



*Building
a Godly
Marriage*

PASTOR ROB SALVATO

TABLE OF CONTENTS

1. Building Essentials	3
2. Communication	7
3. Divine Design	12
4. Nourish & Cherish	16
5. Word to Wives	20
6. Divine Romance	24
7. Conflict	30
8. Contentment	36

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BUILDING ESSENTIALS

There are four components in building a house that are also key to having a successful and godly marriage.

The first component is the FOUNDATION.

1. What is the foundation of marriage to be built upon?

There are two key aspects to a foundation in Christ.

2. What is the first aspect to a foundation in Christ?

3. What is the second aspect to a foundation in Christ?

Being submitted to Jesus in your relationship means you are going to be submitted to His Word and you are going to obey it.

4. Write out Psalm 127:1 and explain what this means:

The second component for a godly marriage is the WALLS.

5. What do the walls represent?

EPHESIANS 5:18-21

When building a house, the walls are framed and the doors are points of entry and access into the home.

6. Communication is the point of access into what?

7. What do the windows represent in marriage and how do we open them?

8. How would you describe the level of communication in your relationship right now?

The third component to a healthy marriage is the ROOF.

9. What does the roof represent?

10. Write out 1 Peter 4:8 and explain in your own words how this should apply in marriage.

BUILDING ESSENTIALS

11. What is the wrong focus in marriage and why?

12. What is the right focus in marriage and why?

The fourth component to a healthy marriage is the POWER.

13. Write out Ephesians 5:18:

The word “filled” in the Greek can be described in two ways.

14. To be _____
A _____ when it is full of wind.

15. In your own words, apply these illustrations of being filled with the Spirit to the marriage relationship.

EPHESIANS 5:18-21

16. Why is being filled with the Spirit so significant in the marriage relationship?

“Apart from me you can do nothing!” John 15:5

17. Do you make it your daily practice to be filled with the Spirit? Why or why not?

Take time to pray and ask the Lord to help you apply this principle to your life now, as a single person, as well as in your future marriage relationship.

COMMUNICATION

“Through wisdom a house is built and by understanding it is established; by knowledge the rooms are filled with all precious and pleasant riches.” Proverbs 24:3–4

1. Marriage isn't about what you possess, it's about:

2. Marriage is not about having the right things, it's about:

In Song of Solomon 5:16, the Shulamite speaks about Solomon and says, “*This is my beloved, and this is my friend.*” Men and women view the marital relationship differently.

3. Women generally think _____ & _____.

4. Men generally think _____ & _____.

5. Women bond through _____. And men bond through _____.

6. Why do men hold the key to success in marriage?

COMMUNICATION

“We loved Him because He first loved us.” 1 John 4:19

7. How can you begin to grow now in your relational exchange with your fiancé?

8. Things that hinder communication:

A.

B.

C.

9. Which of these do you struggle the most in and why?

COMMUNICATION

“Communication clearly involves the exchange of information. But effective communication involves more than this. It occurs when what I think and feel is transferred to another person, so that he or she engages in my emotions as well as my ideas. Communication occurs when I understand not only what my wife thinks but also what she feels.”

— Gary Inrig

10. To listen is the queen of _____.

To ignore is the chief of _____.

11. How to build healthy communication:

1.

2.

3.

4.

5.

SONG OF SOLOMON 5:16

12. Place the five elements of healthy communication in the order that you believe is most important to your fiancé.

1.

2.

3.

4.

5.

13. Place the five elements of healthy communication in the order that is a priority to you.

1.

2.

3.

4.

5.

COMMUNICATION

14. What does the acronym “THINK” stand for?

T

H

I

N

K

15. In your dating relationship, how is your communication?

16. In what area of communication do you need to grow?

17. In what area of communication does your fiancé need to grow?

DIVINE DESIGN

Theology of Marriage:

1. Man and Woman are created in the _____
2. Man and Woman are created absolutely _____
3. Man and Woman, together, reflect the _____
4. The word “helper” used for Eve means _____
5. In your own words, how is woman a rescuer to man in marriage?

“So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate.” —Genesis 3:6

Adam had not left Eve alone. He was in close proximity when she was tempted.

6. What was Adam’s problem?

Once Adam and Eve ate of the forbidden fruit, two things happened:

A. SHAME

B. BLAME

EPH. 5:21 & GEN. 1-3

7. What does shame destroy in a marriage?
8. Who did Adam blame for his sin?
9. Who did Eve blame for her sin?
10. In what ways will the “blame game” effect your marriage and how can you avoid this impulse?

God must punish the sin of Adam and Eve and all humanity.

11. Why did God curse the ground?
12. What does it mean that a woman’s desire shall be for her husband?
13. How do you personally experience the effects of these curses in your relationship right now?

DIVINE DESIGN

In Ephesians 5:21, Paul introduces a revolutionary spiritual principle: _____ under Christ.

14. The woman is to place herself _____ her husband, which is a picture of the _____ placing herself under Jesus.

15. A woman's submission is not a matter of law, but _____.
NOT OBLIGATION, but _____.

16. The man displays submission by _____ his wife, like Christ loved the _____ and _____ Himself for her.

17. What does it mean to love your wife as Christ loved the Church?

18. What are some practical examples of how you will show mutual submission in your marriage?

EPH. 5:21 & GEN. 1-3

“Man’s greatest need is respect and a woman’s greatest need is for love.” —Emmerson Eggerichs

Jesus loved us and died for us while we were sinners.

19. What kind of love is a husband to demonstrate to his wife?

20. Husbands can show agape love in the following areas:

- 1.** Make her your _____
- 2.** Love her _____
- 3.** Love her without _____

Without Christ indwelling and filling us with His Holy Spirit, submission and agape love are impossible to walk in.

21. Take time to write out a prayer acknowledging your need and dependency on Christ in marriage.

NOURISH & CHERISH

“So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church.” —Ephesians 5:28

1. The word “nourish” means to:

2. As a husband, how can you be sensitive to help cultivate and develop the plan of God in your wife’s life?

3. The word “cherish” means to:

4. Two practical ways that a husband physically nourishes and cherishes his wife are by:

EPHESIANS 5:28

“Let him kiss me with the kisses of his mouth-For your love is better than wine.” —Song of Solomon 1:2

5. A husband is to emotionally nourish and cherish his wife by:
6. What are some practical ways to affirm your beloved?
7. Husbands, it is your _____ to make your wife feel _____.
8. Wives, the greatest beauty you can cultivate is what, and why?

What we say publicly about our spouse will often influence, in a good way or bad way, the opinions of others about them.

9. Do you have a habit of praising your beloved in public? Why or why not?

NOURISH & CHERISH

Life can be parched and dry. Our marriage relationship can either be like a parched desert or an oasis.

10. What needs to happen in your relationship to make it more like an oasis?

“The wife is the glory of her husband.” 1 Corinthians 11:7

11. The word “glory” means:

12. What is the application for marriage?

13. What does it mean for the woman to have “dove eyes”?

14. Forgiveness is not an _____, it is a _____.

15. Take a look at your relationship right now. For the woman, does your man look at you and see dove’s eyes? Why or why not?

16. For the man, are you affirming your love? Does she feel safe and secure in your words? Why or why not?

EPHESIANS 5:28

“He brought me to the banqueting house, And his banner over me was love.” —Song of Solomon 2:4

16. This verse refers to a _____ display of _____.

17. How would you describe your interaction to one another in public? What are you strong in? What area would you like to see your fiancé grow in or change?

WORD TO WIVES

“Wives, submit to your own husbands, as to the Lord. For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything.” —Ephesians 5:22-24

V. 33b “The wife is to respect her husband.”

1. Submit means to:

2. There is a _____ between submission, love and respect.

3. Respect means to:

4. Submission + Respect= _____.

5. Submission - Respect= _____.

6. How does a wife’s body language show respect or lack of?

7. For a wife to submit is not a matter of _____, it is a matter of _____.

EPHESIANS 5

8. In the very beginning man was given _____ over his wife; not as an _____ of authority but as an _____ authority.

9. Who does God ultimately place the responsibility on for leading the family and why?

10. Respect starts in the _____ and effects the _____ and _____.

11. When a woman's words reflect disrespect, what does that say about her mind? What needs to change?

12. Respecting with your thoughts means to _____ on the things that are _____ about our husband.

WORD TO WIVES

“Whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.” —Philippians 4:8

13. Take time to write out a list of true and right things about your husband (to be). Give thanks to the Lord.

14. Wives can also respect their husbands by their _____.

15. Husbands don't need a _____, they need a _____.

16. Another way to show respect to your husband is with your _____.

17. Explain practical ways you can help with your hands:

EPHESIANS 5

“Do not let your adornment be merely outward-arranging of the hair, wearing gold, or putting on fine apparel-rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God. For in this manner, in former times, the holy women who trusted in God also adorned themselves, being submissive to their own husbands, as Sarah obeyed Abraham, calling him lord, whose daughters you are if you do good and are not afraid with any terror.” —1 Peter 3:3-6

18. Glamour is _____ and _____.

True beauty is _____ and _____.

19. Five reasons to embrace God’s plan for submission:

- 1.** It is _____ to the Lord.
- 2.** Submission communicates _____.
- 3.** When you are _____ it helps make him better.
- 4.** Getting out of God’s way helps him to _____.
- 5.** You become a picture to your children and those around you of the _____ submitted to _____.

20. In what area of submission do you feel you are strong in? What area do you lack in? Pray and ask the Father to help you grow.

DIVINE ROMANCE

God created sex for creation-but He also created it for pleasure. Song of Solomon lets us view the intimacy of sex in marriage. We will look at seven principles of biblical sex.

Biblical sex is between a _____ and a _____.

1. The passage in Song of Solomon is to be _____ not _____.

Biblical sex is tender.

2. As Solomon begins to undress his bride, he comments on her _____ and _____.

“Behold, you are fair, my love! Behold, you are fair! You have dove’s eyes behind your veil.” —Song of Solomon. 4:1a

3. Doves have one partner their entire life. This speaks of commitment and _____.

“Your hair is like a flock of goats, Going down from Mount Gilead.” —V. 1b

4. It’s important that a husband not only tells his wife that she is beautiful, but also tells her _____, using adjectives to describe.

SONG OF SOL. 3 & 4

“Your neck is like the tower of David, Built for an armory, on which hang a thousand bucklers, All shields of mighty men.”

—V. 4

5. Solomon is referring to her _____ and _____.

“Your breasts are like two fawns, Twins of a gazelle, which feed among the lilies.” —V. 5

6. A husband is to approach his wife’s breasts _____ and with _____.

Men and women have different sex drives.

7. A man is always _____. Women want to be _____.

“Your hair is like a flock of goats, Going down from Mount Gilead.” —V. 1b

8. Men are all about the _____. Women are about the _____.

9. A woman’s mind is her most sensitive _____.

10. What are practical ways to help get your wife in the mood?

DIVINE ROMANCE

Biblical sex is sensuous.

She is now completely undressed-what does he say?

“You are fair, my love, And there is no spot in you.” —V.7

11. It’s important that a husband tell his wife that she’s _____.

In other words, that he is attracted to her _____.

Men and women have different sex drives.

12. The marriage bed is to be a place of both _____

“How fair is your love, My sister, my spouse! How much better than wine is your love, And the scent of your perfumes Than all spices!” —V. 10

13. Why is it so important that a husband communicate to his wife that her companionship is more valuable than sex?

Biblical sex is holy.

14. The word “holy” means:

15. The world’s message about sex is that it is _____ and _____.

SONG OF SOL. 3 & 4

16. What are practical ways that you and your spouse can protect your marriage from the worlds' views and pressures?

Biblical sex is responsive.

“A garden enclosed-Is my sister, my spouse, A spring shut up, A fountain sealed.” —V. 12

Because a spring in the desert was a rare commodity, an owner would often build a wall around the garden so that no one would come into it and ruin it.

17. What type of walls should be built around your marriage to protect both of you?

“Awake, O north wind, and come, o south! Blow upon my garden, that its spices may flow out.” —V. 16

Solomon's bride was holding nothing back. She responded to her husband.

DIVINE ROMANCE

Biblical sex is rejuvenating.

“I have come to my garden, my sister, my spouse; I have gathered my myrrh with my spice; I have eaten my honeycomb with my honey; I have drunk my wine with my milk.” —Song of Solomon 5:1

18. Divine Romance is when both the husband and wife seek to _____ one another and take _____ to rejuvenate the relationship.

19. What are some common excuses for not taking the time to keep the romance alive in a marriage?

20. How can this make you susceptible to adultery?

Biblical sex is pleasing to God.

“For you created all things, And by Your will they exist and were created.” —Revelation 4:11b

SONG OF SOL. 3 & 4

21. How do you believe God feels when He sees a husband and wife enjoying romance the way He designed it?

22. What are ways that you can bring displeasure to the heart of God in you sexual relationship? (Try to use biblical references).

The world lies to portray that the most exotic sex is forbidden sex. That is a lie! Enjoy your spouse and your sexuality.

CONFLICT

“I sleep, but my heart is awake; It is the voice of my beloved! He knocks, saying “Open for me, my sister my love, My dove, my perfect one; For my head is covered with dew, My locks with the drops of the night.”

—Song of Solomon 5:2

In this scene Solomon has been working and she has been waiting. It's late and Solomon wants to come to bed and have sex. She says no. He gets angry and leaves.

1. Men have a tendency to find their _____ and _____ in what they do.
2. Often men become _____ and women feel _____.

“But each one of you must love his wife as he loves himself, and a wife must respect her husband.” —Eph.5:33 [ICB]

3. A woman's deepest relational need is to feel _____ and a man's deepest relational need is to feel _____.
4. When love and respect are not present, there is no _____.

SONG OF SOL. 5, 6

Cycle: When a woman feels unloved, she reacts in a way that may seem disrespectful to her husband. He then reacts to this disrespect in ways that feel unloving to his wife. The more she complains and criticizes, the more he shuts down and stonewalls.

”Be angry, and do not sin”: do not let the sun go down on your wrath, nor give place to the devil.” Ephesians 4:26–27

5. Anger is a normal human emotion but it is not okay to _____ angry.
6. Let anger _____ and you give the devil a _____ in your life.
7. Anger will boil into _____. Bitterness takes root and may become _____.

“Submit to God. Resist the devil and he will flee from you.” —James 4:7–8

8. What is the starting point to resisting the devil?
_____ to _____.
9. “Draw near to _____ and He will _____ _____ to you.”

CONFLICT

10. What are some practical ways you can draw near to God?

11. What are your natural fleshly tendencies that you struggle with the most?

We are all going to have conflicts. The question is, will the conflict become a war? Will it be the thing that defines our marriage, as we react and continue to act in the flesh, or will we respond in the Spirit? The choice is yours.

12. What cycle did your parents have in their marriage when dealing with conflict and what effect did it have on you?

13. Forgiveness is a _____ because Jesus has forgiven me.

“And when they came to Marah, they could not drink of the waters of Marah, for they were bitter: therefore the name of it was called Marah. And he cried unto the LORD; and the LORD shewed him a tree, which when he had cast into the waters, the waters were made sweet.” —Exodus 15:23–24 KJV

SONG OF SOL. 5, 6

14. How should you deal with bitterness?

15. Forgiveness is _____ but trust is _____.

16. How do you build back trust? _____
_____.

Someone has to make the first move toward reconciliation.

In Song of Solomon, we see that she does. **“I am my beloved’s, And my beloved is mine. He feeds his flock among the lilies.” —6:3**

17. Genuine repentance means a _____ of _____.

A change of mind means a change in _____.

“You can’t change your heart, but you can change your mind.

God can change your heart but He won’t change your mind.”

—Quote Source? (possibly Bruce Wilkinson)

Notice how Solomon responds in verse 4, **“O my love, you are as beautiful as Tirzah, Lovely as Jerusalem, Awesome as an army with banners!”**

CONFLICT

Genuine respect needs to be communicated.

18. When we respond with words of love it shows _____.

19. In your dating relationship, what is your current cycle of conflict?

20. Love is not _____. Love sees _____ but chooses to see _____.

Take some time to journal what you have learned and to pray over the areas you need God's help to change and grow in:

SONG OF SOL. 5, 6

Journaling continued...

CONTENTMENT

A thermometer registers the atmosphere.

A thermostat regulates the atmosphere.

1. Which one describes you? How so?

The mood of a person who is a thermometer is dependent upon the situation. The person who is a thermostat sets the tone and dictates the situation. Paul said, **“I have learned in whatever state I am, to be content” —Philippians 4:11**

“Oh, that men would give thanks to the LORD for His goodness, And for His wonderful works to the children of men! For He satisfies the longing soul, And fills the hungry soul with goodness.” Psalm 107:8, 9

Three Enemies of Contentment:

Unfair Comparisons

2. We can become discontent with life and _____ if we compare it to _____.

3. When we do this, it is an _____.

4. Rather than _____ and _____.

PHILIPPIANS 4:11

Unrealistic Expectations

Women often get frustrated in marriage because they have the expectation that their husband is going to meet all their needs and do the right things.

Men often get frustrated because they have expectations that their wife is going to pamper them and serve them like their mom did.

5. I need to always want to be _____, and maturing. I do _____ want to be content with my own state.
6. As it relates to my spouse, I need to find _____.
7. Marriage isn't about _____ the right person. It is about _____ the right person.

Unnoticed Blessings

It is easy to take things for granted. It is also easy to get focused on what is wrong rather than focused on what is right.

8. Write down some of the blessings in your relationship. Focus on what is right.

Note that Paul said he “learned” to be content. How?

CONTENTMENT

“Being confident in this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.” —Philippians 1:6

9. You can be confident that God wants to _____ you into His image.

10. Who does God use as a tool to help conform you?

“And because you are sons, God has sent forth the Spirit of His Son into your hearts, crying out, “Abba, Father!” —Gal 4:6

11. When I begin to feel discontent I need to understand that the longing in my _____ is really for more of _____.

12. What areas in your life and relationship do you “feel” discontent in right now and why?

A problem that so many people have in marriage is they go into it with the attitude of “what is in it for me?” Paul said in Phil 1:21, **“For me to live is Christ and to die is gain.”**

13. Dying to self in marriage is key. Why do you think this is so difficult?

PHILIPPIANS 4:11

Paul said in Philippians 3:3, “*Have no confidence in the flesh.*” He was content because he knew where his strength lay.

1. What areas in marriage do you think you will struggle with putting confidence in your own flesh?

Fill in the blanks:

“Brethren, join in following my example, and note those who so walk, as you have us for a _____. For many walk, of whom I have told you often, and now tell you even weeping, that they are the _____ of the cross of Christ: whose end is _____, whose god is their belly, and whose glory is in their shame — who set their mind on _____ things. For our citizenship is in _____, from which we also eagerly wait for the Savior, the Lord Jesus Christ, who will _____ our lowly body that it may be _____ to His glorious body, according to the working by which _____ even to subdue all things to Himself.”
—Philippians 3:17-21

CONTENTMENT

Take time to journal what you learned and how you desire to apply this to your marriage:

PHILIPPIANS 4:11

Journaling continued...

Building a Godly Marriage

Couples spend thousands of dollars, countless hours, and months of preparation for an event that lasts a few hours on their wedding day. But how much time is spent preparing for the marriage that is meant to last a lifetime?

Building a Godly Marriage is a teaching series designed to help couples prepare for marriage, as well as strengthen those who have been married for years. Rob Salvato combines teaching from the books of Ephesians and Song of Solomon to paint a clear picture of God's heart for married couples and to emphasize the unique role that the Holy Spirit seeks to fill. This series is packed full of biblical insight, practical tools, and candid illustrations from Rob's own marriage to his wife, Denise. Rob and Denise have a strong desire to see couples experience a vibrant, spirit filled, and passionate marriage that brings glory to God over the course of a lifetime.

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