

# *Marriage Foundations: A Beginning*



Institute of Marriage and Reconciliation  
[www.fitlyspoken.org](http://www.fitlyspoken.org)

*Building Series Entry Booklet*



*Marriage Foundations:  
A Beginning*

Entry Booklet  
Building Series #1

**Way of the Cross**  
Institute of Marriage and Reconciliation  
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*Written and produced by Pastor Greg S. Baker  
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Welcome to Way of the Cross marriage booklets. We are excited that you have decided to use these tools to aid in strengthening your marriage. These booklets do much more than instruct. They guide you in an intuitive and instructive manner. They will step you through the process, one step at a time, on what you need to do to heal, strengthen, and build your marriage.

For most couples struggling with their marriage, the issue isn't ability, talent, or intelligence; it is the lack of knowledge and tools to make the marriage successful. With the right knowledge and tools, we believe that any marriage can succeed when they follow the Biblical principles outlined in this program. We spend literally hundreds and thousands of hours going to school to prepare for a lifelong career, yet hardly any one takes the time to study for the lifelong relationship we call marriage. These marriage booklets are meant to empower you and your marriage with the tools and knowledge to use them.

There are FOUR stages that our program will take you through:

The ***Building Stage*** gives you the proper foundations and concepts for a successful marriage. You will understand the spiritual nature of marriage and God's place in it. You will learn to communicate more effectively with your spouse and build trust between each other. You will also learn child rearing techniques that reinforce the marriage instead of injuring it. And this is just the beginning.

The ***Growing Stage*** will expand your relationship in ways that deepen your love and understanding of each other. In this stage, you will learn to understand your spouse's nature and needs that will allow you to grow your relationship in exciting and innovative ways. Here you will also learn to understand the priceless and meaningful nature of sex in marriage.

The ***Challenge Stage*** will take your relationship to undreamed heights. It will challenge you to renew that fresh excitement that you once possessed and give your marriage meaning and purpose that constantly draws you together. It will challenge you to become

more than just married, more than the worldly concept of ‘soul mates’ but to become true best friends.

The ***Healing Stage*** can be done during any of the previous stages. It focuses on healing hurts and injuries that are still present in the marriage. It seeks to provide healing of wounds and restoration of rifts that past mistakes have caused. Here you can learn to overcome problems that often destroy a marriage, such as anger, jealousy, sexual immorality, and more.

Marriage is a spiritual union, and in these booklets you will learn how to include God in every aspect of your marriage for a fuller, deeper, stronger, and healthier marriage.

It is the way of the Cross.

All of these booklets are meant to be used in conjunction with a Pastor or Biblical marriage counselor. Never underestimate the power of an impartial perspective.

This first booklet, ***Marriage Foundations - A Beginning***, will get you started on the road to building a marriage that everyone dreams of. Complete each *Building Block* and you will see a marked improvement in your marriage sooner than you expect.

God bless you.



Greg and Liberty Baker  
Institute Founders

***A Biblical Definition of Marriage:*** A spiritual and physical union between one man and one woman for life, ordained by God and sanctioned by society, to fulfill a purpose that neither could fulfill alone or individually.

# Building Block #1 - Memorization

It's imperative that every couple realize that marriage is a *commitment* not a contract. Until there is true commitment in a marriage, there will be no foundation to build upon. To be truly committed, means you can't have your own way out. Divorce can't be an option if you are committed.

## Memorize the Institute's theme verse:

*What therefore God hath joined together,  
let not man put asunder.  
- Mark 10:9*

*You must be able to quote it at least once by spousal request.*

Completed by Husband: \_\_\_\_\_ Date: \_\_\_\_\_  
(Wife's Signature)

Completed by Wife: \_\_\_\_\_ Date: \_\_\_\_\_  
(Husband's Signature)

# Building Block #2 - Communication

Communication is the bedrock of every relationship, especially in a marriage. **To complete this Building Block you will need to write a letter to your spouse that details 3 things:**

1. Why you chose her/him to marry in the beginning.
2. Where you would like to see your marriage in 10 years.
3. Your commitment to reaching that goal.

Take your time and allow your words and thoughts to be a true reflection of your heart.

Completed by Husband: \_\_\_\_\_ Date: \_\_\_\_\_  
(Wife's Signature)

Completed by Wife: \_\_\_\_\_ Date: \_\_\_\_\_  
(Husband's Signature)

## Building Block #3 - Prayer

There is an old saying, “The couple that prays together, stays together.”

**To complete this Building Block you must pray with each other for at least 5 minutes, 2 days in a row.** Discuss the day and your plans with each other before you pray and then pray for those situations.

Completed by Husband: \_\_\_\_\_ Date: \_\_\_\_\_  
(Wife’s Signature)

Completed by Wife: \_\_\_\_\_ Date: \_\_\_\_\_  
(Husband’s Signature)

## Building Block #4 - Communication

**To complete this Building Block, you will need to be honest and forthright with each other without getting defensive. Answer each of these questions individually and share the answers with each other:**

**(For the Husband to Answer)**

1. If you could change, instantaneously, anything about your wife, what is the two most important things you would want to change?

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2. If your wife could change, instantly, anything about you, what is the two things you believe she would want to change the most?

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3. If you could change, instantly, anything about yourself, what is the two things you would want to change the most about you?

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*No marriage can grow without an honest look at problems and potential problems. Don't get defensive or even disagree with your spouse's responses. Allow your spouse's opinion to be valid and taken into consideration.*

Completed by Husband: \_\_\_\_\_ Date: \_\_\_\_\_  
(Wife's Signature)

**(For the Wife to Answer)**

4. If you could change, instantaneously, anything about your husband, what is the two most important things you would want to change?

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5. If your husband could change, instantly, anything about you, what is the two things you believe he would want to change the most?

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6. If you could change, instantly, anything about yourself, what is the two things you would want to change the most about you?

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*No marriage can grow without an honest look at problems and potential problems. Don't get defensive or even disagree with your spouse's responses. Allow your spouse's opinion to be valid and taken into consideration.*

Completed by Wife: \_\_\_\_\_ Date: \_\_\_\_\_  
(Husband's Signature)

## Building Block #5 - Date Planning

**To complete this Building Block, the wife will need to provide a list of ten things that she most enjoys to do that costs less than \$10.** She will need to share this list with her husband.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Completed by Wife: \_\_\_\_\_ Date: \_\_\_\_\_  
(Husband's Signature)

**The husband must plan a date complete with day, time, and place.** He will need to choose one of the items (or combination of) on her list that he also enjoys and plans a date around it. He will need to share his plans with his wife to complete this Building Block. The date does not have to be away from the home, but it does need to be away from children, friends, or other relatives.

(Continued on Next Page)

## Details of Planned Date

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Completed by Husband: \_\_\_\_\_ Date: \_\_\_\_\_  
(Wife's Signature)

## Building Block #6 - Dating

**To complete this Building Block, the Husband needs to take his wife out on the date he planned in Building Block #5.**

Completed by Husband: \_\_\_\_\_ Date: \_\_\_\_\_  
(Wife's Signature)

**For the wife to complete this Building Block, she must write a 'thank you' note or letter expressing how the date made her feel.**

Completed by Wife: \_\_\_\_\_ Date: \_\_\_\_\_  
(Husband's Signature)

Dating helps kindle the attraction in a relationship. Just because you are married doesn't mean that you ought to stop dating. In fact, having a date once a week is a wonderful thing that all couples ought to do.





## Building Block #8 - Counseling

**To complete this Building Block, the married couple needs to attend one session marriage counseling with a pastor or Biblical marriage counselor.**

The Bible teaches in Proverbs 11:14 that “Where no counsel *is*, the people fall: but in the multitude of counsellors *there is* safety.”

A good pastor or counselor will encourage you, cheer you on, guide you, help you overcome issues that you could not do on your own. For this exercise to be complete, you must get the signature of your counselor.

Completed by Couple: \_\_\_\_\_ Date: \_\_\_\_\_  
(Signature of Pastor or Marriage Counselor)

# **The TEN Principles For A Successful Christian Marriage**

1. Unless God is allowed to be the Chief Architect of my marriage, I can't get the marriage I want. (Psalms 127:1, 128:1-6)
2. Communication is the medium through which all love, growth, and grace must flow. (Prov 18:4, 21)
3. Unhealed emotional injuries will always be the most hazardous obstructions in my marriage. (2 Cor 2:6-7, Mat 5:23-24, Prov 4:23)
4. There can't be any place, physical, mental, or emotional that my spouse is not allowed to go with me. (Gen 2:24, Eph 5:31, Mark 10:8)
5. Deepening my love for my spouse is dependent upon increasing my knowledge of, and walk with, God. (1 John 4:8)
6. Resolution and reconciliation is more important than who is at fault or who is to blame. (Mat 5:23-24, Mat 18:21-22)
7. Strengthening shared values is more essential to my marriage bond than engaging in shared interests. (Amos 3:3, 2 Cor 6:14)
8. It is more important to earn my spouse's trust than to get my own way. (Prov 28:20, Prov 25:19)
9. To whatever degree insecurity exists in my marriage to that same extent my marriage has become vulnerable. (Luke 22:31-34, Heb 6:18-19)
10. Submission and love go hand in hand, and neither can exist in my marriage without the other. (John 15:13, Eph 5:21-33)

Over the course of the program, you will have the opportunity to see first hand how these principles can keep your marriage strong, sound, and happy.

## NOTES AND QUESTIONS

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## **CONGRATULATIONS!**

You have completed the first booklet in building your marriage!  
You have succeeded, thus far, in accomplishing several things that are essential to your marriage:

1. You have reaffirmed your commitment to each other.
2. You have communicated your feelings and hopes to each other.
3. You have prayed together and brought God within the scope of your relationship.
4. You have spent quality time together.
5. You have demonstrated appreciation for each other.
6. You have discussed problems in your marriage maturely.
7. You have reaffirmed your devotion, love, and care for each other.
8. You have proved your determination to build, grow, challenge and heal your marriage!

Having spent some time doctoring your marriage, you probably feel better about it already. And you didn't have to sit in hours of counseling to do it. *You did it.* The booklet was only a tool, a guide, but the improvement in your marriage is wholly your own.

This is why these booklets are so unique and different from other programs out there. By completing this first booklet, you have already demonstrated that God's principles in Scripture are the keys to a lasting, happy, and meaningful marriage. It only gets better from here.

Each booklet follows a theme that is intuitive or adaptable to your situation, your individual issues and problems. The exercises will then help you to implement what you learn into your marriage so that you may succeed in having that fairy tale marriage you dreamed of before you were ever married.

**TAKE THE NEXT STEP** and get the *Essential Foundations #1* booklet and begin working on it right away to further increase your communication skills. Your marriage is worth it!



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Booklets

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