The Book

Ten Commandments for Couples

The Author



Expanded Edition

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Bisi Adewale


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TEN COMMANDMENTS FOR COUPLES

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FOREWORD

There is no bad marriage anywhere what we have are ignorant couples, who have little or no knowledge of marriage and matrimony. Nothing destroys a family like lack of knowledge and zero expertise of intimate relationships.

The book in your hands is set to teach you how to make your marriage better and enjoy a good home. Marriage is not a battlefield; it is not a boxing ring. It is a place of love, romance, intimacy and companionship. It is

for glory not for agony, for pleasure not pressure, it iis good, wonderful and GOd's ordained.

Read this book with open mind as God's wisdom will be laid into your hands. If you permit it to reach your heart and affect your attitude and character, you will have an amazing marriage.
This is not just another marriage book, it is not the kind of book you should read without doing anything. No; it was not written to entertain you or for head knowledge, it was written with you in mind; to change your life, your marriage, your home, your future and your destiny.

Make up your mind to obey the Lord before you start reading, be ready to change and become a new mate. Let your spouse be happy he or she married you, let your children inherit a good home, let your marriage be a model for the whole world, let God be comfortable to dwell in your home. Let there be peace, joy and tranquillity; give yourself a rest of mind.

I can see your home coming alive; I can see your days of joy overtaking your tears. I can see you dancing, I can see you celebrating 60th years anniversary of that marriage, I can see the full moon of joy overshadowing your darkness. Rain of prosperity overcoming showers of blessing. That is my picture for you and your home.

Shalom
Pastor Bisi Adewale,

THOU SHALT NOT FAIL TO PUT GOD FIRST

"For no one can lay any foundation other than the one already laid, which is Jesus Christ" (1 Corinthians 3:11)

In a Christian home, Christ should be the one in charge. In fact, that is what makes it different from other homes. When Christ is absent, crisis will be present; therefore each party at home should seek growth in God and make Him the foundation of their lives and destinies.

Jesus was invited to the wedding of Cana in Galilee and He was given a prominent role. In fact, the people involved were family members of Jesus, including His disciples and His mother.

When the wine finished, He responded promptly to prevent shame. From water, He created wine that was better than the wine provided by the bride groom. (John 2:1-10)

If you allow Jesus to come into your home, He will replace your wine (joy) with a better one. He will disappoint your enemies and give you hope.

There is no way you will get closer to God individually without getting closer to each other. Let Jesus be at the center, let Him lead you; if Jesus is leading you, you don't need a lantern, because He will be your light. He will guide and protect you. He will defend and support you. You cannot build your home except the Master Builder helps you. You can not protect your home except

you allow the One who neither sleeps nor slumbers to watch over you.

"Except the Lord builds the house, they labour in vain that build it; except the Lord keeps the city, the watch man waketh but in vain" (Psalm 127:1)

To make your marriage work, both of you should grow towards God, suffocating any room for lukewarmness, weariness or backsliding. There is no way you can be cold towards God and not grow cold towards your spouse. It is not possible for you to have a strained relationship with God without destroying the peace and harmony in your home.

Whenever your spiritual life gets hotter and your love for Him gets deeper, it simultaneously reflects on your marriage. Backsliding is the easiest way to marriage destruction. There is no way a drinker, smoker, or womaniser would not hurt his wife. Similarly, a stubborn, prayerless and immoral wife can build the best 'boxing ring' instead of a home.

Consequently, if you want your marriage to grow, if you want a blissful home, if you desire a romantic marriage, or if you desire to have new wine in that marriage, simply grow towards God. As both of you grow towards God, you will naturally grow towards each other. It works like this:

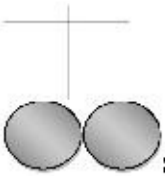
Type A couples: Spiritually Growing Couples



Stage 1



Stage 2



Stage 3

These couples are growing towards God. With a sound prayer life, joint Bible study and a constant walk in the fear of God, they automatically grow towards each other. As they embrace God, they embrace themselves, and as they embrace themselves, they find God in the middle. This makes them inseparable, unbreakable, indomitable and winners all the way.

"And if one prevails against him two shall withstand him, and a three-fold cord is not easily broken" **Eccl 4:12**

Type B couples: Backsliding Couples

Stage 1





Stage 2



Stage 3

These couples were close to God before their wedding, but shortly after, they started to backslide. They allowed the cares of this world and demands of family life to overwhelm them. They neglected God and turned their backs on the Son of God and nailed Jesus to the cross the second time.
The more they moved away from God, the more they drifted from one other. As their affection towards God declines, their affection towards each other suffers. Subsequently, their home which was once a habitation of love mutates into a boxing ring.
It is a common occurrence for most singles to serve God zealously in the church before

their wedding, then turn their backs on His work immediately they say "yes I do".
How many married women do you see in the choir? How many of them are in the visitation team? Most couples don't have time for God anymore. They come late to church, create no time for Sunday school or Bible study, their personal prayer time is dead, quiet time is a strange grammar, and their family altar has become redundant .it is therefore indisputable that once they depart from God, their relationship will disintegrate.

Type C couples: One-sided Couples



Stage 1



Stage 2



Stage 3



Stage 4

This is a one-sided relationship. One of the couples have turned his or her back on God, while the other still loves God and is ready to serve Him. This is always difficult especially for the partner that still loves the Lord, but with prayer, patience and persistence, God can still win back the backslidden partner and restore the family.

There is no way you can make your family work if you do not acknowledge the headship of God. If God is not leading you, that home is heading for destruction. You need God more than anybody in that home; the more you stay before God, the stronger your home becomes. A prayerless home is the abode of the devil.

WHAT TO DO

If you desire to build a stronger and better home, then do the following:

(1) Make God the head of your home- The man should know that he is not the real HEAD of that home; he is just the FIGURE HEAD. Everything you want to do in that house, do them in Jesus name; never allow self to have dominion over you, never give opportunity for the enemy of the Lord to have a say.

(2) Husbands should love their wives as Christ loves the church- Do not love your wife as your father loved your mother or as Mr. James loves Mrs. James, but as Christ loves the church and gave Himself to her. (Ephesians 5:25-33)

(3) Wives should submit as unto the Lord (Ephesians 5:22)- Do not submit as

some women are doing, don't submit as you do to your boss in the office, submit as if unto the Lord Jesus.

(4) **Be genuinely converted-** Surrender your totality to God, embrace Him. Do not look back, live your life for God only. Be conscious of Him, don't just allow Jesus to be your savior, make Him your Lord.

(5) **Live in righteousness** (Isaiah 54:14)- Live for God, live a holy life, let go of all your sins. Run away from adultery, drunkenness, lying, stealing, anger, hatred, selfishness, lust, smoking, night crawling, and so on. Embrace the fear of God, embrace the path of righteousness; live to please God, live to serve Him. "The fear of the Lord is the beginning of wisdom and the knowledge of the holy one is understanding" (Proverbs 9:13)

(6) **Build a good quiet time-** Start your day with God, start your first couple of minutes with God. Spend at least one hour with Him daily before you go out. Invest your time in prayer, reading, studying and meditating on the word of God. If you don't want stormy days, then start your day with a quiet time. Your quiet time is a good thermometer of your marriage. If your quiet time is losing quality, your spiritual life is sick.

(7) **Build a better prayer life**: As a couple, rebuild your prayerless life. Build your prayer life individually, then learn to pray together. Make it your family tradition to take everything to God in prayer.

Pray for each other; don't be too busy to pray. Pray for everything- your love life, your marriage, a better understanding of each other, your sex life, your jobs, your spiritual life, your health, your temptations, your decisions, your children, your future, your finances and lots more. Pray, pray and pray. There is something about prayer- it brings people together; it builds intimacy between partners on one hand and between them and God on the other hand.

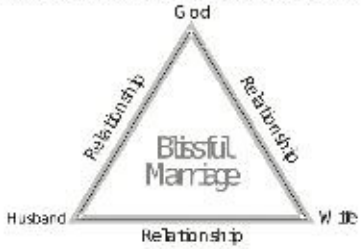
Prayer always builds closeness between us and anybody we pray to; the God we pray for and anybody we pray with. I have been in marriage ministry for several years now and I have not counselled any couple who consistently prayed together experiencing a terrible marriage or a broken marriage. Pray together. You want a better marriage? Add fuel to your prayer life.

(8) **Build a strong family altar**- Involve everybody under your roof in the family altar. Do not joke with this, always end your day as a family with God

(9) **Study the Bible together**- Create time for couples and family Bible study let your family culture and custom be based on the scriptures. Drink from the fountain of life together then enjoy the majesty and power of the scriptures.

(10) **Build a personal relationship with God and with each other**: - Be more conscious of satisfying God first above any-

thing else. The closer you are to God, the stronger your marriage will be, most especially if both of you are growing.



Create a harmonious relationship with God; relate with God individually, as a couple and with each other. Let God be the Head, focus on Him, then both of you should focus on each other, and the result will amaze you. Have you ever seen these words being sold on laminated cardboards?

Christ is the head of this house
The silent listener to every conversation
The unseen guest at every meal time
The chief priest at every prayer time.
I think you need a copy of this in your house.

(11) Operate in the Spirit: - Be filled with the Spirit of God, operate in the Holy Ghost, seek the fruits of the Spirit, and let the Holy Spirit dictate your moves.

(12) Always remember Psalm 127:1-*"Except the Lord build the house, they labour in vain that build it; except the Lord keep the city, the watchman waketh but in vain.*

WORDS OF WISDOM

- Where God can not reign, he will resign.
- You can not conquer a man whose God is his strength.
- If you want your marriage to **last**, put God **first.**
- When you put God in charge, then you are ready for a better result.
- Family **altar** is the place where the plans of the enemies in a family can be **altered.**
- Even if you are alone, you are in the majority when you stand with God.
- If you make God the Head of your home, there will be no headache in your marriage.
- God is the **Head** of the family, man is just the **figure head.**
- The family that **prays** together **stays** together.
- If you know where to find **God**, you already know where to find **goodness**
- Put **God first** if you desire **lasting success.**
- When praise goes **up**, blessings will come **down.**
- When He brings His **grace**, both the grave and **disgrace** will be defeated
- He blesses without stress.
- God is like a matured lion, He doesn't need an escort; He can defend Himself.
- If you teach a child the **ways** of the Lord, the enemy cannot lure him **away.**

2ND COMMANDMENT

THOU SHALT NOT FAIL TO APPLY WISDOM

"Through wisdom is an house builded, and by understanding it is established;
And by knowledge shall the chambers be filled with all precious and pleasant riches.
A wise man is strong, yea, a man of knowledge increaseth in strength". **Proverb 24:3-5**

In a recent study, we tried to find what we call "KILLERS OF MARRIAGE". We were able to discover forty two of them. Surprisingly and contrary to popular beliefs; none of these- devil, in-laws, barrenness, poverty, third party-made it to the top. The number one killer of marriage we discovered was IGNORANCE, which is simply a lack of wisdom. Most people in marriage know next to nothing about matrimony. This is dangerous as the home can only be built through wisdom.

A wise man defined wisdom as:

"Ability to know the right thing, to do it at the right time, at the right place, in the right way, for the right purpose, for the right people".

In other words, wisdom starts with KNOWING, then DOING. It involves getting to know what to do and doing it to achieve the best result.

"Every wise woman buildeth her house, but the foolish plucketh it down with her hands". **(Proverbs 14:1)**

You can't go far without wisdom; you can't have a good home without knowledge. In management and business schools we were taught about the four "M" of management which are man, material, machine and money.

Unfortunately, we were not taught about the number one "M" of life which is MARRIAGE that is the reason CEOs, Managers, Managing Directors, top politicians, popular actors and actresses, etc are having tough times in their marriages today.

When a marriage breaks, at least one person must have been ignorant and that person should retrace his or her steps and learn. It is not surprising to hear about foolish things people are doing in marriages. Many "quack" husbands marry "unprofessional" wives, while those who know what to do are married to women who don't know how to do it. The result: constant strife, bickering, misunderstanding, hatred, resentment, separation and divorce. Academic attainment, position in the society, your connection, wealth, background, bank account, place of work, age or even anointing cannot make a marriage work. In fact, it is not experience that makes marriage work, but wisdom, knowledge and understanding.

Recently, I counselled a couple in their seventies who were still fighting and beating each other despite their age. In fact it took the intervention of all the children and grandchildren to convince the woman to

stay in the marriage. She was ready to file for divorce after more than forty years of marriage. It is not about age or experience, it is about godly wisdom.

Royalties are having bad marriages, professors, pastors, the rich and the poor, white and black people, people at home and abroad, people in hamlets in the thick forest of Africa, people in mansions in the big cities of Europe and America, learned and unlearned, believers and non believers experience turmoil in their relationship . We always blame our in-laws, our country's economy, our spouses, friends, society, the devil or even God for the state of our marriage. In doing this, we neglect the number one "killer' of marriage, which is ignorance. If we must have the best in our marriage then we must find what we lack, focus on it, fight it and FINISH it. Instead of beating your spouse, blame your ignorance. Instead of casting stones against your partner, check your lack of wisdom. Instead of crucifying your mate, locate your lack of understanding, then improve. Improvement starts with the letter 'I', you are the first person to improve, not your spouse. If you change, he or she will improve. The best way to change your spouse is to change yourself; the best way to change the world is to change yourself.

FOOLISH THINGS PEOPLE DO IN MARRIAGE

It is lack of wisdom that makes people do certain things in marriage and it ends up destroying their homes. If you find yourself doing any of the following, it is a sign of immaturity and a pointer to the fact that you need help; you need to improve.

- Keeping malice
- Rejecting food because you are angry with your wife is barbaric.
- Abusing each other
- Reporting to a third party
- Sexual denial, having no interest in sex
- Hatred and lovelessness
- Sexual unfaithfulness
- Failure to provide for the family
- Night crawling
- Nagging and murmuring
- Failure to apologise when you are wrong
- Failure to pray together with your spouse
- Failure to forgive your spouse
- Embarrassing your spouse openly
- Comparing your spouse with others
- Loving your siblings, parents and children more than your spouse
- Failure to go for counseling when your marriage is in trouble
- Failure to be committed to one's marriage
- Thinking of divorce
- Threatening your spouse with divorce and separation
- Complaining about everything

- Using abusive words and making hurting remarks
- Shouting during discussions.
- Getting closer to your friends, siblings or relatives more than your spouse
- Arguments which nobody is ready to lose
- Taking all credit for any good thing that happens, not giving any to one's partner
- Being selfish and self centered
- Allowing friends and family members to direct the affairs of your house.
- Not accepting blame for any mistake
- Failure to apologise or say "I am sorry"
- Majoring on the mistakes of your spouse, or underestimating his or her good deeds
- Laziness and failure to work
- Competing with your spouse at home.
- Talking about your "ex" often (ex-boyfriend, ex- girlfriend)
- Unfriendly and uncaring attitude
- Wife battering
- Stinginess, loving to receive without giving out.
- Drunkenness and partying
- Treating one's spouse as a kid and without respect
- Failure to communicate
- Taking vengeance for every offence, refusing to reconcile
- Mismanagement of money
- Referring to old hurts often

- Allowing anger, bitterness and resentment to take over one's life.

WISE THINGS TO DO IN MARRIAGE

- Put God first
- Let communication channels be open
- Love your spouse
- Pray for each other- separately and together
- Accept your partner the way he or she is
- Forgive generally
- Be kind to your spouse
  - Submit to each other (Ephesians 5:21)
  - Think positively about your spouse always
  - Love your spouse with all your heart.
  - Stay in the same room
  - Work for each other
  - Be selfless, serve your mate
- Never shout on your spouse.
- Read marriage books regularly
  - Give room for sex and romance
- Attend marriage-enrichment programs
- Go for counselling
- **Do things together**:- work together, play, pray, plan, study the Bible, joke, live, dress, travel, rejoice, sleep, eat, bath and train your children together. By all means be together and do things in common.

- Celebrate each other; defend, protect, seek, satisfy, serve each other and respect each other.
- Plan for the future together
- Give all your attention, affection and passion to your spouse
- Create room for relaxation and recreation together, spend your vacation together.
- Believe in your spouse and build trust
- Be faithful to your spouse and be trust worthy.
- Be a good example to your children
- Fight for your marriage, do not fight each other
- Honour and respect your spouse
- Deliberately create time to be together just for the fun of it.

THINGS TO HANDLE WISELY

- **Money**-Money can be a blessing to a family and it can be an agent of destabilisation, hence, we must handle it wisely. Be open to each other about your income, plan together, spend together, and never allow money to separate you. Selfishness, stinginess, unfaithfulness, lying, deceit should not be allowed in your marriage; they give room for the enemy to come into the home, so let there be openness, generousity, truthfulness, faithfulness and trust . Use money as a tool to improve your marriage, never allow the enemies to use it against you, handle money wisely.

❖ **Conflict**- Conflict is another thing you must handle with wisdom and patience. There will always be misunderstanding, there will always be conflict but you must handle yours with prayer and care, lest it destabilizes your home. Avoid doing or saying things that will have lasting negative impact; use conflict to improve your marriage, use it to connect with your spouse, use it as a stepping stone not a stumbling block, be positive, be open, be patient and be careful.

❖ **In-Laws** In-Laws should be handled with care and wisdom, they are part of our daily life. They can be the positive or negative types. They can be loving or wicked, caring or bossy, a plus or a minus. No matter what they are, the onus is on us to use them to build our homes instead of allowing them to destroy our family.

❖ **Third parties**-Apart from in-laws, third parties like friends, neighbors and family members must be handled with shrewdness. They must not be allowed to run the affairs of our family for us.

❖ **Children**-We must be astute in dealing with children. We must train them in the way of the Lord, and bring them to the knowledge of Christ. Virtues of responsibility, honesty, diligence, focus, love, generousity, prudence, loyalty, patriotism, faithfulness should be taught and be inculcated in them.

WORDS OF WISDOM

➢ You can't go farther than your wisdom can carry you

➢ If you fail to apply wisdom, you will fail

➢ You can only get the kingdom by wisdom

➢ A wise woman is a wife; a foolish woman is a divorcee in the making.

➢ You can't make your marriage work through anointing; you only make it work by wisdom.

➢ Wisdom is to marriage, what engine is to a car.

➢ There is no bad wife or husband anywhere; you can only have foolish ones.

➢ What ever cannot be done by wisdom cannot be done at all.

➢ What nagging and fighting cannot do, wisdom and knowledge will not fail to do.

➢ When you know what it takes, you will take what you know.

➢ When you know how, you will get there.

➢ Strength will definitely fall but wisdom succeeds in all things

➢ The quality of your marriage is a direct result of your wisdom.

➢ When you are rooted in wisdom, you will have a rooted home.

➢ When a man and his wife are fighting, foolishness is their referee.

➢ Big head, fat pocket and beauty do not determine marital success. What determines marital success is sound mind, yes, wisdom.

➢ There is no excuse for foolishness.

3RD COMMANDMENT

THOU SHALT NOT FAIL TO BE COMMITTED

"And whatsoever ye do, do it heartily, as to the Lord and not unto men knowing that of the Lord yet shall the reward of the inheritance, for ye serve the Lord Christ (Colossians 3:23-24)

- "No family will survive forever on left-overs"- John Maxwell"
- "We don't keep vows, the vow keeps us"-Mike Mason
- Your marriage will go as far as your commitment to it will carry you.
- If you are not committed, it is not marriage but something else.
- If you make your spouse your priority, he or she will make you his or her priority
- If you are not committed to your marriage, God will not commit Himself to it.
- Success, greatness, expertise, professionalism, creativity, good marriage all have something in common- commitment
- Marriage without commitment is like a beautiful car without tyres.
- I prefer to go to war with seven committed lambs in my army, than go with 70 lions that are not committed.
- If you must defeat a team that is committed to win, then you must be ready to fight, and fight again.

- Commitment is the mother of faithfulness.
- Commitment is the determinant of loyalty.
- You don't need to fight a team that is not committed to each other, wait and watch, they will destroy themselves.
- Have you seen a man that is committed to his wife? He will enjoy his home and have a successful marriage.
- Have you seen a woman that is committed to her husband? She will enjoy her home and be a woman of influence.

If there is something that must not be in short supply at home, its name is COMMITMENT; it is the mother of long-lasting family life. Commitment is the foundation of solid homes and blissful marriages.

Commitment is known as a promise to do something or to behave in a particular way. It is also known as something that you have previously arranged to do at a certain time and which prevents you from doing anything else at that time.

In marriage, commitment is a state of being willing to give a lot of time, energy, resources, affection and attention to one's spouse.

It involves being there for him or her when we have other reasons to do otherwise. Commitment means to stand with one's spouse through the thick and thin; to protect, to defend, to do everything to make

one's spouse happy and to protect the family from both internal and external attacks. Commitment is to make up one's mind to remain married no matter what happens, never to consider divorce, but to bring down the bridge behind you after getting married. It also means readiness to make the marriage work despite all.

Consider this; a young lady was being ushered out of her father's house. On her way to church on her wedding day, she asked her younger sister to give her the key of her room (her room in her father's house). The younger sister protested that the room was no long hers since she was getting married, and one of the younger ones would move into the room.

The bride insisted that she will not go out until she has collected the key, because according to her, the room belongs to her, and she will return there if the marriage does not work. Needless to say, she truly returned there after 18 months of marriage, not because of the devil, but because of her lack of commitment to her marriage even before saying "yes I do"

Compare this to the case of a man whose wife was bed-ridden for more than ten years and he stood by wife, tending her, caring for her and loving her, before the woman eventually died. When he was asked why he stood by the woman even when the family of the woman advised him to marry somebody else at least to

have a child, he said "MY VOW, I MADE THEM".

I once counselled a man whose wife was sleeping around, even having a baby for her lover; but the man said he came to me for counselling to know how to forgive her because he vowed a long time ago that he would marry only one woman. He said, "It was not the vow I made on my wedding day but the one I made to my God, to appreciate His love for me. The one I made on the day of my wedding was the second vow. With this double barrel vow, I am stuck. I will marry her again, and I will love her. Pastor just teach me how to forgive her, how to accept her again".

What keeps this kind of marriage is not really love but commitment. Yes! Commitment to love, commitment to marriage.

AREAS OF COMMITMENT IN MARRIAGE

(1) **Commitment to obey God:** In marriage you must be ready to obey what the scriptures say about family life (Eph. 5:22-23)

(2) **Commitment to your marriage vow:** - Always remember your vow, you made it; you must be a man of your words, and you must stand by your words.

(3) **Commitment to resolve conflicts and forgive:** You must be committed to forgiving your spouse and settling disputes. Since none of you is perfect, it will be a "perfect mistake" to walk in forgive-

ness, because in marriage, you will always offend each other, you will always step on each other's toes. This is simply because you are close, it is because you share many things in common. Be committed to forgive.

(4) **Commitment to your spouse-** You must be committed to your own spouse, loving him or her, defending, protecting and celebrating him or her. No matter what happens, be there for your spouse.

(5) Commitment to protect and provide.

(6) Commitment to love.

(7) Commitment to making your wife or husband top priority.

(8) Commitment to being content with your spouse.

(9) Commitment to seeing your spouse as having worth, value and dignity, since God sent His son to die for him or her.

WONDERS OF COMMITMENT IN MARRIAGE

Commitment is very good for the well being of the family, it does the following:

- It enhances intimacy
- It gladdens the heart of God
- It encourages openness
- It sustains the marriage
- It is the marriage's life insurance
- It discourages third party.
- It is stable, it is not based on emotion
- It restores the marriage in times of crisis
- It helps couples to serve each other
- It inspires couples to be selfless

- It enables couples to make sacrifices
- It aids couples to enjoy each other's company
- It creates positive actions and reactions
- It leads to easy forgiveness
- It enhances conflict management, resolution of crisis and reconciliation.

DANGERS OF LACK OF COMMITMENT

Lack of commitment to marriage can lead to a lot of negative occurrences which may include the following:

(1) **Unfaithfulness**-People that are really committed to their marriages will do everything to be faithful to their spouses
(2) Unending misunderstanding
(3) Frequent fighting
(4) Absence of the spirit of service and sacrifice.
(5) A marriage devoid of healthy and effective communication
(6) Death of romance
(7) Absence of companionship, togetherness, unity and fondness.
(8) Negative effects on the children
(9) Constant complains, criticisms and condemnation
(10) Absence of homeliness; as couples will prefer staying away from the house.
(11) Bitterness, nagging, resentment, hatred and unforgiveness
(12) Lack of love.
(13) Bad spiritual life.

(14) Lust and desire to marry somebody else

(15) Separation and divorce.

4TH COMMANDMENT

THOU SHALT NOT FAIL TO BE A POSITIVE PARTNER

"Put on therefore as the elect of God, holy and beloved, bowels of mercies, kindness, blameless of mind, meekness and long suffering.
Forbearing one another and forgiving one another, if any man has quarrel against any, even as Christ forgive you, so also do ye.
***Above all things put on charity which is the bond of perfection, and let the peace of God rule in your heart, to which also ye were called in one body and be ye thankful"* (Colossians 3:12-15)**

- You can't be a tiger at home and not have a tigress as a wife.
- He who beats his wife is a beast
- A man you denied respect may deny you peace.
- Mature couples use reconciliation as their weapon, baby husbands and wives use retaliation
- Making marriage work is simple- be a positive partner
- A woman you beat may bite you
- The man you bite may beat you
- Mature husbands don't kick their wives, they kiss them.
- You can't win over a man you are fighting; you cannot but lose a woman you are beating.
- You can't be a nag and be a great wife.

- It takes two positive partners to build a house; it takes one negative partner to destroy it.
- Fight for your marriage, don't fight your spouse.
- Whatever you call your partner is what you are, call his or her a goat then you are Mr. and Mrs. Goat.
- You cannot be married to 'self' and not embarrass yourself in marriage.
- He is a great husband whose wife is happy and joyous.
- She is a great wife whose husband is happy to return home.
- Set your home aglow with love; don't set it ablaze by fighting.
- "I love you"..... have you said that to your husband or wife today?

You need to ask yourself this big question: ***what manner of partner are you in that marriage***? You are either a positive or a negative partner. The following are characteristics of a negative partner:

- You always keep malice and find it difficult to forgive
- You are happy seeing your wife crying
- You are secretive; you keep a lot of things from your mate.
- You fail to provide for your family
- You are unfaithful to your spouse
- You are given to angry outbursts
- You abuse your spouse, you compare him or her with outsiders, you criticize, curse, and use hurting remarks.
- You deny your mate of sex regularly.

- You always look for a way to punish your spouse.
- You love anybody more than your mate.
- You embarrass your spouse in public.
- You beat your wife.
- You fail to cook for your husband because you are angry.
- You refuse to eat your wife's food because she offends you.
- You are fond of reporting your spouse to every Dick and Harry.
- You love to argue with your mate and always hate to lose an argument.
- You told your spouse you regret marrying him or her.
- You neglect your mate in time of need.
- You always think of how to punish your spouse.
- You hate your mother-in-law.
- You like going out drinking.
- You are problematic; you are not easy to please.
- You praise and talk about your ex-boy friend or girlfriend.
- You make the home difficult for your spouse.
- You fight your wife and beat the children.
- You fight your mate in the presence of the children and visitors.
- You fail to appreciate or commend your spouse for anything.

- You shout on your spouse and create a scene whenever you have some misunderstanding.
- Your spouse does not know your pay packet.
- You are careless about the well-being of your mate.
- You abandoned the children to your mate; he or she is the only person catering for them financially.
- You have not told your spouse "I love you" for days.
- You keep quiet when you're supposed to tell your spouse what is hurting you.
- You always talk about divorce
- You say what is hurting you in a loveless manner.
- You are not committed to your marriage.
- You never appreciate anything done for you by your spouse.
- You make a lot of noise about his or her mistake.
- You always give her a cold treatment.
- You become moody and sad unnecessarily.
- You leave the house without telling anybody where you are going.
- You confide in your friends instead of your partner.
- You always think it would have been better to marry somebody else.
- You lust after other men or women.
- You masturbate secretly.

- You have not prayed for your spouse in the last two days
- You always justify all your mistakes.
- You shout at your spouse.
- You prefer staying at work, you are not homely.
- You never support your wife at home; you leave her to do all the domestic work even without appreciation.
- You never support your husband financially; you feel he should pay all the bills, dues, fares and buy everything needed at home.
- You dress shabbily.
- You prefer to be left alone.
- You are a truce breaker not a peace maker.
- You nag and murmur.

If you are guilty of doing ten of these, then you are a negative partner, you are the one that makes your marriage difficult, stop blaming your spouse. If you change, he or she will change and your marriage will be better.

Frankly speaking, not that you have seen your deficiencies, I am sure you desire to know what to do to become a positive partner, make your marriage better and turn your home into a place to be.

HOW TO BECOME A POSITIVE PARTNER

(1) **Positive relationship with God-** Your relationship with God must be positive.

You must allow the Holy Spirit to work on you, break you and mould you. You can't remain your canal self and be a positive partner. You must allow the great 'POTTER' to work on you and make you a better husband or wife, full of meekness, love, joy, truthfulness, faithfulness, faith, temperance and selflessness. Galatians 5:22-26.

(2) **Positive mental attitude to life, marriage and your spouse:** Our mentality affects our personality. Our conceptualization will ultimately determine our action and reaction to life and to our partner. Until you get your mental attitude right, you can't make the most of your marital relationship.

Destroy all those wrong conceptions about men, women, love, sex and marriage.

'Men are not to be trusted', 'women are a necessary evil', 'marriage is not a bed of roses', 'a wife you don't beat will become your boss', 'marriage is slavery', 'sex must not take place on Sunday', 'sex must not take place in the afternoon', 'never allow your spouse to know your pay packet', and so on. All these are wrong and can destroy your home, no matter how good your spouse is.

You must also change your mind about your spouse. You must avoid the following thoughts: 'I married wrongly', 'How I wish I married somebody else', 'Mr. or Mrs. so, so and so is better than my hus-

band or wife', 'I can divorce if not satisfied in marriage', 'my wife is a witch', 'I will take vengeance', 'what is the best way to punish this woman?'.
Sanitise your mind, if you want a better home (Proverbs 4:23)

(3) Positive communication- 'You are stupid', 'you are an error in my life', 'I regret marrying you', 'curse be the day I met you' and so on are negative words that will help send a marriage to its early grave. Speak with grace seasoned with salt, speak to edify, speak to motivate and build, speak to make your spouse happy. Say the right thing, say something you want your spouse to say to you. (Ephesians. 4:29, Colossians 4:6)

(4) Positive association- You are likely going to behave like the people you associate with; your friends can be a fence or a bridge to a better marriage. Move with only people that will enhance your marriage, people that will improve your love to your spouse, men and women that will encourage you to love your mate and be affectionate towards each other.

(5) Positive partnership- Become a positive partner, be pleasant to live with, learn to forgive and also apologise when necessary. Be jovial, learn to laugh and smile, praise, commend, appreciate, build trust, defend, protect and pray with your spouse. Your spouse needs your affection; release your affection towards him or her. Be cheerful, be cour-

teous, honour and respect your mate. Treat him or her like a king or queen, be a friend and a lover.

(6) **Positive actions**-Be positive in your actions; good actions will provoke good reactions. Be appreciative, walk hand-in-hand, give gifts, say good things, celebrate your spouse's birthday lavishly, hug generously, be romantic, dress nicely, massage each other's body, send romantic text messages to your spouse in the office, call him or her just to say "hello".

(7) **Positive reactions**- Never act on impulse, avoid reacting angrily to a provocative situation, let the spirit of God guide your actions and reactions.

(8) **Positive ways of handling money**- Let money be a tool of stabilization and not an agent of destruction in your marriage. Handle it wisely, don't be lazy, never be extravagant, increase your financial intelligence.

(9) **Positive decisions**- Decide to be a positive husband or wife, a peace maker, a lover and a servant. Decide to forgive, never to keep malice, never to go to bed without settling a dispute, not to hide anything from each other, no separation, no divorce, no reporting to a third party, no shouting at each other, no illicit affairs, no sexual denial. Decide to be friends and great lovers.

(10) **Positive living**- Decide to live positively together; no infidelity, no

lying, no night crawling or drunkenness; no spousal neglect or wife battering, no partying or pool betting. (Proverb 31:1-7)

(11) **Positive ways of handling dispute-** Never allow disputes to destroy your marriage, settle them amicably. Avoid retaliation, go for reconciliation; build bridges, destroy fences, discuss issues and do not hurt each other

(12) **Positive bedroom life**- Never turn your bedroom to a battlefield. Celebrate sex in your marriage, never allow the issue of sex to separate you, see it as a gift from God for the betterment of your marriage.(1 Corinthians7:1-5)

For more on sex in marriage get a copy of our book: **SEXUAL FULFILLMENT IN MARRIAGE**

5TH COMMANDMENT

THOU SHALT NOT FAIL TO ACCEPT YOUR MATE

"Where there is neither Greek nor Jew, circumcision or uncircumcision, Barbarians, Scythians, neither bond nor free, but Christ is all in all" (Colossians 3:11)

- Your spouse can never be somebody else, accept him or her.
- The man you don't value is valuable to strange women outside; don't lose him.
- To a fool, the grass is always greener in the next compound.
- Lack of acceptance in marriage is the mother of resentment.
- Contentment and commitment are the foundation of acceptance.
- Positive mindset is the foundation of acceptance.
- You cannot love a woman you do not accept.
- You will definitely resent a man you do not accept.
- Want her to become another woman? Then become another man.
- If you see that she is bad in everything, then you have bad eyes.
- Your spouse is as good as you accept him or her.
- You will only see what you desire to see in your mate.

"Pastor" he said sharply, "this woman is good for nothing. There is nothing she knows how to do; her food is bad, her dressing is not okay, she doesn't know how to talk. I am tired of her, she has made my life to be miserable", the confused man said.

"How do you want her cooking to be? I asked. "Is it too salty? Is there excess pepper? What do you really want? "Everything, everything is bad", he replied", I want her food to be like that of my mum, I want her to behave and dress like my mum. Until she does that, there can never be peace in that house" he said with a tone of finality.

I had to labour for hours to convince this man that his wife can never cook, act and behave like his mum. She cannot be somebody else; she can change and adjust but becoming somebody else is impossible.

Accepting our spouse as a distinct personality and celebrating our differences is something that must be done if we must build a better marriage and an intimate relationship.

Why people do not accept their spouses

(a) **Comparison** One major reason you have not been able to accept your spouse is comparison. If you are fond of comparing your wife with Mrs. A or Mrs. B, you will never appreciate the uniqueness or the "angel" in your house, and that would hinder you from enjoying the whole value of your spouse. Stop com-

paring your spouse, he or she can never be somebody else.

(b) **Change-mindedness**-Most of us marry our spouse with the intention of changing him or her, and then we spend years of married life trying to do just that, thereby making life difficult for our beloved spouse. Please bear this in mind; you can't change an adult, his or her character, mannerism, or habits, were already formed before you met him or her.

(c) **Inner picture**- Another reason we always find it difficult to accept our mate is our inner picture, the picture we have in our mind about how a wife or husband should behave. If our spouse fails to meet this, it will lead to a lot of problems. Delete the inner picture now; accept him or her as he or she is.

(d) **Our background and experience**- A young wife from Maryland, Lagos complained about how her husband has been difficult and terrible in character. During counseling, she revealed her expectation like this: "I want a man that is very romantic, hugs me every morning before he goes out, sends love text message to me during the day, buys greeting cards and flower for me, massages my body for me when he returns in the night". According to her, that was how her uncle whom she lived with normally does to his wife and she has been looking

forward to her husband doing the same thing to her.

Unfortunately, the husband happens to be a traditional, rigid, non-romantic and no nonsense man. Despite all that this man was doing the woman failed to accept him because of her experience and expectation. Discuss your expectations with your spouse but never expect any man to meet your expectations only Christ can do that.

(e) **Consumer mindedness-** Majority of us went into marriage with a consumer mind; we all look forward to be served, to be worshipped and to be celebrated without the mind of doing the same thing for our spouses. With a consumer mind you will always find it difficult to accept anything your spouse does for you.

REASONS YOU MUST ACCEPT YOUR SPOUSE

(1) It is the best thing for your marriage
(2) It is the will of God for your home
(3) It will make your spouse to accept you
(4) To beautify your marriage
(5) You must accept your spouse if you want God to accept you.
(6) The best way to develop a friendly attitude towards our spouses is to accept them.
(7) He or she is your choice- nobody forced you to marry your spouse, you chose

your mate. The wisest thing to do is to live in peace with your choice.

(8) He or she is your portion; you have no other one. Don't throw your portion away - celebrate him or her, (Ecclesiastes 9:9)

(9) To remove every barrier between you

(10) Everybody loves to be accepted and tends to flow with anybody that accepts them.

DANGERS OF LACK OF ACCEPTANCE

(a) It leads to fence - building in marriage

(b) It facilitates constant criticisms, condemnation, arguments and vengeance

(c) It breaks togetherness, destroys fondness and oneness

(d) It creates constant strife and misunderstanding.

(e) It obstructs the body "chemistry" from flowing together.

(f) It is a major destroyer of harmony in marriage.

(g) It stands directly against intimacy.

WONDERS OF ACCEPTANCE IN MARRIAGE

(a) It leads to easy agreement

(b) It is the mother of forgiveness.

(c) It eliminates criticism and misunderstanding.

(d) It gives room for openness and "nakedness" in marriage.

(e) It turns marriage to a "deeper friendship".

(f) It melts every barrier and destroys every fence.

(g) Helps reconciliation.

(h) It helps communication, as you feel free to talk without any fear of molestation.

(i) It leads to progress, because we find it easy to take risks, as there is no fear of making mistakes.

HOW TO ACCEPT YOUR SPOUSE

(1) Take him or her as he or she is, never compare him or her with anybody.

(2) Remember that you are not also perfect.

(3) Do a study of temperaments and gender differences to appreciate where your spouse is coming from.

(4) Develop a producer mind, be service-oriented, seek to give, it will aid you in appreciating your spouse.

(5) Never allow your background to control your destiny. Lodge your expectations on the cross of Christ, who is able to satisfy you even if your expectations are not met.

(6) Discuss your expectations with your spouse in the spirit of love, but never insist they must be met.

(7) Glorify God for giving you the kind of man or woman that you have, so unique, so spectacular.

6TH COMMANDMENT

THOU SHALL NOT FAIL TO LOVE AND SUBMIT TO EACH OTHER

"SUBMITING yourselves unto one another in the fear of God" Ephesians 5:21

- Love is a good fever, spread it.
- Love reduces friction to fraction.
- Even if we must wage war, let's wage war in love.
- Submission is not weakness; it is the Holy Spirit in action.
- You can't be submissive and abusive.
- Two things are missing when there is argument at home; love and submission.
- You can't be in love and be selfish.
- Kindness, service and sacrifice are the real definition of love.
- Hollywood, Nollywood, Bollywood cannot define love; check the "Bible-wood" for it.
- It is childlike to submit and love, it is childish to be stubborn and difficult.
- If your marriage is in trouble, dial L-O-V-E.
- If your marriage is in shambles, let love rumble
- The major problem with our homes is; many of us are in marriage, very few are in love.
- Romantic love can always say "I do" then "I did" but the sacrificial love will say "I do", "I do", and "I do.

- Don't look for how to punish, your mate just look for love.
- When there is no love, it is not marriage; it is something else.
- Love is to marriage; what engine is to a car.
- Don't say "do you love me", say "I love you"
- Don't say what can you do for me, say; I can I help you?
- "Love does not consist in gazing at each other but in looking outward in the same direction"- Antoine de saint-exupery.

I want you to read these three scriptures as if they follow each other

"**SUBMIT** yourselves therefore to God, resist the devil and he will flee from you.

SUBMITING yourselves unto one another in the fear of God.

Wives, SUBMIT yourselves unto your own husbands as unto the Lord". (James 4:7, Ephesians 5:21, 25)

These three verses reveal the scripture's total teaching on submission. Though most men are fond of quoting Ephesians 5:25 only, I have not met that Christian man that doesn't know this verse. Men quote it several times to intimidate women; the truth is that the teaching about submission is more than that. I want us to take our time to talk about this important topic.

HUSBAND SUPERIORITY COMPLEX (HSC) VS WOMEN EQUALITY THEORY (WET)

Both husband superiority complex (Hsc) and women equality theory (Wet) are totally wrong.

HUSBAND SUPERIORITY COMPLEX

Men erroneously believe the following:

- Women are men's properties.
- Women should only be seen but not heard.
- Women are useless except for sex, cooking, bearing and raising of children.
- A man can do whatever he likes with his wife
- A man can do whatever he likes at home
- A man can beat his wife if she "misbehaves".
- Women do not have any right in the family
- Women are inferior to men
- Women deserve no honour and respect
- It is only women that can be barren, infertility is only their fault
- A great man is known through how he bullies his wife
- Men can sleep with their wives without their consent. Women have no right to say no, no matter how tired they are
- A man needs not appreciate his wife for cooking, sex and house chores; she is only doing her job

- ❖ It is wrong for man to do anything at home. It is the duty of the woman; even if she is dying she must do it. To sleep, watch television, eat and sleep with his wife are the duties of a man.
- ❖ It is not wrong for a man to scold or embarrass his wife in the public.
- ❖ Men are more knowledgeable than women.

WOMEN EQUALITY THEORY (WET)

Feminist and women liberation groups believe in the following:

- ➢ Men and women are equal in all respect.
- ➢ Men and women are fundamentally the same.
- ➢ Nobody should claim to be the head of the family.
- ➢ Whatever a man can do a woman will do it better.
- ➢ All women are in bondage.
- ➢ Women are perpetually discriminated against.
- ➢ Women can be totally self-sufficient and exist without men
- ➢ Women do not need men.
- ➢ Marriage and maternity should be delayed until achievement in education, career, business and socio political spheres has been made.
- ➢ Female desirability (by men) is solely dependent on her achievements.

Men that are given to superiority complex end up becoming bullies to their wives. They become wife beaters, diffi-

cult, wicked husbands and headache to their homes; instead of being the head. They are also marital rapists, womanisers and polygamists. To them women are nothing but pieces of rags, useless in everything but for what she can do in the kitchen and their performances in the bedroom.

On the other hand, a woman that believes in the **Women Liberation Theory** becomes independent minded, stubborn, disobedient, unsubmissive, arrogant and finds it difficult to be under any man. Most of them end up becoming single parents, divorcees, and successful career women but failures in marriage

That is why many of our women- CEOs, actresses, top government officials, (etc) always end up in bad marital relationships.

The Bible does not support both HSC and WET rather it maintains the **headship** of man, not his **dictatorship** and at the same time establishes the woman as an important party in the partnership. This is the balance; men are in position OF CONTROL, women are in position OF INFLUENCE. They are just like a pilot and a co-pilot, non is inferior; but one must be in charge for the sake of orderlineness. Any godly woman should allow herself to be controlled by her husband while every godly man should allow his wife to influence him.

UNDERSTANDING SUBMISSION

Based on the scripture used above we discover the following types of submission:

- **Godward Submission-** Both the husband and wife must submit to God and relate with each other and the outside world in the fear of God, under the leadership of the Holy Spirit (James 4:7)
- **Mutual Submission-** "Submitting yourselves unto one another in the fear of the Lord" (Ephesians 5:21)

This scripture forbids a man from becoming a dictator and commander-in-chief of the family. It forbids men from being wicked and difficult. Men should be ready to submit themselves to their wives' influence, never think you know it all. God told Abraham to listen to Sarah his wife (Genesis 21:12). Like wise, He is telling you not to disregard the counsel of your wife, allow her to be involved in your life; she is part of your destiny. Listen to her, reason with her, she is your portion, she is a part of you, she is all you have. Taking counsel from your friends may not be good for you in the long-run.

Real men don't just talk, they listen. Real men don't just give orders at home, they ask their wives about questions on how, why, what and where. They don't rule their homes with decrees; they know that two are

better than one. Always remember that being a man is not a choice, it is a privilege. Appreciate God for it and use it well by celebrating the angel that live in your house. If you maltreat the daughter of the Lord the Lord will not take it kindly with you, He will not leave you blameless.

- **Wifely Submission-** ***"Wives, submit yourselves to your own husbands, as unto the Lord"*** (Ephesians 5:22). Contrary to the teaching of the feminist movement, that is the commandment of the Lord to all women. It is not a suggestion, it is an injunction, it is a decree, it is what God wants. It is what is good for your life and family.

  God never created a woman to be the head of the family but to be helper of the head; not to be a leader but to support the pillar.

WHAT DOES IT MEAN TO SUBMIT

- **Obedient**- To submit means to obey your husband and do his bidding with all honour
- **Respect**- To submit means to respect your husband and treat him as the head
- **To Follow**- It means to be a good follower, to willingly follow your husband in his vision, plan, aspiration, purpose and project.
- **To Listen-** It means to listen and reason with him, to quietly give him your attention as he talks with you.

- **Not to Argue**- It means not to be argumentative but be ready to take his point even if it does not tally with your own; while using wisdom to pass your ideas across to him later.
- **To be Teachable**- It means to be a student, to have a teachable heart, not stubborn and strong headed. A teachable ignoramus and ugly wife is by far better than a beautiful queen rebel.

HOW TO LOVE YOUR SPOUSE

Wives are commanded to love their husbands.

> ***"That they may teach the young women to be sober, to love their husbands, that the word of God be not blasphemed".*** **Titus 2:4**

The Bible emphasizes the need for men to love their wives because women find it easier to love their husbands. In many places in the scriptures; men are admonished to love their wives. ***"Husbands love your wives and do not be bitter against them"*** Colossians 3:19.

Husbands love your wives even as Christ also loved the church and gave Himself for it.

"So ought men to love their wives as their own bodies, he that loveth his wife loveth himself for no man ever yet hated his own flesh, but nourisheth and cherisheth it, even as the lord the church.

Nevertheless, let every one of you in particular so love his wife even as himself,

and the wife see that she reverence her husband" **(Ephesians 5:25,28,29,33.)**

As the woman totally submits herself to her husband and loves him, the husband must also love his wife with all his hearts and never be bitter against her. If you love your wife, the Bible says you are simply doing yourself a favour.

LOVE IS A CHOICE

Man chooses to love or not to love. It is a choice, and if a man walks away from his marriage he is simply saying, "I choose not to be in love again, I choose to hate? The wife is not the issue, it is the man's choice. If he says "Our love is dead, he is telling lies for love never dies (1 Corinthians 13:8), you simply choose to hate. Love never fails but people do. When there is problem at home, marriage is not the problem, but the people that are involved in it.

PRACTICAL WAYS TO LOVE

- **Love sacrificially**- Make sacrifice, do something that is not easy for you to do. Do something for your wife that she hates to do (e.g. cleaning the toilet, washing the clothes)
- **Love socially-** Treat your wife as your best friend, joke with her, take a walk with her, holding each other's hands.
- **Love Emotionally** -Compliment your wife always, women can never be tired of this. Somebody said "women are like gigantic sponges, you can fill them up

each day with compliments but the next moment the compliments are gone and you need to start all over again"

- **Love Physically-** Bring home a special gift for your wife.
- Hug your wife tightly and say I love you.
- Defend her before family and friends.
- Do the dishes tonight.
- Celebrate her birthday specially.
- Get a copy of my book **Fight for That Marriage** for more on this.

Both husband and wife should become "Producers" of love, not "Consumers" Outdo each other with positive deeds, fight to satisfy each other. Let pleasant surprises fill the void of each other. Compliment each other, celebrate each other.

7th COMMANDMENT

THOU SHALT NOT FAIL TO GIVE ROOM FOR A GOOD BEDROOM LIFE

"Now concerning the things whereof ye wrote unto me; it is good for a man not to touch a woman. Nevertheless, to avoid fornication, let every man have their own wife, and let every woman have their husband.
Let the husband render unto the wife due benevolence; and likewise also the wife unto the husband. The wife hath not power of her own body, but the husband; and likewise also the husband hath not power of his own body, but the wife.
Defraud ye not one another, except it be with consent for a time, that ye may give yourselves to fasting and prayer, and come together again, that Satan may tempt you not for your incontinency" (1 Corinthians 7:1-5)

- When a marriage hits the rocks, the rock usually is in the mattress.
- Your marriage cannot rate A+ when your sex life rates D+.
- A married man should not be wandering around with an unfulfilled libido.
- She is not a virtuous woman, if she doesn't know that sex is vital to the well being of her marriage.
- It will be foolish to think you can play marriage, when you cannot dramatize sex.

- A wife whose skirt you can open is a woman whose mind you have touched.
- Sex is what a man wants; foreplay is what a woman enjoys. Let there be trade by barter.
- No man will prefer to work late in the office if he knows his wife will make him work late in the bedroom.
- Sex is something your husband wants more of.
- A woman you rush to have sex with tonight will rush away from you tomorrow.
- If a couple has not had sex for two months, it is a sign of serious problem.
- Intimate sex is impossible without a loving marriage.
- A fun-filled sex life is the mother of fulfillment in marriage.
- Real men give their wives pleasure, not pressure; orgasm not agony.
- Love play and foreplay is easier with the person one loves, let love flow in your marriage, sex will glow.

Bedroom is the headquarters of the family, the strong room, the power house. When the bedroom collapses, the family will not be able to stand again. That is the why all couples should take good care of their bedroom life. A couple that enjoys each other sexually will do everything to defend and protect their marriage.

FACTORS AFFECTING SEX IN MARRIAGE

- **Ignorance**- Most couples know close to nothing about love making, all they know is sex, no improvement, no progress; this ultimately leads to boredom in the bedroom, and a "grudge match" every night.
- **Impatience-** Most men are impatient in the bedroom, they are like the tipper driver, all they do is "drop and go", no kissing, no love, no foreplay, they are like carpenters. They have no passion for the nail, no emotion for the wood. All they do is to pick the "hammer" and hit "gbo, gbo, gbo" in few seconds they have finished, the job is done. They roll to the other side of the bed and snore into the night leaving the poor women totally frustrated and unfulfilled.
- **Lack of Privacy**- Absence of privacy can also affect your sex life; couples that must wait for the grown up children who stay with them in the same room to sleep before they make love, will find sex difficult.
- **Selfishness-** Most people go to bed with the mind of what to get "Consumer mentality", instead of what to give, in the process nobody gets anything.
- **Wrong Conception**- Wrong notion about sex can also destroy sex. Thinking that sex is a duty or that sex must not take place in certain days of the week or certain periods of the day can destroy your sex life.

- **Separation of Rooms**- Couples that stay in different rooms will have what we call "room barriers" in their sex life.
- **Lack of Affection-** Sex becomes mechanical if you do it without love. Sex cannot be exciting if marriage is not intimate. If you want your sex life to be better, then work on your marriage
- **Lack of Communication-** Most couples don't talk about their sex life, they bottle their desires and hide their aspirations, thereby leaving them unmet and unfulfilled. This ultimately leads to frustration.
- **Types of Jobs-** There are jobs that make the husband and wife to resume to bed at different periods of the day. Jobs that take one of them away from home for weeks and jobs that are physically demanding that make the man or the woman exhausted by the time they return home in the night can destroy sex life.
- **Proxy Matrimony**- The husband and wife that stays away from each other in different towns or countries will have zero sex life, which can encourage sexual immorality.

HOW TO IMPROVE YOUR SEX LIFE

(1) **Get knowledge**- Read books from Christian marriage counselors on the issues of sex in marriage. Attend couples seminar, go for counsel, and by

all means improve your sex life. Please, get copies of our book- **Sexual Fulfillment in Marriage, Secrets of an irresistible Wife and Husband.**

(2) **Create privacy-** Avoid staying in the same room with grown-up children, it is unhealthy for your sex life and the life of the children. Make arrangement for them to move into their own rooms.

(3) **Be kind to each other**- All-round kindness, good deed to each other long before bed time, will enhance sex life. A woman's mind is her greatest "sex organ", hence husbands should know how to be kind to their wives, honour them and make them happy. A woman that is not happy may give you sex, but not love making?

(4) **Selfishness-** Don't be selfish, be determined to satisfy your spouse you will end up being satisfied

(5) **Develop a Right Conception-** Stop seeing sex in marriage as a sin or something dirty. Deliver your mind from all old wives' fables, and the Victorian era mentality. Update yourself and make your bedroom life a worthwhile thing.

(6) **Give Room for Longer Foreplay**- Be patient with each other, avoid "rush-hour-sex", and make it a slow and steady affair. Give room for foreplay, before love play.

(7) **Playfulness**- Let there be playfulness in your marriage, don't be too se-

rious at home, do 'pillow fight', 'tug of love', 'bubble burst' in the bathroom, joke, play, be friends, relax, be together, don't just be a conventional husband and wife

(8) **Good Communication**- Communicate your needs and expectations to your spouse. Tell him or her what you want done, how you want to be touched, when and for how long. Never be deaf and dump in bed.

(9) **Togetherness-** Do things together, stroll together, play, pray, travel, dress, sleep together in the same room on the same bed, talk and bath together.

(10) **Pray about it**- If your sex life is having problems why not make it an issue of prayer? Why don't you tell God about it or do you think it doesn't concern Him? He was the one that gave us the gift of sex, He knows what to do to make it better.

8TH COMMANDMENT

THOU SHALT NOT FAIL TO UNDERSTAND MARRIAGE

"The righteousness of thy testimonies is everlasting, give me understanding and I shall live" (Psalm 119:144)

WORDS OF WISDOM

❖ What you don't understand you cannot manipulate.

- ❖ Until you understand marriage, you cannot manage it.
- ❖ Without understanding, damage is what you can do to that marriage.
- ❖ The know-how of marriage determines the well being of family.
- ❖ Don't say "my husband is bad," say "I lack understanding to handle him."
- ❖ Bad wife? NO! Quack husband? Yes
- ❖ If you understand the rudiments of marriage, you won't struggle in it.
- ❖ Give me a woman that nags and fights her husband; I will give you a woman that lacks understanding.
- ❖ Show me a man that beats his wife, I will give you a baby husband, yes! a fool.
- ❖ With understanding, no war is difficult to win.
- ❖ People don't want to know how tall you are, all they are interested in is how well you know.
- ❖ Marriage becomes an ordeal when you fail to know how to deal with your choice.
- ❖ A new deal will also turn to an ordeal without ideal knowledge.

The major problem with marriage in the world is that more than 90% of people in matrimony don't know what marriage is all about. They go into it without a slight idea of what family life is all about. Most people get married because of money, position, sex, child bearing, wealth, business gains, just to feel good, just to enhance their status, to get citizenship or work

permit of a country. People also marry for political gains, because of peer or parental pressure, to do what everybody is doing, and to get somebody to cook for them or wash their clothes.

The fact is that many people go into marriage for all the wrong reasons, thereby making a mess of their lives and future. To make marriage what it was created to be, we must understand what it is, and the reason the Lord instituted it.

(1) **Marriage is for companionship-** God hates loneliness and aloneness. He is interested in friendship, fellowship and comradeship; He doesn't want us to be alone. That is why getting married and living somewhere far away from your spouse is not the will of God.

(2) **Marriage is Permanent**- God instituted marriage to be permanent. No separation, no divorce (Malachi 2:14-16). Marriage is expected to last for the life time.

(3) **Marriage is Good**- Some people normally say "marriage is like a military camp". This is totally wrong. On the contrary, marriage is good and joyful; it is a place to do the right thing. It is the will of God. (Genesis 2:18-25)

(4) **Marriage is an Interdependent Relationship**- Marriage is neither a dependent nor independent relationship. None of the parties should be a parasite, a "consumer", and neither should go "solo", no selfishness, no self-centeredness, no "I" 'ME" "MINE" "MYSELF". Mar-

riage should be a symbiotic relationship. You gain from me, I gain from you, and together we live a better life.

(5) **Marriage is Responsibility**- It involves you doing your own duties, making your partner happy, training children and establishing a home. It is hard work, a full duty, it is a responsibility.

(6) **It is Oneness**- As soon as you get married; God ceases to see you as separate individuals but one indivisible entity. You must also see yourself as one and do things together. You are not just to join your hands but join your minds also. Not just about togetherness, but fondness and oneness, no dark room, no hidden place, but giving all to each other in love.

(7) **Marriage Is a Love Affair**- Marriage is not an ordinary relationship, it is an affair where love, kindness, affection and passion should be demonstrated; it should not just be casual. Couples should not behave as co-tenants, room or bed mates; they should allow love to flow, because marriage is a love affair

(8) **Marriage involves Openness- "And they were both naked; the man and his wife, and were not ashamed** (Genesis 2:21-25). Couples should be open to each other. They should be naked physically, financially, socially spiritually and historically.

(9) **It entails Leaving and Cleaving- "Therefore shall a man leave his fa-**

ther and his mother and shall cleave unto his wife. And they shall be one flesh" (Genesis 2:24)

Marriage involves leaving our friends and family and cleaving to our spouses. The leaving and cleaving must be total, physically, financially, emotionally and socially.

(10) **Marriage is One Man, One Woman Affairs-** Polygamous and same sex marriages are against the will of God. "And the rib, which the Lord God had taken from man, made he a woman and brought her unto the man (Genesis 2:22)

(11) **Marriage involves Sex-** Marriage is the only relationship where sex is holy, righteous, legal and acceptable in as much as it happens between a man and his wife in secret. In fact, sex is compulsory between a woman and her husband. They must not deprive each other except for fasting and prayer, women especially should bear this in mind (Genesis 1:26-28).

MARRIAGE SHOULD BE A SYMBIOTIC RELATIONSHIP.

YOU GAIN FROM ME, I GAIN FROM YOU. TOGETHER WE

LIVE A BETTER LIFE.

9TH COMMANDMENT

THOU SHALT NOT FAIL TO COMMUNICATE EFFECTIVELY

Let no corrupt communication proceed out of your mouth but that which is good to the use edifying, that it may minister grace to the hearer (Ephesians 4:29)

"But speaking the truth in love, may grow into him in all things, which is the head even Christ (Ephesians 4:15)

- Everybody should be committed to his or her mouth management programme.
- To have a better marriage become a communication expert.
- Most marriages get destroyed first with the help of the mouth.
- No marriage will be destroyed if on every bad mouth a padlock is hung.
- How long will my marriage last? Ask your mouth.
- I don't care what your hands will do to your marriage, I am only afraid of your mouth.
- If you speak well, your marriage will be well.
- A better marriage comes only from a better mouth management.
- If you allow venom to come out of your mouth, it will hurt your marriage.
- "The joy of marriage stems from commitment that is communicated"- Jerry Solomon
- If you fail to talk together, you will not be able to walk together.

➢ When communication departs, frustration arrives.

Communication is the soul of any human relationship. In fact, that is what makes us different from animals; ability to communicate verbally is a special gift to every human being.

It is defined by dictionary as an act of passing on news, information, feelings, ideas etc. It involves sharing and exchanging these things. In marriage, it enables couples to get to know each other intimately, live together and understand each other. Communication breakdown is the easiest noticeable sign of marital disaster, in fact if tongues are not misused in marriage, family breakdown is unlikely, and most marriages get destroyed with the help of the mouth first.

Couples that have mastered the art of communication are the only couples that have mastered the art of marriage.

Negative communication in marriage can involve the following:

a. **Hurting remarks like -** "I hate the day I met you", "You are the cause of my problem", "I regret marrying you", "Your mother is a witch", "My ex-girl friend is far better than you"," You are a fool", "You lack wisdom", "You are a bad cook", "Marrying you is the greatest mistake of my life" etc.
b. **Comparison:** This involves comparing one's spouse with some-

body outside of marriage. "You don't cook like my mother", "My father would have done it better than you", "My former boyfriend kisses better than you".

c. **Condemnation:** This involves outright condemnation of what one's spouse does.
d. **Ungolden Silence**: Keeping silent when one should talk.
e. **Murmuring**
f. **Lying, exaggerating and untruthfulness.**
g. **Cursing and using abusive words**- "You are an harlot", "Goat", "Foolish woman", "Useless man" etc.
h. **Critical Words**- Being critical, not seeing anything good in whatever one's partner does.

POSITIVE COMMUNICATION

(1). **Prayer -** Praying for our partners is a very good way to show that we love them.
(2). **Praise and appreciation-** Praising and appreciating your spouse is very good.
(3). **Encouragement-** "It is well", "I know you will make it", "You will get there"," You will not die", "I believe in you".
(4). **Romantic Words-** "I love you", "You are a beautiful woman", "You look nice", "You look sexy".

(5). **Apology**- Apologising when one is wrong is another positive communication tools. Learn to say "I am sorry", when you are wrong.

(6). **Openness-** Opening your mind to your mate is another good way of maintaining positive communication.

(7). **Truth** – Saying things the way they are, not telling lies, not holding back the truth, not exaggerating.

BARRIERS FOR EFFECTIVE COMMUNICATION

Effective communication is not possible if people involved are not willing. It takes two to have a healthy communication and there are factors that can work against it. They are:

(1). **Ignorance**: Lack of knowledge by the people involved is a major factor against communication.

(2). **Fear**: Fear of being misquoted, or the fear of being attacked by ones partner may make some people (women especially) fail to talk thereby making effective communication difficult.

(3). **Jumping into conclusion:** Not allowing your partner to conclude his or her statement before reacting is another barrier.

(4). **Unforgiveness:** Bitterness of the heart makes communication diffi-

cult. Things that are supposed to be settled without any problem can lead to a major crisis when unforgiveness takes over.

(5). **Selfishness:** Self-centeredness, self-justification, self-glorification, selfishness makes communication difficult as each party will see things in relation to his or her self alone, while consideration will not be given to the view of the partner.

(6). **Assumption:** Assuming what your partner wants to say or may say, when he or she has not even spoken can work negatively against effective communication.

FOUNDATIONS FOR EFFECTIVE COMMUNICATION

Before communication can be said to be effective or healthy, the following things must be involved:

- **Fear of God:** When a couple's life is based on the fear of God, it makes their communication easier, as the Lord will be in full control of their mind and mouth.
- **Commitment to marriage:** When a couple is committed to their marriage, they tend to be careful about what they say to each other. Whatever they say will be to build their marriage and not to destroy it.
- **Love:** It is easier for couples that are in love to discuss without any

fear, they can easily open their minds to each other. Love makes communication amiable as the couples can easily agree.

- **Respect:** Mutual respect also makes effective communication easier. Even when there is need for correction, argument, disagreement or conflict it will still be done in love and in courtesy without hurting each other.
- **Trust:** This is another tool needed for a good communication. Trust in marriage must be mutual; mates must have confidence in each other.
- **Right Motive:** Communication approached with right motives will always end in deep, positive and effective discussions.
- **Listening:** Communication becomes a noise if nobody is listening. Talking and listening are Siamese twins that cannot be separated if communication must be effective.
- **Continuous:** For communication to be effective in marriage, it must be continuous. As long as they are alive, couples must continue to talk with each other to build a strong and virile marriage.
- **Closeness:** Couples that are closer to each other, touching each other and looking into each other's eyes as they talk are less likely to have a hot argument when compared to couples who talk while the husband watches

the television and the wife cooks in the kitchen.

- **Privacy:** Being alone help couples to talk and easily agree, compared to when they are talking in the midst of people with noise disturbing them.

10th COMMANDMENT

THOU SHALT NOT FAIL TO MAKE AND MANAGE MONEY

"He becometh poor that dealeth with slack hand, but the hand of the diligent maketh rich" Proverb 10:4

- If you cannot manage money, you can't manage life.
- Bad people kill for money, foolish people beg for money, good people work for it, great people make their money work for them.
- No matri-money, No matrimony.
- Money is a good servant but very bad master.
- When couples agree on money, they can agree on virtually anything.
- How rich you are does not depend on how much you make but on how much you can save.
- If you are not saving you are not safe.
- Saving money is a service to yourself.
- What God has joined together, money can easily put asunder.
- The area where selfishness is demonstrated most in marriage is in the area of money.
- Money can never satisfy, Jesus does.

The usefulness of money in family cannot be over emphasized that is why the Bible says ***"money answereth all things"*** **Eccl 10:19.**

For a family to prosper the people involved must know how to make and manage money, without which the family can be torn apart.

Keep this in mind, there are two principles we must always bear in mind as couples when we talk about the issue of money, they are Diligence and Prudence

(A). Diligence: Hard-working, being careful and thorough. Before there can be any financial freedom, we must be diligent. Without diligence, it will be difficult to make headway in life, as laziness only tends to poverty. **"He becometh poor that dealeth with slack hand, but the hand of the diligent maketh rich". Proverb 10:4**

(B). Prudence: Being prudent means to have a sensible and careful attitude that makes you avoid unnecessary risks or spending

- To have financial rest, you must know how to make much money and spend less.
- Less income than expenditure = Debt and poverty
- High debt zero or very low income = Bankruptcy
- Income equals expenditure = Average life
- Income a little bit above expenditure= Above average life.
- Income higher than expenditure = Prosperous Life.

The two most important life questions as far as your financial life is concerned are:

(a). How can I increase my income?

(b). How can I reduce my expenditure?

These two questions are equally important but let me give you an answer to both of them:

- Answer to question A is- Wisdom; Yes, Financial Intelligence.
- Answer to question B is – Discipline.

Financial intelligence- Simply means knowing how to make more money legally and manage it to better your life and future, this involves:

- **Thinking:** Taking time to think of how to make your life better. Improve what comes to you and establish a strong financial base. Most of us are too busy that we don't have time to sit down to think constructively so as to sit on top of the noise around us.
- **Improve your income capability**: This involves improving your self in such a way that it will bring extra buck into your pocket. It may involve learning to do what you've been doing in different ways or learning to do new things.
- **Open new stream of Income**: In your thinking you may discover how to make good money from other areas without affecting your present job. A friend (a full-time pastor) just learnt how to open new streams of income. He discovered his N.O. (Nose opportunity) i.e. opportunity that is sitting on his nose without him knowing) he then turned most of his old messages to books; he started producing tapes for

sales, thereby bringing out industry from his ministry. Result, he needs not bother about how much his local church gives him as salary as he now makes ten times of that within a week.

- **Turning your money to an employee**: - All this while you've been working for money, now you can make money to work for you. This you can do by investing your money, in a very good investment, turning it over and over without allowing it to rest.
- **Read books about financial Empowerment**: - Study about money, learn how to make it, never be a financial illiterate.
- **Attend Financial Empowerment Seminar-** Pay to learn, go and listen to experts, let those who know teach you how to do it.
- **Have Financial Mentors:-** Have somebody that will teach you how to make money, choose good and faithful people, I mean mentor not mentholatum

HOW TO DISCIPLINE YOURSELF FOR PROSPERITY

As a couple, discipline is not negotiable if you must have financial independence, just learn how to postpone pleasure and gratification and put the money into a better use thereby employing the money.

(A). Adjust your priorities- Most of the time we spend on things we don't really need. We also spend to show-off, to please people or to demonstrate our generosity. What can you afford not to have?

Do you need two cars? Must you carry two phones? Must your children attend the most expensive school in town? Must you frown that party? Must you have twenty pairs of shoes? Do you need that expensive earring?

It takes a little more time to develop on management attitude that allows you to be in charge and get control of your spending.

(B). Buy in Bulk: Buying in bulk will save you a lot of money, make it your habit. Buy rice in bags, pepper in baskets, etc.

(C). Avoid eating out- You can spend 50% higher, eating out than the amount you would have spent if you prepare the same food at home. Discipline yourself to eat at home and save the balance you could have spent eating-out.

(D). Know the difference between necessities and luxury- Go for necessities; avoid luxury as much as possible.

(E). Avoid impulse buying- Plan your buying, have a budget, don't just buy because people are buying.

Have a vision for the future, most families do not have vision for their future, that explains why most just spend anyhow. If you want liberty then develop a vision for your future.

- Picture how you want to live in retirement
- When you want to move into your own house.

- Legacies you want to leave for your children
- How much you want to worth in investment at 50
- How much you want to worth in investment at 70
- What you want to live behind for your children.
- How you want to live at old age, whether you want to rely on your children or on income from your investment. For more on money, get copies of my book: MONEY MANAGEMENT IN MARRIAGE AND MAXIMIZING MONEY IN MARRIAGE. **MAKING MONEY IS GOOD; SAVING MONEY IS BETTER, INVESTING MONEY IS THE BEST.**

PASTOR BISI ADEWALE'S BOOKS

1. Sexual Fulfillment in Marriage
2. Fight for that marriage
3. Ten commandment for wives
4. Ten commandment for husbands
5. Ten commandment for couples
6. Ten commandment for teenagers
7. Ten commandment for singles
8. Protecting your husband from strange women
9. Wives versus mothers-in-law, when will the battle cease
10. 20 wedding that must not take place
11. 121 ways to make your husband love you
12. 121 ways to make your wife submit to you
13. 33 keys to a peaceful marriage
14. 33 keys to a peaceful marriage
15. Singles, sex and purity
16. 31 Deadly things singles must never do

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