

WORKBOOK

WITH BIBLICAL REFERENCES

PREPARE  ENRICH
• building strong marriages •

— COUPLE'S WORKBOOK —

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WHAT THE BIBLE SAYS ABOUT COMMUNICATION

PSALM 19:14 May the words of my mouth and the thoughts 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 the eye of a brother when you have a board in your own?

PROVERBS 20:19 A gossip tells secrets, so don't hang around with someone who talks too much.

JAMES 1:19 My dear brothers and sisters, be quick to listen, slow to speak and slow to get angry.

PROVERBS 18:13 What a shame, what folly, to give advice before listening to the facts!



WHAT THE BIBLE SAYS ABOUT PERSONAL STRESS

PHILIPPIANS 4:6-7 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

MATTHEW 6:28-30 Jesus said, “Do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?”

1 PETER 5:7 Cast all your anxiety on Jesus because he cares for you.

LUKE 12:22-23 Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes.”

EXODUS 33:14 The Lord replied, “My Presence will go with you, and I will give you rest.”

HEBREWS 13:5 God has said, “Never will I leave you; never will I forsake you.”

JOSHUA 1:9 Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.

MATTHEW 11:28-29 Jesus said, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

PSALM 29:11 The Lord gives strength to his people; the Lord blesses his people with peace.

PSALM 73:26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

ROMANS 5:3-5 We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. 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 And you husbands must love your wives and never treat them harshly.

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

PROVERBS 14:29 Those who control their anger have great understanding; those with a hasty temper will make mistakes.

ECCLESIASTES 7:8-9 Finishing is better than starting. Patience is better than pride. Don’t be quick-tempered, for anger is the friend of fools.

ROMANS 12:19 Don’t quarrel with anyone. Be at peace with everyone, just as much as possible.

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 for evil to anyone. 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 Whoever forgives an offense seeks love, but he who repeats a matter separates intimate friends.

GALATIANS 5:22-23 The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

COLOSSIANS 3:13 Bear with each other and forgive whatever grievances you have against one another. Forgive as the Lord forgave you.



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, or be devoted to one and despise the other. You cannot serve both God and money.

PROVERBS 3:9-10 Honor the LORD with your wealth and with the best part of everything your land produces. Then he will fill your barns with grain, and your vats will overflow with the finest wine.

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

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

HEBREWS 13:5 Stay away from the love of money; be satisfied with what you have. For God has said, "I will never fail you. I will never forsake you."

1 TIMOTHY 6:6-10 Yet true religion with contentment is great wealth. After all, we didn't bring anything with us when we came into the world, and we certainly cannot carry anything with us when we die. So if we have enough food and clothing, let us be content. 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. For the love of money is at the root of all kinds of evil.

1 TIMOTHY 6: 17-19 Tell those who are rich in this world not to be proud and not to trust in their money, which will soon be gone. But their trust should be in the living God, who richly gives us all we need for our enjoyment. Tell them to use their money to do good. They should be rich in good works and should give generously to those in need, always being ready to share with others whatever God has given them. By doing this they will be storing up their treasure as a good foundation for the future so that they may take hold of real life.

MATTHEW 6:19-21 Don't store up treasures here on earth where they can erode away or may be stolen. Store them in heaven where they will never lose their value and are safe from thieves. If your profits are in heaven, your heart will be there too.



WHAT THE BIBLE SAYS ABOUT SEXUALITY

PROVERBS 5:18-20 Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. She is a loving doe, a graceful deer. Let her breasts satisfy you always. May you always be captivated by her love.

1 CORINTHIANS 7:3 The husband should not deprive his wife of sexual intimacy, which is her right as a married woman, nor should the wife deprive her husband.

1 CORINTHIANS 7:4-5 The wife gives authority over her body to her husband, and the husband also gives authority over his body to his wife. So 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 is actually loving himself when he loves his wife.

SONG OF SOLOMON 7:10-12 I am my lover's, the one he desires. Come, my love, let us go out into the fields and spend the night among the wildflowers. Let us get up early and go out to the vineyards. Let us see whether the vines have budded, whether the blossoms have opened, and whether the pomegranates are in flower. And there I will give you my love.

1 CORINTHIANS 6:19-20 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, 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 Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.

ROMANS 12:3-5 By the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. Just as each of us has one body with many members, and these members do not all have the same function, so in Christ we who are many form one body, and each member belongs to all the others.

MATTHEW 22:37-39 Jesus said, “Love the Lord your God with all your heart and with all your soul and with all your mind.” This is the first and greatest commandment. And the second is like it: “Love your neighbor as yourself.”

ECCLESIASTES 4:9-10, 12 Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!...Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

TITUS 2:7-8 In everything set them an example by doing what is good. In your teaching show integrity, seriousness and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us.

GALATIANS 6:10 Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

JOHN 13:25 Jesus said, “By this all men will know that you are my disciples, if you love one another.”

GALATIANS 6:2 Carry each other’s burdens, and in this way you will fulfill the law of Christ.

JAMES 3:18 Peacemakers who sow in peace raise a harvest of righteousness.

1 PETER 1:22 Love one another deeply, from the heart.

1 PETER 3:7 In the same way, you husbands must give honor to your wives. Treat her 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. If you don’t treat her as you should, your prayers will not be heard.



WHAT THE BIBLE SAYS ABOUT SPIRITUAL BELIEFS

PSALM 23:1 The Lord is my Shepherd I shall not want.

PSALM 27:1 The Lord is my light and my salvation – so why should I be afraid? The Lord protects 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 For God has said, “I will never fail you. I will never forsake you.” That is why we can say with confidence, “The Lord is my helper, so I will not be afraid. What can mere mortals do to me?”

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

DEUTERONOMY 31:8 “Do not be afraid or discouraged, for the Lord is the one who goes before you. He will be with you; he will neither fail you nor forsake you.”

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

MARK 12:30-31 And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength. 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 And the LORD God said, “It is not good for the man to be alone. I will make a companion who will help him. 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 “Haven’t you read the Scriptures?” Jesus replied. “They record that from the beginning ‘God made them male and female.’ And Jesus said, ‘This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.’ Since they are no longer two but one, let no one separate them, for God has joined them together.”

ECCLESIASTES 4:9-11 Two people can accomplish more than twice as much as one; they get a better return for their labor. If one person falls, the other can reach out and help. But people who are alone when they fall are in real trouble. And on a cold night, two under the same blanket can gain warmth from each other. But how can one be warm alone?

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

EPHESIANS 5:25 And you husbands must love your wives with the same love Christ showed the church. He gave up his life for her.

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

GENESIS 2:23-24 “At last!” Adam exclaimed. “She is part of my own flesh and bone! She will be called ‘woman,’ because she was taken out of a man. 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 down here on earth concerning anything you ask for, 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 Teach your children to choose the right path, and when they are older, they will remain upon it.

PROVERBS 13:24 If you refuse to discipline your children, it proves you don't love them; if you love your children, you will be prompt to discipline them.

DEUTERONOMY 6:6-7 And you must commit yourselves wholeheartedly to these commands I am giving you today. Repeat them again and again to your children. Talk about them when you are at home and when you are away on a journey, when you are lying down and when you are getting up again.

EPHESIANS 6:1-2 Children, obey your parents because you belong to the Lord, for this is the right thing to do. "Honor your father and mother." This is the first of the Ten Commandments that ends with a promise.

COLOSSIANS 3:21 Fathers, don't aggravate your children. If you do, they will become discouraged and quit trying.

EXODUS 20:12 "Honor your father and mother. Then you will live a long, full life in the land the LORD your God will give you."

LEVITICUS 19:32 "Show your fear of God by standing up in the presence of elderly people and showing respect for the aged. I am the LORD."

MATTHEW 19:13-15 Some children were brought to Jesus so he could lay his hands on them and pray for them. The disciples told them not to bother him. But Jesus said, "Let the children come to me. Don't stop them! For the Kingdom of Heaven belongs to such as these." And he put 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 13:20 Whoever walks with the wise will become wise; whoever walks with fools will suffer harm.

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

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

PROVERBS 13:20 He who walks with the wise grows wise, but a companion of fools suffers harm.

JOHN 15:12-15 This is my commandment: Love each other in the same way I have loved you. There is no greater love than to lay down one's life for one's friends. You are my friends if you do what I command. 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 Knowing God leads to self-control. Self-control leads to patient endurance, and patient endurance leads to godliness. Godliness leads to love for other Christians, and finally you will grow to have genuine love for everyone.

PROVERBS 11:11-12 Upright citizens bless a city and make it prosper, but the talk of the wicked tears it apart. It is foolish to belittle a neighbor; a person with good sense remains silent.

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

PROVERBS 12:22 The Lord hates those who don't keep their word, but he delights in those who do.

PROVERBS 25:19 Putting confidence in an unreliable person is like chewing with a toothache or walking on a broken 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 Each of us will give a personal account to God. 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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