

I. Introduction

A. EA Question: Is God all we need?

1. Which verse came first? (Gen. 2:18; Gen. 3:6).

B. What is the first human crisis (Gen. 2:18)?

II. What is the purpose, goal, and objective of our marriage counseling?

A. Purpose: to glorify God by increasing closeness to God, spouse, family & Church body (Isa. 43:7).

B. Goal: Experience key biblical truths that lead to closeness.

C. Objectives:

1. Understand how & why conflicts develop.

2. Prepare your heart for successful conflict resolution.

3. Develop skills for resolving known hurts.

4. Develop skills for investigating and resolving unknown hurts through a 14-step communication model.

5. How to heal and forgive.

6. Commit to weekly staff meetings.

D. Overview of Marriage Clinic

1. *Accept* your top 12 God-given interpersonal needs and those of others.

2. *Pursue* meeting the need of the moment (Eph. 4:29 NASB).

3. *Examine* what fills the emotional cup when the need of the moment is not met.

4. *Know* how to empty an emotional cup of negative emotions.

5. *Commit* to emptying your partner's cup vs. choosing divorce.

6. *Prepare* to resolve conflict by using 7- WARMUPS
 - a) **W** ant to be like Christ.
 - b) **A** cknowledge ways not like Christ.
 - c) **R** emove log before speck.
 - d) **M** anifest Spirit-filled living.
 - e) **U** pload rights to God and focus on responsibilities.
 - f) **P** urpose emotional responding.
 - g) **S** cripture rules my life.
7. *Resolve known hurts.*
8. *Investigate* unknown hurts using the 14-step model.
9. *Heal & Forgive*
10. Staff meetings are essential.
11. Praise to meet needs.

III. Accept your God-given interpersonal needs and those of others.

A. Reasons to accept needs:

1. Adam's aloneness proves we have interpersonal needs (Gen. 2:18).¹
2. Common sense proves we have interpersonal needs (Prov. 18:1 NET).
3. The 'one-another' commands prove we have interpersonal needs.²

B. Why did God create us with needs?

C. The top 12 commonly identified needs³ (see handout p. 32)

D. Main insights about needs⁴

1. Needs are intuitive.
2. Needs are biblical.
3. Needs are required to fulfill the commands to love.
4. Needs are relational.
5. We desire others to initiate meeting our needs.
6. We must meet the need of the moment (Eph. 4:29).

¹ David Ferguson, *Great Commandment Principle*. (Cedar Park, Tex.: Relationship Press, 1998), 24-26.

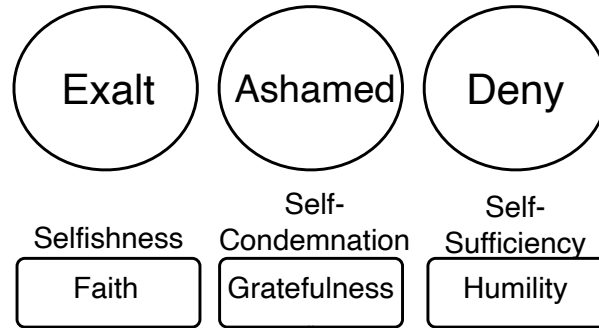
² Ferguson, *Great Commandment Principle*, 45.

³ Ferguson, Ferguson, and Snead. *Intimate Encounters*, 12. "Admonition" and "Instruction" from David Ferguson,

⁴ David Ferguson and Don McMinn and Jim Walter, (*Top Ten Relational Needs*. Cedar Park, Tex.: Intimacy Press, 1994), 1-2.

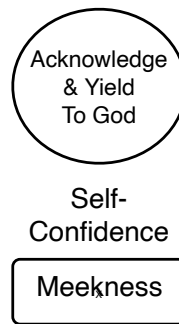
E. Avoid 3 obstacles to intimacy.⁵

Avoid 3 Obstacles to Intimacy



Ferguson, McMinn, Walter, Top 10 Relational Needs, 24-27.

Path to Intimacy



F. Intimacy is deep mutual knowing for the purpose of caring involvement.⁶

⁵ Intimate Life Ministries, *Experiencing God in Marriage, Family, and the Church: A Handbook for Reclaiming Marriage and Family as Divine Relationships* (Austin, Tex.: Intimacy Press, 1995), 16-18?

⁶ Ferguson et al., *Pursuit of Intimacy*, 41-43.

G. *Pursue* meeting the need of the moment.

Pursue Fulfillment by Meeting Needs

Needs + Met = Fulfillment

Needs - Met = Frustration

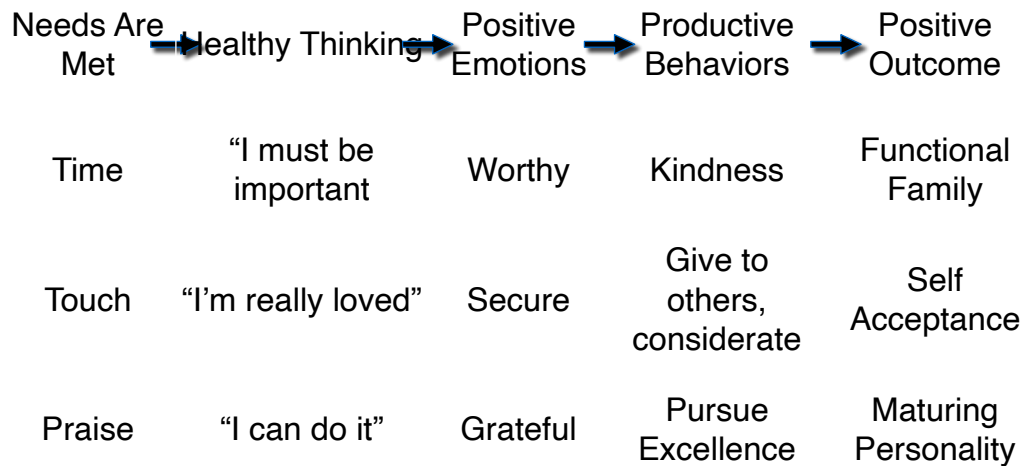


Ferguson et al., *The Pursuit of Intimacy*, 41-43.

H. Understand the pain and potential of needs being met or not met

1. The potential of needs met—positive outcomes⁷

Pursue -> Needs + Met = Fulfillment



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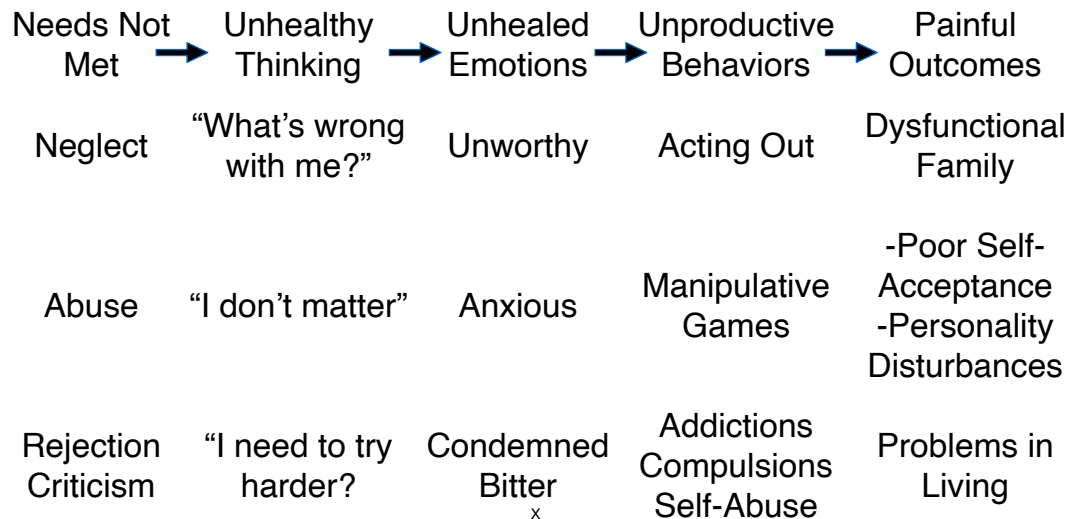


Ferguson, Ferguson, Snead, *Intimate Encounters*, 117.

⁷ Ferguson, *Intimate Encounters*, 117.

2. The pain of unmet needs—painful outcomes.⁸

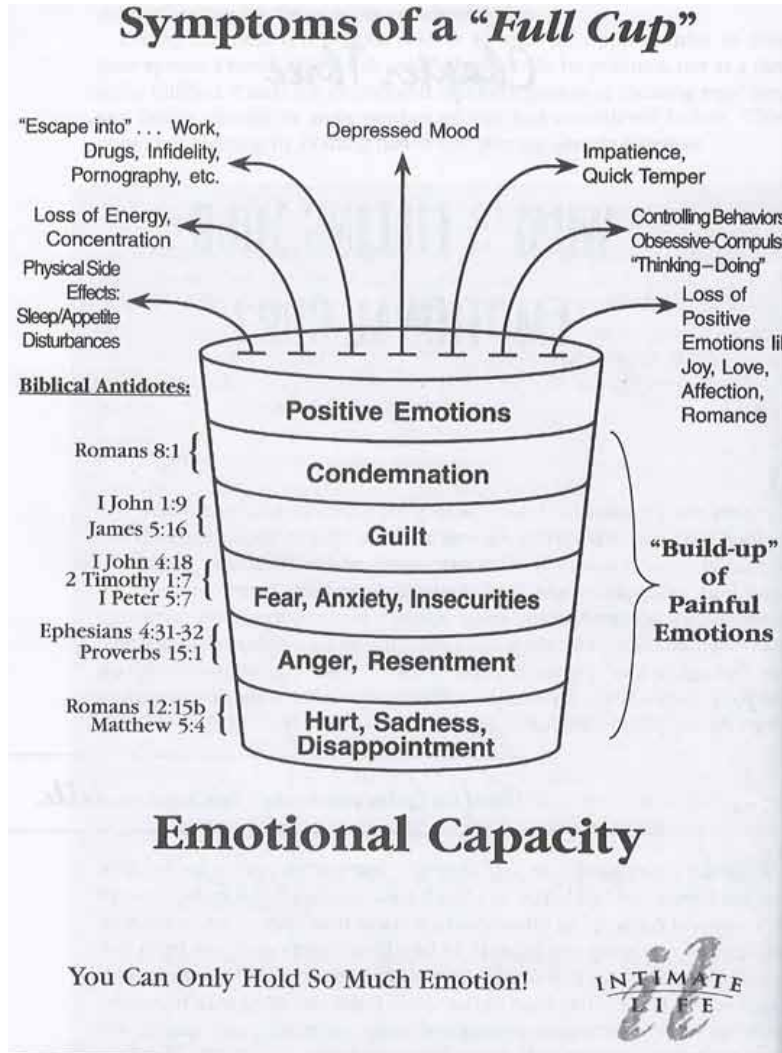
Avoid -> Needs - Met = Frustration


 Ferguson, Ferguson, Snead, *Intimate Encounters*, 117.

⁸ Ferguson, *Intimate Encounters*, 117.

IV. Examine what is filling your emotional cup.

A. Understand the emotional cup.⁹



Ferguson, Ferguson, Snead, Intimate Encounters, 18.

⁹ Ferguson, *Intimate Encounters*, 18.

B. *Blend* four ingredients of intimacy.¹⁰

Blend 4 Ingredients of Intimacy



David Ferguson, "Intimate Life Lecture," Westlake Bible Church, Austin, Tx, 1991.

C. *Identify* how hurt shuts down four ingredients of intimacy¹¹

D. *Acknowledge* symptoms of emotional hurt.¹²

E. *Know* how to heal emotional hurt and eliminate symptoms.¹³

F. *EA: Commit* to healing emotional hurt and draw closer.

¹⁰ Ferguson, *Intimate Encounters*, 39-43.

¹¹ David Ferguson et al., *The Pursuit of Intimacy* (Nashville, TN: Nelson, 1993) 41-43.

¹² Ferguson, *Intimate Encounters*, 18.

¹³ Ferguson, *Intimate Encounters*, 18.

V. 6 reasons people choose to divorce.

A. Not knowing how to heal and deal with emotional hurt.

Overview of Healing Soul

Emotions	Mind		Will
Face Pain	Understand Offense		Choose Forgiveness
Mourn Losses	In You	Through You	Invest Into Offender
Receive Comfort			



Adapted from David Ferguson, "Intimate Life Lecture," (?).

B. Wrong attitudes

C. Lack of understanding of God's purposes through tribulation.

D. Unwillingness to suffer for doing the right thing.

E. Lack of faith in God's power.

F. Lack of power to live the Christian life.

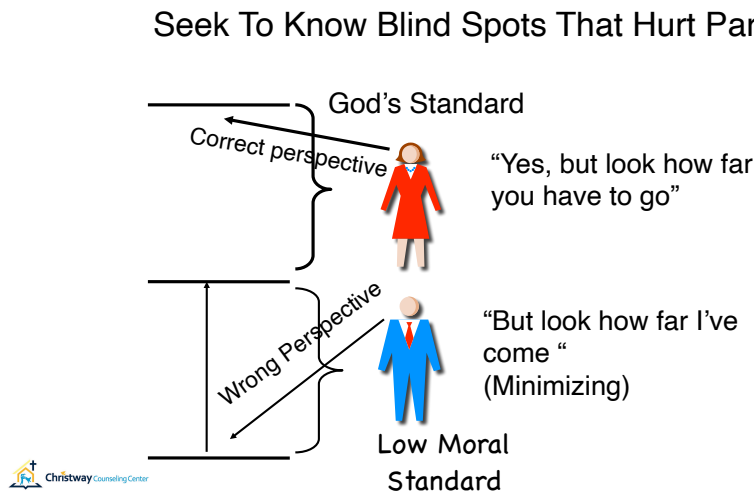
VI. Resolve spouse's known hurts through understanding, Godly sorrow, confession, and change,

A. Genuine communication requires humility.

1. Definition. "Humility is seeing the contrast between God's holiness and my sinfulness." (IBLP)
2. Validate other's needs with the "\$51 rule."
3. Realize God's standard (Matt. 5:48).
4. Increase humility by acknowledging the "sin" gap.¹⁴
5. Expect the awareness of sin to increase (1 Cor. 15:9; Eph. 3:8; 1 Tim. 1:15).

¹⁴ Unknown author, "Counseling Class" (lecture at Colorado Christian University, Morrison, Colorado, 1990-1991).

6. Seek to know “blind spots” that hurt your spouse and others.¹⁵

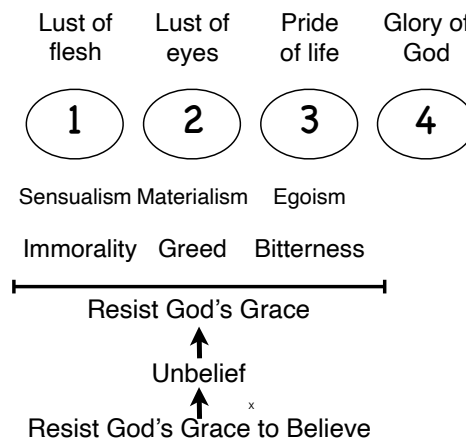


Bill Gothard, "Basic Seminar" (Sagemont Church, Houston, TX, various years?)

7. Prepare for judgment day (2 Cor. 5:10; Matt. 22:38-40).
8. EA: Pick the top 7 CQ (49 **C**haracter **Q**ualities of Christ on pages 23-34) that God might want you to grow in.
9. Accept your responsibilities (1 Tim. 1:18-19; 2 Cor. 10:5; Matt. 12:36-37; 2 Cor. 5:10; Jer. 12:3; Prov. 16:2; Rom. 2:16) .

B. Genuine communication requires prioritizing the right ultimate motive.

1. Discern your ultimate motive for living.¹⁶
2. Reject three wrong ultimate motives (1 Jn. 2:16).



Bill Gothard, "Basic Seminar" (Sagemont Church, Houston, TX, various years?)

¹⁵ IBLP, "Basic Seminar."

¹⁶ IBLP, "Basic Seminar" (conference at Sagemont Church, Houston, Texas, multiple years).

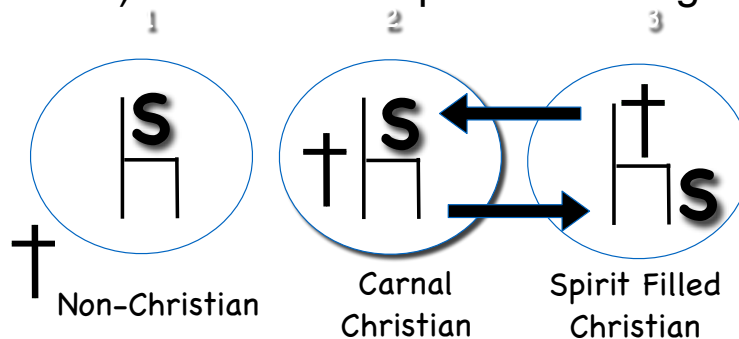
3. Embrace passionately the one right motive—to glorify God by knowing Christ and becoming like Him (Isa. 43:7; 1 Cor. 10:31; 2 Cor. 3:18).
 4. God gives us grace, which is the desire and the power to glorify Him by knowing Christ and becoming like Him (Phil. 2:13; Jn. 16:44).
- C. Genuine communication requires preparing the heart with “WARMUPS.”
1. Want to know Christ and be like Christ (Isa. 43:7; Rom. 8:29; 1 Jn. 3:2).
 2. Acknowledge and seek ways not like Christ (Psa. 139:23-24).
 3. Remove the log before speck (Matt. 7:1-5).
- D. Prepare for tomorrow.
1. Write out all hurts in format.
 2. Complete the spiritual gift survey.
 3. Download and read “Understanding Spiritual Gifts.”
- E. Plan some project time.
- F. Cut the 49 CQ (Christlike Qualities) into cards (pages 23-34).¹⁷

VII. Understand your spiritual gift.

A. We need WARMUPS.

1. Manifest Spirit-led living (Rom. 6:23; 1 Jn. 1:9; Eph. 5:18; Jn. 5:24).¹⁸

4). MANIFEST Spirit Led Living.



Prayer: “I Purpose To Walk by the Spirit by Spiritually Breathing Within 5 Minutes of Needing To.”

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¹⁷ Institute in Basic Life Principles. *Rebuilder's Guide* (Oakbrook: Institute in Basic Life Principles, 1982, 170-175. Used and adapted by Institute in Basic Life Principles (Dwight Fredrickson).

¹⁸ Bill Bright, *Handbook to Christian Maturity*, (p)?

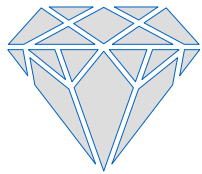
2. Upload rights to God and focus on responsibilities. “I Purpose to upload all my rights, needs, needs and expectations to God and focus on my responsibilities (Phil. 2:5-11; 1 Pet. 2:18ff; Phil. 2:3; Psa. 24:1; Col. 1:16).¹⁹



B. Q & A

VIII. Resolve known hurts.²⁰

A. Hurts are multifaceted.



B. Welcome new facets from past hurts.

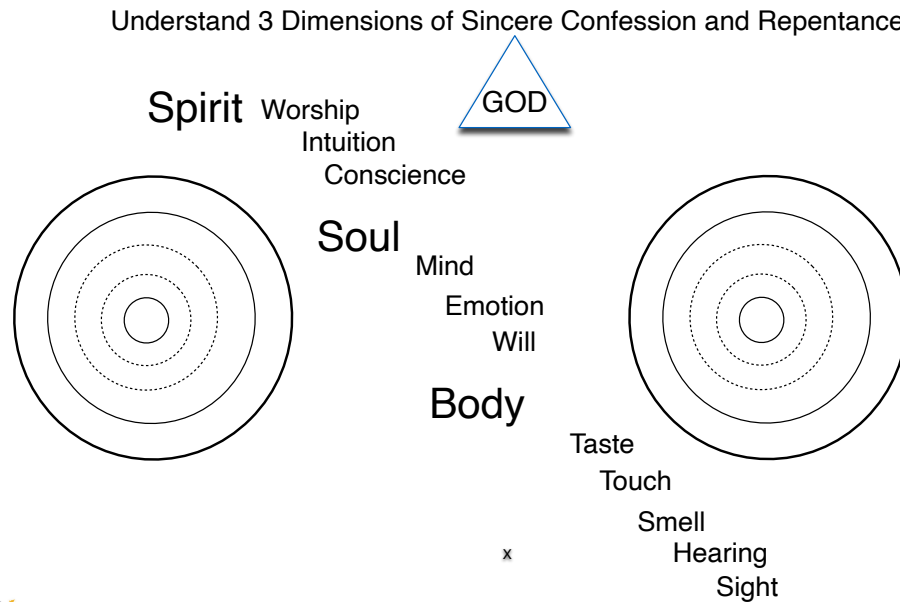
1. It may be a new facet.
2. You may not have hit the \$51 mark.
3. There are various reasons we may not have hit the \$51 mark.

¹⁹ IBLP, “Basic Seminar.”

²⁰ IBLP, “Basic Seminar: Principle of Responsibility.”

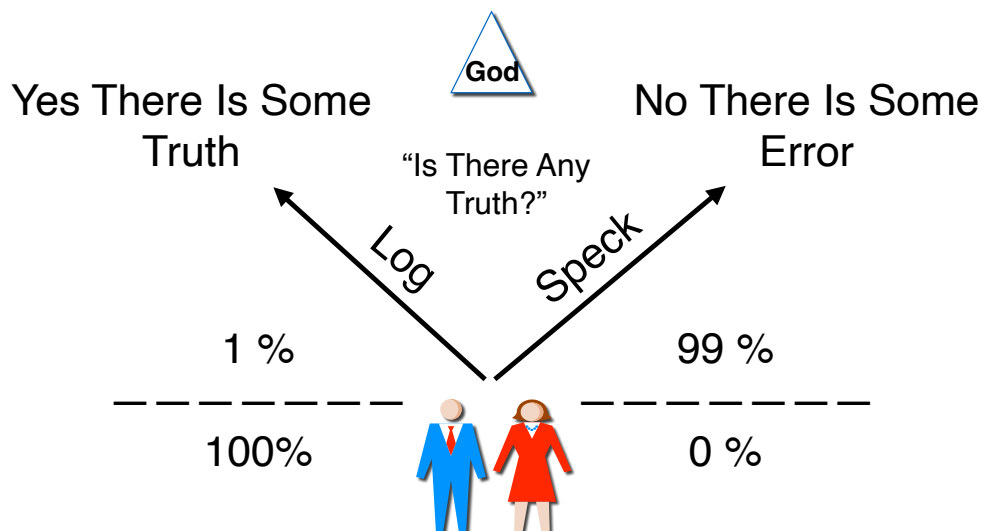
IX. Investigate and resolve unknown hurts with the 14-step model of communication.

A. We are a 3-dimensional being (1 Thess. 5:23; Gen. 2:7).



B. A confession needs to be expressed and experienced in all three dimensions.

C. Teach the 14-step model.



D. Guidelines for addressing hurts.

1. Before starting, write all hurts in NECD (Need, Event, Character, Definition) format (see page 32, step 3).
2. Have Kleenex before starting.
3. Stay in the model.
4. Usually, the husband goes first.
5. Take your hurts if you get stuck.
6. Stay 100% clean (honest).
7. Stay in the model.
8. No shortcuts. Remember to hold hands.
9. Stay in the model, esp. rights vs. responsibilities.
10. Start with easy ones that are memorable and quickly owned.
11. Allow it to be wooden at first, and add sincerity later.
12. Stay in the model.
13. Speak into their eyes.
14. When it becomes natural, start with the harder ones.
15. Do sex issues after all the others.
16. 3 ways to do this.

X. Common issues.

- A. What if my partner does not seem sincere?
- B. What if my partner won't stay in the model?
- C. What if my partner will not forgive me?
- D. What if my partner will not do the project with me?
- E. How can I forgive when I am not sure my partner will change?
- F. How can I say it is resolved before I see my partner change?
- G. (Continue Warmups)
 - 1. Purpose emotional responding. "I purpose to develop and use the skill of "emotional responding" (Rom 12:15; 2 Cor. 1:3-4).²¹
 - 2. Scripture rules my life. "I purpose to be led by "every word that proceeds out of the mouth of God," found in the Bible (Matt. 4:4; 2 Pet. 1:20; 2 Tim. 3:16).



²¹ Ferguson, *Intimate Encounters*, 249.

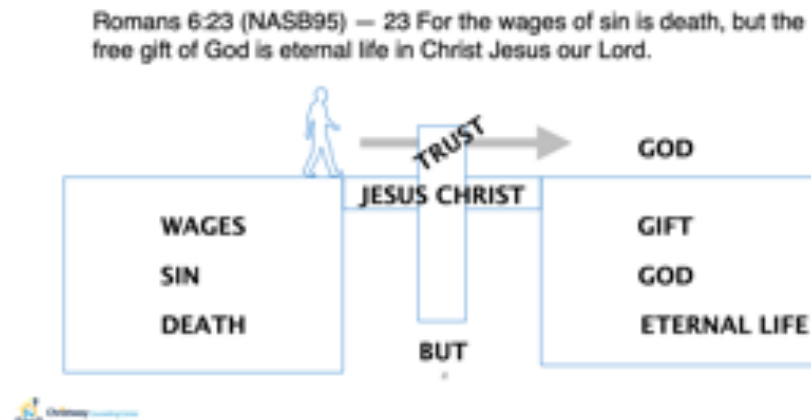
XI. Heal & forgive.

A. Introduction

B. Realize full forgiveness involves Spirit, emotion, mind, will, and body.

C. Spiritually: Receive God's forgiveness (Matt. 10:8).

1. How do we receive God's full forgiveness? Believe in Jesus (Rom. 6:23).



D. Example of Jesus

E. The motions need healing.²²

1. Face your pain (Mk. 14:36-44).
2. Mourn your losses (Mk. 14:34).
3. Receive comfort (Mk. 14:32-42).

F. The mind needs understanding.

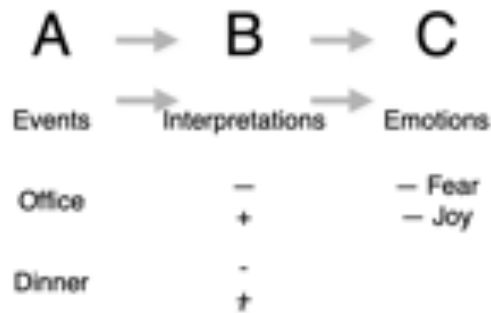
G. The will: choose to forgive.

²² Ferguson, *Intimate Encounters*, 146.

XII. Understand the offense.

A. Understand the ABC theory of emotions.²³

Understand What 'Causes' Emotions



B. Realize it is your interpretation of the event that causes emotion.

C. Gain God's interpretation of all events.

D. Accept God's chiseling to radiate Christ in and through you.²⁴



E. Understand God's purposes logically.

F. Key truths about suffering.²⁵

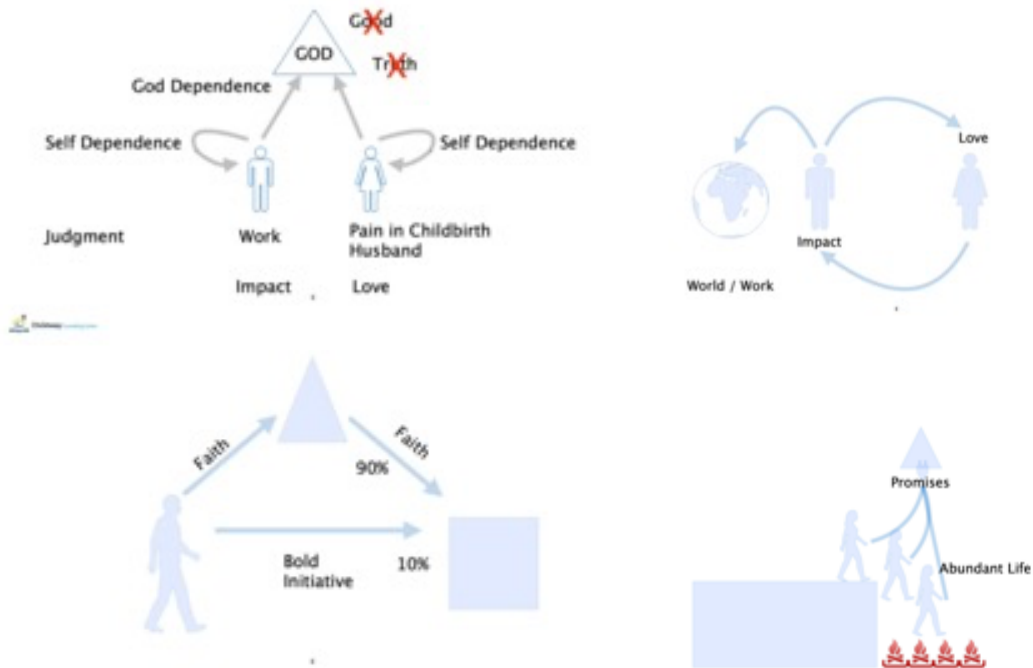
1. Repent of temporal values, things not lasting for eternity. (Matt. 6:19).

²³ Ellis, Albert. "ABC Theory of Emotions." http://www.conservapedia.com/ABC_Theory_of_Emotion 12/18/2016.

²⁴ IBLP, "Basic Seminar: Principle of Suffering."

²⁵ IBLP, "Basic Seminar: Principle of Suffering."

2. Realize God will always punish the offenders (which means you don't have to Col. 3:25-4:1).
3. Avoid bitterness by viewing losses as trades (Phil. 3:7-8; Matt. 16:24-26).
Learn from the parable of the unforgiving servant (Matt. 18:21ff).
4. Compare what you owe God to what your offender owes you.
5. Distinguish between pardon and forgiveness.
6. Gender distinctions.



7. Rom. 12 specifics keyed to gift (Rom. 12:6-15).
8. 3 Ways of God.

3 Ways of God

Birth of a Vision	Double Death of a Vision	Supernatural fulfillment of Vision
Jesus - deliver people	Crucified	Resurrection
Abe - father	Abe - 100 Sarah - 90 Kill son	Son in old age
Joseph	Kill Slavery, Falsely Accused, Jail	2nd in command in Egypt
Faith	Hope	Love

9. Learn God's purposes for suffering.
10. Develop your life message.
11. God brings people to you who need the same message.
12. You can look for a ministry, but when you go through suffering, God brings ministry to you.
13. The goal is to know Him and make Him known.
14. How do you know if you have fully forgiven your offender?

XIII. Staff meetings²⁶

- A. Prioritize and establish consistent time.
- B. Bring prep packet with hurts written out. Do not attempt w/o this.
- C. Pray
- D. Praise partner.
- E. Resolve hurts. (Write them out before the staff meeting).
- F. Calendar issues (Eph. 5:16)
- G. Establish goals and evaluate your progress (Amos 3:3 KJV).
 1. Spiritual
 2. Marriage
 3. Children (Prov. 22:6)
 4. Family
 5. Ministry (Matt. 22:18-19)
 6. Health
 7. Financial (Lu. 16:10-11)
 8. Vocational
 9. Household
 10. Social (Heb. 10:25)
 11. Personal
- H. Praise partner.

²⁶ Ferguson, *Intimate Encounters*, 209.

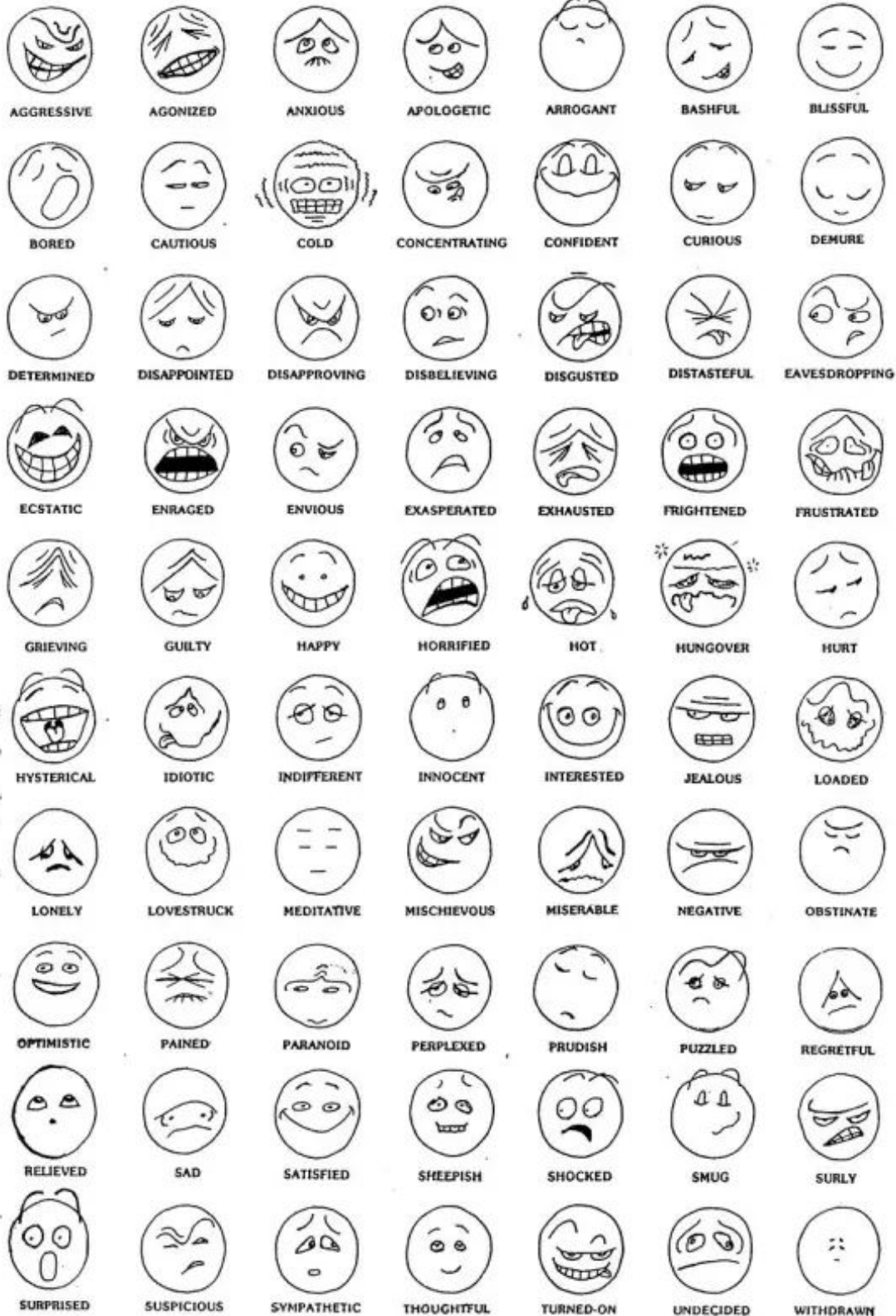
XIV. Praise to meet needs.

A. How to maximize the impact of praise.

1. Be sincere.
2. Praise character vs. achievement.
3. Read the definition of the character you praise
4. Be specific
5. Be enthusiastic
6. Be concise
7. Be emphatic
8. Praise quickly
9. Praise often
10. Use Good non-verbal communication.
11. Avoid negatives
12. Praise hunt vs. sin hunt
13. Share the benefits and impact.²⁷

²⁷ Character First Institute, "Character First." Oklahoma City, OK. Date unknown. Lecture.

Are You AWARE of How You Are Feeling Now?



Key Verses To Experience

1. Gen. 3:6
2. Gen. 2:18
3. Rom. 15:7
4. 1 Thess. 5:14
5. Rom. 16:16
6. Col 3:15b
7. 1 Cor. 12:25
8. Rom. 12:15 (NIV)
9. 2 Tim. 3:16
10. Rom. 12:10
11. Rom. 12:16,18
12. Gal. 6:2
13. Eph. 4:29 (NASB95)
14. Mk. 12:29-31
15. Lu. 15:11-32
16. Mk. 10:9
17. Mk. 14:36
18. Prov. 21:1
19. Matt. 5:48
20. 1 Jn. 2:16
21. Isa. 43:7
22. Phil. 2:13
23. Jn. 15:5
24. Jam. 4:6
25. Isa. 43:7
26. Rom. 8:29
27. Psa. 139:23-24
28. Matt. 7:1-5
29. Rom. 12:6-8
30. Gal. 5:16-23
31. Rom. 6:33
32. 1 Jn. 1:9
33. 1 Jn 5:14-15
34. Eph. 5:18
35. 1 Pet. 2:23
36. Phil. 2:5-11
37. 1 Tim. 1:18-19
38. 1 Thess. 5:23
39. 2 Cor. 7:8-10
40. Eph. 4:15
41. Matt. 5:23-24
42. Rom. 12:15
43. Matt. 4:4
44. Prov. 16:25
45. Col. 3:16-17
46. Lu. 19:1-11
47. Matt. 10:8
48. Matt. 26:36-46
49. Jn. 18:10-11
50. Rom. 8:28
51. Gen. 50:20
52. Gen. 3:1-19
53. Col. 3:15b

GOALS WORKSHEET²⁸

	WHAT	HOW	WHEN
Spiritual			
Marriage			
Children			
Family			
Ministry			
Health			
Financial			
Vocational			
Household			
Social			
Personal			

²⁸ Ferguson, *Intimate Encounters*, 209.

TOP 12 COMMONLY IDENTIFIED NEEDS²⁹

- 1. Acceptance:** Receiving another person willingly and unconditionally especially when the other's behavior has been imperfect. Being willing to continue loving another in spite of offenses or differences. (Rom. 15:7) *"Therefore, accept one another, just as Christ also accepted us to the glory of God."*
- 2. Admonition:** Constructive guidance in what to avoid; to warn; gentle and friendly reproof. (1 Thes. 5:14) *"We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone."*
- 3. Affection:** Expressing care and closeness through physical touch. Saying "I love you." (Rom. 16:16) *"Greet one another with a holy kiss . . ." (Mk. 10:16) "And they were bringing children to Him so that He might touch them . . . And He took them in His arms and began blessing them, laying His hands on them."*
- 4. Appreciation:** Expressing gratefulness through thanks, praise, or commendation. Recognizing effort or accomplishment. (Col. 3:15b) *" . . . and be thankful."* (1 Cor. 11:2) *"Now I praise you because you remember me in everything and hold firmly to the traditions just as I delivered them to you."*
- 5. Approval (Blessing):** Expressed commendation; to have or express a favorable opinion of; think and speak well of; building up or affirming another; affirming the fact and importance of a relationship. (Eph. 4:29) *"Let no unwholesome word proceed from your mouth, but only such a word that is good for edification according to the need of the moment, so that it will give grace to those who hear."*
- 6. Attention:** Conveying appropriate interest, concern, and care; taking thought of another; entering another's world. (1 Cor. 12:25) *"so that there may be no division in the body, but that the members may have the same care for one another."*
- 7. Comfort:** Responding to a hurting person with words, feelings, and touch; to hurt with and for another's grief or pain; to give consolation with tenderness. (Rom. 12:15b) *" . . . mourn with those who mourn."* (Matt. 5:4) *"Blessed are those who mourn for they will be comforted."*
- 8. Encouragement:** Urging another to persist and persevere toward a goal; stimulating toward love and good deeds. (1 Thes. 5:11) *"Therefore encourage one another and build up one another . . ." (Heb. 10:24, 25) "and let us consider how to stimulate one another to love and good deeds . . . encouraging one another . . ."*
- 9. Instruction:** Modeling, equipping, and training in how to live. (2 Tim. 3:16) *"All Scripture is inspired by God and profitable for teaching, reproof, correction and training in righteousness."*
- 10. Respect:** Valuing and regarding another highly; treating another as important; honoring another; conveying great worth. (Rom. 12:10b) *"give preference to one another in honor."*
- 11. Security (Peace):** Harmony in relationships; freedom from fear or threat of harm. (Rom. 12:16, 18) *"Be of the same mind toward one another . . . If possible, so far as it depends on you, be at peace with all men."*
- 12. Support:** Coming alongside and gently helping with a problem or struggle; providing appropriate assistance; to help carry a load. (Gal. 6:2) *"Bear one another's burdens, and thereby full the law of Christ."*

²⁹ Ferguson, *Intimate Encounters*, 12. "Admonition" and "Instruction" from unpublished work "Understanding People" by David Ferguson, 1991?

49 CHARACTER QUALITIES OF JESUS CHRIST³⁰

1. **Alertness vs. unawareness:** Being aware of the physical and spiritual events taking place around me so that I can have the right responses to them.
2. **Attentiveness vs. unconcern:** Showing the worth of a person by giving undivided attention to his words and emotions.
3. **Availability vs. self-centeredness:** Adjusting my personal responsibilities around the needs of those whom I am serving.
4. **Boldness vs. fearfulness:** Confidence that what I have to say or do is true and right and just in the sight of God.
5. **Cautiousness vs. rashness:** Knowing how important right timing is in accomplishing right actions.
6. **Compassion vs. indifference:** Investing whatever is necessary to heal the hurts of others.
7. **Contentment vs. covetousness:** Realizing God has provided everything I need for my present happiness.
8. **Creativity vs. underachievement:** Applying God's wisdom and practical insights to a need or task.
9. **Decisiveness vs. doublemindedness:** The ability to finalize difficult decisions based on the will and ways of God.
10. **Deference vs. rudeness:** Limiting my freedom to speak and act in order not to offend the taste of others.
11. **Dependability vs. inconsistency:** Fulfilling what I consented to do even if it means unexpected sacrifice.
12. **Determination vs. faintheartedness:** Purposing to accomplish God's goals in God's timing regardless of the opposition.
13. **Diligence vs. slothfulness:** Visualizing each task as a special assignment from the Lord and using all my energies to accomplish it.
14. **Discernment vs. judgment:** The God given ability to understand why things happen to others and to me.
15. **Discretion vs. simplemindedness:** The ability to avoid words, actions, and attitudes which could result in undesirable consequences.
16. **Endurance vs. giving up:** The inward strength to withstand the stress to accomplish God's best.
17. **Enthusiasm vs. apathy:** Expressing with my spirit the joy of my soul.
18. **Faith vs. presumption:** Visualizing what God intends to do in a given situation and acting in harmony with it.
19. **Flexibility vs. resistance:** Not setting my affections on ideas or plans, which could be changed by God or others.
20. **Forgiveness vs. rejection:** Clearing the record of those who have wronged me and me allowing God to love them through me.
21. **Generosity vs. stinginess:** Realizing that all I have belongs to God and using it for His purposes.
22. **Gentleness vs. harshness:** Showing personal care and concern in meeting the needs of others.
23. **Gratefulness vs. un-thankfulness:** Making known to God and others in what ways they have benefited my life.

³⁰ Institute in Basic Life Principles. *Rebuilder's Guide* (Oakbrook: Institute in Basic Life Principles, 1982, 170-175. Used and adapted by Institute in Basic Life Principles (Dwight Fredrickson).

24. **Hospitality vs. loneliness:** Cheerfully sharing food, shelter, and spiritual refreshment with those whom God brings into my life.
25. **Humility vs. pride:** Seeing the contrast between God's holiness and my sinfulness.
26. **Initiative vs. unresponsiveness:** Recognizing and doing what needs to be done before I am asked to do it.
27. **Joyfulness vs. self-pity:** Re result of knowing that God is perfecting His life in others through me.
28. **Justice vs. fairness:** Personal responsibility to God's unchanging laws.
29. **Love vs. selfishness:** Giving to others' basic needs without having personal rewards as my motive.
30. **Loyalty vs. unfaithfulness:** Using difficult times to demonstrate my commitment to God and to those whom he has called me to serve.
31. **Meekness vs. anger:** Yielding my personal rights and expectations to God.
32. **Obedience vs. willfulness:** Fulfilling instructions so that God and the one I am serving will be fully satisfied.
33. **Orderliness vs. disorganization:** Arranging my life and surrounding so that God has maximum freedom to achieve His goals through me.
34. **Patience vs. restlessness:** Accepting a difficult situation from God without giving Him a deadline to remove it.
35. **Persuasiveness vs. contentiousness:** Using words, which cause the listener's spirit to confirm that he is hearing truth.
36. **Punctuality vs. tardiness:** Showing respect for other people and the limited time that God has given to them.
37. **Resourcefulness vs. wastefulness:** Wise use of that which others would normally overlook or discard.
38. **Responsibility vs. unreliability:** Knowing and doing what God and others are expecting from me.
39. **Reverence vs. disrespect:** Awareness of how God is working through the people and events in my life to produce the character of Christ in me.
40. **Security vs. anxiety:** Structuring my life around what is eternal and cannot be destroyed or taken away.
41. **Self-control vs. self-indulgence:** Instant obedience to the initial prompting of God's Spirit.
42. **Sensitivity vs. callousness:** Knowing by the prompting of God's Spirit what words and actions will benefit the lives of others.
43. **Sincerity vs. hypocrisy:** Eagerness to do what is right with transparent motives.
44. **Thriftiness vs. extravagance:** Not letting myself or others spend that which is not necessary.
45. **Thoroughness vs. incompleteness:** Realizing that each of our tasks will be reviewed and rewarded by God.
46. **Tolerance vs. prejudice:** Viewing each person as a valuable individual whom God created and loves.
47. **Truthfulness vs. deception:** Earning future trust by accurately reporting facts.
48. **Virtue vs. impurity:** The influence God is having on others through my life regardless of my past failures.
49. **Wisdom vs. natural inclinations:** Seeing and responding to life situations from God's frame of reference.

49 Character Qualities of Christ³¹

1. Alertness vs. unawareness
2. Attentiveness vs. unconcern
3. Availability vs. self-centeredness
4. Boldness vs. fearfulness
5. Cautiousness vs. rashness
6. Compassion vs. indifference
7. Contentment vs. covetousness
8. Creativity vs. under-achievement
9. Decisiveness vs. doublemindedness
10. Deference vs. rudeness
11. Dependability vs. inconsistency
12. Determination vs. faint-heartedness
13. Diligence vs. slothfulness
14. Discernment vs. judgment
15. Discretion vs. simple-mindedness
16. Endurance vs. giving up
17. Enthusiasm vs. apathy
18. Faith vs. presumption
19. Flexibility vs. resistance
20. Forgiveness vs. rejection
21. Generosity vs. stinginess
22. Gentleness vs. harshness
23. Gratefulness vs. un-thankfulness
24. Hospitality vs. loneliness
25. Humility vs. pride
26. Initiative vs. unresponsiveness
27. Joyfulness vs. self-pity
28. Justice vs. fairness
29. Love vs. selfishness
30. Loyalty vs. unfaithfulness
31. Meekness vs. anger
32. Obedience vs. willfulness
33. Orderliness vs. disorganization
34. Patience vs. restlessness
35. Persuasiveness vs. contentiousness
36. Punctuality vs. tardiness
37. Resourcefulness vs. wastefulness
38. Responsibility vs. unreliability
39. Reverence vs. disrespect
40. Security vs. anxiety
41. Self-control vs. self-indulgence
42. Sensitivity vs. callousness
43. Sincerity vs. hypocrisy
44. Thriftiness vs. extravagance
45. Thoroughness vs. incompleteness
46. Tolerance vs. prejudice
47. Truthfulness vs. deception
48. Virtue vs. impurity
49. Wisdom vs. natural inclinations

³¹ Institute in Basic Life Principles. *Rebuilder's Guide* (Oakbrook: Institute in Basic Life Principles, 1982, 170-175. Used and adapted by permission Institute in Basic Life Principles (Dwight Fredrickson).

<p>1. Alertness vs. unawareness</p> <p>Being aware of the physical and spiritual events taking place around me so that I can have the right responses to them.</p> <p>Mark 14:28 "But after I have been raised, I will go before you to Galilee."</p>	<p>2. Attentiveness vs. unconcern</p> <p>Showing the worth of a person by giving undivided attention to his words and emotions.</p> <p>Heb. 2:1 "For this reason we must pay much closer attention to what we have heard, lest we drift away from it."</p>
<p>3. Availability vs. self-centeredness</p> <p>Adjusting my personal responsibilities around the needs of those whom I am serving.</p> <p>Phil. 2:20 "For I have no one else of kindred spirit who will genuinely be concerned for your welfare."</p>	<p>4. Boldness vs. fearfulness</p> <p>Confidence that what I have to say or do is true and right and just in the sight of God.</p> <p>Acts 4:29 "And now, Lord take note of their threats, and grant that Thy bondservant may speak Thy word with all confidence."</p>
<p>5. Cautiousness vs. rashness</p> <p>Knowing how important right timing is in accomplishing right actions.</p> <p>Prov. 19:2 "Also it is not good for a person to be without knowledge, and he who makes haste with his feet errs."</p>	<p>6. Compassion vs. indifference</p> <p>Investing whatever is necessary to heal the hurts of others.</p> <p>1 John 3:17 "But whoever has the world's goods, and beholds his brother in need and closes his heart against him, how does the love of God abide in him?"</p>

<p>7. Contentment vs. covetousness</p> <p>Realizing God has provided everything I need for my present happiness.</p> <p>1 Tim. 6:8 "And if we have food and covering, with these we shall be content."</p>	<p>8. Creativity vs. under-achievement</p> <p>Applying God's wisdom and practical insights to a need or task.</p> <p>Rom. 12:2 "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect."</p>
<p>9. Decisiveness vs. doublemindedness</p> <p>The ability to finalize difficult decisions based on the will and ways of God.</p> <p>Jam 1:5 "But if any of you lacks wisdom, let him ask God, who gives to all men generously and without reproach, and it will be given to him."</p>	<p>10. Deference vs. rudeness</p> <p>Limiting my freedom to speak and act in order not to offend the taste of others.</p> <p>Rom. 14:21 "It is good not to eat meat or to drink wine, or to do anything by which your brother stumbles."</p>
<p>11. Dependability vs. Inconsistency</p> <p>Fulfilling what I consented to do even if it means unexpected sacrifice.</p> <p>Ps. 15:4 "In whose eyes a reprobate is despised, but who honors those who fear the lord; He swears to his own hurt and does not change."</p>	<p>12. Determination vs. faint-heartedness</p> <p>Purposing to accomplish God's goals in God's timing regardless of the opposition.</p> <p>2 Tim. 4:7-8 "I have fought the good fight, I have finished the course, I have kept the faith; in the future there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day; and not only to me, but also to all who have loved His appearing."</p>

<p>13. Diligence vs. slothfulness</p> <p>Visualizing each task as a special assignment from the Lord and using all my energies to accomplish it.</p> <p>Col. 3:23 "Whatever you do, do your work heartily, as for the Lord rather than for men."</p>	<p>14. Discernment vs. Judgment</p> <p>The God-given ability to understand why things happen to others and to me.</p> <p>1 Sam. 16:7 "But the Lord said to Samuel, 'Do not look at his appearance or at the height of his stature, because I have rejected him; for God sees not as man sees, for man looks at the outward appearance, but the Lord looks at the heart.'"</p>
<p>15. Discretion vs. simple-mindedness</p> <p>The ability to avoid words, actions, and attitudes which could result in undesirable consequences."</p> <p>Prov. 22:3 "The prudent sees the evil and hides himself, but the naive go on, and are punished for it."</p>	<p>16. Endurance vs. giving up</p> <p>The inward strength to withstand the stress to accomplish God's best.</p> <p>Gal. 6:9 "And let us not lose heart in doing good, for in due time we shall reap if we do not grow weary."</p>
<p>17. Enthusiasm vs. apathy</p> <p>Expressing with my spirit the joy of my soul.</p> <p>1 Thess. 5:16-16 "Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus. Do not quench the Spirit."</p>	<p>18. Faith vs. presumption</p> <p>Visualizing what God intends to do in a given situation and acting in harmony with it.</p> <p>Heb. 11:1 "Now faith is the assurance of things hoped for, the conviction of things not seen."</p>

<p>19. Flexibility vs. resistance</p> <p>Not setting my affections on ideas or plans, which could be changed by God or others.</p> <p>Col 3:2 "Set your mind on the things above, not on the things that are on earth."</p>	<p>20. Forgiveness vs. rejection</p> <p>Clearing the record of those who have wronged me and allowing God to love them through me.</p> <p>Eph. 4:32 "And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."</p>
<p>21. Generosity vs. stinginess</p> <p>Realizing that all I have belongs to God and using it all for His purposes.</p> <p>2 Cor. 9:6 "Now this I say, he who sows sparingly shall also reap sparingly; and he who sows bountifully shall also reap bountifully."</p>	<p>22. Gentleness vs. harshness</p> <p>Showing personal care and concern in meeting the needs of others.</p> <p>1 Thess. 2:7 "But we proved to be gentle among you, as a nursing mother tenderly cares for her own children."</p>
<p>23. Gratefulness vs. un-thankfulness</p> <p>Making known to God and others in what ways they have benefited my life.</p> <p>1 Cor. 4:7 "For who regards you as superior? And what do you have that you did not receive? But if you did receive it, why do you boast as if you had not received it?"</p>	<p>24. Hospitality vs. loneliness</p> <p>Cheerfully sharing food, shelter, and spiritual refreshment with those whom God brings into my life.</p> <p>Heb. 13:2 "Do not neglect to show hospitality to strangers, for by this some have entertained angels without knowing it."</p>

<p>25. Humility vs. pride</p> <p>Seeing the contrast between God's holiness and my sinfulness.</p> <p>Jam. 4:6 "But he gives a greater grace. Therefore, it says, "God is opposed to the proud, but gives to the humble."</p>	<p>26. Initiative vs. unresponsiveness</p> <p>Recognizing and doing what needs to be done before I am asked to do it.</p> <p>Rom 12:21 "Do not be overcome by evil but overcome evil with good."</p>
<p>27. Joyfulness vs. self-pity</p> <p>The result of knowing that God is perfecting His life in others through me.</p> <p>Prov. 15:13 "A joyful heart makes a cheerful face, but when the heart is sad, the spirit is broken."</p>	<p>28. Justice vs. fairness</p> <p>Personal responsibility to God's unchanging laws.</p> <p>Mic. 6:8 "He had told you, O man, what is good; and what does the Lord require of you but to do justice, to love kindness, and to walk humbly with your God?"</p>
<p>29. Love vs. selfishness</p> <p>Giving to others' basic needs without having personal rewards as my motive.</p> <p>1 Cor. 13:3 "And if I give all my possessions to feed the poor, and if I deliver my body to be burned, but do not have love, it profits me nothing."</p>	<p>30. Loyalty vs. unfaithfulness</p> <p>Using difficult times to demonstrate my commitment to God and to those whom he has called me to serve.</p> <p>John 15:13 "Greater love has no one than this, that one lay down his life for his friends."</p>

<p>31. Meekness vs. anger</p> <p>Yielding my personal rights and expectations to God.</p> <p>Ps. 62:5 "My soul, wait in silence for God only, for my hope is from him."</p>	<p>32. Obedience vs. willfulness</p> <p>Fulfilling instructions so that God and the one I am serving will fully be satisfied.</p> <p>2 Cor. 10:5 "We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ."</p>
<p>33. Orderliness vs. disorganization</p> <p>Arranging my life and surrounding so that God has maximum freedom to achieve His goals through me.</p> <p>1 Cor. 14:40 "But let all things be done properly and in an orderly manner."</p>	<p>34. Patience vs. restlessness</p> <p>Accepting a difficult situation from God without giving Him a deadline to remove it.</p> <p>Rom. 5:3-4 "And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proved character; and proven character, hope."</p>
<p>35. Persuasiveness vs. contentiousness</p> <p>Using words, which cause the listener's spirit to confirm that he is hearing truth.</p> <p>2 Tim. 2:24 "And the Lord's bondservant must not be quarrelsome, but be kind to all, able to teach, patient when wronged."</p>	<p>36. Punctuality vs. tardiness</p> <p>Showing respect for other people and the limited time that God has given to them.</p> <p>Eccl. 3:1 "There is an appointed time for everything. And there is a time for every event under heaven----"</p>

<p>37. Resourcefulness vs. wastefulness</p> <p>Wise use of that which others would normally overlook or discard.</p> <p>Luke 16:10 "He who is faithful in a very little thing is faithful also in much; and he who is unrighteous in a very little thing is unrighteous also in much."</p>	<p>38. Responsibility vs. unreliability</p> <p>Knowing and doing what God and others are expecting from me.</p> <p>Rom. 14:12 "So then each one of us shall give account of himself to God."</p>
<p>39. Reverence vs. disrespect</p> <p>Awareness of how God is working through the people and events in my life to produce the character of Christ in me.</p> <p>Prov. 23:17 "Do not let your heart envy sinners but live in the fear of the Lord always."</p>	<p>40. Security vs. anxiety</p> <p>Structuring my life around what is eternal and cannot be destroyed or taken away.</p> <p>John 6:27 "Do not work for the food which perished, but for the food which endures to eternal life, which he Son of Man shall give to you, for on Him the Father, even God, has set His seal."</p>
<p>41. Self-control vs. self-indulgence</p> <p>Instant obedience to the initial prompting of God's Spirit.</p> <p>Gal. 5:24-25 "Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit."</p>	<p>42. Sensitivity vs. callousness</p> <p>Knowing by the prompting of God's Spirit what words and actions will benefit the lives of others.</p> <p>Rom. 12:15 "Rejoice with those who rejoice, and weep with those who weep."</p>

<p>43. Sincerity vs. hypocrisy</p> <p>Eagerness to do what is right with transparent motives.</p> <p>1 Pet. 1:22 "Since you have in obedience to the truth purified your souls for a sincere love of the brethren, fervently love one another from the heart."</p>	<p>44. Thriftiness vs. extravagance</p> <p>Not letting myself or others spend that which is not necessary.</p> <p>Luke 16:11 "It therefore you have been faithful in the use of unrighteous mammon, who will entrust the true riches to you?"</p>
<p>45. Thoroughness vs. incompleteness</p> <p>Realizing that each of our tasks will be reviewed and rewarded by God.</p> <p>Prov. 18:15 "The mind of the prudent acquire knowledge, and the ear of the wise seeks knowledge."</p>	<p>46. Tolerance vs. prejudice</p> <p>Viewing every person as a valuable individual whom God created and loves.</p> <p>Phil 2:2 "Make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose."</p>
<p>47. Truthfulness vs. deception</p> <p>Earning future trust by accurately reporting facts.</p> <p>Eph. 4:25 "Therefore, laying aside falsehood, speak truth, each one of you, with his neighbor, for we are members of one another."</p>	<p>48. Virtue vs. impurity</p> <p>The influence God is having on others through my life regardless of my past failures.</p> <p>2 Pet. 1:3 "Seeing that His power has granted to us everything pertaining to life and Godliness, through the true knowledge of Him who called us by His glory and excellence."</p>

<p>49. Wisdom vs. natural inclinations</p> <p>Seeing and responding to life situations from God's frame of reference.</p> <p>Prov. 9:10 "The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding."</p>		<p>49</p> <p>CHARACTER QUALITIES OF JESUS CHRIST</p>

Suggested Reading

1. Institute in Basic Life Principles. *Understanding Spiritual Gifts*. Oak Brook, Ill.: Institute in Basic Life Principles, Inc. 1986. ISBN: none. 35 pp.
2. Ferguson, David, Don McMinn, and Jim Walter. *Top Ten Relational Needs*. Cedar Park, Tex.: Intimacy Press, 1994. ISBN: 0-9642845-0-2. 130 pp.
3. Ferguson, David. *Great Commandment Principle*. Cedar Park, Tex.: Relationship Press, 1998; 2013. ISBN: 978-1-893307-58-2. 289 pp.
4. Ferguson, David, Bruce Walker. *Relational First Aid: Becoming Good Samaritans*. Cedar Park, Tex.: Relationship Press, 2001. ISBN: 1-893307-24-7. 106 pp.
5. Ferguson, David, Teresa Ferguson, and Terri Ferguson Snead. *Intimate Encounters*. Cedar Park, Tex.: Relationship Press, 1997. ISBN: 0-9642845-7-X. 280 pp.
6. *Basic Seminar Follow-Up Course*. IBLP Publications, 2004. ISBN: none. 132 pp.
7. Institute in Basic Life Principles. *Rebuilders Guide*. Oak Brook, Ill.: IBLP Publications, 2010. ISBN: 09-1688-06-1. 251 pp.
8. Geisler, Norman. *Christian Ethics: Contemporary Issues & Options*. 2nd ed. Grand Rapids: Baker Academic, 2010. ISBN: 978-0-8010-3879-2. 411 pp.
9. Voges, Ken, and Ron Braund. *Understanding How Others Misunderstand You*. Chicago: Moody Press, 1995. ISBN: 0-8024-1106-1. 302 pp.
10. Bright, Bill. *Would You Like to Know God Personally?* Peachtree City, Ga.: Campus Crusade for Christ, 1965. ISBN: 1-56399-158-6. 16 pp.

Recommended Audio Series

1. Dr. Norman Geisler. *12 Points That Show Christianity is True*. Order from Norm Geisler International Ministries (ngim.org).

Date: _____

EVALUATION FORM

	Strongly Disagree			Strongly Agree	
The purpose, goals, and objectives were clear.	1	2	3	4	5
I feel the clinic was worth my time and investment.	1	2	3	4	5
The presenter made good use of clinic time.	1	2	3	4	5
The presenter clearly explained the subject matter.	1	2	3	4	5
The intended learning outcomes were achieved.	1	2	3	4	5
The meeting rooms and facilities were comfortable.	1	2	3	4	5
The clinic registration process was user-friendly.	1	2	3	4	5
Were the concepts and principles <i>biblical</i> ?	1	2	3	4	5
Were the concepts <i>practical</i> and <i>relevant</i> ?	1	2	3	4	5

1. How many hours did you spend together resolving the hurts?
2. If “100” were the closest you have ever felt to your partner (even if you have never felt all that close, “100” is still the closest), how *close* did you feel before our sessions, and how close do you feel now:
 - a. Before sessions: _____ After sessions: _____
3. What were the most *helpful* things you learned or experienced in the sessions?
4. What was the *highlight* of the sessions?
5. What *effect* have the sessions had on you and your partner?
6. What was the *least helpful* aspect of the sessions?
7. What *suggestions* could you offer to make the sessions better?

 Would you like to be included in our monthly *newsletter* tips?

___ Yes (email address: _____). ___ NO

Would you ever like to share your story or testimony of how God has used these truths in your marriage at a Marriage Clinic, magazine article, or website? Would you like to teach these concepts at a local church?

8. Would you like information on how you can give a tax-deductible contribution to help others attend Christway Counseling services? _____

14 STEP MODEL TO HEAL UNKNOWN HURTS

1. WARMUPS -- "I PURPOSE TO ..."

- WARM UPS**
- W**ant to be like Christ as ultimate goal.
 - A**cknowledge ways not like Christ.
 - R**emove log before speak.
 - M**anifest Spirit-filled living.
 - U**pload rights to God & focus on responsibilities
 - P**urpose emotional responding.
 - S**cripture rules life.

