

WORKBOOK

WITH BIBLICAL REFERENCES

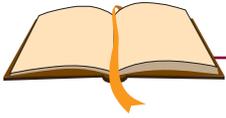
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— COUPLE'S WORKBOOK —



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WHAT THE BIBLE SAYS ABOUT COMMUNICATION

PSALM 19:14 May the words of my mouth and the meditation of my heart be pleasing to you, O LORD, my rock and my redeemer.

PROVERBS 17:27 A truly wise person uses few words; a person with understanding is even tempered.

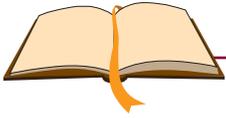
PROVERBS 12:18 Some people make cutting remarks, but the words of the wise bring healing.

MATTHEW 7:3 And why worry about a speck in your friend's eye when you have a log in your own?

PROVERBS 20:19 A gossip goes around telling secrets, so don't hang around with chatterers.

JAMES 1:19 Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.

PROVERBS 18:13 Spouting off before listening to the facts is both shameful and foolish.



WHAT THE BIBLE SAYS ABOUT PERSONAL STRESS

PHILIPPIANS 4:6-7 ⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

MATTHEW 6:28-30 ²⁸ "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, ²⁹ yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰ And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?"

1 PETER 5:7 Give all your worries and cares to God, for he cares about you.

LUKE 12:22-23 ²² Then, turning to his disciples, Jesus said, "That is why I tell you not to worry about everyday life—whether you have enough food to eat or enough clothes to wear. ²³ For life is more than food, and your body more than clothing.

EXODUS 33:14 The Lord replied, "I will personally go with you, Moses, and I will give you rest—everything will be fine for you."

HEBREWS 13:5 Don't love money; be satisfied with what you have. For God has said, "I will never fail you. I will never abandon you."

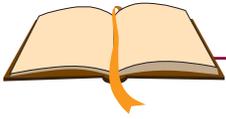
JOSHUA 1:9 This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go."

MATTHEW 11:28-29 ²⁸ Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.

PSALM 29:11 The Lord gives his people strength. The Lord blesses them with peace.

PSALM 73:26 My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever.

ROMANS 5:3-5 ³ We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. ⁴ And endurance develops strength of character, and character strengthens our confident hope of salvation. ⁵ And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.



WHAT THE BIBLE SAYS ABOUT CONFLICT RESOLUTION

COLOSSIANS 3:19 Husbands love your wives and never treat them harshly.

EPHESIANS 4:26 And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry.

PROVERBS 14:29 People with understanding control their anger; a hot temper shows great foolishness.

ECCLESIASTES 7:8-9 ⁸ Finishing is better than starting. Patience is better than pride. ⁹ Control your temper, for anger labels you a fool.

ROMANS 12:19 Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, “I will take revenge; I will pay them back,” says the Lord.

1 THESSALONIANS 5:11 So encourage each other and build each other up, just as you are already doing.

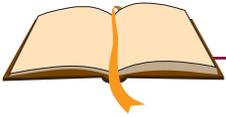
ROMANS 12:17 Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable.

2 TIMOTHY 1:7 For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

PROVERBS 17:9 Love prospers when a fault is forgiven, but dwelling on it separates close friends.

GALATIANS 5:22-23 ²² But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. There is no law against these things!

COLOSSIANS 3:13 Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.



WHAT THE BIBLE SAYS ABOUT FINANCES & MONEY

LUKE 16:13 “No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve both God and money.”

PROVERBS 3:9-10 ⁹ Honor the Lord with your wealth and with the best part of everything you produce. ¹⁰ Then he will fill your barns with grain, and your vats will overflow with good wine.

PROVERBS 13:11 Wealth from get-rich-quick schemes quickly disappears; wealth from hard work grows over time.

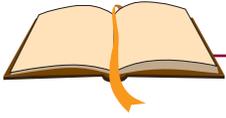
ECCLESIASTES 5:10 Those who love money will never have enough. How meaningless to think that wealth brings true happiness!

HEBREWS 13:5 Don't love money; be satisfied with what you have. For God has said, “I will never fail you. I will never abandon you.”

1 TIMOTHY 6:6-10 ⁶ Yet true godliness with contentment is itself great wealth. ⁷ After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. ⁸ So if we have enough food and clothing, let us be content. ⁹ But people who long to be rich fall into temptation and are trapped by many foolish and harmful desires that plunge them into ruin and destruction. ¹⁰ For the love of money is the root of all kinds of evil. And some people, craving money, have wandered from the true faith and pierced themselves with many sorrows.

1 TIMOTHY 6:17-19 ¹⁷ Teach those who are rich in this world not to be proud and not to trust in their money, which is so unreliable. Their trust should be in God, who richly gives us all we need for our enjoyment. ¹⁸ Tell them to use their money to do good. They should be rich in good works and generous to those in need, always being ready to share with others. ¹⁹ By doing this they will be storing up their treasure as a good foundation for the future so that they may experience true life.

MATTHEW 6:19-21 ¹⁹ “Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. ²⁰ Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. ²¹ Wherever your treasure is, there the desires of your heart will also be.



WHAT THE BIBLE SAYS ABOUT SEXUALITY

PROVERBS 5:18-19 ¹⁸ Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. ¹⁹ She is a loving deer, a graceful doe. Let her breasts satisfy you always. May you always be captivated by her love.

1 CORINTHIANS 7:3 The husband should fulfill his wife's sexual needs, and the wife should fulfill her husband's needs.

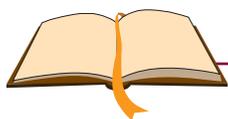
1 CORINTHIANS 7:4-5 ⁴ The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife. ⁵ Do not deprive each other of sexual relations . . .

HEBREWS 13:4 Give honor to marriage, and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery.

EPHESIANS 5:28 In the same way, husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself.

SONG OF SOLOMON 7:10-12 ¹⁰ I am my lover's, and he claims me as his own. ¹¹ Come, my love, let us go out to the fields and spend the night among the wildflowers. ¹² Let us get up early and go to the vineyards to see if the grapevines have budded, if the blossoms have opened, and if the pomegranates have bloomed. There I will give you my love.

1 CORINTHIANS 6:19-20 ¹⁹ Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, ²⁰ for God bought you with a high price. So you must honor God with your body.



WHAT THE BIBLE SAYS ABOUT RELATIONSHIP ROLES

EPHESIANS 4:2-3 ² Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. ³ Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

ROMANS 12:3-5 ³ Because of the privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us. ⁴ Just as our bodies have many parts and each part has a special function, ⁵ so it is with Christ's body. We are many parts of one body, and we all belong to each other.

MATTHEW 22:37-39 ³⁷ Jesus replied, "You must love the LORD your God with all your heart, all your soul, and all your mind." ³⁸ This is the first and greatest commandment. ³⁹ A second is equally important: 'Love your neighbor as yourself.'

ECCLESIASTES 4:9-10 ⁹ Two people are better off than one, for they can help each other succeed. ¹⁰ If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.

TITUS 2:7-8 ⁷ And you yourself must be an example to them by doing good works of every kind. Let everything you do reflect the integrity and seriousness of your teaching. ⁸ Teach the truth so that your teaching can't be criticized. Then those who oppose us will be ashamed and have nothing bad to say about us.

GALATIANS 6:10 Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.

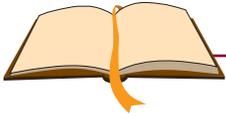
JOHN 13:35 Your love for one another will prove to the world that you are my disciples."

GALATIANS 6:2 Share each other's burdens, and in this way obey the law of Christ.

JAMES 3:18 And those who are peacemakers will plant seeds of peace and reap a harvest of righteousness.

1 PETER 1:22 You were cleansed from your sins when you obeyed the truth, so now you must show sincere love to each other as brothers and sisters. Love each other deeply with all your heart.

1 PETER 3:7 In the same way, you husbands must give honor to your wives. Treat your wife with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. Treat her as you should so your prayers will not be hindered.



WHAT THE BIBLE SAYS ABOUT SPIRITUAL BELIEFS

PSALM 23:1 The Lord is my shepherd; I have all that I need.

PSALM 27:1 The Lord is my light and my salvation so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?

2 TIMOTHY 1:7 For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

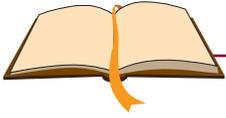
HEBREWS 13:5-6 ⁵ Don't love money; be satisfied with what you have. For God has said, "I will never fail you. I will never abandon you." ⁶ So we can say with confidence, "The Lord is my helper, so I will have no fear. What can mere people do to me?"

1 PETER 5:6-7 ⁶ So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. ⁷ Give all your worries and cares to God, for he cares about you.

DEUTERONOMY 31:8 Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you."

MATTHEW 10:39 If you cling to your life, you will lose it; but if you give up your life for me, you will find it.

MARK 12:30-31 ³⁰ And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.' ³¹ The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these."



WHAT THE BIBLE SAYS ABOUT MARRIAGE

GENESIS 2:18,24 ¹⁸ Then the LORD God said, “It is not good for the man to be alone. I will make a helper who is just right for him.” ²⁴ This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.

MATTHEW 19:4-6 ⁴ “Haven’t you read the Scriptures?” Jesus replied. “They record that from the beginning ‘God made them male and female.’ ⁵ And he said, ‘This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.’ ⁶ Since they are no longer two but one let no one split apart what God has joined together.”

ECCLESIASTES 4:9-11 ⁹ Two people are better off than one, for they can help each other succeed. ¹⁰ If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. ¹¹ Likewise, two people lying close together can keep each other warm. But how can one be warm alone?

PROVERBS 31:10-11 ¹⁰ Who can find a virtuous and capable wife? She is more precious than rubies. ¹¹ Her husband can trust her, and she will greatly enrich his life.

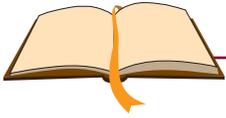
EPHESIANS 5:25 For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her.

EPHESIANS 5:31-33 ³¹ As the Scriptures say, “A man leaves his father and mother and is joined to his wife, and the two are united into one.” ³² This is a great mystery, but it is an illustration of the way Christ and the church are one. ³³ So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.

GENESIS 2:23-24 ²³ “At last!” the man exclaimed. “This one is bone from my bone, and flesh from my flesh! She will be called ‘woman,’ because she was taken from ‘man.’” ²⁴ This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.

MATTHEW 18:19 “I also tell you this: If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you.

AMOS 3:3 Can two people walk together without agreeing on the direction?



WHAT THE BIBLE SAYS ABOUT PARENTING

PSALM 127:3 Children are a gift from the Lord; they are a reward from him.

PROVERBS 22:6 Direct your children onto the right path, and when they are older, they will not leave it.

PROVERBS 13:24 Those who spare the rod of discipline hate their children. Those who love their children care enough to discipline them.

DEUTERONOMY 6:6-7 ⁶ And you must commit yourselves wholeheartedly to these commands that I am giving you today. ⁷ Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up.

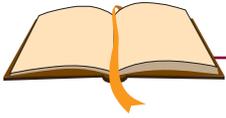
EPHESIANS 6:1-2 ¹ Children, obey your parents because you belong to the Lord, for this is the right thing to do. ² “Honor your father and mother.” This is the first commandment with a promise.

COLOSSIANS 3:21 Fathers, do not aggravate your children, or they will become discouraged.

EXODUS 20:12 “Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you.

LEVITICUS 19:32 “Stand up in the presence of the elderly, and show respect for the aged. Fear your God. I am the Lord.

MATTHEW 19:13-15 ¹³ One day some parents brought their children to Jesus so he could lay his hands on them and pray for them. But the disciples scolded the parents for bothering him. ¹⁴ But Jesus said, “Let the children come to me. Don’t stop them! For the Kingdom of Heaven belongs to those who are like these children.” ¹⁵ And he placed his hands on their heads and blessed them before he left.



WHAT THE BIBLE SAYS ABOUT FAMILY & FRIENDS

PROVERBS 27:9 The heartfelt counsel of a friend is as sweet as perfume and incense.

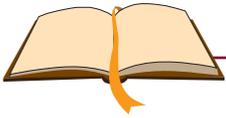
1 CORINTHIANS 15:33 Don't be fooled by those who say such things, for "bad company corrupts good character."

PROVERBS 14:7 Stay away from fools, for you won't find knowledge on their lips.

PROVERBS 27:6 Wounds from a sincere friend are better than many kisses from an enemy.

PROVERBS 13:20 Walk with the wise and become wise; associate with fools and get in trouble.

JOHN 15:12-15 ¹² This is my commandment: Love each other in the same way I have loved you. ¹³ There is no greater love than to lay down one's life for one's friends. ¹⁴ You are my friends if you do what I command. ¹⁵ I no longer call you slaves, because a master doesn't confide in his slaves. Now you are my friends, since I have told you everything the Father told me.



WHAT THE BIBLE SAYS ABOUT PERSONALITY ISSUES

2 PETER 1:5-6 ⁵ In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, ⁶ and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness.

PROVERBS 11:11-12 ¹¹ Upright citizens are good for a city and make it prosper, but the talk of the wicked tears it apart. ¹² It is foolish to belittle one's neighbor; a sensible person keeps quiet.

PROVERBS 11:13 A gossip goes around telling secrets, but those who are trustworthy can keep a confidence.

PROVERBS 12:22 The Lord detests lying lips, but he delights in those who tell the truth.

PROVERBS 25:19 Putting confidence in an unreliable person in times of trouble is like chewing with a broken tooth or walking on a lame foot.

PROVERBS 12:25 Worry weighs a person down; an encouraging word cheers a person up.

PROVERBS 17:22 A cheerful heart is good medicine, but a broken spirit saps a person's strength.

MATTHEW 6:34 "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

LUKE 6:37 "Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven."

ROMANS 14:12-13 ¹² Yes, each of us will give a personal account to God. ¹³ So let's stop condemning each other. Decide instead to live in such a way that you will not cause another believer to stumble and fall.

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