

4-1-1984

Workbook Section to Accompany A Topical Plan for Conducting Marriage and Parenting Seminars for Couples

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Recommended Citation

Jamison, John R., "Workbook Section to Accompany A Topical Plan for Conducting Marriage and Parenting Seminars for Couples" (1984). *Western Evangelical Seminary Theses*. 233.
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WORKBOOK SECTION
To Accompany
A TOPICAL PLAN
FOR CONDUCTING MARRIAGE AND PARENTING
SEMINARS FOR COUPLES

A Product
Submitted to the Faculty of
Western Evangelical Seminary
Portland, Oregon

In Partial Fulfillment
of the Requirement for the Degree
Doctor of Ministry

by
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April 1984
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GEORGE FOX UNIVERSITY
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WORKBOOK SECTION

To Accompany

A TOPICAL PLAN

FOR CONDUCTING MARRIAGE AND PARENTING

SEMINARS FOR COUPLES

43750

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CHAPTER TWO

Topical Subject: He and She Differences

1. Some groups involved in advocating male-female equality go so far as to argue that there are virtually no real biological differences between the sexes other than the reproductive systems. They hold that any substantial differences in sexual, social, or psychological responses are a result of conditioning differences for boys and girls. What is your opinion?
2. For a long time women have been labeled the "weaker sex." Studies tend to prove otherwise. What do you hold?
3. There is a traditional view of man as a doer, more achievement-oriented than a woman. What is your opinion?
4. Respond to this question: Does a child's perception of masculinity and femininity arise from clothing and work or is it based in a deeper identification?
5. The scripture states, "...the husband is the head of the wife..." Ephesians 5:23 (NIV). Much has been said in this chapter about a companionship marriage with considerable involvement being the key. Can such a marriage be in keeping with Paul's statement above?

Projects and Activities for Participants*

1. Invite the following Christian professionals from the community for a panel discussion (should be equal female representation).
 - a. Pastor
 - b. Physician (pediatrician)
 - c. Psychologist
 - d. Biologist
 - e. Elementary School Teacher
 - f. Nurse

* For the "Projects and Activities for Participants" section of Chapters Two through Thirteen the leader(s) may have to be a part of the selection process (choosing panel members and speakers, etc.), or a committee from the group could be utilized for each chapter or throughout.

The "Projects and Activities..." section is more applicable to a several sessions seminar than a weekend retreat.

Discuss what they see as notable differences between the sexes. Also have them discuss the following: "Is it natural that men should dominate and women play a 'submissive role?'"

2. Select a panel of women to discuss the changes they have seen in women (their roles in society) since their girlhood.
3. Select two men and two women to discuss the subject: "Why current social attitudes about changing and shifting roles may cause role conflict among men."

CHAPTER THREE

Topical Subject: Roles in Marriage

1. Today men have less freedom of choice about roles than women have.
Comment.
2. Among your married relatives, what husband-wife role patterns do you approve or disapprove?
3. Comment on this statement: Although the trend toward greater equality in all aspects of life between men and women is accelerating in the 80's, change will be uneven for some time because of traditionally held beliefs.
4. Is it evidence of strength (hence masculinity) for a man to assume more responsibility in baby tending and dishwashing because his job allows him greater time and energy for these tasks than his working wife? Comment. Is it scriptural? Discuss.
5. Can a couple have a maximum involvement marriage and still follow the admonition of Paul in Ephesians 5:22-33?
6. What do you see as the major differences in a traditional vs. open style of marriage? Discuss.
7. If a wife works out of the home, what should she expect of her husband as to domestic sharing?

Projects and Activities for Participants

1. Arrange a panel discussion around changes the participants have seen in roles from the time they were married to the present. What patterns of change in roles do they foresee for the future?
2. Arrange a panel discussion made up of those representing the following: a homemaker, a career woman (no children), a career woman (children), a homemaker who works out of the home part time, a grandmother who has been a homemaker throughout her marriage, a grandmother who has combined a career with homemaking throughout her life. Have them discuss "women's roles."
3. Arrange a panel discussion using a group of husbands discussing their views on "the role of the husband" in the home: sharing (with their wife) in domestic responsibilities, sharing (with their wife) in role instruction and modeling with their children, role conflicts

they might be experiencing, etc.

4. Have each participant write a 150-250 word response to the following:
"In the sight of God there is equality between men and women but when it comes to governmental arrangements in the home the husband is the head."
5. Have all the wives sitting in a circle (with the husbands standing behind) discussing a roles topic(s); then reverse. Topics can be:
 - a. The husband and wife should plan the budget and manage money matters together.
 - b. Neither the husband or wife should purchase an item costing more than \$50 without consulting the other.
 - c. The wife is just as responsible for the children's discipline as the husband.
 - d. The husband should have at least one night out a week with his friends.

CHAPTER FOUR

Topical Subject: Communication In Concert

1. Many experts in the field of "Marriage & the Family" hold that conflict in marriage, parenting, and family interaction is inevitable. Is a certain amount of conflict healthy in these three areas?
2. Communication includes much more than talking. What are some of the other forms?
3. Concert communication means that partners can or should be able to discuss anything openly and without fear of criticism, cold withdrawal, or destructive criticism. What do you consider to be constructive criticism?
4. In considering James Fairfield's five styles of conflict, what style has been most pronounced in your marriage and/or parenting? Why does Fairfield hold that the "resolve" style has the highest value?
5. The "Be-Care" formula has much support from the scriptures. What is your "Be-Care" quotient? Ask your mate, child, parent, fellow employee, or Christian friend to evaluate your revealed: cheerfulness, being adult, respectfulness, and eagerness to please.

Projects and Activities for Participants

1. Choose four couples to discuss a statement Tom McGinnis makes in his book Your First Year of Marriage*:

In theory, a husband and wife should be able to discuss anything and everything that interests, concerns, creates anxiety, fear, doubt or other emotions. You should especially communicate about your expectations and about the roles you desire to play in your relationship so that you can bring to the surface any different concepts you may have. THE FEWER SUBJECTS YOU PUT BEYOND THE BOUNDS OF DISCUSSIONS, THE FEWER AREAS YOU AVOID TO KEEP FROM ROCKING THE BOAT, THE FULLER AND MORE COMPLETE YOUR RELATIONSHIP CAN BE.

Specifically, can this theoretical statement be practiced?

* See endnote #9 - Chapter 4.

2. Choose four couples to explain how they resolve conflicts (using the James Fairfield model mentioned in Chapter 4): withdraw, win, yield, compromise, resolve. Give examples.
3. Using the definitions of the five Fairfield styles, each couple can search the Scriptures and determine what style was used for each:
 - a. Genesis 4 -
 - b. I Samuel 20:30-34 -
 - c. Matthew 5:39-42 -
 - d. Matthew 15:10-20 -
 - e. Mark 11:11-19 -
 - f. Luke 23:18-49 -
 - g. John 8:1-11 -
 - h. John 11:11-19 -
 - i. Acts 15:36-40 -
 - j. James 1:19 -

CHAPTER FIVE

Topical Subject: Money Matters (Part One)

1. What is your interpretation of the quote, "tithing is minimum giving"?
2. In considering the four C's of money mismanagement (carelessness, contrariness, covetousness, and craftiness), which one(s) do you need to correct and why?
3. Do you have a definite spending plan? If yes, how effective is it? If no, what is your rationale for not having one?
4. How do you as a couple manage your finances? Are you in accord with your money management scheme?
5. From this topic "money matters" (part one) what financial improvement suggestion(s) can you expediently implement?

Projects and Activities for Participants

1. Have a panel discussion group (3-6 couples) discuss the topic "Paying God First." Sub-topics which should be a part of the overall theme:
 - a. The Importance of stewardship.
 - b. What does stewardship include?
 - c. What is the tithe?
2. Have a professional panel consisting of a home economist, banker, a money management expert, and a grocery store manager discuss two topics (1) "Suggestions for stretching the dollar and saving money;" and (2) "The value of using the Bowman (or similar) plan for family budgeting."
3. Show a film such as "Two Masters" by Larry Burkett. This film answers questions like, "Should a Christian borrow money?", "Should I still tithe if I'm in debt?", "Should the husband or the wife hold the purse strings in the family?"

CHAPTER SIX

Topical Subject: Money Matters (Part Two)

1. How many times have you purchased an item that you really did not need, or that you didn't use "much" after purchasing it? How did you feel about your purchase?
2. If you had to borrow \$2,000 would you prefer borrowing it from a bank, a loan company, a relative, or a friend? How would you feel about paying the same interest rate to each of the four sources?
3. Do you prefer to buy on credit an item you desire and do you enjoy it while you are paying for it, or do you have greater enjoyment when you wait and pay cash for a desired item?
4. Do you usually think it over before making a major purchase or do you buy impulsively or suggestively?
5. At one point in this chapter, Wayne Watts was quoted, "...how we handle our money is an accurate indicator of our spiritual lives." Do you agree or disagree and why?
6. What is your savings plan at the present time? From your reading in this topic, are you satisfied with your plan?
7. Is it important for both husband and wife to have adequate insurance? At your age, and with your present status, what do you consider adequate?
8. Do you deem it important for both husband and wife to have a will?
9. What are the essentials in good "will" preparation?
10. What do you see as the chief preventative of bankruptcy?

Projects and Activities for Participants

1. Stage a debate (three affirmatives - three negatives) around the topic "Resolved: A Married Couple Should Never Purchase Anything Except By Cash."
2. A panel discussion can be held on the subject "Should Christians ever declare bankruptcy?"
3. Have a life insurance person (or persons) explain briefly, but carefully, the several types of life insurance plans available today.

4. A panel discussion can be held on the topic of "The Christian and Investments." A sub-topic might be "Should a Christian be involved in the stock market?"
5. Have one or more financial planning/estate planning person(s) discuss wills, annuities, tax shelters, and estate planning.
6. Secure a current film or filmstrip on financial management from a Christian film supplier in the area.

CHAPTER SEVEN

Topical Subject: The Sexual Relationship

1. How does day-to-day living affect the sexual relationships between a couple?
2. Timing is essential in a successful sexual adjustment. Discuss.
3. Studies seem to indicate a difference between men and women as to strength of sexual drive. How does this affect the frequency rate? What should be the guide in determining frequency of intercourse?
4. What constitutes a meaningful and gratifying marital sexual relationship for the female? The male? Should there be a difference?
5. Explain how one's attitudes toward sex can aid or impair his/her ability to achieve a meaningful sexual relationship in marriage.
6. Explain how any kind of sexual dysfunction can contribute to marital dissatisfaction. In what way may impotency and vaginismus be related to one's past experiences?

Projects and Activities for Participants

1. Have a panel discussion in the seminar (Sunday School class, retreat) concerning the pros & cons of giving children information pertaining to sex as a means of developing healthy attitudes towards it.
2. Write your own case history regarding how you obtained information pertaining to sex. Include the means by which you obtained attitudes that you regard as being healthy.
3. Have a panel discussion group (four couples) discussing the topic "How important is sex in a Christian marriage?"
4. Play a brief (selected) part of a cassette tape on sex by a Christian authority (Dobson, Landorf, Swindoll, Wheat, etc.) and break up into small groups (two to four couples) and discuss the tape.
5. Show a Christian film on the sexual relationship (Breechen & Faulkner, Dobson, McDowell, Shedd, Swindoll, Timmons, etc.). Discuss in small groups. Breechen & Faulkner's "Speaking Frankly"

About Sex" and "Renewing Romance in Marriage" would both be appropriate for this topic.

6. Have a whole group discussion on the importance of sex education for children and "how(?) it should be done" and "who(?) should teach it."

CHAPTER EIGHT

Topical Subject: Children

1. Of all the reasons for not bringing children into the world, what do you consider to be the most important?
2. What do you consider to be the most effective birth control method?
3. If you and your spouse were considering a more permanent type of birth control, what procedure would you use to decide on vasectomy or tubal ligation? What types of counseling would you utilize?
4. What are the advantages of natural childbirth to the mother? to the father?
5. Explain: "...child rearing, in the ideal sense, can best be done by those people who already have a happy marriage."
6. What are some of the basic traits of people who have a happy marriage?
7. What is the importance to you of the statement, "No influence is greater in shaping a relationship between husband and wife than having children?"
8. Whether you agree with the "ages and stages" classification of studying child development, what are some reasons for studying "what is supposed to be happening to a child" at a certain age or stage?
9. Whether you have one child or several, what is the importance to parents in understanding a "child's ordinal position in a family?"
10. What is meant by the comment, "Sometimes (teen) rebellion is nothing more than ignorance?"

Projects and Activities for Participants

1. Each person write an analysis of his/her own home (growing up), bringing out the circumstances that made for happiness or unhappiness.
2. Form small groups (2-4 couples). Discuss the things you worried about as a child. Discuss the importance of security in the home.
3. Have a panel discussion (three men and three women) on "My Ordinal

Position." In other words, each member of the panel should explain his/her position in growing up. How did your position affect you then? Now?

4. Have a panel of four to six Christian teenagers share their concerns and joys of "being a teenager." Also, have them respond to the topic "What is good parenting?"
5. There are several good films (secular and Christian) on the developmental process of children. If money is ample, secure at least three different "ages and stages" to satisfy the interests of a heterogenous group of couples. If money is not ample, select the most representative developmental film.
6. Play a portion of a tape on the theme of Children such as Paul Faulkner's "The Difference Between Boys and Girls" (Sweet Publishing Company, P.O. Box 4055, Austin, TX 78765) or Larry Christenson's "God's Order For Children" (Dimension Tapes, Bethany Fellowship, Inc., Minneapolis, MN 55438). Discuss as a whole group.

CHAPTER NINE

Topical Subject: Basic Tips in Parenting

1. John Drescher (Seven Things Children Need) gives as one of his seven "The need for God." Why and how is this best accomplished?
2. In the home, it might be important to have five or six basic rules to follow, but they should be quality. Explain. Give examples.
3. Jay Adams (Christian Living In The Home) comments, "Young people want rules; they want to know where the limits are." Do you agree or disagree? Explain.
4. After reading the various parenting essentials by experts, what is your own list?
5. Recall looks at recreation, encouragement, Christ and church, acceptance, love, and limit setting. How do you and your spouse "measure up" in these areas?
6. Lois and Joel Davitz How To Live (Almost) Happily With a Teen-Ager offer ten guidelines for rational parenting of teens. One of these guidelines is, "Get in touch with how your adolescent experiences his or her world." In seeking to understand your adolescent, empathize, don't analyze. Explain what you think this means.
7. Christian psychiatrist Paul Meier, in elaborating on the responsibility of parenthood, comments "...one of the most important things we can do for our children is to develop within them an emotionally healthy and scripturally accurate self-concept." (Christian Child-Rearing and Personally Development). Discuss.
8. What is meant by the statement "Spiritually mature parents let go by exemplifying unconditional love, not neurotic attachment."
9. Which, if any, of the the "overs" (overprotection, overpossession, overcontrol) do you need to eliminate in parenting?
10. What is your interpretation of Proverbs 22:6 "Train a child in the way he should go..." NIV.

Projects and Activities for Participants

1. Have each person write a list of five or six basic guidelines every home should have for children (TV, bedtime, meal time, responsibilities and duties, privacy, etc.) Break into small groups and discuss.

2. Arrange a panel discussion group sharing ideas on RECALL discussed in Topic Nine. How important do they see each of these?
3. There are several excellent films on parenting (Dobson, Leman, Hendricks, Timmons, etc.). Consult your nearest Christian film supply outlet.
4. Play a portion of a parenting tape cassette such as Larry Christenson's "God's Order for Parents" (see Chapter Eight Projects and Activities for address) or Tim Timmons' "Strategy for Parenthood" (One Way Tapes, Vision House Publishing, Inc., P.O. Box 15163, Santa Ana, CA 92705). Discuss in small groups or the total group.
5. Write your own list of "essentials needed for positive parenting." Share in small group discussion.

CHAPTER TEN

Topical Subject: Relatives: As In Kinfolk and Other Folks

1. Why are people often not aware that in reality, marriage unites two entire families?
2. The basic rule concerning parental contacts is not to place anyone (other than God) above the relationship one has with a spouse (not even children). In other words, in marriage, no other family member should take precedence over a spouse relationship. Discuss.
3. How do in-law problems among middle-aged couples differ from those in the beginning years of marriage?
4. "They are so prone to give us too much advice." Analyze this tendency in parents and parents-in-law with their married children.
5. What are some advantages families have if they can maintain close, friendly relationships with parents, grandparents, parents-in-laws, aunts, uncles and cousins? Comment.
6. Discuss: "When visiting in-laws make the visits reasonably short."
7. Discuss: "Are you comfortable with the manner in which you have worked out the 'holidays & special days' visiting with your respective parents?"
8. One of the "Ten Mistakes Grandparents Make" according to Duvall is, "challenging a parent's decision." If this is a problem in your family, how is it being dealt with by parents and grandparents?

Projects and Activities for Participants

1. Role playing: Bill and Marsha have been married five years and have been getting along reasonably well. They live some distance from both families. Bill's mother came to visit them five weeks ago and Marsha had understood her mother-in-law's visit to be for ten days. Marsha has felt "quite left out" in many of the discussions between Bill and his mother, and she finds herself resenting her mother-in-law.

Scene: Bill's mother has gone to a church function for her age group. Marsha decides to have a frank talk with her husband. Before she has a chance to say anything, Bill comments that his mother has been so much help with the children (1½ & 3) and the housework that he would like to have her stay indefinitely.

Choose at least two couples to play this scene.

2. Arrange a panel discussion (four couples) around dealing with in-laws. Perhaps the general theme can be "Our relationship with parents and in-laws." Have two recorders taking notes: one for positive statements, the other for negative. These should be generalized without using names. After the panel discussion have the lists read. Open discussion to entire group.
3. Have a panel of four sets of grandparents discuss their relationship with their children and grandchildren. Concentrate on the positives of grandparenting. There should be a moderator for this discussion.
4. Play a portion of Dr. James Dobson's tape cassette "A Death In The Family" (Word Incorporated, P.O. Box 1790, Waco, TX 76796). Leader should pose some questions for group discussion.

CHAPTER ELEVEN

Topical Subject: Goals and Priorities

1. Do you agree that "persons who set goals and plan for their fulfillment tend to control conditions and accomplish things for themselves and for God?"
2. Explain the difference between a purpose and goal.
3. How do you answer the following question: "How do my job, family, church, recreational and social priorities balance so that I am keeping proper perspective of goals and values?"
4. Review some of the reasons people have for not setting and/or pursuing goals.
5. Mike Phillips holds that goal setting is good business and fitting for the Christian. Discuss where you are in regards to his statement: "one of our goals must be the living of a rounded temperate, balanced, peaceful life, centered around one's family."
6. Does goal setting reveal more or less spiritual faith? Discuss.

Projects and Activities for Participants

1. Arrange a debate around topic, Resolved: "Goal Setting is Absolutely Essential to a Successful Marriage."
2. Arrange a panel discussion using the topic "Does goal setting reveal more or less spiritual faith?"
3. Have an open forum for volunteers who have been successful in making and reaching goals. One or two may have to be arranged as "primers."
4. Mike Phillips holds that goal setting is good business and fitting for the Christian. Have a group of six men discuss this as a panel.
5. For a fun time, have everyone in the group give his/her dream goal.
6. Charles Swindoll's film "Priorities" would fit nicely into the theme of Topic Eleven.

CHAPTER TWELVE

Topical Subject: Retirement

1. Respond to the statement, "if you've left your mid-forties behind, your financial life plan is overdue."
2. Peter Dickinson lists five mistakes people make about retirement plans (footnote 9 in chapter eleven). Evaluate as a couple.
3. Dr. Alexander Reid (as quoted by Jean & Robert Hersey) holds that people who have retained a "capacity for leisure" ordinarily exhibit six important capacities. Discuss his six capacities.
4. Why is there often times guilt associated with leisure in the United States?
5. Add your ideas to the list given in this chapter for retired people to engage in within their church and the church community.
6. Where are you in "setting your house in order" as far as financial matters: will, annuity, trust, savings, insurance, etc?
7. Estate planning should be a must for the man in preparing his widow for widowhood. Comment.
8. For the Christian, thinking about death reminds us to "lay up treasures" for heaven. Discuss. Does that preclude financial planning and stewardship while being "earthly?"
9. What would you include in the "order of service" for your own funeral?
10. For the Christian, what are the ingredients for coping and managing life without a spouse? Discuss.

Projects and Activities for Participants

1. Role playing: George (65) is a week away from retiring. He has been a counselor in a state employment office for nearly forty years. He has a state retirement pension, social security, and a modest savings account. George has always dreamed of getting a motor home and traveling extensively with his wife. However, his wife who is five years younger (62) has an excellent job as a bank loan officer. She loves her work and does not want to retire yet. George has already worked two years longer than he had originally planned.

Scene: George takes his wife to a quiet restaurant (favorite of his wife) and attempts to persuade her to retire so they can travel.

2. Have a person skilled in estate planning discuss this topic. Allow time for questions.
3. Have three couples who are 55 or older discuss how they are spending their leisure time now and their plans for leisure in retirement.
4. Play a portion of Dr. James Dobson's tape on "The Impact of Aging" (Word Incorporated, P.O. Box 1790, Waco, TX 76796). Open to the entire group for discussion.
5. There are secular and Christian films available on retirement or planning for it. Secure and show with a group discussion.
6. Have a panel discuss ideas on topic "Living on a fixed income." Perhaps have one expert in money management on this panel.

CHAPTER THIRTEEN

Topical Subject: A Christian Perspective of Family Relationships

1. Edith Schaeffer lists nine functions of the family. Number eight is "a family is a formation center for human relationships." Discuss.
2. Quentin Hyder, a Christian psychiatrist gives a dynamic statement around integrating the Lord into all aspects of family living. One aspect he mentions is "family prayers with Bible reading are the central acts of worship." This comment strongly suggests a family altar (devotional time). Discuss.
3. Explain and discuss the two basic ways of examining marriage: human institution and divine institution.
4. David Mace explains the partnership arrangement in marriage in his book Whom God Hath Joined Together. He makes this statement: "In God's eyes the man and woman are equally loved and equally honored. Their functions are different; but as co-operating partners in the marriage relationships they are in every sense equal." Discuss.
5. Successful Christian marriage is ultimately based on three components: love, maturity and forgiveness.
 - a. Discuss the three Greek words for love: eros, philia, and agape.
 - b. What is your opinion about getting an annual marriage check-up with a Christian counselor as a mark of maturity?
 - c. It generally is so difficult to say to a mate, "I'd like you to pray with me, I haven't felt good about you lately because of something you said (or did)." Discuss this comment of forgiveness.
6. The Apostle Paul chose two words in Ephesians 6:4 to summarize God's plan of rearing children: discipline and instruction. Define and discuss both.
7. Internalization is when a parent through modeling "respect" for the child patiently encourages the child to think and act for himself/herself.
 - a. What are the strong implications of the concept of internalization? Discuss.

- b. How does parental modeling relate to internalization? Discuss.
8. I Timothy 4:12 in the NIV lists five examples suggested by Paul for Timothy to exemplify to believers. These can easily apply to parents. They are: speech, life, love, faith, and purity. Examine your parenting in each of these areas.
 9. Do you consider your home happy as measured by the suggestions/standards listed in this topic?
 10. If you consider Christ being in the home as the prime requirement for a happy home, what are some other essentials?

Projects and Activities for Participants

1. There are so many wonderful films and cassette tapes in these areas: marriage, parenting and home. I particularly recommend Howard Hendricks' "The Christian Home" (Produced by Space Age Communicators); David & Karen Mains' "What Makes a Christian Family Christian?" (David C. Cook Publishing Company) and "Sammy" (Heartland Films).
2. Tape cassettes by Christian specialists abound in these topics. Use as resources in leading or promoting discussions.
3. Write a 250-word essay on the topic "What Makes a Christian Home."
4. Have a pastor talk on the subject "Establishing and Maintaining a Family Devotion Emphasis in the Home." This could also be a panel discussion involving a senior pastor, Christian education pastor, family life pastor, and youth pastor.

CHAPTER TWO

HE/SHE DIFFERENCES

	Agree	Disagree	Not Sure
1. There are no real biological differences between the sexes other than the difference in reproductive systems.	_____	_____	_____
2. Differences in sexual, social or psychological responses are a result of the contrast in conditioning that boys and girls receive in our culture.	_____	_____	_____
3. Culturally, little boys are not supposed to cry.	_____	_____	_____
4. Culturally, little girls are supposed to be pretty, but not to be physically rough and noisy.	_____	_____	_____
5. God ordained that men should be protectors and women nurturers.	_____	_____	_____
6. In many types of achievement, males have the advantage in our culture.	_____	_____	_____
7. The female has greater resistance to disease and death, and to emotional pressure, than does the male.	_____	_____	_____
8. Men consult doctors less often than women.	_____	_____	_____
9. Women prefer the professional services of a male rather than female doctors, lawyers, and bankers.	_____	_____	_____
10. Men are more logical and less emotionally inclined than women are.	_____	_____	_____
11. The man who does housework or bathes and changes the baby is depriving his son of a needed masculine model.	_____	_____	_____
12. Men have different emotions than do women.	_____	_____	_____

	Agree	Disagree	Not Sure
13. Women are freer to express their feelings than are men.	_____	_____	_____
14. Women are less adventurous than men.	_____	_____	_____
15. To a woman, having her feelings understood, accepted and confirmed is more important than seeking solutions to her problems.	_____	_____	_____
16. A man holds that his work is an extension of his personality, thus his job, work performance, and relationships at work are extremely important to him.	_____	_____	_____
17. Women are more religiously devout than are men.	_____	_____	_____
18. A wife feels insecure if her husband is insecure.	_____	_____	_____
19. Women are more interested in a man's ability than his physique.	_____	_____	_____
20. Men are more interested in a woman's physique than her intelligence.	_____	_____	_____

CHAPTER TWO

HE/SHE DIFFERENCES

Below are several things (attitudes, characteristics, traits, values, and personal habits) to evaluate concerning you and your spouse.

	Things I like about myself.	Things I would like to change or modify about myself.	Things I like about my spouse.	Things I would like to see my spouse change or modify.
1. Appearance, dress personal hygiene, grooming.	_____	_____	_____	_____
2. Being organized.	_____	_____	_____	_____
3. Honesty, Integrity and Truth Telling.	_____	_____	_____	_____
4. How affection is expressed.	_____	_____	_____	_____
5. Disposition and Temperament.	_____	_____	_____	_____
6. Punctuality.	_____	_____	_____	_____
7. Ability to listen.	_____	_____	_____	_____
8. Ability to participate in meaningful conversation.	_____	_____	_____	_____
9. Respect of property.	_____	_____	_____	_____
10. Ability to encourage and be positive.	_____	_____	_____	_____
11. Sense of Humor.	_____	_____	_____	_____

	Things I like about myself.	Things I would like to change or modify about my- self.	Things I like about about my spouse.	Things I would like to see my spouse change or modify.
12. Spiritual fervency and consistency.	_____	_____	_____	_____
13. Food and eating habits (including table manner).	_____	_____	_____	_____
14. Consideration in the sexual relationship.	_____	_____	_____	_____
15. Handling finances.	_____	_____	_____	_____
16. Resolving conflict in marriage.	_____	_____	_____	_____
17. Driving habits and practices.	_____	_____	_____	_____
18. Cooperation.	_____	_____	_____	_____
19. Ability to forgive.	_____	_____	_____	_____
20. Exemplifying Christ in daily living.	_____	_____	_____	_____
21. Neatness and orderliness.	_____	_____	_____	_____
22. Handling sugges- tions by others.	_____	_____	_____	_____
23. Commitment to marriage.	_____	_____	_____	_____
24. Practicing positive parenthood.	_____	_____	_____	_____
25. Firmness, fairness in discipline of children.	_____	_____	_____	_____
26. Remembering special days (birthdays, anniversaries).	_____	_____	_____	_____

	Things I like about myself.	Things I would like to change or modify about my- self.	Things I like about about my spouse.	Things I would like to see my spouse change or modify.
27. Respect for relatives and friends.	_____	_____	_____	_____
28. Physical conditioning.	_____	_____	_____	_____
29. Understanding the biological and psychological dif- ferencies between the sexes.	_____	_____	_____	_____
30. Ability to show tenderness.	_____	_____	_____	_____

CHAPTER THREE

ROLES IN MARRIAGE

	Agree	Disagree	Not Sure
1. In the average marriage, the husband and wife must <u>harmonize</u> their feelings about roles.	_____	_____	_____
2. For women, our society places a higher value upon work in a competitive world than homemaking.	_____	_____	_____
3. Most men would feel inadequate if their working wives earned more income than they did.	_____	_____	_____
4. Today men have less freedom of choice about roles than do women.	_____	_____	_____
5. Whatever role a man has at home, basically he is still expected "to make the living" as well.	_____	_____	_____
6. Among Christians, working mothers are often criticized for being out of the home.	_____	_____	_____
7. The husband should be the "head" of the home. He should expect obedience from his wife.	_____	_____	_____
8. Are arguments and quarreling between husband and wife compatible with Bible teaching?	_____	_____	_____
9. The partner who is more dominant by personality should assume more control and influence in the marriage.	_____	_____	_____
10. The husband should help regularly with domestic chores.	_____	_____	_____
11. The wife should help regularly with lawn and home repairs.	_____	_____	_____
12. Resolving conflict in marriage includes	_____	_____	_____

Agree Disagree Not Sure

- | | | | |
|--|-------|-------|-------|
| accepting one's responsibility on the problem and being willing to ask the other's opinion. | _____ | _____ | _____ |
| 13. Every couple should have friends with whom they can discuss their marital problems. | _____ | _____ | _____ |
| 14. A husband and wife should have some special time to themselves at least once-a-week. | _____ | _____ | _____ |
| 15. The parent who is home more should have greater responsibility for child discipline. | _____ | _____ | _____ |
| 16. Husband and wife should handle all money matters together. | _____ | _____ | _____ |
| 17. Children develop better in a home where parents are strict disciplinarians. | _____ | _____ | _____ |
| 18. Children should be included in family activity planning. | _____ | _____ | _____ |
| 19. Husband and wife should have one time a week when they can be with friends of their own sex for an activity. | _____ | _____ | _____ |
| 20. Both husband and wife should be in submission to each other. | _____ | _____ | _____ |

CHAPTER THREE

ROLES IN MARRIAGE

Expectations of roles: Indicate which spouse you expect to participate in the behavior listed.

Key:

H = Husband behavior participation - mainly

W = Wife behavior participation - mainly

B = Both participating

N = Neither participating

	Husband	Wife	Both	Neither
1. Plans meals.	_____	_____	_____	_____
2. Prepares meals.	_____	_____	_____	_____
3. House repairs (minor).	_____	_____	_____	_____
4. House repairs (major).	_____	_____	_____	_____
5. Cleans bathroom.	_____	_____	_____	_____
6. Washes clothes, dishes.	_____	_____	_____	_____
7. Cares for car maintenance or sees to car maintenance (including washing & polishing).	_____	_____	_____	_____
8. Cleans garage, basement, attic, etc.	_____	_____	_____	_____
9. Gardening & lawn care (or sees it is done).	_____	_____	_____	_____
10. Packages or takes out garbage.	_____	_____	_____	_____
11. Likes to entertain friends and relatives.	_____	_____	_____	_____
12. Suggests entertainment activities & eating out.	_____	_____	_____	_____

	Husband	Wife	Both	Neither
13. Shows affection by frequent kissing, hugging & touching.	_____	_____	_____	_____
14. Initiates lovemaking.	_____	_____	_____	_____
15. Does grocery shopping.	_____	_____	_____	_____
16. Does clothes shopping for children.	_____	_____	_____	_____
17. Takes care of children (major position).	_____	_____	_____	_____
18. Rises early.	_____	_____	_____	_____
19. Stays up late at night.	_____	_____	_____	_____
20. Wants a night (or day) out for leisure or activity interest.	_____	_____	_____	_____
21. Conservative in finances.	_____	_____	_____	_____
22. Tends to spend money impulsively and/or reckless.	_____	_____	_____	_____
23. Enjoys sports participation.	_____	_____	_____	_____
24. Tendency to show anxiety, frustration & worry about things.	_____	_____	_____	_____
25. Takes care of animals (for profit and/or pets).	_____	_____	_____	_____
26. Takes care of house plants.	_____	_____	_____	_____
27. Initiates family devotions	_____	_____	_____	_____
28. Saves & stores things (memorabilia & sentimental items).	_____	_____	_____	_____
29. Reads to children.	_____	_____	_____	_____
30. Does considerable complementing & encouraging of others.	_____	_____	_____	_____

CHAPTER FOUR

COMMUNICATION IN CONCERT

Significant Communication Areas	Extent to Which We Discuss and Share		
	Frequently	Occasionally	Seldom
1. Our contentment in the marriage.	_____	_____	_____
2. Discussing deep feelings.	_____	_____	_____
3. Ways in which we can improve our marriage.	_____	_____	_____
4. The things our spouse does or says which cause resentful feelings, reactions and negative thinking.	_____	_____	_____
5. The things our spouse does or says which cause positive feelings actions, and thinking.	_____	_____	_____
6. Our role relationships.	_____	_____	_____
7. Our sexual relationships: expectations, frustrations & fulfillments.	_____	_____	_____
8. How we use our mutual leisure time.	_____	_____	_____
9. The spiritual relationship we have individually & together with God.	_____	_____	_____
10. Deciding how our money should be managed and spent.	_____	_____	_____
11. Our respective work.	_____	_____	_____
12. Values.	_____	_____	_____
13. Music, art, and cultural activities.	_____	_____	_____

	Frequently	Occasionally	Seldom
14. Each of our children, including our relationship to them (individually & together).	_____	_____	_____
15. Disciplinary methods.	_____	_____	_____
16. Our families and friends.	_____	_____	_____
17. Church activities and responsibilities.	_____	_____	_____
18. Each other's abilities, strenghts, and nonstrenghts.	_____	_____	_____
19. Bible reading, Bible study, and prayer.	_____	_____	_____
20. Our entertainment, recreational & social interests.	_____	_____	_____

CHAPTER FOUR

A COMMUNICATION EXERCISE

Instructions: There are five statements/questions concerning communication below which you are to respond to by writing. Try to limit your answers to 50-75 words. After each spouse has responded to all five statements/questions exchange answers and discuss.

1. Describe what you consider to be the essentials of meaningful marital communication.
2. List the areas where you believe you communicate well with your spouse and he/she communicates well with you (e.g. finances, in-laws, children, sexual relationships, spiritual matters). Explain.
3. List the areas where you have difficulty communicating with your spouse (be specific and explain).

CHAPTER FOUR

COMMUNICATION IN CONCERT

A COMMUNICATION RATING SCALE

Circle your own response: X the number for evaluating your spouse.

Body Language

	High			Medium			Low	
1. Maintain eye contact with spouse (where environment allows).	1	2	3	4	5	6	7	8
2. Face spouse (where environment allows).	1	2	3	4	5	6	7	8
3. Maintain by posture an attitude of attentive interest.	1	2	3	4	5	6	7	8

Feed-back

4. Ask for clarification in a respectful way when what spouse is saying is unclear.	1	2	3	4	5	6	7	8
5. Feedback occasionally what spouse is saying: "I heard you say," "I feel you are saying."	1	2	3	4	5	6	7	8
6. Occasionally call a time-out with a definite time set for continuing discussion if: time does not allow adequate discussion; the talk is becoming too heated; there is not enough privacy, etc.	1	2	3	4	5	6	7	8

Listening

7. The mind is tuned in as well as the hearing.	1	2	3	4	5	6	7	8
8. Posture indicates positive listening.	1	2	3	4	5	6	7	8

	High			Medium			Low	
9. No interruption while spouse is talking.	1	2	3	4	5	6	7	8
10. Some touching as an aid to listening.	1	2	3	4	5	6	7	8
11. Love-note writing to spouse is practiced.	1	2	3	4	5	6	7	8
12. Appreciation of spouse is communicated verbally (face to face) note, letter, telephone.	1	2	3	4	5	6	7	8
13. Communication is done by an act or deed (repairing something, baking a cake or pie, a gift, writing a poem, giving a caring card which grants a request).	1	2	3	4	5	6	7	8

Best Time

14. Best time for private communicating is (evaluate each along continuum).								
. at bedtime.	1	2	3	4	5	6	7	8
. right after kids have gone to bed.	1	2	3	4	5	6	7	8
. when we go out to eat.	1	2	3	4	5	6	7	8
. before, during, or after sexual relationship.	1	2	3	4	5	6	7	8
15. Asking forgiveness and offering a apology are regular.	1	2	3	4	5	6	7	8

CHAPTER FIVE

MONEY MATTERS - PART I

BUDGET PERCENTAGE GUIDELINES

Salary for Guideline = _____/year

Gross Income Per Month _____

Tithe (10% of Gross) () = \$ _____

Tax* (12% of Gross) () = \$ _____

Net Spendable Income

Housing (32% of Net) () = \$ _____

Food (15% of Net) () = \$ _____

Auto (15% of Net) () = \$ _____

Insurance (5% of Net) () = \$ _____

Debts (5% of Net) () = \$ _____

Entertainment
& Rec. (7% of Net) () = \$ _____

Clothing (5% of Net) () = \$ _____

Savings (5% of Net) () = \$ _____

Medical/
Dental (5% of Net) () = \$ _____

Miscellaneous (6% of Net) () = \$ _____

TOTAL (Cannot Exceed Net Spendable Income) \$ _____

* This can vary according to changes in tax laws.

CHAPTER FIVE

MONEY MATTERS - PART I

Financial matters in a marriage need the attention of both partners to foster trust, understanding, and communication. The following exercise gives you opportunity to evaluate money matters in your marriage.

Place an X in the appropriate response column.

	Always	Often	Occasionally	Seldom	Never
1. I fret about our finances.	_____	_____	_____	_____	_____
2. My spouse and I disagree in our money matters.	_____	_____	_____	_____	_____
3. We do not stick to our budget.	_____	_____	_____	_____	_____
4. I am more conservative in buying habits than my spouse.	_____	_____	_____	_____	_____
5. I worry about our bills.	_____	_____	_____	_____	_____
6. My spouse worries about our bills.	_____	_____	_____	_____	_____
7. I have a problem with impulse buying.	_____	_____	_____	_____	_____
8. My spouse has a problem with impulse buying.	_____	_____	_____	_____	_____
9. We pay God's tithes to our church.	_____	_____	_____	_____	_____
10. We give offerings to God's work in addition to our tithes.	_____	_____	_____	_____	_____

	Always	Often	Occasionally	Seldom	Never
11. We put money aside (savings) for emergencies.	_____	_____	_____	_____	_____
12. My spouse insists on handling all financial matters.	_____	_____	_____	_____	_____
13. I resent our limited income.	_____	_____	_____	_____	_____
14. We have to borrow money to pay our income taxes.	_____	_____	_____	_____	_____
15. We borrow from our relatives.	_____	_____	_____	_____	_____
16. We have family financial discussions (include children).	_____	_____	_____	_____	_____
17. Instead of allowances, we teach our children the value of money by paying them for chores.	_____	_____	_____	_____	_____
18. We buy by cash.	_____	_____	_____	_____	_____
19. All of our purchases are by credit cards.	_____	_____	_____	_____	_____
20. I resent my spouse's attitude about not borrowing for anything.	_____	_____	_____	_____	_____

CHAPTER FIVE

MONEY MATTERS - PART I

How long has it been since you and your spouse

	<u>Recently</u> (within a month) 6	<u>Sometime Ago</u> (one to six months) 3	<u>A Long Time Ago</u> (six months or longer) 1	<u>Pts.</u> Total
1. Reviewed your life insurance policies?	_____	_____	_____	_____
2. Compared your auto insurance policy (ies) with other companies to learn of quality protection related to cost?	_____	_____	_____	_____
3. Attended a finance seminar or workshop?	_____	_____	_____	_____
4. Had a fuel efficiency check of your house (including insulation, pipes, furnace, windows etc.)?	_____	_____	_____	_____
5. Had your automobile(s) tuned for more efficient service.?	_____	_____	_____	_____
6. Compared your medical and/or dental insurance with other companies to learn of quality protection related to cost (unless this is not within your control)?	_____	_____	_____	_____
7. Purchased grocery &	_____	_____	_____	_____

	<u>Recently</u> (within a month) 6	<u>Sometime Ago</u> (one to six months) 3	<u>A Long Time Ago</u> (six months or longer) 1	<u>Pts.</u> <u>Total</u>
household staples by bulk in order to save?	_____	_____	_____	_____
8. Had your real estate appraised to learn of current evalu- ation?	_____	_____	_____	_____
9. Read a quality book on family finances?	_____	_____	_____	_____
10. Paid God above the tenth for a special church or denomi- national project?	_____	_____	_____	_____
11. Saved for a concer- ted period (six months or longer) of time for something very important to you as a couple, or for the family?	_____	_____	_____	_____
12. Paid cash for an item that cost \$500.00 or more?	_____	_____	_____	_____
13. Took a vacation without using a credit card?	_____	_____	_____	_____
14. Made a sacrificial faith promise for missions?	_____	_____	_____	_____
15. Took a class or read a book on retire- ment?	_____	_____	_____	_____
16. Took a seminar in estate and/or finan- cial planning?	_____	_____	_____	_____
17. Updated your wills?	_____	_____	_____	_____
18. Did a Bible study in Christian financial	_____	_____	_____	_____

	<u>Recently</u> (within a month) 6	<u>Sometime Ago</u> (one to six months) 3	<u>A Long Time Ago</u> (six months or longer) 1	<u>Pts.</u> <u>Total</u>
stewardship?	_____	_____	_____	_____
19. Had a family devo- tion with your child/children emphasizing steward- ship of time-talent- tithe to God?	_____	_____	_____	_____
20. Thought about imple- menting something like George Bowman's 10-70-20 budget plan?	_____	_____	_____	_____

SCORING

- 95 - 120 = Your financial handling is functioning efficiently and very well.
- 75 - 94 = Your financial handling is good, but improvement can be made.
- 55 - 74 = Financial handling is weak, probably negatively affecting your marriage. Attention is needed.
- 0 - 54 = Help! Seek financial counseling ASAP!

CHAPTER SIX

MONEY MATTERS - PART II

Many couples find it difficult to discuss money matters. The following items are listed to facilitate discussion by a couple.

INSTRUCTIONS: Go through entire list separately and check whether items should receive high or low priority for discussion. Decide on a plan of action (if needed) for each item.

	High Priority	Low Priority	Action Needed
1. Deciding about the importance of budgeting to us.	_____	_____	_____
2. Deciding how major financial decisions should be made.	_____	_____	_____
3. Deciding how many credit cards we should have and who should carry them.	_____	_____	_____
4. Deciding who should take the lead in handling finances (writing checks, balancing book, responsible for income tax).	_____	_____	_____
5. Deciding whether or not adults should have a definite allowance.	_____	_____	_____
6. Deciding whether an adult allowance has to be accounted for to each other.	_____	_____	_____
7. Deciding whether children should receive an allowance or be paid for duties around the house.	_____	_____	_____
8. Deciding whether we should go into debt to buy things we want now.	_____	_____	_____
9. Deciding whether we should ever borrow from relatives (or loan to).	_____	_____	_____
10. Deciding who should do the shopping			

	High Priority	Low Priority	Action Needed
for: food, clothing, furniture, car, and outdoor equipment.	_____	_____	_____
11. Deciding how and with whom to invest and/or save money.	_____	_____	_____
12. Deciding how to plan long-term for real estate, vacation, children, car, recreational equipment, retirement, etc.	_____	_____	_____
13. Deciding about wills, annuities, retirement plans, and estate planning.	_____	_____	_____
14. Deciding how to manage (meet) financial emergencies.	_____	_____	_____
15. Deciding how to buy more econom- ically without sacrificing quality or value.	_____	_____	_____

CHAPTER SIX

MONEY MATTERS - PART II

	Agree	Disagree	Not Sure
1. Each spouse should have some amount of money to spend without questions from the other.	_____	_____	_____
2. An upper money limit should be set which a spouse will not exceed without consulting the other.	_____	_____	_____
3. The husband as spiritual head of the home should also be money management head.	_____	_____	_____
4. A full tithe should be at the top of a couple's spending budget.	_____	_____	_____
5. Men generally stick to a budget better than women.	_____	_____	_____
6. A person earning the income should have more to say about spending it.	_____	_____	_____
7. Money should not be borrowed from relatives.	_____	_____	_____
8. Two separate checking accounts makes for more peaceful money management in a marriage.	_____	_____	_____
9. Some form of budgeting is possibly the best guide to money management in a marriage.	_____	_____	_____
10. Women generally are more thrifty than men in overall shopping.	_____	_____	_____
11. Credit cards should not be used.	_____	_____	_____
12. God mandates a couple to be good stewards of money.	_____	_____	_____
13. Utilizing a savings plan shows a lack of faith in God's providence.	_____	_____	_____

	Agree	Disagree	Not Sure
14. Bankruptcy is never justifiable for a progressing Christian.	_____	_____	_____
15. A husband and wife should both have a will prepared very early in marriage.	_____	_____	_____
16. The wife should have a housekeeping allowance.	_____	_____	_____
17. Credit buying should always be a mutual decision by marriage partners.	_____	_____	_____
18. A wife should have a life insurance policy of numerical consequence as well as the husband.	_____	_____	_____
19. Term insurance is the most practical buy for a newly married couple.	_____	_____	_____
20. Real estate is a couple's best money investment in the long-run.	_____	_____	_____

CHAPTER SIX
 MONEY MATTERS - PART II
 MONTHLY INCOME WORKSHEET

NAME _____	DATE _____												
	JAN.	FEB.	MAR.	APR.	MAY	JUNE	JULY	AUG.	SEP.	OCT.	NOV.	DEC.	TOTAL
Salary or wages													
Dividends and Interest													
Rental/Leasing													
Pensions/ Retirement													
Disability													
Unemployment													
Other													
TOTAL INCOME													

CHAPTER SIX
MONEY MATTERS - PART II
MONTHLY EXPENSE WORKSHEET

NAME	DATE												
	JAN.	FEB.	MAR.	APR.	MAY	JUNE	JULY	AUG.	SEP.	OCT.	NOV.	DEC.	TOTAL
Tithes & Offerings													
Rent/Mortgages													
(incl. tax & insur)													
Allowances													
Auto/pickup/truck													
Vehicle Maint.													
(incl. insurance)													
Food													
Clothing													
Medical/Dental													
Education													
Insurance (life													
and disability)													
Entertainment													
Electricity/Gas													
Heat													
Water/Sewer													
Garbage													
Telephone													
Savings/Investments													
Vacation													
Paper/Magazines													
Service Charge (Bank													
Miscellaneous													
TOTAL EXPENSES													

CHAPTER SEVEN

THE SEXUAL RELATIONSHIP

	Yes	No	Sometimes
1. Do you let your partner know what delights you sexually?	_____	_____	_____
2. Do you let your partner know what turns you off sexually?	_____	_____	_____
3. Do you find it difficult to ask your partner to engage in sexual activity?	_____	_____	_____
4. Has the sexual relationship between you and your spouse lived up to your expectations?	_____	_____	_____
5. Is it easy for you to reveal intimate thoughts?	_____	_____	_____
6. Is it easy for your partner to reveal intimate thoughts?	_____	_____	_____
7. Do you and your spouse discuss ways to improve your sexual relationship?	_____	_____	_____
8. Is the intercourse frequency rate satisfactory with you?	_____	_____	_____
9. Is the intercourse frequency rate satisfactory with your spouse?	_____	_____	_____
10. Do you make yourself sexually attractive to your spouse, including hygiene?	_____	_____	_____
11. Do you make it easy for your spouse to talk about your sexual relationship?	_____	_____	_____
12. Is the subject of sexual variety discussed with your spouse?	_____	_____	_____
13. Are you a creative lover?	_____	_____	_____
14. Is your spouse a creative lover?	_____	_____	_____
15. Do you and your partner talk when having	_____	_____	_____

	Yes	No	Sometimes
sexual intercourse?	_____	_____	_____
16. If applicable, do you and your partner know each other's feelings about the birth control method you use?	_____	_____	_____
17. Are you and your partner comfortable with the sexual instruction being given to your children?	_____	_____	_____
18. Are your children aware that God is the <u>one</u> who ordained the sexual relationship and made it to be enjoyed by a married couple?	_____	_____	_____
19. Is wholesome touching practiced in your family?	_____	_____	_____
20. Are you and your spouse physically affectionate with each other?	_____	_____	_____

CHAPTER SEVEN

LOOKING AT YOURSELF SEXUALLY

Write down the first response that comes to your mind when you read the following words or phrases.

1. Sexually, I am _____

2. Delighting my spouse sexually means _____

3. Being delighted by my spouse means _____

4. Discussing sex with my spouse _____

5. Our sex life would be better if
a. I would _____

b. My spouse would _____

6. My sex training amounted to _____

7. Training my child (children) in sexual matters amounts to _____

CHAPTER SEVEN

SEXUAL RELATIONSHIP ANALYSIS

Instruction: Please X over the number which best describes the sexual relationship with your spouse.

	Very Pleased		Moderately Pleased		Displeased
1. The amount of sexual freedom we express.	1	2	3	4	5
2. The variety of techniques we use in sexual expression.	1	2	3	4	5
3. The amount of time we have for sex.	1	2	3	4	5
4. The amount of time spent in foreplay.	1	2	3	4	5
5. The measure of pleasure related to the entire sex act.	1	2	3	4	5
6. The amount of time taken for the "afterglow" - following intercourse.	1	2	3	4	5
7. The husband's consideration of wife's needs during the entire sex act, including the afterglow.	1	2	3	4	5
8. The wife's consideration of the husband's needs during the entire sex act, including the afterglow.	1	2	3	4	5
9. The degree of satisfaction we have in discussing how to improve our sexual relationship.	1	2	3	4	5
10. The amount of privacy we have for sexual expression.	1	2	3	4	5

Note: After doing this on yourself, circle the number you think your spouse will choose for each one.

CHAPTER SEVEN

SEXUAL INTIMACY ANALYSIS

Instruction: Please check the frequency with which you and your spouse engage in each of the sexual activities listed below. Then indicate the measure of pleasure you receive from these activities. In the pleasure scale circle your response; X the number for evaluating your spouse.

Sexual Activity	How Often			Pleasure (1=lowest 5=highest)
	Frequently	Occasion- ally	Seldom	
1. Watching my spouse undress.	_____	_____	_____	1 2 3 4 5
2. Taking a bath or shower with my spouse.	_____	_____	_____	1 2 3 4 5
3. Non-genital touching of my body by spouse.	_____	_____	_____	1 2 3 4 5
4. Touching my spouse's body non-genitally.	_____	_____	_____	1 2 3 4 5
5. Lip kissing.	_____	_____	_____	1 2 3 4 5
6. Genital touching and caressing by my spouse.	_____	_____	_____	1 2 3 4 5
7. Touching and caressing my spouse's genitals.	_____	_____	_____	1 2 3 4 5
8. Intercourse with neither climaxing.	_____	_____	_____	1 2 3 4 5
9. Intercourse with husband climaxing.	_____	_____	_____	1 2 3 4 5
10. Intercourse with wife climaxing.	_____	_____	_____	1 2 3 4 5
11. Intercourse with both climaxing.	_____	_____	_____	1 2 3 4 5

Sexual Activity	How Often			Pleasure (1=lowest 5=highest)
	Frequently	Occasion- ally	Seldom	
12. Sexual variety desired by husband.	_____	_____	_____	1 2 3 4 5
13. Sexual variety desired by wife.	_____	_____	_____	1 2 3 4 5
14. Holding and caressing desired by husband after intercourse- the afterglow.	_____	_____	_____	1 2 3 4 5
15. Holding and caressing desired by wife after intercourse- the after- glow.	_____	_____	_____	1 2 3 4 5

CHAPTER EIGHT

CHILDREN

CLINICAL INTERVIEW AND RATING SCALES*

NAME OF CHILD _____ GRADE _____

RATER _____

Please rate this child according to the descriptions below by circling the appropriate number. The underlined 4 in the center of each row represents where the average child would fall on this item. Please do not hesitate to use the entire range of possible ratings.

1. When the child promises to do something, can you count on him or her to do it?
1 2 3 4 5 6 7
always never
2. Does the child butt into games or activities even when he or she hasn't been invited?
1 2 3 4 5 6 7
always never
3. Can the child deliberately calm down when he or she is excited or all wound up?
1 2 3 4 5 6 7
yes no
4. Is the quality of the child's work all about the same, or does it vary a lot?
1 2 3 4 5 6 7
same varies
5. Does the child work for long-range goals?
1 2 3 4 5 6 7
yes no
6. When the child asks a question, does he or she wait for an answer, or jump to something else (e.g. a new

- question) before waiting for an answer?
- | | | | | | | | |
|--|-------|---|---|----------|---|---|-------|
| | 1 | 2 | 3 | <u>4</u> | 5 | 6 | 7 |
| | waits | | | | | | jumps |
7. Does the child interrupt inappropriately in conversations with peers, or wait his or her turn to speak?
- | | | | | | | | |
|--|-------|---|---|----------|---|---|-------|
| | 1 | 2 | 3 | <u>4</u> | 5 | 6 | 7 |
| | waits | | | | | | jumps |
8. Does the child stick to what he or she is doing until he or she is finished with it?
- | | | | | | | | |
|--|-----|---|---|----------|---|---|----|
| | 1 | 2 | 3 | <u>4</u> | 5 | 6 | 7 |
| | yes | | | | | | no |
9. Does the child follow the instructions of responsible adults?
- | | | | | | | | |
|--|--------|---|---|----------|---|---|-------|
| | 1 | 2 | 3 | <u>4</u> | 5 | 6 | 7 |
| | always | | | | | | never |
10. Does the child have to have everything right away?
- | | | | | | | | |
|--|----|---|---|----------|---|---|-----|
| | 1 | 2 | 3 | <u>4</u> | 5 | 6 | 7 |
| | no | | | | | | yes |
11. When the child has to wait in line, does he or she do so patiently?
- | | | | | | | | |
|--|-----|---|---|----------|---|---|----|
| | 1 | 2 | 3 | <u>4</u> | 5 | 6 | 7 |
| | yes | | | | | | no |
12. Does the child sit still?
- | | | | | | | | |
|--|-----|---|---|----------|---|---|----|
| | 1 | 2 | 3 | <u>4</u> | 5 | 6 | 7 |
| | yes | | | | | | no |
13. Can the child follow suggestions of others in group projects, or does he or she insist on imposing his or her own ideas?
- | | | | | | | | |
|--|----------------|---|---|----------|---|---|---------|
| | 1 | 2 | 3 | <u>4</u> | 5 | 6 | 7 |
| | able to follow | | | | | | imposes |
14. Does the child have to be reminded several times to do something before he or she does it?
- | | | | | | | | |
|--|-------|---|---|----------|---|---|--------|
| | 1 | 2 | 3 | <u>4</u> | 5 | 6 | 7 |
| | never | | | | | | always |
15. When reprimanded, does the child answer back inappropriately?
- | | | | | | | | |
|--|-------|---|---|----------|---|---|--------|
| | 1 | 2 | 3 | <u>4</u> | 5 | 6 | 7 |
| | never | | | | | | always |
16. Is the child accident-prone?
- | | | | | | | | |
|--|----|---|---|----------|---|---|-----|
| | 1 | 2 | 3 | <u>4</u> | 5 | 6 | 7 |
| | no | | | | | | yes |

17. Does the child neglect or forget regular chores or tasks?
 1 2 3 4 5 6 7
 never always
18. Are there days when the child seems incapable of settling down to work?
 1 2 3 4 5 6 7
 never always
19. Would the child more likely grab a smaller toy today or wait for a larger toy tomorrow, if given the choice?
 1 2 3 4 5 6 7
 wait grab
20. Does the child grab for the belongings of others?
 1 2 3 4 5 6 7
 never always
21. Does the child bother others when they're trying to do things?
 1 2 3 4 5 6 7
 no yes
22. Does the child break basic rules?
 1 2 3 4 5 6 7
 never always
23. Does the child watch where he or she is going?
 1 2 3 4 5 6 7
 always never
24. In answering questions, does the child give one thoughtful answer, or blurt out several answers all at once?
 1 2 3 4 5 6 7
 one several
25. Is the child easily distracted from his or her work or chores?
 1 2 3 4 5 6 7
 no yes
26. Would you describe the child more as careful or careless?
 1 2 3 4 5 6 7
 careful careless
27. Does the child play well with peers (follows rules, waits turn, cooperates)?
 1 2 3 4 5 6 7
 yes no
28. Does the child jump or switch

from activity to activity
rather than sticking to one
thing at a time?

1 2 3 4 5 6 7
sticks switches
to one

29. If a task is at first too
difficult for the child, will
he or she get frustrated and
quit, or first seek help with
the problem?

1 2 3 4 5 6 7
seek quit
help

30. Does the child disrupt games?

1 2 3 4 5 6 7
never often

31. Does the child think before he
or she acts?

1 2 3 4 5 6 7
always never

32. If the child paid more atten-
tion to his or her work, do
you think he or she would do
much better than at present?

1 2 3 4 5 6 7
no yes

33. Does the child do too many
things at once, or does he or
she concentrate on one thing
at a time?

1 2 3 4 5 6 7
one too
thing many

*Taken from Russell A. Barkley's Hyperactive Children: A Handbook
for Diagnosis and Treatment (New York: The Guilford Press, 1982),
pp. 139-141.

CHAPTER EIGHT

CHILDREN

A personal appraisal of my child (if more than one, evaluate each).

	Frequently	Occasionally	Seldom
1. My child seems to be occupied with his/her physical appearance (clothes, hair, face, etc.).	_____	_____	_____
2. My child tends to say negative things about peers, siblings, parents, self, situations, etc.	_____	_____	_____
3. Changes and new situations are difficult for my child.	_____	_____	_____
4. Maintaining friendships are difficult for my child.	_____	_____	_____
5. Accepting authority is difficult for my child.	_____	_____	_____
6. My child seems insensitive to the needs of others.	_____	_____	_____
7. My child tends to fantasize.	_____	_____	_____
8. My child tells wild tales and stretches the truth.	_____	_____	_____
9. Accomplishing routine tasks are difficult for my child.	_____	_____	_____
10. It is difficult for my child to maintain eye contact while talking with anyone.	_____	_____	_____
11. There is a tendency for my child to withdraw from groups of children.	_____	_____	_____
12. My child tends to not like himself/herself.	_____	_____	_____

	Frequently	Occasionally	Seldom
13. My child has a need to brag on himself/herself.	_____	_____	_____
14. My child has a tendency to tattle tell.	_____	_____	_____
15. There is a tendency for my child not to share possessions.	_____	_____	_____
16. Nervous mannerisms are characteristic of my child.	_____	_____	_____
17. Bossiness characterizes my child.	_____	_____	_____
18. My child has a need to chatter (talk aimlessly).	_____	_____	_____
19. My child complains of being ill.	_____	_____	_____
20. My child dislikes school.	_____	_____	_____

If Frequently is marked in more than half of the responses, it may be important to seek professional help for your child.

CHAPTER NINE

BASIC PARENTING TIPS

	Frequently	Occasionally	Seldom
1. Am I attempting to mold my child in the image of myself, my spouse or someone else (brother, neighbor)?	_____	_____	_____
2. Do I compare my child with other children, or with siblings?	_____	_____	_____
3. Am I helping my child to find socially acceptable outlets for the natural emotions of anger and hostility?	_____	_____	_____
4. Do I discipline my child with fairness, firmness and reason?	_____	_____	_____
5. Do I ever join with my child against my spouse?	_____	_____	_____
6. Do I hand my child everything his/her little heart desires?	_____	_____	_____
7. Do I "set myself up" as the epitome of perfection to my child?	_____	_____	_____
8. Do I make threats in anger to my child?	_____	_____	_____
9. Do I make impossible promises to my child when I am in a generous mood?	_____	_____	_____
10. Do I smother my child with superficial manifestations of "love"?	_____	_____	_____
11. Do I teach my child the dignity of hard work, whether it is menial labor or highly skilled service?	_____	_____	_____

	Frequently	Occasionally	Seldom
12. Have I taught my child to love God and others--by example?	_____	_____	_____
13. Do I speak my child's name with pleasure?	_____	_____	_____
14. Do I frequently yell for/at my child when it's bedtime (eating, chores, going somewhere)?	_____	_____	_____
15. Do I exhibit my best manners to/around my child?	_____	_____	_____
16. Does my child really feel loved by me?	_____	_____	_____
17. Do I compliment my child on his/her inner qualities rather than outward appearances?	_____	_____	_____
18. Do I faithfully see that my child follows through on his/her responsibilities?	_____	_____	_____
19. Do I talk about my child being bossy, slow, shy, or showing off while in his/her presence or earshot?	_____	_____	_____
20. Do I maintain an attitude of anticipation as to what my child may become rather than expecting a specific performance for his/her satisfaction?	_____	_____	_____
21. Do I ever find myself saying words like "dumb," "uncoordinated," "slowpoke," "stupid" or "you'll never amount to anything"?	_____	_____	_____
22. Do my actions and facial expressions ever communicate to my child, "How could you do a dumb (stupid) think like that"?	_____	_____	_____
23. Can I honestly say I appreciate my child?	_____	_____	_____

	Frequently	Occasionally	Seldom
24. In a fun experience, do I think, speak, act, or conclude for my child, rather than letting him/her discover on his/her own?	_____	_____	_____
25. Do I frequently mention specific actions, qualities, or efforts I appreciate about my child?	_____	_____	_____

CHAPTER NINE

BASIC PARENTING TIPS

Teen situation rating chart (by parent).

Rate how your teen responds to your expectations in each of the following situations. Circle the number which you feel is most appropriate in rating your teen along the high-medium-low continuum.

	High			Medium				Low
1. Accomplishing home work on time.	1	2	3	4	5	6	7	8
2. Completing chores when requested.	1	2	3	4	5	6	7	8
3. The friends your son/daughter choose.	1	2	3	4	5	6	7	8
4. The clothes or style of dress your son/daughter wears.	1	2	3	4	5	6	7	8
5. Bedtime on weekends.	1	2	3	4	5	6	7	8
6. Bedtime on school nights.	1	2	3	4	5	6	7	8
7. The television programs your son/daughter watches.	1	2	3	4	5	6	7	8
8. Use of the telephone by your son/daughter.	1	2	3	4	5	6	7	8
9. The type of music your son/daughter likes to listen to.	1	2	3	4	5	6	7	8
10. The places your son/daughter likes to go during free time.	1	2	3	4	5	6	7	8
11. The allowance your son/daughter should receive.	1	2	3	4	5	6	7	8
12. Your son's/daughter's eating habits.	1	2	3	4	5	6	7	8
13. Your son's/daughter's curfew for dates or other datings.	1	2	3	4	5	6	7	8
14. Use of family car.	1	2	3	4	5	6	7	8

	High				Medium			Low
15. Response to authority (parent/teacher) at home or school.	1	2	3	4	5	6	7	8
16. Church attendance.	1	2	3	4	5	6	7	8
17. Personal relationship to Christ.	1	2	3	4	5	6	7	8
18. Participation in church youth activities.	1	2	3	4	5	6	7	8
19. Courtesy to others.	1	2	3	4	5	6	7	8
20. Interest in members of the extended family (grandparents, aunts/uncles, cousins, etc.).	1	2	3	4	5	6	7	8

CHAPTER TEN

RELATIVES: AS IN KINFOLK AND OTHER FOLKS

	Agree	Disagree
1. There are probably as few ideal in-law relationships as there are "perfect marriages" in the sense that no difficult or disturbing problems arise.	_____	_____
2. Marriage adjustments are often intensified because each spouse tries to reestablish the way of life of his own childhood family.	_____	_____
3. A son's relatives are often guilty of trying to make his wife over to fit their pattern.	_____	_____
4. Folklore holds that there are times when a young wife (or maybe not so young) may find it comforting to run home to her mother, instead of talking over problems with her husband.	_____	_____
5. As far as relatives are concerned, the wife's mother-in-law is the most trouble-causing personality in a couple's marriage.	_____	_____
6. In-law disagreements affect the early years of marriage more than the middle and later years.	_____	_____
7. In-law friction has a feminine pattern, since mothers-in-law, sisters-in-law, and wives are involved more frequently than are fathers-in-law, brothers-in-law, or husbands.	_____	_____
8. A brother-in-law seldom receives any blame for contributing to tense in-law relationships.	_____	_____
9. Married boys are more attached to their parental families than married girls.	_____	_____
10. If a husband and wife are equally attached to their respective families, the husband is more likely to feel threatened by the wife's parental attachment than is the wife's by the husband.	_____	_____

	Agree	Disagree
11. Ability to create and maintain pleasant and peaceful relationships with in-laws seems to be characterized by the type of person who can accomplish many other growth tasks necessary for creating happiness in marriage.	_____	_____
12. It has been said that most in-law friction is due to two women trying to be first in the affection of one man.	_____	_____
13. Some parents, as well as children, show immaturity in their in-law relationships.	_____	_____
14. Fathers, more often than mothers, experience a crisis in their lives when children marry and leave home.	_____	_____
15. Married couples who live close to either set of parents (or both) would do well to limit their visits to two times a month.	_____	_____
16. If in-law adjustment is the most difficult in the early years of a couple's marriage, it is wise to live a few to several hundred miles away.	_____	_____
17. In overall marital adjustment, parents and parental in-laws rank rather low in reasons for marital problems.	_____	_____
18. The basic rule concerning parental "contacts," whatever the mode (visits, telephoning, tapes), is not to place anyone (other than God) above the relationships one has with a spouse.	_____	_____
19. Grandparents should be able to purchase an item of significant monetary worth without "checking" with the parents.	_____	_____
20. Grandkids can be spoiled by things but not by love.	_____	_____
21. Most older men and women receive greater satisfaction in their grandchildren and great-grandchildren than they ever did with their own children.	_____	_____
22. It is better to not create a rivalry situation between children and "grandparents" for the parent's affection by bringing a grandparent into the home to live (with	_____	_____

	Agree	Disagree
parents & grandchildren).	_____	_____
23. There are more advantages than disadvantages for families in maintaining close, friendly relationships with grandparents, aunts, uncles and cousins.	_____	_____
24. The prime criticism of in-laws is that "they give too much advice."	_____	_____
25. Christian in-laws should not allow situations "to spoil" the good things they have going for them as in-laws.	_____	_____

CHAPTER TEN

RELATIVES: AS IN KINFOLK AND OTHER FOLKS

As a grandparent, rate yourself in the following ten areas: *
 "Ten Mistakes Grandparents Make."

	Check (✓) How You Are Doing		
	Doing Exceptionally Well	Doing Fair (average)	Doing Poorly Need Improvement
1. Too much baby talk.	_____	_____	_____
2. Picking up the baby when he/she cries.	_____	_____	_____
3. Feeding the child without parents' consent.	_____	_____	_____
4. Paying the child to do his/her duty.	_____	_____	_____
5. Too many gifts.	_____	_____	_____
6. Challenging a parent's decision.	_____	_____	_____
7. Too much pampering.	_____	_____	_____
8. Punishing child without parental consent.	_____	_____	_____
9. Encouraging a child to outwit his/her parents.	_____	_____	_____
10. Failing to share your wisdom.	_____	_____	_____

* See footnote #27, Chapter Ten

CHAPTER ELEVEN

GOALS AND PRIORITIES

INSTRUCTIONS: In column 1 of Priority place an H (High), M (Medium) or L (Low) for each item. In column 2 of Priority, prioritize all the H's. For instance, let's assume you marked an H for #'s 1, 7, 10, 14, 16 and 19. Now put these in prioritized order. Perhaps #7 would be your first priority, #19 your second, etc. Indicate whether the goal is short or long term or both by placing a check mark (i.e. #5 will be learned within the short term, but perhaps continued long term). When marking both, make an explanatory note.

Personal	Priority		Short Term	Long Term
	1	2	Six mo. or less	Longer than 6 mo.
1. Fix the back door screen by the end of the week.				
2. Spend sixty minutes, two evenings a week in my workshop.				
3. Learn conversational French with in two years from today.				
4. Praise each of my children daily.				
5. Learn to play racquet ball in three months.				

Marriage

6. Give my wife a daily back rub & foot rub.				
7. Take my wife to dinner once a week.				

Marriage (cont.)	Priority		Short Term	Long Term
	1	2	Six mo. or less	Longer than 6 mo.
8. Give my wife a surprise birthday party next month.				
9. Take my wife on a vacation of her choice in the U.S. within two years.				
10. Read a book on improving marriage within two months.				

Family

11. Take the family water skiing within 30 days.				
12. Husband & wife to take each of their children (separately) to breakfast once a month.				
13. Taking a meaningful vacation within a year in which the kids help in choosing place.				
14. Establish College Savings Fund for our two elementary age children this month.				
15. Take my boy fishing next week.				

Spiritual

16. Spend fifteen minutes a day in private devotions.				
17. Have a family devotion at least three times a week.				

Spiritual (cont.)	Priority		Short Term	Long Term
	1	2	Six mo. or less	Longer than 6 mo.
18. Attend a Christian Family Camp within a year.				
19. Memorize twenty-five key scripture verses within six months.				
20. As a family, attend Spiritual Renewal services next week.				

CHAPTER ELEVEN

GOALS AND PRIORITIES

Below are two sample Long Range Goals. Decide your prioritized plan of action for completing goals.

LONG-RANGE GOAL #1 (See next page for #2)

Purchase and build a beach-house or mountain cabin within three years.

Planning and Implementing Steps	To be completed by:
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____

LONG-RANGE GOAL #2

The whole family to learn snowmobiling within one year (including purchasing or leasing a snowmobile).

Planning and Implementing Steps

To be completed by:

- | | | |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |
| 6. | _____ | _____ |
| 7. | _____ | _____ |

CHAPTER TWELVE

RETIREMENT

PROFILE ANALYSIS: TIME-THE MONEY OF YOUR LIFE

This quiz is designed to help pinpoint your leisure time, needs and wants. Circle the number by the answer that most nearly applies to you. Write that number in the space at the right. Then add the score to see what steps you must take.

	Number
SPENDING TIME - When I have free time, I usually:	
(1) do something enjoyable	_____
(3) rush about frantically	_____
(10) sit and stare	_____
(7) fritter time away	_____
TIME REWARDS - When I spend time at something, I usually feel:	
(1) satisfied	_____
(5) bored	_____
(3) excited	_____
RECREATION AND RELAXATION - When I want to be entertained, I:	
(5) watch TV	_____
(7) visit and play table games	_____
(1) read and collect	_____
(10) nothing	_____
SELF EXPRESSION - When I feel like accomplishing something, I:	
(9) am afraid to try	_____
(4) try anything	_____
(2) do something that makes me proud	_____
PARTICIPATION - My attitude toward volunteer work is:	
(3) willing to do anything	_____
(2) serve others, help self	_____
(6) menial tasks	_____
(9) won't volunteer	_____

Number

ADVENTURE - When I travel, I like to:

- | | |
|-------------------------|-------|
| (7) just sightsee | _____ |
| (6) stay around house | _____ |
| (1) travel with purpose | _____ |
| (8) armchair travel | _____ |

LEARNING - When I want to learn something, I usually take:

- | | |
|-------------------------------|-------|
| (5) formal classes | _____ |
| (2) formal - informal classes | _____ |
| (7) self-study | _____ |

COMTEMPLATION - When I want to meditate, I usually:

- | | |
|-------------------------|-------|
| (8) lie in hammock | _____ |
| (2) attend church | _____ |
| (6) practice piano | _____ |
| (1) commune with nature | _____ |

ACTIVITY - For enjoyable activity I prefer:

- | | |
|--------------------------|-------|
| (5) competitive sports | _____ |
| (8) weightlifting | _____ |
| (2) varied sports, games | _____ |
| (10) napping | _____ |

Total

STEPS TO POSITIVE ACTION: Add up your score. See where it falls and applies in these categories. Take appropriate steps.

1 to 13: You are fairly well settled in your leisure routine.

14 to 36: You have too many activities.

37 to 55: You need more varied activities.

56 to 76: You haven't found the right activities for you.

* From page 248 of Peter A. Dickinson, The Complete Retirement Planning Book (New York: E. P. Dalton & Co., Inc., 1976). In a few places (three to be exact) I changed Dickinson's responses to fit my reading audience.

CHAPTER THIRTEEN

A CHRISTIAN PERSPECTIVE OF
FAMILY RELATIONSHIPS

ARE YOU A REAL CHRISTIAN GENTLEMAN
AS A HUSBAND?

The following test is designed to aid a husband in evaluating his biblical role of loving, honoring and cherishing his wife. Do not be lenient in patting yourself on the back unless you are "earning" it.

	Always	Usually	Occasionally	Seldom	Never
1. Do you take note of and favorably comment about the little things your wife does to make the home attractive and livable?	_____	_____	_____	_____	_____
2. Do you verbalize your love daily to your wife and act accordingly so that your words and actions agree?	_____	_____	_____	_____	_____
3. Do you ever criticize your wife before the children or others?	_____	_____	_____	_____	_____
4. If your wife is a full-time homemaker, do you reveal an understanding of the drudgery of cooking, cleaning, caring for children, ironing, etc., that is the lot but not necessarily the joy of an intelligent woman?	_____	_____	_____	_____	_____
5. If your wife works out of the home, do					

	Always	Usually	Occasionally	Seldom	Never
you carry a full half share of responsibilities around the home, including child care?	_____	_____	_____	_____	_____
6. Are you as understanding and kind to her relatives as your own?	_____	_____	_____	_____	_____
7. Do you intervene on her behalf if yours or her relatives intrude unduly upon her good nature and hospitality?	_____	_____	_____	_____	_____
8. Whether she works out of the home or not, is there a reasonable portion of family income hers to spend without having to account for it?	_____	_____	_____	_____	_____
9. Do you encourage your wife to join other women for Bible study, sports activities, crafts or other interests?	_____	_____	_____	_____	_____
10. Do you occasionally send flowers or other gifts to your wife celebrating special days and sometimes "other" days?	_____	_____	_____	_____	_____
11. Do you plan with your wife social, recreational and vacation times?	_____	_____	_____	_____	_____
12. Do you have a regular Bible & prayer time with your wife?	_____	_____	_____	_____	_____

- | | Always | Usually | Occasionally | Seldom | Never |
|--|--------|---------|--------------|--------|-------|
| 13. Do you realize the importance of an ongoing romanticizing of your wife by words, actions and deeds? | _____ | _____ | _____ | _____ | _____ |
| 14. When you and your wife entertain in your home or are entertaining in other homes, are you attentive to your wife and on the alert to making her feel comfortable and recognized? | _____ | _____ | _____ | _____ | _____ |
| 15. Do you provide adequate finances for your wife and children, including "looking after" insurance, savings, will provision and all other important financial matters? | _____ | _____ | _____ | _____ | _____ |
| 16. Are you comfortable and easy to live with, a positive companion in the home and elsewhere with your wife and children? | _____ | _____ | _____ | _____ | _____ |
| 17. Are you careful of your personal hygiene and grooming, so your wife can be proud to have you as her husband? | _____ | _____ | _____ | _____ | _____ |
| 18. Do you intelligently and creatively endeavor to be a considerate, caring and understanding sexual partner? | _____ | _____ | _____ | _____ | _____ |
| 19. Do you discuss your business and financial affairs with | | | | | |

	Always	Usually	Occasionally	Seldom	Never
your wife as your adult partner?	_____	_____	_____	_____	_____
20. Do you take the spiritual lead in your home including being a model of Christianlove, diligence and citizenship?	_____	_____	_____	_____	_____
21. Are you courteous, polite, chivalrous and a person who models good manners?	_____	_____	_____	_____	_____
22. Are you considered a fun guy by your wife and children?	_____	_____	_____	_____	_____
23. Do you occasionally surprise your wife with a sacrificial act or deed?	_____	_____	_____	_____	_____
24. Do you model a generous attitude in service to others?	_____	_____	_____	_____	_____
25. Do your wife and children respect you because you have earned their respect - rather than demanding it?	_____	_____	_____	_____	_____

CHAPTER THIRTEEN

A CHRISTIAN PERSPECTIVE OF

FAMILY RELATIONSHIPS

ARE YOU A REAL CHRISTIAN HELPMATE

AS A WIFE?

The following test is designed to aid a wife in evaluating her biblical role of helping, loving, and caring for her husband. Do not be lenient in patting yourself on the back unless you are "earning" it?

	Always	Usually	Occasionally	Seldom	Never
1. Are you a cheerful, punctual, and non-nagging companion to your husband?	_____	_____	_____	_____	_____
2. Do you ever criticize your husband before the children or others?	_____	_____	_____	_____	_____
3. Do you consistently say and do things that "build up" your husband and make him feel you rate him as a successful man?	_____	_____	_____	_____	_____
4. Do you encourage him to join with other men in Bible study, prayer partners, sports and recreational activities, crafts, hunting and fishing or other interests?	_____	_____	_____	_____	_____
5. Do you maintain an intelligent interest in his work so you					

	Always	Usually	Occasionally	Seldom	Never
can serve as a sounding board and escape valve?	_____	_____	_____	_____	_____
6. Do you observe good grooming, personal hygiene, and make yourself attractive at home and away so that your husband may be proud of you?	_____	_____	_____	_____	_____
7. Are you aware of your husband's favorite foods and do you serve them frequently as a gesture of your love for him?	_____	_____	_____	_____	_____
8. Do you provide a positive atmosphere around your home at mealtime by offering nutritional and attractive meals?	_____	_____	_____	_____	_____
9. Do you take some personal time with each of your children but not to the exclusion of your husband?	_____	_____	_____	_____	_____
10. Do you take an interest in your husband's friends so that he feels comfortable in having them around you and vice-versa?	_____	_____	_____	_____	_____
11. Are you supportive to your husband in providing a positive, spiritual atmosphere within the family, including family devotions and church attendance?	_____	_____	_____	_____	_____

	Always	Usually	Occasionally	Seldom	Never
12. Do you maintain an appropriate balance between outside interests (church work, Bible study and prayer group, parent-teacher associations, community volunteer organizations, etc.) and home life (care of home, husband & children)?	_____	_____	_____	_____	_____
13. Do you treat your husband's relatives with as much courtesy and consideration as you do yours?	_____	_____	_____	_____	_____
14. Are you a creative, informed, interested and loving sexual partner who understands your husband's needs, as well as your own?	_____	_____	_____	_____	_____
15. Do you consider yourself a mother who endeavors to be consistent, firm and fair in discipline and loving disposition with your children?	_____	_____	_____	_____	_____
16. Do you refrain from being argumentative and bossy with your husband?	_____	_____	_____	_____	_____
17. Do you consider yourself a competent and pleasant hostess when entertaining guests in your home?	_____	_____	_____	_____	_____
18. Do you maintain a regular exercise program and practice					

	Always	Usually	Occasionally	Seldom	Never
nutritional eating habits, including dieting (if necessary)?	_____	_____	_____	_____	_____
19. Do your children enjoy talking with you about themselves, their activities, their interpersonal relationships?	_____	_____	_____	_____	_____
20. Do you have a consistent time with God in personal devotions?	_____	_____	_____	_____	_____
21. Do you do your part in maintaining open communication with your husband?	_____	_____	_____	_____	_____
22. Do you occasionally surprise your husband with a loving, sacrificial act or deed?	_____	_____	_____	_____	_____
23. If you work outside the home, do you work at planning quality time with your family?	_____	_____	_____	_____	_____
24. Do you complain, whine and sulk?	_____	_____	_____	_____	_____
25. Do you reveal the agape love of Jesus to your husband and children?	_____	_____	_____	_____	_____

CHAPTER THIRTEEN

A CHRISTIAN PERSPECTIVE
OF FAMILY RELATIONSHIPS

A Review for Parents

Instructions: Put an X in
selected col. Pts. total for
your selection to right.

When was the last time...

	<u>Recently</u> (within two weeks) 6	<u>Sometime Ago</u> (two weeks to three months) 3	<u>A Long Time Ago</u> (three to six months or longer) 1	<u>Pts.</u> <u>Total</u>
1. You told your child you are proud of him/her?	_____	_____	_____	_____
2. You disciplined your child fairly and firmly?	_____	_____	_____	_____
3. You verbally forgave your child?	_____	_____	_____	_____
4. You had some silly fun with your child?	_____	_____	_____	_____
5. You hugged and kissed your child?	_____	_____	_____	_____
6. You and your child worked together to help a neighbor in some project?	_____	_____	_____	_____
7. You prayed spon- taneously with your child about a problem?	_____	_____	_____	_____

	<u>Recently</u> (within two weeks) 6	<u>Sometime Ago</u> (two weeks to three months) 3	<u>A Long Time Ago</u> (three to six months or longer) 1	<u>Pts.</u> <u>Total</u>
8. You and your child cleaned the house together (along with other family members)?	_____	_____	_____	_____
9. You encouraged a positive self-image in your child?	_____	_____	_____	_____
10. You had open, honest communication with your child?	_____	_____	_____	_____
11. You did a recreational activity with your child (played ball, rode bikes, took a hike, went swimming)?	_____	_____	_____	_____
12. You wrote a note of appreciation to your child?	_____	_____	_____	_____
13. You actively listened to your child?	_____	_____	_____	_____
14. You read the Bible and/or devotional book with your child?	_____	_____	_____	_____
15. You told your child what a blessing he/she is to you?	_____	_____	_____	_____
16. You shared an important moment together with your child?	_____	_____	_____	_____
17. You took your child to breakfast (just the two of you)?	_____	_____	_____	_____
18. You went to church with your child?	_____	_____	_____	_____

	<u>Recently</u> (within two weeks) 6	<u>Sometime Ago</u> (two weeks to three months) 3	<u>A Long Time Ago</u> (three to six months or longer) 1	<u>Pts.</u> <u>Total</u>
19. You let your child have a friend over for the night?	_____	_____	_____	_____
20. You reviewed guidelines with your child on TV viewing?	_____	_____	_____	_____
21. You worked with your child on homework?	_____	_____	_____	_____
22. You attended a school or church event your child was in?	_____	_____	_____	_____
23. You gave your child a surprise (birthday party, gift, love note)?	_____	_____	_____	_____
24. You admitted to your child you were wrong?	_____	_____	_____	_____
25. You went on a picnic or campout with your child?	_____	_____	_____	_____
				<u>Total</u>

SCORING:

- 120 - 150 pts. You are really an OK parent.
- 80 - 119 pts. You are interested in your child's life, but are missing the mark in some areas. Tune in more!
- 50 - 79 pts. Much more involvement needed in relating to your child!
- Up to 50 pts. Help! You may need professional help to better understand you and your child.

Many of the questions for this review were inspired by Michael A. Champion, Especially For Parents: When Was The Last Time.... (Minneapolis, Minnesota: Bethany Fellowship Inc., 1978).

CHAPTER THIRTEEN

A CHRISTIAN PERSPECTIVE

OF FAMILY RELATIONSHIPS

Some questions and statements caring Christian parents might discuss with their children.

1. Suppose you could have three wishes and ask for anything you wanted, what would you ask for?

a. _____

b. _____

c. _____

2. Tell me three things you definitely know are true.

a. _____

b. _____

c. _____

3. Tell me three things you know are impossible.

a. _____

b. _____

c. _____

4. Tell me about a dream you have had recently.

5. Think back as far as you can. Tell the first thing you remember in your life. _____

6. What's the worst thing that ever happened to you? _____

7. What do you enjoy doing best of all? _____

8. When you (leave school/are a grown up/get older/choose a career) what would you like to be? And why? _____

9. Some things we like about people and some things we don't like. What are three things you really like about yourself?

a. _____

b. _____

c. _____

10. What are three things you do not like about yourself?

- a. _____
- b. _____
- c. _____

11. If you could make some changes in yourself, what things would you change?

- a. _____

- b. _____

- c. _____

Other _____

12. How would you change your father? _____

13. How would you change your mother? _____

14. How would you change your siblings (brother or sister)? _____

15. Anger is a normal emotion.

- a. What makes you lose your temper? _____

b. How do you attempt to control your anger? _____

16. What does your father do to upset you (cause you to be frustrated and angry)?

17. What does your mother do to upset you (cause you to be frustrated and angry)?

18. What does your brother/sister do to upset you (cause you to be frustrated and angry)?

19. Everyone feels unhappy/sad sometimes. What makes you feel that way?

- a. _____
- b. _____
- c. _____
- d. _____

20. Have you ever felt sorry for something you have done? What have you done about it? _____

21. What would you say is your greatest worry? _____

22. How would you describe your relationship with God? _____

23. How do you want to use your talents in serving God (what do you feel your ministry is)? _____

24. What has been your most meaningful experience so far? _____

25. Describe the kind of person with whom you are most comfortable.

CHAPTER THIRTEEN

A CHRISTIAN PERSPECTIVE
OF FAMILY RELATIONSHIPS

A happy home is marked by having healthy fun as a family. Rate the Home Fun Quotient for yourself and spouse as to involvement.

Circle your response; X the number for evaluating your spouse.

	High	Medium	Low
1. Play indoor games as a family.	1	2 3 4 5 6 7 8	
2. Play outdoor games as a family.	1	2 3 4 5 6 7 8	
3. Attend entertainment things together as a family (non-sports).	1	2 3 4 5 6 7 8	
4. Attend athletic things together as a family (non-sports).	1	2 3 4 5 6 7 8	
5. Go camping, hiking and picnicing as a family.	1	2 3 4 5 6 7 8	
6. Go on a vacation as a family.	1	2 3 4 5 6 7 8	
7. Tell amusing stories as a family.	1	2 3 4 5 6 7 8	
8. Do silly things together (pillow fights, water fights, wrestling, spontaneous activities) as a family.	1	2 3 4 5 6 7 8	
9. Bike ride, jog, walk, water ski, snow ski, etc. as a family.	1	2 3 4 5 6 7 8	
10. Have a hobby interest as a family (stamps, coins, bird watching, raise llamas).	1	2 3 4 5 6 7 8	
11. Work on special projects as a family (build a house, repair a house).	1	2 3 4 5 6 7 8	
12. Sing together or play musical instruments as a family.	1	2 3 4 5 6 7 8	

	High			Medium				Low
13. Play word games while traveling as a family.	1	2	3	4	5	6	7	8
14. Go bowling as a family.	1	2	3	4	5	6	7	8
15. Eat out as a family.	1	2	3	4	5	6	7	8

CHAPTER THIRTEEN

A CHRISTIAN PERSPECTIVE
OF THE FAMILY RELATIONSHIP

A SPIRITUAL EVALUATION

The following project is designed to help you evaluate your maturity level as a Christian. The following questions and evaluation scale will help you to rate yourself in relation to qualities listed by Paul in 1 Timothy 3 and Titus 1. Circle the number that best represents your self-evaluation, rating from dissatisfied (1) to satisfied (7).

	Dissatisfied				Satisfied		
1. How do you evaluate your reputation as a Christian? Do people speak well of you?	1	2	3	4	5	6	7
2. How do you evaluate your overall relationship with your wife or husband? If you are not married, how well are you handling your social relationships-particularly, your sexuality.	1	2	3	4	5	6	7
3. What kind of overall perspective do you have on the Christian life? Have you developed a well-balanced biblical philosophy of life?	1	2	3	4	5	6	7
4. Are you prudent? That is, do you have a correct view of yourself in relationship to other Christians? In relationship to God?	1	2	3	4	5	6	7
5. Are you respectable? Do you have a well-adjusted life, adorning the Word of God?	1	2	3	4	5	6	7
6. Are you hospitable? Do you use your home as a means to minister to other members of the body in Christ as well as to non-Christians?	1	2	3	4	5	6	7

	Dissatisfied				Satisfied		
7. Are you able to teach? That is, do you have that quality of life that enables you to communicate the Word of God to others in nonargumentative manner?	1	2	3	4	5	6	7
8. Are you addicted to anything that is controlling your life? Furthermore, are you doing anything that is causing a weaker Christian to stumble and sin against God?	1	2	3	4	5	6	7
9. Are you self-willed? That is, do you always have to have your own way?	1	2	3	4	5	6	7
10. Do you lose your temper easily? Do you harbor feelings of resentment over a period of time?	1	2	3	4	5	6	7
11. Are you a pugnacious person - one who physically strikes out at others because of angry feelings?	1	2	3	4	5	6	7
12. Are you contentious? That is, do you purposely take the opposite point of view from others, stirring up arguments and destroying the unity in the group? Or are you a "peace-maker" striving to create harmony and unity?	1	2	3	4	5	6	7
13. Are you a mild-mannered and gentle person, reflecting meekness, forbearance and kindness?	1	2	3	4	5	6	7
14. Are you free from the love of money? That is, do you seek first His kingdom and His righteousness?	1	2	3	4	5	6	7
15. Do you have your household in order? That is, do your wife and children love and respect you, and are they responding to your God and Savior and His claim on their lives?	1	2	3	4	5	6	7
16. Do you have a good reputation with non-Christians?	1	2	3	4	5	6	7
17. Do you pursue what is good and							

	Dissatisfied					Satisfied	
right? Do you desire to associate yourself with truth, honor and integrity?	1	2	3	4	5	6	7
18. Are you just? That is, are you able to make objective decisions and be honest in your relationships with other people?	1	2	3	4	5	6	7
19. Are you pursuing personal and practical holiness?	1	2	3	4	5	6	7
20. Are you in the process of continual growth in your Christian life, becoming more and more like Jesus Christ?	1	2	3	4	5	6	7

From Gene Getz, A Profile of Christian Maturity (Grand Rapids, Michigan: Zondervan Publishing House, 1976), pp. 155-158.

Getz suggests, "Discuss your self-evaluation with your wife or husband. Identify your strengths as well as your weaknesses. If you are single, share with a friend you love and trust..... If you circled "7" on each of the twenty questions, please consult the Lord! You have a problem." (p.158).

CHRISTIAN FILMS*

1. Carl Breechen & Paul Faulkner - "Marriage Enrichment" Film Series

Film One - Made For Each Other

Film Two - The Trouble With Us Is Me

Film Three - What Husbands Need To Know

Film Four - What Wives Need To Know

Film Five - How To Kill Communication

Film Six - The Communication Lifeline

Film Seven - Speaking Frankly About Sex

Film Eight - Renewing Romance In Marriage

2. James C. Dobson, Ph.D. - "Focus on the Family" Film Series

Film One - The Strong-Willed Child

Film Two - Shaping The Will Without Breaking The Spirit

Film Three - Christian Fathering

Film Four - Preparing For Adolescence: The Origin of Self-Doubt

Film Five - Preparing For Adolescence: Peer Pressure and
Sexuality

Film Six - What Wives Wish Their Husbands Knew About Women: The
Lonely Housewife

Film Seven - What Wives Wish Their Husbands Knew About Women:
Money Sex and Children

3. Dr. Howard Hendricks - "The Christian Home"

4. Dr. Kevin Leman - "Growing in a Breaking" Film Series

Film One - Is There an Adolescent in the House?

Film Two - The Seeds of Self-Esteem

* These are representative of many excellent films.

Film Three - The Language of Listening

Film Four - Mating, Dating, and Waiting

5. John MacArthur, Jr. - "The Family: God's Pattern For Living" Film Series"

Film One - God's Pattern For Relationships

Film Two - God's Pattern For Wives

Film Three - God's Pattern For Husbands

Film Four - God's Pattern For Children

Film Five - God's Pattern For Parents

Film Six - God's Pattern Broken - Divorce and Remarriage

6. David and Karen Mains - "What Makes a Christian Family Christian?" Film Series

Film One - God With Us

Film Two - Restoring the Sabbath

Film Three - Different and Proud of It

Film Four - Thy Kingdom Come

7. Josh McDowell - "Givers, Takers & Other Kinds of Lovers"

8. Charles Swindoll - "Strike The Original Match"

9. Tim Timmons - "Maximum Marriage" Film Series

Film One - Why Marriage When You Can Live Together?

Film Two - The Eleven Battlegrounds of Marriage

Film Three - Why Are Women So Weird and Men So Strange?

Film Four - How Do You Spell Relief?

Note: See your local (or closest) Christian book store or film outlet to order any of the above.

TAPE CASSETTES

MARRIAGE -

"His Stubborn Love"	Joyce Landorf	Educational Products Word, Inc. Waco, TX 76796
"Tough & Tender"	Joyce Landorf	
"The Purpose of Marriage"	H. Norman Wright	Listen & Grow Tapes Vision House 2300 Knoll Drive Ventura, CA 93003
"Fidelity In Marriage"	H. Norman Wright	
"Mid-Life & The Empty Nest"	H. Norman Wright	
	Series of 6	
"A Formula For The Home"	Tim Timmons	One Way Tapes Vision House Pub. Inc. PO Box 15163 Santa Ana, CA 92705
"Working Toward Oneness"	Tim Timmons	
"Who's Responsible?" A. Headship B. Helpmate	Tim Timmons	
"First Things First"	Tim Timmons	
"Spiritual Intimacy"	Tim Timmons	
"Physical Intimacy"	Tim Timmons	
	2 Cassettes	
"Love-Life: The Basics"	Ed Wheat M.D.	Believer's Cassettes 130 Spring Springdale, AR 72764
"Preparing to Love"		
"Building Love in Your Marriage"		
"Love-Life: How to Have It!"		

PARENTING (cont.)

- Tape 4 The Late Bloomer
Teaching Male & Female Roles to Children
- Tape 5 Discussion by a Psychologist, Mother,
Professor and Teacher
- Tape 6 Releasing Your Grown Child
Causes of Violence

4 Tapes

Successful Parenting -

- | | | |
|---------------------------------------|---------------------|-------------------------------|
| "Strong Willed Child" | Dr. James Dobson | One Way Tapes
PO Box 15163 |
| "Strategy for Parenthood" | Tim Timmons | Santa Ana, CA 92705 |
| "Family Recreation" | D. Howard Hendricks | |
| "Dinner Hour: Disaster
or Delight" | Joyce Landorf | |

Series of 6

- | | | |
|---|-------------|--|
| "Strategy for Parenthood" | Tim Timmons | One Way Library
Vision House Pub.
PO Box 15163 |
| "Maintaining Relationships"
Parts I and II | Tim Timmons | Santa Ana, CA 92705 |
| "Who's Responsible?"
Parts I and II | Tim Timmons | |
| "The Strategy That Works" | Tim Timmons | |

Single

- | | | |
|----------------------|------------------|--|
| "The Working Mother" | Dr. James Dobson | Educational Products
Word, Inc.
Waco, TX 76796 |
|----------------------|------------------|--|

MARRIAGE, PARENTING & HOME -

6 Tapes

- "Family Enrichment Series" Dr. Paul Faulkner Sweet Publishing Co.
 PO Box 4055
 Austin, TX 78765
- 1 How to be a Winning Family, Pt I
 - 2 How to be a Winning Family, Pt II
 - 3 Making Your Home Christian
 - 4 Finding God in Your Family
 - 5 Love Begins With Yourself
 - 6 You're Somebody Special
 - 7 The Best Self is Selfless
 - 8 The Couple's Prayer Bond
 - 9 The Difference Between Boys and Girls
 - 10 Sensitive Communication in Marriage
 - 11 What Makes Strong Families, Pt I
 - 12 What Makes Strong Families, Pt II
 - 13 The Family Strength Inventory

7 Tapes

- "The Christian Family" Larry Christenson Dimension Tapes
 Bethany Fellowship Inc
 Minneapolis, MN 55438
- 1 Introduction
 - 2 God's Order for Children
 - 3 God's Order for Parents
 - 4 God's Order for Husbands
 - 5 Jesus, the Family's Saviour & Lord
 - 6 Priesthood of Parents
 - 7 A Woman's View - Questions and Answers

6 Tapes

- "The Family" Dr. John MacArthur, Jr. Moody Inst. of Science
 12000 E Washington Blv
 Whittier, CA 90606
- 1 God's Pattern for Relationships
 - 2 God's Pattern for Wives
 - 3 God's Pattern for Husbands
 - 4 God's Pattern for Children

MARRIAGE, PARENTING & HOME (cont.)

5 God's Pattern for Parents

6 God's Pattern Broken: Divorce & Remarriage

4 Tapes

<p>"Thoroughly Married"</p> <p>1 Introduction Author's Comments on Questions</p> <p>2 Becoming a Lover Becoming a Communicator</p> <p>3 Rethinking the Chain of Command Let Him Who Steals, Steal No Longer</p> <p>4 What Kind of Parent Are You? How to Grow a Healthy, Happy Child</p>	<p>Dennis Guernsey</p>	<p>Creative Resources Word, Inc. PO Box 1790 Waco, TX 76796</p>
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12 Tapes

<p>"Focus on the Family"</p> <p>1 Focus on the Family Authority: The Foundation of the Home</p> <p>2 To Spank or Not To Spank</p> <p>3 How to Save Your Marriage</p> <p>4 Questions Parents Ask Most Frequently About Rearing Children</p> <p>5 The Spiritual Training of Children The Impact of TV on Young Lives</p> <p>6 Fatigue and Time Pressure The Single Parent</p> <p>7 Homosexuality From Drugs to Deliverance</p> <p>8 Guilt In the Christian Life Abortion: A Moral Dilemma</p>	<p>Dr. James Dobson</p>	<p>Word, Incorporated PO Box 1790 Waco, TX 76796</p>
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MARRIAGE, PARENTING & HOME (cont.)

- 9 Overcoming a Painful Childhood
The Importance of Family Tradition
- 10 One Woman's Story
- 11 The Lure of Infidelity
The Real Meaning of Divorce
- 12 The Impact of Aging
A Death in the Family