

# DO YOU MAKE A GOOD COUPLE?

Class Two

Teacher/Counselor Notes

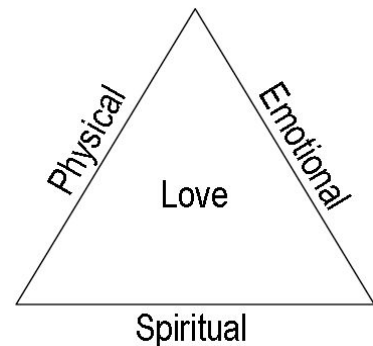
The idea of a couple marrying because they complement each other isn't an insignificant sidelight. It's an essential consideration and legitimate reason for marriage. In fact, it's at the heart of why God created a man and woman to enjoy life together.

*The LORD God said, "It is not good for the man to be alone.  
I will make a helper **suitable** for him."*

**Genesis 2:18**

## 1. Are you "In Love"? (Chapter 5)

Falling in love is not enough to give you a happy marriage. If you're going to marry one day, you need three kinds of love – the love of physical attraction, the love of emotional connection, and the love of sacrificial action. Large amounts of eros, phileo, and agape will yield large amounts of relational love.



- Do you see signs of **physical** attraction?

*Lover - How beautiful you are, my darling! Oh, how beautiful! Your eyes are doves.*

*Beloved - How handsome you are, my lover! Oh, how charming!*

**Song of Solomon 1:15-16a**

- Do you see signs of **emotional** connection?

*My lover is mine and I am his.*

**Song of Solomon 2:16a**

- Do you see signs of **sacrificial** action?

*He has taken me to the banquet hall, and his banner over me is love.*

**Song of Solomon 2:4**

**Key Idea:** Love is more than a feeling. It includes physical attraction, emotional connection, and sacrificial action.

**Key Question:** How do you think physical attraction, emotional connection, and sacrificial action, will play out if you were to marry?

## 2. Do You Communicate Effectively? (Chapter 6)

Healthy communication is absolutely essential for a great marriage. Without it couples are probably headed toward a train wreck. In fact, poor communication is one of the most common causes for divorce. That's why it's so important for you to carefully consider how healthy your communication is as a couple.

When it comes to your communication style, are you more like...

- An Arrogant **Boss**?  
*A fool finds no pleasure in understanding but delights in airing his own opinions.*  
**Proverbs 18:2**
- A Professional **Counselor**?  
*Woe to those who are wise in their own eyes and clever in their own sight.*  
**Isaiah 5:21**
- An Indispensable **Teammate**?  
*Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.*  
**Ephesians 4:25**

**Key Idea:** Healthy communication is a two-way street. When two people can openly share their hearts with each other in constructive, not destructive, ways, relationships thrive.

**Key Question:** Do you and share with each other the last 10%? (The stuff that needs to be said, but often isn't due to fear).

### 3. Are You On the Same Page? (Chapter 7)

Call them whatever you want—core values, key qualities, personal characteristics, likes or dislikes—they are essential factors in relational harmony and success. You need compatibility. It doesn't mean you have to be the same, or even agree about everything, but if you're going to spend the rest of your life with each other, you need to share the same basic values and motivations. The bottom line of what is important to both of you needs to align.

*Can two walk together, unless they are agreed?*

**Amos 3:3**

Ways We Match Up		Ways We're Mismatched	

**Key Idea:** Values alignment is vital for unity. You need to be on the same page. It's not that you have to have uniformity, but you do need unity.

**Key Question:** Have you taken time to talk about and list areas where you are alike and different? Make sure to include your feelings and desires for matters such as: financial goals, children, holidays and vacations, fitness, career choices, material possessions, time with friends, etc.

## 4. Are You Spiritually Connected? (Chapter 8)

The spiritual dimension in marriage is indispensable. It has the power to change lives and homes, especially when both husband and wife share similar spiritual beliefs and practices. It's not by mistake that when Paul wrote about selecting a prospective spouse, the one thing he chose to focus on was the spiritual connection.

*2 Corinthians 6:14 - Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?*

Three essential considerations:

### 1. Spiritual beliefs

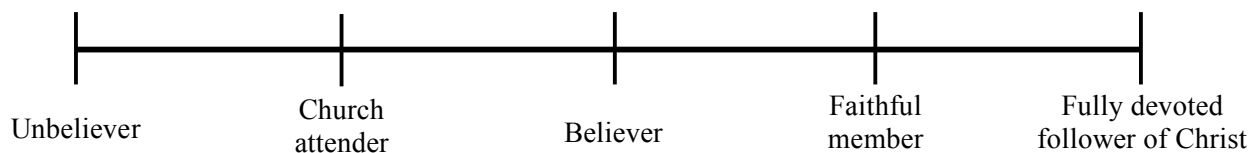
*Ephesians 4:4-6a - There is one body and one Spirit--just as you were called to one hope when you were called-- one Lord, one faith, one baptism; one God and Father of all.*

### 2. Spiritual practices

*Romans 14:22 - So whatever you believe about these things keep between yourself and God. Blessed is the man who does not condemn himself by what he approves.*

### 3. Spiritual commitments

*Romans 12:1 - Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship.*



**Key Idea:** Your spiritual beliefs are foundational for a healthy marriage. If you want the best of what marriage can offer, make sure that God is at the center of your lives and relationship.

**Key Question:** What importance does God have in your life now and in the future?

## 5. Are You Better Together Than Apart? (Chapter 9)

God created a man and woman to complement each other—in body, soul, and spirit. Man needed “a helper.” Together they can *do more* and *be more* than they will if they live life alone. Their differences and similarities will mold them each into better people.

*Eccles. 4:9 - Two are better than one, because they have a good return for their work.*

Ask yourself:

### 1. Are we compatible?

2. Do we complement each other?

3. Do we challenge each other?

**Key Idea:** Trying to cram a square peg into a round hole is relationally a dumb thing to do. Make sure you're compatible. It will be obvious if you are or aren't.

**Key Question:** How do your differences and similarities make you better together than you would be apart?

**Key Diagrams:** The following charts represent the four common personality types as seen through the eyes of Marriage and Family Counselor Dr. John Trent. This simplified guide can be a springboard for discussing possible strengths and challenges connected to each personality type and what these profiles may mean in combination with each other.

- **Lion** – Usually task oriented. A born leader; can be domineering; driven to get things done; likes challenges and variety; expressive; jumps in quickly before thinking things through; a doer.
- **Beaver** – Usually task oriented. Likes to cross all the T's and dot all the eyes; organized; methodical; slow and decisive; likes things organized.
- **Otter** – Usually people oriented. Likes to have fun; can be messy, unorganized, and random; expressive; needs deadlines.
- **Golden Retriever** – Loves people. Loyal and supportive; soft heart; likes consistency and direction; a strong team player.

## Lion

Takes charge	Bold
Determined	Purposeful
Assertive	Decision maker
Firm	Leader
Enterprising	Goal driven
Competitive	Self-reliant
Enjoys challenges	Gets things done
<b>“Let's do it now!”</b>	
Double the number circled _____	

## Beaver

Deliberate	Discerning
Controlled	Detailed
Reserved	Analytical
Predictable	Inquisitive
Practical	Precise
Orderly	Persistent
Factual	Scheduled
<b>“How was it done in the past?”</b>	
Double the number circled _____	

## Otter

Takes risks	Fun-loving
Visionary	Likes variety
Motivator	Enjoys change
Energetic	Creative
Very verbal	Group oriented
Promoter	Mixes easily
Avoids details	Optimistic

**“Trust me! It’ll work out!”**

Double the number circled \_\_\_\_\_

## Golden Retriever

Loyal	Adaptable
Non-demanding	Sympathetic
Even keel	Thoughtful
Avoids conflict	Nurturing
Enjoys routine	Patient
Dislikes change	Tolerant
Deep relationships	Good listener

**“Let’s keep things the way they are.”**

Double the number circled \_\_\_\_\_