and practice, but the process begins with repentance.
- Transformation of a relationship will come as a result of the transformation of the individuals in that relationship. Each individually must commit to fulfilling their roles in a God-honoring way. When the wife focuses on being a biblical wife, and the husband focuses on being a biblical husband, then the marriage will thrive.



### MAIN IDEAS

Transformation will require repenting of sin.

Christ will provide the grace, wisdom, and ability to change.

Fixing a marriage starts with an individual commitment to fulfilling one's God-given roles in God-honoring ways.

# SEGMENT 4

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## Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What is the first step to restoring a marriage?
- How does the confession list help counselees to take this first step?
- Why is it important to ask forgiveness as a part of confession?

# SEGMENT 4

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## Answers

- The first step toward reconciliation is confessing sin to one another, repenting, and asking forgiveness.
- Writing a list of confessions can provide the counselee the opportunity to reflect deeply and honestly. It allows them to identify their sin and to express it. Then, in reading the list, it can help in expressing and communicating their confession. It can be humbling, but it can also help to diminish other obstacles such as fear, insecurities, and frustrations.
- Biblical confession implies more than simply admitting one's sin. True confession leads to repentance and seeking forgiveness. Offering forgiveness to the one who is confessing is also important for restoration. Just as God remembers the Christian's sin no more, so should the Christian forgive others.

### MAIN IDEAS

Confession is a powerful first step toward biblical reconciliation.

Biblical confession implies identifying one's sin, admitting it to others, repenting of that sin, and asking forgiveness. Confession of sin is the first step toward healing.

Confessing one's own sin can make it easier to offer forgiveness to another.

## **Additional Resources**

### **Article**

5 Wonderful Truths about Biblical Confession: Counseling from the Book of Ezra by Kevin Hurt at <https://www.biblicalcounselingcoalition.org/2015/09/24/5-wonderful-truths-about-biblical-confession-counseling-from-the-book-of-ezra/>

Jesus, the King of Your Marriage by Lucas Sabatier Leite at <https://www.biblicalcounselingcoalition.org/2024/05/29/jesus-the-king-of-your-marriage/>

### **Podcast**

Hope + Help for Overcoming Bitterness with Steve Viars (Hope + Help Podcast with Christine Chappell) at <https://ibcd.org/overcoming-bitterness-steve-viars/>

### **Article**

The Practice of Mortification by BCC Staff at <https://www.biblicalcounselingcoalition.org/2013/03/21/the-practice-of-mortification/>

### **Handout**

Self-Sacrificing Love by IBCD Admin at <https://ibcd.org/self-sacrificing-love/>

# EPISODE 13

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## From Brokenness to Wholeness - Compilation -

### Instruction for Teachers

Please familiarize yourself with the topic before leading the class by reading, listening to, or watching the primary resources provided.

### **Primary Resources**

#### **Article:**

10 Ways that Satan Loves to Watch Marriages Fall Apart by Deepak Reju at

<https://www.biblicalcounselingcoalition.org/2012/11/26/10-ways-that-satan-loves-to-watch-marriages-fall-apart/>

Relationships: What could go wrong? by Betty-Anne Van Rees at

<https://www.biblicalcounselingcoalition.org/2019/04/17/relationships-what-could-possibly-go-wrong/>

# SEGMENT 1

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## Video

Distribute the student questions.

Play the first segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Thinking through the relationships in this season, in what ways was bitterness manifested?
- What relationship does bitterness have with fear?
- How have you seen bitterness affect relationships in your life? How might you help someone in a similar situation based on Dr. Priolo's counseling on the subject?

# SEGMENT 1

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## Answers

- Bitterness was evident in several of the cases. Some demonstrated bitterness by refusing to trust the other person. Others tried to punish or harm their spouse because of the hurt done to them.
- Fear and bitterness often go hand in hand. When someone is hurt badly, they often become afraid of being hurt again. That fear keeps them from forgiving the offending person, and bitterness grows. Fear of being hurt often fuels anger and bitterness.
- Answers will vary. If no one has an example to share, discuss examples from the season. Also consider how understanding the biblical answer to bitterness can help someone to keep from becoming bitter.



## MAIN IDEAS

Bitterness is like drinking poison and expecting the other person to die.

The Christian ought to desire to suffer for righteousness rather than for doing evil.

Fear, pride, or bitterness ought not be an excuse not to demonstrate love or to fulfill one's God-given responsibilities.

1 Corinthians 13 teaches that love does not think evil and believes the best of others.

# SEGMENT 2

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## Video

Distribute the student questions.

Play the second segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- Biblically speaking, who has the burden of conviction in the marriage relationship?
- How have you seen fear cause problems in relationships?
- How would you help someone who is passive or avoids conflict out of fear?



# SEGMENT 2

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## Answers

- Although conviction is ultimately brought about by the Holy Spirit, husbands and wives must learn to confront each other with their sins. It is the husband's responsibility to lead and take the initiative in this, but the wife must also learn to confront her husband when he sins.
- Answers will vary. 1 John 4:18 teaches that there is no fear in love, but perfect love casts out fear. Fear is the opposite of love. Fear leads people to act selfishly, avoiding their responsibilities toward others because they fear what might happen.
- Discuss answers. Fear is the opposite of love. If fear keeps someone from fulfilling their God-given responsibilities, it is sin. The Bible teaches the doer of the Word will be blessed in the doing (James 1:25).



## MAIN IDEAS

1 John 4:18 teaches that perfect love casts out fear.

A peace-lover may desire peace but is afraid or unwilling to do what is necessary to achieve peace. The peacemaker understands that sometimes the only way for there to be peace is for there to first be a time of conflict.

Both the husband and wife must learn to help each other, relying on the Spirit and the Word to bring about conviction, as well as correction and training in righteousness.

# SEGMENT 3

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## Video

Distribute the student questions.

Play the third segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- How can unfaithfulness cause problems in a marriage?
- What does the Bible teach about faithfulness?
- What hope is there once trust has been broken?

# SEGMENT 3

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## Answers

- Unfaithfulness often means infidelity, which clearly causes serious problems in a marriage. But unfaithfulness can also arise when a spouse consistently breaks promises or fails to follow through after agreeing to do something. Unfaithfulness can also refer to a failure to fulfill one's responsibilities. In every case, unfaithfulness can lead to mistrust, which often leads to other issues as well.
- The Bible emphasizes faithfulness, requiring that stewards be faithful. Biblical faithfulness is being dependable, reliable, and trustworthy. It is fulfilling responsibilities consistently, letting one's "yes" be "yes," and maintaining an upright character.
- The Bible gives hope. Although a breach of trust can be a significant challenge, transformation is possible. The Christian who has broken trust must seek forgiveness. The offended Christian must grant forgiveness. If they both run toward reconciliation, healing is possible as the offender works to be faithful and earn back the lost trust and the offended incrementally places trust in the offender once again.



## MAIN IDEAS

It is required of stewards that they be found faithful (1 Corinthians 4:2).

Biblical faithfulness means being dependable, reliable, and trustworthy. Faithfulness is demonstrating to God and others that you can be trusted with more responsibilities based on the way you have fulfilled your responsibilities in the past.

After breaking a promise, it is incumbent upon a Christian to seek forgiveness for failing to keep that promise.

Trust must be earned gradually by consistently demonstrating biblical faithfulness.

# SEGMENT 4

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## Video

Distribute the student questions.

Play the fourth segment.

Encourage students to answer the questions while watching the video.

## Discussion

Encourage discussion as time allows.

## Class Questions

- What does it mean to be transformed from one degree of glory to another?
- How have you seen the impact of consistently spending time in God's Word in your life or that of another Christian?
- What have you learned from this series that will help you in your own relationships or in helping others?

# SEGMENT 4

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## Answers

- 2 Corinthians 3:18 teaches that the Holy Spirit works in believers to transform them from one degree of glory to another. This is the process of sanctification, as a believer is conformed more and more to the image of Christ. This is referring to spiritual growth, from one level of maturity to the next.
- Answers will vary. Discuss how consistently reading and studying the Bible can affect a Christian's understanding, choices, attitudes, and responses. Some may focus on the peace and joy that come from spending time with God; others may recognize wisdom and discernment as coming from the Scriptures; and others may recount specific times that an answer was found through seeking the Scriptures.
- Answers will vary. Not only does this series address several specific issues by providing biblical principles and applying practical outcomes, but it also underscores the power and sufficiency of Scripture to transform lives and to provide hope in difficult circumstances. There is much to glean from this series both for counseling purposes and to strengthen one's own relationships.

### MAIN IDEAS

The Bible has a cleansing effect regardless of feeling. The Scriptures are useful for teaching, reproof, correction, and training in righteousness (2 Timothy 3:16).

The Holy Spirit works through the Word of God to transform believers from one degree of glory to another (2 Corinthians 3:18).

The Christian must be filled with the Word if he/she wants to be filled with the Spirit.

Biblical counseling assumes that if you're a Christian, the Holy Spirit will change you from the inside out.

The Bible addresses both the major and minor issues that arise in biblical counseling. Christ is the answer to these issues, and His answers are given to us in His Word.

## **Additional Resources**

### **Article**

20 Things a Husband Could Say to Defuse an Argument with His Wife by Paul Tautges at <https://www.biblicalcounselingcoalition.org/2012/05/03/20-things-a-husband-could-say-to-defuse-an-argument-with-his-wife/>

A Vision for Marriage by Pat Quinn at <https://www.biblicalcounselingcoalition.org/2019/10/28/a-vision-for-marriage/>

Do you keep your commitments – even when it hurts? by Jim Newheiser at <https://ibcd.org/do-you-keep-your-commitments-even-when-it-hurts/>

Ten Simple (But Critical) Questions to Consider in Marriage Counseling by BCC Staff at <https://www.biblicalcounselingcoalition.org/2014/07/19/ten-simple-but-critical-questions-to-consider-in-marriage-counseling-2/>

Confession: The Prerequisite to Repentance and Forgiveness by Thomas Zempel at <https://www.biblicalcounselingcoalition.org/2012/09/13/confession-the-prerequisite-to-repentance-and-forgiveness/>

### Segment 1: Class Questions

- What issues do Ahmad and Tiffany need to work through?
- How does Dr. Priolo begin the session? Why do you think he does this?
- What information does Dr. Priolo learn through his opening questions?

### Segment 2: Class Questions

- What sin is the “mother” of all other sins?
- What role does selfishness play in marriage problems?
- Why is it important to avoid using the term “cause” in discussing how spouses’ actions and attitudes affect each other?

### Segment 3: Class Questions

- What is the difference between forgiveness and trust?
- If trust is lost due to lying and concealing the truth, what does Ephesians 4:25 teach about the biblical solution to that sin?
- How does the Bible define being faithful?

### Segment 4: Class Questions

- How are Ahmad's actions undermining his stated purpose in seeking biblical counseling?
- What role does accountability play in repentance and restoration?
- Why is a spouse a valuable part of an accountability team?



### Segment 1: Class Questions

- What role do current behaviors play in communicating repentance?
- What is Ahmad's biggest obstacle in earning back Tiffany's trust?
- Why did Dr. Priolo respond as he did to Tiffany's assertion that Ahmad would only show superficial responses and not be truly vulnerable?

### Segment 2: Class Questions

- What connection is there between James 2:17 (faith without works is dead) and 1 Corinthians 13 (love is patient, etc.)?
- How is repentance described in the Bible?
- What is the "put on" that is opposite of being dishonest and untrustworthy?

### Segment 3: Class Questions

- Why is time in God's Word so important for biblical counseling?
- What benefit can come from dedicated "couch time"?
- How is Proverbs 18:2 helpful in counseling?

### Segment 4: Class Questions

- Why can Christian couples have hope that their marriages can be restored?
- Why might divorce not be the best option even if there are biblical grounds for it?
- What might be the benefit of assigning "Is It Real" as homework?

### Segment 1: Class Questions

- What is the goal of any type of counseling?
- What makes biblical counseling distinct from other types of counseling?
- How does time in the Word of God affect the success of counseling?

### Segment 2: Class Questions

- According to God's design, what is the role of a husband in his home?
- How can a husband's tendency toward non-confrontation be a sin?
- What does it mean to be faithful?

### Segment 3: Class Questions

- How is making decisions as a married person different than making decisions as a single person?
- What is the biblical view of owing money?
- When there are no outstanding financial requirements, how should a married person approach a significant purchase?

### Segment 4: Class Questions

- How does Dr. Priolo's analogy of the vase help to explain the wife as the "weaker vessel"?
- How does reading the Bible equip the believer to deal with difficulties in marriage?
- What can the church do to prepare young men to lead their families well?

### Segment 1: Class Questions

- What is the danger of letting kids become the center of a marriage?
- What does biblical counseling offer than reading books or doing online programs may not?
- How does neglect affect a relationship?

### Segment 2: Class Questions

- Why is it important to consider all the Bible says about a certain topic?
- What does the Bible teach about confrontation?
- How does 1 Corinthians 13:4–7 apply to frustration caused by strained communication?

### Segment 3: Class Questions

- What is the relationship between fear and love?
- Why does Dr. Priolo give counselees questions to ask their spouses?
- How does considering the role of revelation in communication help to frame the difficulty?

### Segment 4: Class Questions

- Why is it important for a Christian to be punctual?
- How can couples ensure that a resolution reached in discussion translates to a solution in reality?
- Why is it important that commitments be reasonable and achievable and only agreed upon in earnest?

### Segment 1: Class Questions

- What does it mean for marriage to be a covenant of companionship?
- Is it wrong to have “best friends” apart from one’s spouse?
- What is righteous jealousy?

### Segment 2: Class Questions

- Why is it important to have a biblical understanding of the Spirit and the flesh?
- What danger must married couples guard against when it comes to other friends?

- How can choosing to confide in, share with, and ask advice from a spouse aid in building a strong relationship?
- strong relationship?

### Segment 3: Class Questions

- Why is it so common for married couples to experience tension regarding the leadership role of the husband?
- What does it mean biblically for a wife to respect her husband?
- How can a hard-working husband actually be failing the family he provides for?

### Segment 4: Class Questions

- Why is it important for a biblical counselor to assign homework?
- What does Ephesians 4:1–3 suggest are the essential qualities for conflict resolution?
- What should be different about stumbles and failures after counseling compared to previous failures?



### Segment 1: Class Questions

- What are the three most important instruments for change?
- Why is it important to distinguish between “Christian” counseling and biblical counseling?
- What makes counseling truly biblical?

### Segment 2: Class Questions

- What causes bitterness?
- What is the biblical response to bitterness?
- Why is it important to recognize bitterness as a sin?

### Segment 3: Class Questions

- What does 1 Corinthians 13:7 teach a Christian struggling with trust issues?
- How does believing the best help in distinguishing between deception and a failure to inform?
- How does dwelling on biblical truth rather than a sinful response make a difference in dealing with difficult moments?

### Segment 4: Class Questions

- What is the value of compiling a list of sins? Why is it important to be specific?
- Why should couples actively and formally confess sin and ask forgiveness?
- What must Kevin and Jenny do now that they have confessed their sins and forgiven each other?

### Segment 1: Class Questions

- What does the Bible teach about worry and fear?
- As the spiritual leader of his home, how can a husband help his wife to deal with her pain or worry?
- How can the wife allow her husband to lead her spiritually in this way?

### Segment 2: Class Questions

- How do Adam and Eve in the Garden of Eden provide an example for Christian relationships?
- What is helpful about asking if an offense was truly a sin?
- How should a husband and wife think about their responsibilities toward each other in regard to sin?

### Segment 3: Class Questions

- Why is bitterness such a dangerous snare?
- What contrast does Ephesians 4:31–32 show?
- How can Christians find encouragement and hope in conviction of sin?

### Segment 4: Class Questions

- What benefit is there in assigning memory verses as counseling homework?
- How can selfishness and pride be a hinderance to good communication and conflict resolution in a marriage?
- When there are many issues to address, how can counselees begin to make application without being overwhelmed?

### Segment 1: Class Questions

- Where does change come from, ultimately?
- Why is a statement like “I can’t do this anymore” not biblical?
- How does the Bible give hope in difficult situation?

### Segment 2: Class Questions

- What is the relationship between forgiving and forgetting?
- What does the Bible mean when it says that God remembers our sins no more?
- How is forgiveness, along with forgetting the offense, an act of love?

### Segment 3: Class Questions

- Why might someone be hesitant to truly hope that restoration is possible? How might a counselor speak to this situation?
- What is the biblical response for a Christian who is seeking restoration with someone he or she cannot yet trust?
- How can the Christian, in a practical way, overcome a lack of trust toward a spouse?

### Segment 4: Class Questions

- Why is change so hard, even when acknowledging and believing the truth of the Bible?
- How should a Christian respond to the commands in Scripture that seem humanly impossible?
- What exhortation should the Christian take from James 1:25 where it says the doer will be blessed by his doing?

### Segment 1: Class Questions

- How does pornography harm the marriage relationship?
- How have you seen the transformative power of the Word in your life or the life of someone you know?
- Why does Guy so strongly desire for Natalie to be more invested in her faith?

### Segment 2: Class Questions

- What is the role of Scripture in the life of a believer?
- What does it mean that the Bible has a cleansing effect?
- How could you encourage a believer who doesn't feel like reading the Bible is impactful?

### Segment 3: Class Questions

- What are some ways that access to God's Word grows?
- How is access to God's Word connected to spiritual growth?
- How are spiritual appetites indicators of salvation?

### Segment 4: Class Questions

- What is the difference in believing Jesus is God and trusting in Jesus as Savior?
- What is the great exchange of salvation?
- How should a husband lead a wife if he is unsure of her salvation?



### Segment 1: Class Questions

- What does the Bible teach about hearing other's opinions?
- What does it mean to “give your shoulder before your mouth”?
- What role does each party play in helping improve communication?

### Segment 2: Class Questions

- Is there a legitimate reason for a Christian to struggle with feelings of guilt?
- What does it mean to have a clear conscience?
- What is the difference between guilt and shame?

### Segment 3: Class Questions

- How should Christians think about grace after salvation?
- Why does God discipline His children?
- What hope can a Christian find to help him endure trials?

### Segment 4: Class Questions

- Whose responsibility is it to initiate good communication in a marriage?
- What common issues keep couples from communicating well?
- Where are the answers found to all of Guy and Natalie's issues?

### Segment 1: Class Questions

- Why is it important to start by giving counselees hope?
- Why can the Christian always find hope?
- Why is it important to emphasize that someone else cannot cause you to sin?

### Segment 2: Class Questions

- How does the Bible define love?
- How is biblical love different than how the world views love?
- How is the Ephesian church an example for a couple who are struggling to love each other?

### Segment 3: Class Questions

- What does it mean that love does not think evil and believes all things?
- Why is isolation a negative for the Christian?
- What did Dr. Priolo's analogy of the folded paper help to explain?

### Segment 4: Class Questions

- What is the difference between a peace-lover and a peacemaker?
- Why is confrontation not always bad?
- How is a non-confrontational husband failing to fulfil his role?

### Segment 1: Class Questions

- What does the Bible teach about listening and understanding?
- What role do habits play in the Christian life?
- Why is it important to talk to yourself rather than listen to yourself?

### Segment 2: Class Questions

- What should be the Christian's first response to being sinned against?
- How should a Christian balance forgiveness and confrontation?
- How should a Christian go about convicting another of sin?

### Segment 3: Class Questions

- How can homework help the counselee who feels the path to restoration is overwhelming?
- What is required of the counselee for true restoration to occur?
- How is an individual commitment to obedience necessary and helpful for the reconciliation of a relationship?

### Segment 4: Class Questions

- What is the first step to restoring a marriage?
- How does the confession list help counselees to take this first step?
- Why is it important to ask forgiveness as a part of confession?

### Segment 1: Class Questions

- Thinking through the relationships in this season, in what ways was bitterness manifested?
- What relationship does bitterness have with fear?
- How have you seen bitterness affect relationships in your life? How might you help someone in a similar situation based on Dr. Priolo's counseling on the subject?

### Segment 2: Class Questions

- Biblically speaking, who has the burden of conviction in the marriage relationship?
- How have you seen fear cause problems in relationships?
- How would you help someone who is passive or avoids conflict out of fear?

### Segment 3: Class Questions

- How can unfaithfulness cause problems in a marriage?
- What does the Bible teach about faithfulness?
- What hope is there once trust has been broken?

### Segment 4: Class Questions

- What does it mean to be transformed from one degree of glory to another?
- How have you seen the impact of consistently spending time in God's Word in your life or that of another Christian?
- What have you learned from this series that will help you in your own relationships or in helping others?