

Chapter 1: The Source of Love

Facilitator, this chapter sets the foundation: love begins with God. Help your group see that love is not a feeling but a reflection of God's character.

■ Coaching Tip: Encourage participants to memorize 1 John 4:19. Ask how seeing God as the source of love reshapes their expectations in marriage.

- 1. God's love is unconditional and sacrificial.
- 2. Love originates from God – 1 John 4:7-8.
- 3. The world's version of love is rooted in feelings and self-interest.
- 4. Christ demonstrated love through humility and obedience – Philippians 2:5–8.

Chapter 2: The Language of Submission

Facilitator, submission is not about control but order. Help readers see it as an act of trust in God, not superiority or inferiority.

■ Coaching Tip: Open with Ephesians 5:21 before discussing roles. Stress mutual submission under Christ before diving into marital order.

- 1. Biblical submission is yielding to God's design – Ephesians 5:22-24.
- 2. Christ submitted to the Father – John 6:38.
- 3. Submission is not inferiority but divine order.
- 4. Husbands are to love sacrificially – Ephesians 5:25.

Chapter 3: Love and Respect

Facilitator, explore the connection between a husband's love and a wife's respect. Both are commanded. One without the other breeds imbalance.

■ Coaching Tip: Avoid stereotypes. Ask: How can we show love or respect even when it's not earned?

- 1. Ephesians 5:33 commands both love and respect.
- 2. Love is proactive; respect is responsive.
- 3. Christ loved us while we were unworthy – Romans 5:8.
- 4. Respect does not mean silence; it means honoring God's order.

Chapter 4: Communication and Conflict

Facilitator, guide the group through healthy biblical communication. Conflict isn't sin—sinful responses are.

■ Coaching Tip: Practice James 1:19 as a group. Have couples rehearse slow listening and gentle response.

- 1. James 1:19 – swift to hear, slow to speak.
- 2. Soft answers turn away wrath – Proverbs 15:1.
- 3. Anger gives place to the devil – Ephesians 4:26-27.
- 4. Speak the truth in love – Ephesians 4:15.

Chapter 5: Forgiveness and Repentance

Facilitator, this is the heartbeat of restoration. True love cannot live without forgiveness.

■ Coaching Tip: Ask: What's harder—asking for forgiveness or giving it? Why? How does the Gospel shape that answer?

- 1. Forgive as Christ forgave – Colossians 3:13.
- 2. Unforgiveness blocks healing – Matthew 6:15.
- 3. Repentance includes confession and fruit – Luke 3:8.
- 4. Forgiveness doesn't erase consequences but restores fellowship.

Chapter 6: The Role of the Husband

Facilitator, bring clarity and honor to the husband's role. Headship is not dominance, it's service.

■ Coaching Tip: Ask: How did Jesus lead? Encourage men to evaluate their leadership by Philippians 2.

- 1. Husband is head as Christ is head – Ephesians 5:23.
- 2. Called to nourish and cherish – Ephesians 5:29.
- 3. Lead in love, not force – Colossians 3:19.
- 4. Be understanding – 1 Peter 3:7.

Chapter 7: The Role of the Wife

Facilitator, redefine biblical femininity and honor the role. Avoid modern culture's distortion.

■ Coaching Tip: Use Titus 2 as a positive example of strength and grace. Honor spiritual influence.

- 1. Wives submit as unto the Lord – Ephesians 5:22.
- 2. Adorned with meekness – 1 Peter 3:4.
- 3. Helper is a strength word – Genesis 2:18.
- 4. Build the home – Proverbs 14:1.

Chapter 8: Intimacy and Oneness

Facilitator, restore a holy view of intimacy. It's not taboo, it's sacred.

■ Coaching Tip: Have separate discussions for men/women if needed. Emphasize 1 Corinthians 7:3–5.

- 1. Marriage bed is honorable – Hebrews 13:4.
- 2. Mutual care – 1 Corinthians 7:3.
- 3. Do not deprive – 1 Corinthians 7:5.
- 4. Intimacy is spiritual, not just physical.

Chapter 9: Walking in Forgiveness and Freedom

Facilitator, move from knowledge to freedom. This chapter helps break chains.

■ Coaching Tip: Encourage journaling past hurts released to Christ. Pair Galatians 5:1 with testimonies.

- 1. Christ has set us free – Galatians 5:1.
- 2. Old things passed away – 2 Corinthians 5:17.
- 3. Bitterness defiles – Hebrews 12:15.
- 4. Forgiveness is a continual walk – Matthew 18:21-22.

Chapter 10: Returning to Your First Love

Facilitator, end with a call to return to Christ above all. All healing flows from this.

■ Coaching Tip: Ask: What would it look like to love Jesus first again? Use Revelation 2:4-5 as a springboard.

- 1. Return to your first love – Revelation 2:4-5.
- 2. Abide in Me – John 15:4.
- 3. God will heal our backsliding – Jeremiah 3:22.
- 4. Renew your mind – Romans 12:2.