

LIFE SKILLS FOR YOUTH SERIES

# MODULE 5

## THE GIFT OF



# MARRIAGE

TRAINER'S GUIDE

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# LESSON 1

## BEFORE YOU SAY, "I DO"

**Total Time: 1.5 hours, 90 minutes**

### **Special Materials Needed for this Lesson**

Two Clear Water Glasses, One Large Clear Bowl or Pot, Red & Blue Food Coloring, Lots of Newspapers, a Small Toy Car, Magazines, A Few Books, Measuring Stick

### **Competencies for Module 5: The Gift of Marriage**

Summary of competencies for Module 5: For youth to understand how to develop a healthy family life.

- Participants will be able to identify what causes a family to become unhealthy and/or dysfunctional.
- Participants can recognize the desirable qualities of a husband and/or a wife.
- Participants will know, understand and can demonstrate effective ways to have a family argument.
- Participants will know and understand the five love languages and how to apply them to family members.

## **A. Welcome and Introduction**

**Time: 10 minutes**

### **Welcome**

Welcome everyone back to *Life Skills*. Discuss their responses to the Action Plan from the previous lesson. Reinforce the idea that each of them has the knowledge, right and capacity to make healthy choices. Supply the answers to the word find puzzle. These answers are provided in the appendix of that lesson.

Inform the class today's lesson begins a new module entitled The Gift of Marriage. Briefly review the competencies for this module without reading them and explain the competency that will be covered in this first lesson.

Relate this module with the last two lessons from Module 4, which were focused on building healthy relationships. Explain the importance of developing a healthy relationship with the person you might want to marry. As discussed in the previous module, relationships are built on Mutual Respect, Trust, Honesty, Support, Fairness, Separate Identities and Good Communication.

Ask for volunteers to share what they have learned up to this point about finding a good mate? Accept answers as given.

### **Introduction**

Introduce this module by explaining the following:

Marriage is a gift from God, a covenant not to be broken. It is a commitment that should be taken very seriously. In general, society today takes marriage lightly and we often see people being married several different times. Celebrities often show us examples of poor marriage relationships as they marry divorce and remarry; giving the impression it is okay. Remember all the different messages we discussed

concerning the different meanings of the word "love"? How many of you really want your spouse to love you the same way they love a McDonald's hamburger? Right, this is crazy. In today's lesson and through this module we will look at marriage. We can expect fun and some great new ideas for the future we are looking toward.

Questions that will be answered in this training module include:

- How do you know whom to marry?
- What are you looking for in a spouse?, and
- How can a marriage last forever?

Let's take a look at what may be a typical young couple.

*Lisa and Sean saw each other for the first time at the mall. (Use a romantic tone here).*

*Their eyes met. They both smiled. They both felt weak in the knees and had that funny feeling in their stomachs. That was it. Love began. Lisa told her friends, "I feel so good when I am with Sean. He makes me feel so special." Sean also said, "She is everything I have always wanted in a girl. She is beautiful. She makes me laugh. She makes me feel great!"*

*Within 6 months they were married. At first, marriage was so fun. They set up their apartment together. They spent a lot of time walking in parks, holding hands, looking at the stars. It was wonderful.*

*After some time, though, Lisa started getting annoyed at Sean. He wouldn't pick up his dirty clothes off the floor. He wouldn't take out the trash, and even worse, he snored! Loudly! She told her friend, "I thought we were best friends. Now he goes out with his friend, Brad, more than he spends time with me."*

*Sean also became annoyed with Lisa. He told his friend, "She isn't the same as she was before we got married. She's busy all the time. We never go for walks together anymore. And she thinks I don't help enough with the housework. And you should see her when she first gets up in the morning! Maybe I made a mistake."*

Did they make a mistake? Probably not, but they both came into the marriage with certain ideas and expectations. Sean expected everything to stay as it was before they got married, and Lisa expected Sean to spend more time with her and do more around the house.

Will two people coming together for life agree on everything? No. They will have different ways of thinking about things, and that is normal. A couple should not break up just because they have disagreements. A lot of trouble can be avoided if the couple talks about certain issues such as money, spending time together, raising children, having children, etc., *before* they get married. When two people come together to form one, it takes some work.

In today's lesson we are going to talk about marriage and what you need to know about a person before you marry them.

First, though, we have to understand what marriage is. It's more than just the warm, fuzzy feeling of being "in love". Marriage is a lifetime commitment to making a home together and wanting the absolute best for your partner. It is a covenant. It is a sacred promise involving a man, a woman, and God. As a bride and groom make their vows of commitment to each other, God bears witness to this. Not only does He bear witness, He extends His blessings and promises His faithfulness. Likewise, a

man and a woman pledge to be faithful and to be a blessing to each other.

## B. Lecturette: One plus One equals ONE

**Time: 10 minutes**

### Introduction

To get things started we are going to do some math.

*Write the equation "1+1= \_\_\_" on a piece of paper and hold it up for everyone to see.*

So, who can tell me the solution to this equation? 2? I thought you would say that. Mathematicians tell us that  $1 + 1 = 2$ . In a moment, I am going to illustrate that according to the Bible  $1 + 1$  equals 1 when it comes to marriage.

People sometimes say that marriage is like the equation  $\frac{1}{2} + \frac{1}{2} = 1$ . Marriage is not a half of a person and a half of a person. It is one whole person and another whole person coming together as man and wife. The man brings his whole life into the marriage-his past, his talents, his understanding of life and how things should be, and even his relatives! The woman also is a whole person with ideas, talents, an understanding of life and even her relatives!

### Illustration

**Trainer Note:** *Prior to this lesson prepare use food dye to prepare two clear glasses of colored water; one red and one blue. You will also need a pot or glass bowl to mix the two glasses of water into as an illustration.*

Let's illustrate it this way: See these two glasses of water. One is red and one is blue. They are very different, yet they are both still water. If you look through the blue water, you will see everything with a blue tint. If you hold up the glass of red water and look through it at the room, everything has a red tint to it. Two very different glasses of water, but if I blend the two together like this....stir....and then look at it, you see only one color.

The two have become one. Now the red and blue tints are mixed together. They are now a new color and they are inseparable. The two have become one. That is what marriage is: two people becoming one, inseparable new thing. The Bible tells us that this is God's intention.

Genesis 2:24, *"For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh."* (NIV)

Again, in Mark chapter 10, Jesus refers to this and explains it further: *"But at the beginning of creation God 'made them male and female. For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh. So they are no longer two, but one. Therefore what God has joined together, let man not separate."* (Mark 10:6-9 NIV).

## C. Activity: Processing through "The Bridge"

**Time: 20 minutes**

**Trainer Note:** *This activity will require you break up the group into*

*teams. Depending on the size of the group, you may want two teams, four teams, etc. You will need a lot of used newspaper, tape, a small toy car and at least two tables.*

### **Set Up**

Next, we are going to do an activity to help demonstrate in another way that  $1 + 1 = 1$ . We are going to divide you into groups and have you make a bridge. This is **not** a competition, but an illustration on how different people can have very different understanding and ideas, yet they can still create something together, like a marriage.

The object of the activity is to create a complete bridge from the many ideas and help from your other team members.

### **Instructions**

Using newspaper and tape, each team will create one complete bridge. Each bridge needs to be 6 inches (15 cm) high and at least 12 inches (30 cm) long. Before beginning construction, each member of the team should share his or her ideas. Your teams may begin building your bridge only after everyone has offered ideas. It is important that the teams do not hear each other's ideas. The teams may not use glue, only tape and newspaper. Each bridge should be able to stand on its own, which means they need to build up a solid foundation before starting to build out. The completed bridge should be strong enough to hold a toy car.

### **Conduct the Activity**

Allow approximately 15 minutes for this activity. Be sure to monitor the teams to ensure everyone has had an opportunity to express their ideas about the design of the bridge before construction begins.

After the allotted time, have each team present their bridge to the group. The teams will then have the opportunity to describe to other teams how they decided on the design of their bridge and what, if any, modifications they made in the process.

### **Debrief**

Discuss the point of the exercise when they are done. Ask what, if anything, they learned from this activity. Points to bring out:

1. It is important to listen to each other's ideas before beginning.
2. A solid foundation must be laid first.
3. Cooperation is very important.
4. Oftentimes, you have limited resources to work with.
5. Something new can be created from different ideas.
6. Both sides of the bridge need to be strong to hold up the middle.

## **D. Small Group Discussion: Ideal Relationships**

**Time: 15 minutes**

### **Set up**

Divide the class into groups of 5-6. Have each group arrange their chairs into a circle.

**Instructions**

Refer to Handout: *Ideal Relationships*.

First, individually read each of the questions on handout. Think about your answers and make a few notes. When you are done, go round your circle and, one at a time, share your responses questions

**Trainer Note:** *It is important that each person has an opportunity to share in their groups, but do not make them feel uncomfortable if they do not want to share.*

Question on the handout:

- What real life married couples have you seen who have the kind of marriage you would like to have some day? If you can't think of a couple in real life, think of a couple from a movie or television program.
- What is it about their relationship as man and wife that you like?
- How do you think they keep their relationship strong and healthy?

**Summarize**

As you learned in your discussion, people have different ideas about what constitutes an ideal relationship. That's why it is important to get to know someone really well before entering into a committed relationship.

**E. Large Group Discussion: Qualities of a Good Marriage**

**Time: 15 minutes**

Refer to Handout: *What Makes a Good Marriage*.

**Instructions**

Individually answer the questions on the handout. It may be helpful to consider the couple(s) you discussed in your smaller groups to help answer the questions. Allow 5-10 minutes to complete the handout.

**Discussion**

Discuss the questions from the handout in an open forum with the entire group.

- What do you think are the qualities of a good marriage?
- What makes a marriage last, despite differences between the man and the woman?
- [Share the] names of people who you think have a good marriage. [Why do you think this?]

Encourage them to share how they think the couples make their marriages work. Give them opportunity to share their ideas and then fill in areas they may have missed.

**Bridge**

In order to have a good marriage, we need to begin to understand each other, our differences, our likes, dislikes, our upbringing, what our family is like, what our expectations are of marriage, and many other things. It is important to talk about these BEFORE you say, "I do."

## F. Discussion & Feedback: Things to Talk about Before the Big Day

**Time: 15 minutes**

In this exercise, we are going to discuss in detail some topics that are important to discuss before getting married. This is building a solid foundation. Remember what it took to build your bridge: discussions, trying out ideas and working together. That is why this part of this lesson is so important; it focuses us on areas we will want to discuss with our prospective marriage partner. Having these discussions before marriage, helps us to better understand the other person.

Refer to Handout: *Things To Talk About Before The Big Day!*

Have the class members discuss their personal thoughts, feelings and opinions about each of these sets of questions.

**Trainer Note:** *There are a variety of ways to discuss these questions depending on how much time you have available. You may want to read through each of the items and have the class discuss each one as a large group or have them divide into small groups. Altogether or in smaller groups, you may want to discuss all of the questions or choose certain ones.*

*There will probably be many questions that do not get fully discussed. Encourage everyone to consider all of the questions outside of the classroom and to write down their thoughts, opinions and feelings about each.*

1. Why are we getting married? What do we, as a couple, want out of life together?
2. What was your childhood like? Was your family an affectionate one? What is your relationship to your family now?
3. What did you like or dislike about your family while you were growing up? (If you grew up in a home other than with your parents, discuss that.)
4. How would you describe yourself? Your strengths, weaknesses? How do you think I see you?
5. How are we going to divide up the household chores?
  - a. Cooking
  - b. Dishes
  - c. Shopping
  - d. Floors
  - e. Taking out the trash
  - f. Washing the clothes
  - g. Paying the bills on time
  - h. Cleaning the House
6. How do you think we will spend our free time? Together all the time, or with other friends sometimes? With family? What will we do?
7. Do you like to save or spend money? Do you want to have a budget so we can make sure our money lasts through the month? Who will be responsible for the bills getting paid?



8. Do we want to have children? How long should we wait after we get married to have children? How many children do you want to have? What kind of parent do you think you will be? What about disciplining them? Should we both work after we have a child?
9. Does religion and God play an important part of your life? What kind of church should we attend? Do you think faith is important in a marriage? What about our children?
10. Are you willing to meet with a pastor to discuss marriage before we get married?
11. Are you comfortable discussing sex after we get married?
12. Do you believe that we should do everything together? Can we each pursue our own interests and develop our own talents? Can we go out with friends now and then? How can we make sure that we have quality time together every week so our relationship can grow?
13. How will we make decisions together? Will we both have a say in big decisions?
14. How will we deal with disagreements? Do you believe that hitting should be allowed, or can we work out our disagreements through discussion? Can we sometimes agree to disagree and still love each other?
15. Are we both willing to work on our communication and to share intimately with each other anything we want to share?
16. What does it take to make a good husband or a good wife? Each person should share their views.
17. What does it take to make a good father or mother? Each person should share their views.
18. Discuss habits you have and how they may affect the other person. For example: Prefer to sleep in a room with the lights on, snoring, talking in your sleep, always being cold, etc.
19. How do we show affection to each other and others? Are you comfortable showing affection to each other?

As time allows, solicit and discuss responses to some of the groups of questions. Provide appropriate feedback.

### **Debrief**

Explain this exercise provides each participant with the opportunity to begin thinking seriously about marriage, their likes, dislikes, habits, and other important matters. It also underscores the importance of needing to understand perspective marriage partner's views on these matters

## **G. Action Plan and Closing**

**Time: 5 minutes**

### **Action Plan**

Refer to Action Plan: *What Makes a Good Marriage?*

Ask three married people to answers the questions on the sheet.

- One couple should be married between 1-5 years
- One couple should be married between 6-15

- One couple should be married more than 16 years.

If you cannot find three couples in these different categories, still make sure you interview three different married people.

### **Closing**

As you close, explain we have just scratched the surface of marriage and relationships. It will be important for each person to continue to assess who they are, their likes, dislikes, habits, and other things we have discussed and how that would affect a relationship with their future spouse.



## IDEAL RELATIONSHIPS

In your group, discuss the following questions. Be sure everyone gets a chance to share his/her ideas. Use this handout for notes about your ideas and other ideas shared in the group.

What real life married couples have you seen who have the kind of marriage you would like to have some day? If you can't think of a couple in real life, think of a couple from a movie or television program.

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What is it about their relationship as man and wife that you like?

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How do you think they keep their relationship strong and healthy?

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## WHAT MAKES A GOOD MARRIAGE?

What do you think are the qualities of a good marriage?

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What makes a marriage last, despite differences between the man and the woman?

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Write down names of some people who you think have a good marriage:

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## THINGS TO DISCUSS BEFORE YOU GET MARRIED

You can use the following list to discuss important matters with a potential marriage partner. You may even want to them off after you have discussed them and come to an agreement. This is not a list of everything it is important, so please discuss other matters as they arise.

1. Why are we getting married? What do we, as a couple, want out of life together?
2. What was your childhood like? Was your family an affectionate one? What is your relationship to your family now?
3. What did you like or dislike about your family while you were growing up? (If you grew up in a home other than with your parents, discuss that.)
4. How would you describe yourself? Your strengths, weaknesses? How do you think I see you?
5. How are we going to divide up the household chores?
  - a. Cooking
  - b. Dishes
  - c. Shopping
  - d. Floors
  - e. Taking out the trash
  - f. Washing the clothes
  - g. Paying the bills on time
  - h. Cleaning the House
6. How do you think we will spend our free time? Together all the time, or with other friends sometimes? With family? What will we do?
7. Do you like to save or spend money? Do you want to have a budget so we can make sure our money lasts through the month? Who will be responsible for the bills getting paid?
8. Do we want to have children? How long should we wait after we get married to have children? How many children do you want to have? What kind of parent do you think you will be? What about disciplining them? Should we both work after we have a child?
9. Does religion and God play an important part of your life? What kind of church should we attend? Do you think faith is important in a marriage? What about our children?

10. Are you willing to meet with a pastor to discuss marriage before we get married?
11. Are you comfortable discussing sex after we get married?
12. Do you believe that we should do everything together? Can we each pursue our own interests and develop our own talents? Can we go out with friends now and then? How can we make sure that we have quality time together every week so our relationship can grow?
13. How will we make decisions together? Will we both have a say in big decisions?
14. How will we deal with disagreements? Do you believe that hitting should be allowed, or can we work out our disagreements through discussion? Can we sometimes agree to disagree and still love each other?
15. Are we both willing to work on our communication and to share intimately with each other anything we want to share?
16. What does it take to make a good husband or a good wife? Each person should share their views.
17. What does it take to make a good father or mother? Each person should share their views.
18. Discuss habits you have and how they may affect the other person. For example: Prefer to sleep in a room with the lights on, snoring, talking in your sleep, always being cold, etc.
19. How do we show affection to each other and others? Are you comfortable showing affection to each other?

## BEFORE YOU SAY "I DO"

### ACTION PLAN

Ask three married people to answer the questions below.

- 1) One couple should be married between 1-5 years.
- 2) One couple should be married between 6-15.
- 3) One couple should be married more than 16 years.

If you cannot find three couples in these different categories, please try to still interview three

different married people.

#### What are the qualities of a good marriage?

Couple #1

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Couple #2

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Couple #3

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#### What makes a marriage last, despite differences between the husband and wife?

Couple #1

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Couple #2

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Couple #3

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# LESSON 2

## LOVE LANGUAGES<sup>1</sup>

**Total Time: 1.5 hours, 90 minutes**

### **Special Materials Needed for this Lesson**

Small Gift for One, 5 Pieces of Colored Paper with Love Languages Names, Large Score Chart, 5 Noisemakers, 30 Second Timer

### **Competencies for Module 5: The Gift of Marriage**

Summary of competencies for Module 5: For youth to understand how to develop a healthy family life.

- Participants will be able to identify what causes a family to become unhealthy and/or dysfunctional.
- Participants can recognize the desirable qualities of a husband and/or a wife.
- Participants will know, understand and can demonstrate effective ways to have a family argument.
- Participants will know and understand the five love languages and how to apply them to family members.

## **A. Welcome and Introduction**

**Time: 10 minutes**

### **Welcome**

Welcome everyone back to *Life Skills*. Ask for volunteers to share answers they received to the questions from their Action Plan from the previous lesson. Explore the similarities and differences in these responses. Reinforce the importance of open communication with a perspective marriage partner. Encourage the participants to keep in mind during today's lesson.

### **Introduction**

Today we are going to talk about one of the most discussed topics around the world, **Love**. The need to be loved is the most important of all our needs as humans. People will climb mountains or sail the seas for love.

The Bible teaches us that love is the greatest of all gifts. 1Corinthians 13:13 says, "*And now these three remain: faith, hope and love. But the greatest of these is love.*" (NIV)

Today's lesson deals with the various ways people express and receive love.

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<sup>1</sup> This lesson is based on *The Five Love Languages* written by Gary Chapman and published by Northfield Publishing, 1995. We are indebted to the author for his kind permission to use this material.

## B. Introductory Demonstration: Love Tank

**Time: 10 minutes**

### Introduction to Love Tank

Let's think of love in practical terms. Think about filling a vehicle up with fuel. We do this because we know it needs fuel to run, right? Well, we also need to know what type of fuel the vehicle needs. It may take gasoline, natural gas, diesel, propane, or kerosene. If you put the wrong fuel in the vehicle, what might happen? It might not run right, spit, sputter or not run at all. It is the same way with Love. We know people need love and we can think we are giving love, but if we are giving the wrong stuff to a person, they might not feel love at all.

Think of our need for love in terms of a tank. We will call it a Love Tank that we carry within ourselves. We all have one of these Love Tanks that needs filled with Love. People can put stuff in our personal Love Tank, but as mentioned, if it is the wrong stuff, we may not feel loved at all. Conversely, we may try to fill another person's Love Tank, but if we are not adding the proper fuel, or expressions of love, their tank may remain empty.

So, if we apply this to a marriage relationship, there are two things we need to understand. First, we need to understand that both partners have Love Tanks to need to be filled. And second, we need to know what type of fuel, or expressions of love, it takes to fill each partner's Love Tank.

In a few minutes we will discuss five different ways you can fill up someone's Love Tank, but before we do that I will demonstrate them to you.

### Conduct Demonstration

Be friendly and smile as you conduct this demonstration. Walk around the room and select a different class member for each of the following:

- Give a small gift such as a pencil, sticker or other item.
- Give an affectionate pat on the shoulder.
- Straighten up their books, tie their shoe, dust their desk, or some similar small act.
- Give a personal complement.
- Spend a couple of seconds chatting, maintaining eye contact the entire time.

### Brief Discussion

Ask for reactions and feedback to what was just demonstrated. Assist in identifying the five different types of expressions of love that were demonstrated.

### Bridge

What are the love languages and how do we express love to our spouse if they speak a different one than we do? Today you will learn the different love languages and how to express them.

## C. Lecturette: The Five Love Languages

**Time: 15 minutes**

In his book, *The Five Love Languages*, Gary Chapman, writes about learning how to express heartfelt commitment to your mate. He feels strongly that if each of us learns

more about what makes our mates feel loved, we will all have healthier marriages. In his book, Mr. Chapman describes the Five Love Languages as:

1. Words of Affirmation
2. Quality Time
3. Gifts
4. Acts of Service
5. Personal Touch

His belief is our love tank gets filled when our mate fills it in one of these five ways. Only we know which one of these five fills our love tank. Unless we let our mate know which one that might be, they may have no idea. They may be trying to fill our love tank with another love language, thinking we feel loved, but we don't. Often our mate ends up trying to fill our love tank from the Love Language that they most easily understand- the one we may need to feel loved.

We may have a primary Love Language, but may also at times want the other four added to feel completely loved. Let's talk a little about what each of these five love languages mean.

Refer to Handout: *The Five Love languages*

### **1. Words of Affirmation**

The person who speaks this love language gives and receives love best through encouraging words, kind words, and compliments. When he says, "You look nice in that dress", he is really saying, "I love you." If you want to tell this person that you love them, just the words, "You did a great job on dinner tonight" will mean more than a box of chocolates, or the words "I love you."

It is important for all of us to hear affirming words, but for people with this primary Love Language it is even more important. A wise man from the Bible named Solomon said in Proverbs 12:23 "*An anxious heart weighs a man down, but a kind word cheers him up.*"

### **2. Quality Time**

The person who speaks this language will show their love by spending time with you, such as joining you for a walk, taking time to talk together, or working a puzzle with you. To this person, love is spelled T-I-M-E! If you want to tell them that you love them, give them your undivided attention for a little while. It will say more than words of affirmation ever could.

### **3. Gifts**

The person who speaks this language gives and receives love best through gifts. He/She expresses love by giving flowers, or any kind of gift, handmade or purchased. The value of the gift doesn't matter as much as the love behind it. A handpicked bunch of flowers can be a stronger expression of love than a big box of chocolates purchased in a store. What it really tells the person who receives it is you not only thought of them, but you thought of them enough to give them something as an expression.

### **4. Acts of Service**

The husband who speaks this language may not say, "I love you", but he tells his wife that he loves her by taking out the trash, helping her wash the clothes or

keeping the home in good repair. A wife who speaks this language shows her love to her family by cooking a special cake, ironing her husband's clothes or making sure the home is clean when her husband gets home. The person who speaks this language shows love by doing things for another person. They receive love the same way.

### 5. Physical Touch

The person who speaks this language says, "I love you" with a hug, a kiss, or a pat on the back. Just like a car needs fuel, this person needs physical touch - even if it's just an arm around the shoulder, or a few minutes of holding hands - to get their love tank filled up. They may prefer a big hug on their birthday rather than a birthday card. In turn, they tend to express their love in the same way.

If you want to really show someone that you love him or her, try to understand what their love language is by watching how he or she expresses love. Once you understand this, you can demonstrate your love for him or her in the same way! This is not only true for mates, but it is also true with all individuals.

We have discussed just briefly what each love language is and given a couple of examples of filling a person's Love Tank. Our next activity will give each an opportunity to demonstrate what they have learned so far in this lesson.

## D. Practice Activity: Love Language Game

**Time: 20 minutes**

**Trainer Note:** Prepare in advance the following items for this activity:

- 5 different colored papers with the love languages names: Affirmation, Gifts, Service, Touch and Time. Cut each colored paper into an appropriate number of pieces to form 5 teams for this activity. If the class is small, fewer teams can be formed by combining one or more of the five love languages names.
- Bells, whistles or other type of noisemakers for each team.
- Large chart for keeping score.

### Set up

Divide the class into teams by having each student randomly select one piece of the prepared colored paper. Members with the same color piece of paper will form a team. Each team should have at least two members. The teams will be identified by the name on the combined pieces of colored paper.

### Instructions

- Each team must designate one member as its respondent for each question; rotating among the members so that all have at least one opportunity to be the respondent.
- A specific expression of love will be described. Followed by the question, "What love language is it?"
- After the question is asked, the designated respondent from each team may use their noisemaker to indicate their team's desire to answer the question.
- If a team uses its noisemaker before the question is finished, it is disqualified

from answering that question.

- The first team to use their noisemaker after the question is asked will be chosen to answer the question. The entire team may help in arriving at the answer, but only the designated respondent may answer the question. They will be allowed just five seconds to respond.
- If the answer is correct, the team will be awarded one point.
- If the answer is incorrect, other teams will be given the opportunity answer the question correctly by repeating the process. The expression of love will be described again followed by the question, "What love languages it?"

### Conduct the Activity

Use the following expressions of love for this activity:

1. He shows his wife that he loves her by cleaning up the mess he made when he cleaned fish in the kitchen. What love languages it? **Acts of Service**
2. She shows her love by getting her husband his favorite flavor of ice cream. What love languages it? **Gifts**
3. He says "I love you" by turning off the television when his wife comes in the room and just talking with her. What love languages it? **Quality Time**
4. She gets out of bed in the morning to walk with her husband to the bus stop, even though it's just down the road a little way. What love languages it? **Quality Time**
5. He tells his wife that she did a great job on the dinner she made. What love languages it? **Words of Affirmation**
6. She irons her husband's shirt for him, even though he didn't ask her to. What love languages it? **Acts of Service**
7. He makes sure to give his wife a hug and kiss every morning before work. What love languages it?" **Personal Touch**
8. Even though there is a big pile of laundry, she puts down the laundry and greets her husband with a kiss and hug when he walks in from work. What love languages it? **Personal Touch**
9. The dirty dishes that were in the sink are all washed when she comes home from work. What love languages it? **Acts of Service**
10. He stops and picks wild flowers to bring home to her. What love languages it? **Gifts**

**Trainer Note:** *If you want to play more, have one member from each team create the expression of love for the other teams in turn. Limit the time to 30 seconds to come up with an expression for the other team to guess. Using a timer is always helpful.*

## E. Partner Activity: Love Tank Game

**Time: 25 minutes**

### Introduce Activity

We have talked a little about the love languages and about our Love Tanks. Do you think only married couples have Love Tanks or might everyone have a Love Tank?

(Accept answers from the group.) All of us have a Love Tank that needs filled. We too need them filled with the right stuff. This activity will give us an opportunity to think about our Love Tanks. Are they empty or full? If they are not full, what is needed to fill them up?

This is a game that a husband and wife can play, but also friends can play it with each other.

### **Set up**

Divide the group into pairs. Depending on the ages and maturity of the class members, he may want to divide the guys in the girls.

### **Instructions**

#### Option #1

- One person asks the other “On a scale of one to ten, how full is your love tank?” One means empty and ten means full. The person may say, “My love tank is on 3.”
- Then ask, “What 5 things can I do to help fill up your tank?” Give the person time to think and respond.
- Based on their answers, try to guess what their love language might be.
- Ask if they agree with your guess.
- Switch roles and do it again.

#### Option #2

- One person asks the other, “How do you show your love to other people?”
- Based on their answers, try to guess what their love language might be.
- Ask if they agree with your guess.
- Switch roles and do it again.

### **Summarize**

Everyone has a Love Tank. In marriage, each person is able to pour something into the other person’s love tank. Wives pour into their husbands’ love tanks, husbands pour into their wives’ love tanks, and friends pour into each other’s love tanks. And, of course, parents also have the responsibility to pour into their children’s love tanks.

In a future lesson, we will talk more about how, as parents we need to be sensitive to the needs of our children as well as our spouse.

## **F. Action Plan and Closing**

**Time: 10 minutes**

### **Action Plan**

Refer to Action Plan: *Love Languages*.

Ask 3 different people to tell you five things that someone could do to make them feel loved. The individuals can be friends, siblings, parents, relatives, teachers or someone else you know. Based on their responses, write down what you think each person’s primary Love Language may be. Be sure to note each person’s first name, approximate age, and how you know them.

### **Closing**

Ask for responses to the following or similar questions:

- What did you learn from today's lesson that will be helpful to you?
- Who can identify your own primary Love Language and why?

Thank the class for their participation and encourage them to complete their action plan for the following week.



## THE FIVE LOVE LANGUAGES

### **Words of Affirmation**

The person who speaks this love language gives and receives love best through encouraging words, kind words, and compliments.

### **Quality Time**

A person who speaks this love language will show you their love by taking a walk with you, taking time to really talk with you or working a puzzle together with you. To this person, love is spelled T-I-M-E. If you want to speak love to them, give them your undivided attention for a little while.

### **Gifts**

The person who speaks this language gives and receives love best through gifts. He/She expresses love by giving flowers, or any kind of gift, handmade or bought. The value of the gift doesn't matter as much as the love behind it.

### **Acts of Service**

The person who speaks this love language shows love by doing things for others. They receive love the same way.

### **Physical Touch**

The person who speaks this love language demonstrates and receives love with a hug, a kiss, an arm around his shoulder, a few minutes of holding hands or a pat on the back. They may prefer a big hug on their birthday rather than a birthday card.



# LOVE LANGUAGES

## ACTION PLAN

Ask 3 different people to tell you five things that someone could do to make them feel loved. The individuals can be friends, siblings, parents, relatives, teachers or someone else you know. Based on their responses, write down what you think each person's primary Love Language may be. Be sure to note each person's first name, approximate age, and how you know them.

**Example:**

Name: *Mark*

Relationship and Age: *Friend, age 12*

Name:

Relationship and Age:

- 1.
- 2.
- 3.
- 4.
- 5.

Love Language:

Name:

Relationship and Age:

- 1.
- 2.
- 3.
- 4.
- 5.

Love Language:

Name:

Relationship and Age:

- 1.
- 2.
- 3.
- 4.
- 5.

Love Language:



# LESSON 3

## FAIR FIGHTING

**Total Time: 1.5 hours, 90 minutes**

**Special Materials Needed for this Lesson**

### **Competencies for Module 5: The Gift of Marriage**

Summary of competencies for Module 5: For youth to understand how to develop a healthy family life.

- Participants will be able to identify what causes a family to become unhealthy and/or dysfunctional.
- Participants can recognize the desirable qualities of a husband and/or a wife.
- Participants will know, understand and can demonstrate effective ways to have a family argument.
- Participants will know and understand the five love languages and how to apply them to family members.

### **A. Welcome and Introduction**

**Time: 10 minutes**

#### **Welcome**

Welcome everyone back to *Life Skills*. Ask for a show of hands from everyone who completed their Action Plan from the previous lesson. Ask for a few volunteers to share their responses. Ask the participants to raise their hands to indicate their primary love language and you name them:

- Gifts
- Words of Affirmation
- Acts of Service
- Quality Time
- Personal Touch

At this time share, your own primary love language. Ask the group to share what they discovered about the love languages of others they know (friends, parents, siblings, etc.)?

**Trainer Note:** *Try to involve different class members each week so everyone has a chance to share. It is not uncommon for the same people to always want to share and it is important to encourage involvement from everyone as they are comfortable.*

#### **Introduction**

Last week we talked about the Languages of Love and how we might fill someone else's love tank by understanding what language they speak. This week we are

going to talk about another important part of marriage and family. It is being able to have disagreements without one person feeling like they were, belittled, defeated or not heard. We call this lesson *Fair Fighting*.

Leo Tolstoy said, "What counts in making a happy marriage is not how compatible you are, but you deal with incompatibility." *This means dealing with disagreements.*

Marriage is two people coming together to make one family. There will always be disagreements, but it is possible to have an argument and finish it with both people feeling that they have been heard and respected.

Today we are going to learn how to have an argument that is fair to both people.

## B. Lecturette: 8 Rules of Fair Fighting

**Time: 20 minutes**

### Demonstrations

Begin this section with the following two demonstrations and brief discussions about them.

**Trainer Note:** *The following demonstration can be frightening for someone who has been abused or emotionally battered. It is best to set up this activity with a volunteer participant prior to the class. Explain what you will be doing and find out if they are okay to be talked to in this manner for this demonstration. After the demonstration, let the group know that you planned this in advance. Be sure to reward your volunteer and give applause for working with you on this demonstration.*

#### Demonstration #1

Walk to the desk of your volunteer. Grab his/her attention by becoming demanding and "angry". Display your anger by slamming a book on the table. In an angry tone say, "As we start this section, you must understand one thing: I am always right and you are always wrong. Do you understand me?"

Pause for a moment to observe the facial expressions of the group. Continue by asking the following questions:

- How did you feel when I yelled at \_\_\_\_\_ (name)?
- Did you feel respect for me?
- Do you feel that I was respecting you by making this statement to \_\_\_\_\_?
- Did some of you feel ready to jump up and fight me, or like you just wanted to get up and leave the room?
- Do you sometimes disagree about things with those you are presently living with?

Accept the answers as given.

Explain this was an example of HOW NOT to communicate with other people. In order to help relationships draw closer together it is important to show respect for others even if you do not agree with their views or behaviors. You do not need to become angry and raise your voice.

The Bible tells us in James 1:19, "*My dear brothers, take note of this: Everyone*

*should be quick to listen, slow to speak and slow to become angry..."*

Let's look at another way to approach this.

### Demonstration #2

Get the attention of the volunteer by stopping in front of him/her and saying in a pleasant manner, "\_\_\_\_\_ (name), I just need to talk to you about something. In this section, there will be some very important and controversial information. I know it might be hard to accept, but will you allow me to explain everything before discussing what might be wrong with my ideas? I think you might be able to see my point after the explanation."

Engage the class in a brief discussion about the differences in the two approaches by asking the following or similar questions:

- Do you feel that I was respectful of \_\_\_\_\_ (name)?
- Did you feel respect for me?
- Do you feel that I was respecting you by making this statement to \_\_\_\_\_?
- Which approach are you more likely to respond positively to?

### **Begin Lecturette**

Conflicts in relationships are inevitable. We all have our own thoughts feelings, emotions and perceptions about things and they may not always be the same as others'. Sometimes conflict occurs because of poor and misunderstood communication or because we want things one way and someone else wants things another way; therefore, we disagree. If we can learn to stay within the rules of fair fighting that we will learn today, it will help us to more clearly express our thoughts feeling and emotions in a more constructive manner that will be better for all involved.

### **The Eight Rules**

Refer to Handout: *Eight Rules of Fair Fighting*.

According to Jeffery Bernstein, Gregory Popcak and others, there are rules of fighting for married couples. We will look at a combination of these rules.

Rule 1: Agree to try to resolve conflicts right away. Letting it go unresolved will just end up causing more hurt and anger later.

*Example:* If it bothers you that someone you share a room with always puts their dirty clothes under the bed, address it immediately. Don't let the clothes pile up and begin to smell before you talk about it. If left unresolved something else the person does will upset you and not having resolved this issue will make it more difficult to work through together.

Rule 2: Stay in the present and focus on the issue at hand. Do not bring up past offenses. Instead of saying, "Last year when you....", say, "Today when this happened..." and don't argue about insignificant details.

Rule 3: Express your view or opinion without shouting and name-calling. This will keep the relationship healthier if you avoid saying things that you would regret later. It is also important to speak calmly and keep your voice down.

Rule 4: Be specific. Tell the other person exactly what is bothering you. Use sentences such as: "When you do this... (you need to describe the behavior), I feel like...(describe how you feel)." Avoid saying: "you made me feel",

because it may make the person defensive.

A good way to introduce this is to tell the person something positive they do before stating the current issue. After stating the issue, allow the other person to process what you are saying before you continue. It just may be that once you specifically state the concerns, the other person will begin to understand you without needing to say anymore.

*Example:* "I know you are good with math and can figure things out quickly. There are times when I would like to figure things out for myself. When you say the answer so quickly, I feel like I have not been given a chance to understand it."

Rule 5: Don't blame. Avoid saying, "It's your entire fault." or "You made me act that way" Be responsible for your part in the matter. Own your own feelings and do not put them on others.

Rule 6: Be honest and accurate. Avoid exaggerations such as, "You've done that a million times." Stay away from using the words 'always' and 'never'. Say, "Today when you...." Again, this is staying focused on the issue at hand and not bringing up the past and keeping the details accurate.

Rule 7: Be an active listener. Don't interrupt!!! Focus on the other person when they are talking. Don't turn your back to them. Remember, we have one mouth, but TWO ears! Let them finish their entire sentence and pause a few seconds before responding. This gives you time to process what they just said and also gives you time to cool off if their comments are making your angry.

Rule 8: Confront to bring the relationship closer. Confrontation is not about who wins and who loses a fight. If this is the reason, the motivation of the person needs to be questioned. The goal in the conflict should be to resolve issues so it will bring your relationship closer. It is about growing and understanding each other better.

### Helpful Guidelines

Always be open to compromising with the other person. If you try these methods and you still find yourself angry, it is okay to take time out of the discussion and agree to come back to it at a later time. Remember, anger will lead you to say and do things you will regret. So stop, refresh and regroup later.

In order to better understand how to resolve conflicts by using the 8 rules of fair fighting, each of you will have an opportunity to participate in the next role-play.

## C. Role Play: Applying the 8 Rules

Time: 35 minutes

**Trainer Note:** *The scenarios on the handout: Fair Fighting Scenarios can be adjusted to meet the needs of the group. You may also create entirely different scenarios if they are needed. If time is short, an optional method is to read the scenarios to the entire group and have them, as a group, give examples of what they would say if they were the husband or wife to resolve the conflict.*

**Set up**

Divide the group into males and females and then pair the males with the females first. If there is an uneven number of males and females, guys can be partnered with guys and girls can be partnered with girls. Explain that each pair will act as a married couple for this activity.

**Instructions**

Refer to Handout: *Fair Fighting Scenarios*.

Assign a specific scenario to each couple (individual scenarios can be assigned to more than one group). Instruct them to read the scenario together and then create a role-play that shows how they think the problem can be worked out so that the argument is peaceful and the end result brings them closer together. They should use as many of the rules as they can. It will be allowed approximately 15 minutes to develop the role plays.

**Conduct Activity**

As a couples are working on a role-plays, go around the room and help where needed.

After the 15 minutes have expired, choose one or two of the better pairs (those using many of the rules appropriately). Ask them to demonstrate their role-play to the entire class.

**Trainer Note:** *Coach and Re-direct as needed during the disagreements. Don't let it get out of hand. If someone is getting too loud and not using the rules and cannot be redirected, take appropriate action to separate the offending party.*

**D. Discussion and Feedback**

**Time: 15 minutes**

After the role-play activity, facilitate a discussion with the large group by posing the following or similar questions:

- Were any of the eight rules easy to use? Why were these easy?
- Were any of the eight rules difficult? Why?
- Can persons other than a husband and a wife use these eight rules?
- If so, who and why?

Help the class understand fair fighting can be used with anyone.

**E. Action Plan and Closing**

**Time: 10 minutes**

**Action Plan**

Refer to Action Plan: Fair Fighting with Friends.

During the next week, practice fair fighting with two different classmates using one of the disagreements listed on the Action Plan. After choosing sides, try to resolve the disagreement using the *Eight Rules of Fair Fighting*.

Record your "fighting" partners' names and which disagreement you used. After your

"fight", make notes describing what you found to be easy, what was difficult, and what was left unresolved. Explain your answers. Use the back of the paper if necessary.

**Closing**

Ask the class for any questions or comments they may have about this lesson. Provide appropriate feedback.

Thank the class for their participation and encourage them to complete their Action Plans. Remind them to bring them to the next class for discussion.





## EIGHT RULES OF FAIR FIGHTING

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- Rule 1** Agree to try to resolve conflicts right away. Letting it go unresolved will just end up causing more hurt and anger later.
- 
- Rule 2** Stay in the present and focus on the issue at hand. Do not bring up past offenses. Instead of saying, "Last year when you...", say, "Today when this happened..." Don't argue about insignificant details.
- 
- Rule 3** Express your view or opinion without shouting and name-calling. It will keep the relationship healthier if you avoid saying things that you would regret later. It is also important to speak calmly and keep your voice down.
- 
- Rule 4** Be specific. Tell the other person exactly what is bothering you. Use sentences such as: "When you do this...(you need to describe the behavior), I feel like...(describe how you feel)." Avoid saying: "*you made me feel*", because it may make the person defensive gave him.
- 
- Rule 5** Don't blame. Avoid saying, "It's all your fault." or "You made me act that way." Be responsible for your part in the matter. Own your own feelings and do not put them on others.
- 
- Rule 6** Be honest and accurate. Avoid exaggerations such as, "You've done that a million times." Stay away from using the words 'always' and 'never'. Say, "Today when you..." Again, this is staying focused on the issue at hand and not bringing up the past and keeping the details accurate.
- 
- Rule 7** Be an active listener. Don't interrupt!!! Focus on the other person when they are talking. Don't turn your back to them. Let them finish their entire sentence and pause a few seconds before responding. This gives you time to process what they just said and also gives you time to cool off if their comments are making your angry.
- 
- Rule 8** Confront to bring the relationship closer. Confrontation is not about who wins and who loses a fight. The goal in the conflict should be to resolve issues so it will bring your relationship closer. It is about growing and understanding each other better.
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## FAIR FIGHTING SCENARIOS

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- 1** A husband and wife are planning to go to a movie. The husband insists on going to see a war movie, but the wife insists that they go to see a romantic movie instead. A heated argument erupts. They are so busy arguing that they are now too late to see either one.

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  - 2** A wife wants to paint the kitchen light blue, but the husband strongly dislikes blue. He insists on white and buys white paint on his way home from work without telling her. An argument erupts.

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  - 3** A husband refuses to take out the trash because he has had a hard day at work and is tired. The wife is disgusted by the smelly garbage and she is also tired from a hard day at work. Neither one wants to take it out.

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  - 4** A wife wants to take a second job to bring in more money and help feed their son. The husband feels like she already is away from their child too much and he wants her to only work one job. He refuses to let her get a second job, although she really feels the need to take it.

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  - 5** A husband and wife want to take a rest by the sea. The husband wants to stay in tents to save money, but the wife knows it will be very hot and insists that they stay at an inexpensive hotel instead. The husband says they cannot go unless they stay in tents and the wife refuses to sleep in one. She hates bugs! Now they are trying to decide whether or not they should go at all.
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## FAIR FIGHTING

### ACTION PLAN

During the next week, practice fair fighting with two different classmates using one of the disagreements listed below. After choosing sides, using the *Eight Rules of Fair Fighting* try to resolve the disagreement.

Record your "fighting" partners' names and which disagreement you used. After your "fight", make notes describing what you found to be easy, what was difficult, and what was left unresolved. Explain your answers. Use the back of the paper if necessary.

1. Two roommates are fighting because one keeps putting his dirty laundry under the other one's bed.
2. Two friends disagree about how to spend their Saturday afternoon. One wants to go hang out at the mall and the other wants to play basketball.
3. One student wants another to allow him to copy her answers during an upcoming test. The other student does not want him to.
4. Two friends are at a local restaurant. One constantly takes French fries from the other's meal without permission.
5. One student keeps asking another to ask the teacher questions instead of doing it him/herself.

"Fight" #1 Partner \_\_\_\_\_ Disagreement \_\_\_\_\_

This was easy: \_\_\_\_\_

\_\_\_\_\_

This was difficult: \_\_\_\_\_

\_\_\_\_\_

This was left unresolved: \_\_\_\_\_

"Fight" #2 Partner \_\_\_\_\_ Disagreement \_\_\_\_\_

This was easy: \_\_\_\_\_

\_\_\_\_\_

This was difficult: \_\_\_\_\_

\_\_\_\_\_

This was left unresolved: \_\_\_\_\_

\_\_\_\_\_

