

Rekindling the Heart

Participant Workbook





All rights reserved. Any reproduction requires the prior written consent of the Elizabeth's New Life Center and Greg Schutte, MSW, LISW-S, 2201 N. Main St., Dayton, Ohio 45405, USA.

Copyright © 2013 by Greg Schutte, MSW, LISW-S

Cover Photo by: James Group Studios, Inc.

First Edition: Rekindling the Heart Workbook

For more information and/or purchasing additional products contact/visit:

Greg Schutte, MSW, LISW-S

Marriage Works! Ohio

A Department of the Elizabeth's New Life Center

2201 North Main Street

Dayton, Ohio 45405

gschutte@elizabethnewlife.org

www.trustmarriage.com

Overall Goal of R.T.H.

The goal of the RTH curriculum is threefold: 1) To help married couples to start learning about the deeper meaning of why our marriage is so important to our kids, to us and to our connection with God; 2) To help couples to find healing and grace through their marital covenant by giving them tools to communicate more effectively, to deal with conflict resolution more constructively and to seek forgiveness and healing; and 3) To start on the journey of shaping marriages and family life into a model from which others can be inspired to example.

I have learned over the many years directing an organization called Marriage Works! Ohio, that many couples are in desperate need of this type of marriage support and education, but often need encouragement to come to a class. Often, one or the other spouse will come with skepticism and doubt, but more times than I can count, by the third to fourth session, they warm up to the session, and many even become leaders in the discussions. The key is inspiring people to, at least, give it a try. Many couples who receive help in falling back in love with their spouse don't want to go back to the mediocre or even horrible state their marriage was in and long to keep this new-found renewal alive. There are many ways to keep growing in knowledge about relationship building, but the greatest I've found was having couples go on to teach what they've learned.

For this very reason, this curriculum is meant to encourage couples that go through the class, to consider becoming marriage mentors, even if it is for a short time in their lives. As they teach the classes, it forces them to also continue working on their own relationship as they share and teach others. Even if you are not called to "officially" teach marriage enrichment classes to others, you are called to be a light in this world to others around you. Our marriage should be a gift to our spouse, our children and to the world around us. Learn, grow, and shine your light to others!

Greg Schutte
MSW, LISW-S

Special Thanks to:

Vivian Koob

Kima Jude

Angy Olivari

And my loving wife Stephanie, without whom this endeavor would not be possible.



Contents

Topic	Page
<hr/>	
Unit 1	
<hr/>	
1) Introduction to the Deepest Desire.....	Pages 5 - 12
a) In the Beginning.....	5
b) Love Connections.....	6
c) The Big No-Know.....	8
2) Delving into Differences.....	Pages 13 - 20
a) Rainbows Aren't Just Green.....	13
b) Different Make-Up.....	14
c) Two Become One Body.....	18
3) The Deadly Divide.....	Pages 21 - 38
a) Household Pest.....	21
b) Hardening of the Artery.....	22
c) Deadly Dividers and Divine Defense.....	24
4) The Heart of the Matter.....	Pages 39 - 46
a) Dropping Our Defenses.....	39
b) Listen to What 'I' Say.....	40
c) A.R.E.A. for Change.....	41
 Unit 2	
<hr/>	
5) The Sacrifice for Love.....	Pages 47 - 50
a) Theology of Apology.....	47
b) Forgiveness is Freeing.....	48
c) Jesus Went to Those Who Hurt Him.....	49

6) Finding Common Ground.....	Pages 51 - 58
a) Winning the War Not the Battle.....	51
b) Finding Common Ground.....	52
c) Choose a Direction then Move On.....	53
7) Healing and Rebuilding Trust.....	Pages 59 - 62
a) Trust Is Earned, Not Demanded.....	59
b) I Can See Right Through You.....	60
c) Attitude of Gratitude.....	61
8) Recommitting to Our Covenant.....	Pages 63 - 70
a) The Purpose of a Covenant.....	63
b) Mission Impossible.....	65
c) Saying 'I Do' All Over Again.....	67

Unit 3

9) Good Stewards of Our Resources.....	Pages 71 - 76
a) Effective Perspective.....	71
b) United We Stand, Divided We Fall.....	73
c) Time, Talent and Treasure.....	74
10) The "One Flesh-Union" Gift.....	Pages 77 - 86
a) The Gift of Sex.....	77
b) Training Through Abstaining.....	79
c) Doing What Comes Naturally.....	81
11) Faith and Family.....	Pages 87 - 94
a) On the Same Page.....	87
b) Got to Have Faith.....	89
c) Got to Have Fun.....	91
12) Our Plan for Daily Success.....	Pages 95 - 98
a) Fail to Plan, Plan to Fail.....	95
b) Catch Me, I Think I'm Falling.....	96
c) Becoming a Mentor for Others.....	96



Introduction to the Deepest Desire

Session One





Introduction to the Deepest Desire ~ Session One

“In the Beginning”

Q1: What is the meaning of life? _____

1. The greatest realization we can come to is: _____

2. However, He loved us into existence for the mere fact that He desires for us: _____

Q2: What does the meaning of life have to do with my marriage and this class? _____

3. The deepest desire of every human heart is: _____



Matthew 25:40 - “The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’”

“Love Connections”

Q3: So what is at the root of this desire to know our spouse? Is it because God wants us to be more than superficial? _____

4. In the beginning of creation when God made man and woman, He (Gen. 2:7): _____

God’s love is at the core of every Human Being. It is what gives us life, gives us worth, gives us meaning and drives us to live. Since we have the love of God in us, we long to share it with others.

5. We all want to not only love another and share God’s love, but we are desperately (whether we know it or not): _____

6. God loved us into existence without ever needing us and did it out of pure sacrifice, pure generosity, and pure unconditional love. This is what we are called to in marriage. This is the reason our marriage has to be something we are not only willing to _____, but something for which we are willing to _____.

Couple’s Reflection: What do you believe is the purpose of a covenant? _____

Q4: Why did God continue to build covenants with us throughout history, even when we deeply offended Him? _____

Q5: How does this relate to marriage today? _____

What is an Oath?

Q6: What is an Oath? _____

Our marital oath is a grace-filled promise made to our spouse to protect their heart from being abandoned in difficult times. That's why our marriage (our covenantal oath) is so vitally important and worth the pain it takes to fix the problems in our relationship.

Couple's Reflection: What in your life are you willing to die for and why? _____

Couple's Reflection: What makes it hard at times to love other people? _____

Couple's Reflection: What makes it hard to like or love our spouse at times? _____

"The bible is, in a sense, one big love story. God is the groom and we are His bride. He loved us into existence from the beginning, and since the "fall of man" has been trying to call us back to Him though we continually turn away from Him, betray Him and even crucify Him with our sinfulness. Scripture is one big love letter from God to His people encouraging them to return to Him so that He can give to them great peace, spiritual fruits and freedom found in His love and care."

"The Big No-Know"

"Marriage should be a series of multiple marital commitments; we need to recommit our life to our spouse all over again and in a sense let them know that 'we're in this together, through thick and thin, until death do we part!'"

7. One of the main reasons we started having problems in our marital relationship is because we: _____

Couple's Reflection: In what ways is your marriage different now than when you first got married? _____

Couple's Reflection: In what ways do you feel like you have fallen out of "knowing" your spouse? ____

Couple's Reflection: Think back to when you first met your spouse. What was it about them that made your relationship fresh and exciting? _____

Couple's Reflection: What did you discover about yourself in the process? _____



Genesis 2:23 - The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man."

"The Big No-Know"

Adam and Eve had God's love blown into them, unhindered by sin, and they were fully alive and in love with each other. The love of God within them was freely given to the other person, who freely received and gave their love and life back as this same free gift.

8. Original sin did what to our human relationships: _____

Q7: Why do opposites tend to attract each other: _____

9. Our sinful nature (as it did with Adam and Eve) creates: _____.

Because of our sinful nature, we fall back to self-defense and look at the other person's fault rather than the mistakes we made together.



Genesis 3:12-13: - The man said, "The woman you put here with me—she gave me some fruit from the tree, and I ate it." Then the LORD God said to the woman, "What is this you have done?" The woman said, "The serpent deceived me, and I ate."

Couple's Reflection: What are some of the stresses or distraction that we face

in our day and age that others may not have had to? _____

Couple's Reflection: Which ones do you find to be the most dangerous? _____

"It is important that we stay connected with each other. Staying in the "know" of each other can be challenging in today's society because of the many stresses and distractions that we have."

Session One - Lessons Learned

Things we learned this lesson: _____

Homework:

A) _____

B) _____



In the Beginning

1. Where did we first meet and what was your first impression of me?

Where: _____

Her Impression: _____

His Impression: _____

2. What did we do on our first date?

3. Name five places that we went to together that were very memorable.

a. _____

b. _____

c. _____

d. _____

e. _____

4. One of the outfits you used to wear that I really liked was..... because.....

Her answer: _____

Because: _____

His answer: _____

Because: _____

5. Our favorite place(s) to have lunch together was (were).....

a. _____

b. _____

c. _____

6. Our favorite place(s) to go to dinner was (were)

a. _____

b. _____

c. _____

7. The first place we kissed was: _____

8. Some of our closest friends at the time were:

9. Three things about you that really endeared you to me were:

Her answers: a. _____

b. _____

c. _____

His answers: a. _____

b. _____

c. _____



In the Beginning

10. My fondest memory or memories of our honeymoon was/were:

Her answer: _____

His answer: _____

11. What were three events that happened to us that we still laugh about today?

a. _____

b. _____

c. _____

12. What was the saddest moment for us during our dating stage?

13. What did you bring to my life that I had never had in it before I met you?

Her answer: _____

His answer: _____

14. What were two things you shared with me that I'll never forget?

Her answer:

a. _____

b. _____

His answer:

a. _____

b. _____

15. Until the day I die, I will remember you most for one of your best traits which is:

Her answer:

His answer:
