Boundaries in Marriage Worksheet  
Session 15

**Physical Touch**

“Physical touch can make or break a relationship. It can communicate ___hate___ or love.  
*The Five Love Languages*, p. 76

What are some legitimate forms of physical touch?

- Holding hands
- Hugs
- Holding if crying
- Putting arms around shoulder
- Back massage
Faithfulness

Faithfulness in Marriage (from *Boundaries in Marriage* video)
- Trust each other.
- Have confidence in each other.
- Be assured of each other’s character and dependability.
- Be convicted of your ability to trust each other.
- Be certain of each other’s fidelity.
- Be true to one another.
- Be permanent to each other.
- Rest in each other.

What is a Scripture that speaks about faithfulness?

*Proverbs 3:3-4*

Traits of a faithful spouse: One who can be ___trusted___, ___depended upon___ and ______believed____ in, and one in whom you can __rest__.

*Boundaries in Marriage*, p. 130

The 2 dimensions in a marriage in which unfaithfulness can occur:

Physical—faithfulness in ____body____.

Emotional—faithfulness in the matters of the ____heart____.

What is an example of “an affair of the heart” (anything that comes between you and your spouse)?

- workaholism
- church service
- hobbies
- friends

The definition of faithfulness ends with the words “and one in whom you can rest”. What kind of “rest” is being described?

Being able to rest in the knowledge that when your spouse promises to do something that he/she will follow through and it will be done.
Honesty

The Unforgiveable Marriage Sin
Deception

It is the one thing that cannot be worked through because it denies the problem. It is the one unforgiveable sin because it makes forgiveness unattainable.

What are some Scriptures that deal with the issue of honesty?

Proverbs 6:16-17  Proverbs 18:21a
Ephesians 4:25  Proverbs 26:28a
James 3:5-6

Look at the list of common fears that inhibit complete honesty. Which of the fears, if any, do you experience?

___Fear of real closeness and being known
___Fear of abandonment and loss of love if you are known
___Fear of being controlled and possessed if you are known
___Fear of being seen as “bad” or not good enough if some part of you is known.
___Fear of your own desires, needs, and feelings.

*If you find yourself having difficulty in the areas listed above, the books Changes That Heal by Dr. Henry Cloud and Hiding from Love by Dr. John Townsend may be helpful resources for you.

In which of the following areas do you find it difficult to be honest with your spouse?

- Feelings
- Disappointments
- Failure
- Hurts
- Needs and vulnerabilities
- Anger and hatred
- Sex
- Sins
- Desires, likes, and dislikes

The Unforgiveable Marriage Sin
Deception

It is the one thing that cannot be worked through because it denies the problem. It is the one unforgiveable sin because it makes forgiveness unattainable.
Can you identify why you may feel that you can’t be completely truthful to your spouse in the area(s) that you selected? If an answer isn’t readily available, think about what the reason(s) may be in the next few days and put your reason(s) in writing below.

*At some point, you should discuss any areas you selected with your spouse if you want to have true honesty in your marriage.

Six-Point Commitment for Honesty

1. Have enough grace to tell the truth. Promise that you will never ___punish___ your spouse for being honest.

2. Give each other free rein to question and check out things with each other. Don’t be offended by your spouse’s need to ____understand____ some facts that don’t add up.

3. ___Police_____ each other when you see your spouse not being totally honest. Your policing can be harmless and lighthanded, but hold your spouse to the truth.

4. Become a ____partner___ in your spouse’s life to heal the underlying fears of being honest.

5. Take responsibility for your own dishonesty and its underlying fears and make a commitment to ____resolve_____ them.

6. Use ____discernment_____. While total honesty is ideal, every relationship is not ready for total knowing and being known. Use wisdom to know what your relationship can handle and what it is not ready for.

It is better to NOT make a promise to your spouse than to make one and not keep it. What happens when a promise is broken or not followed through on?

- trust suffers
- no certainty that future promises will be kept
What does 2 Timothy 2:13 say about God’s faithfulness to us when we are unfaithful to Him?

Action Plan for Faithfulness:

- Make a ___covenant___ with your spouse to not let anything come between you.
- Remain faithful until ____the end____.

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**Session 15 At-Home Assignment**

**Honesty**

1. Look back over what you marked on page 3 of the worksheet as areas you have difficulty in being honest with your spouse. Now consider carefully the areas you marked.

   - What feelings needs, hurts, desires, failures, or secrets of your soul would you like to be able to share with your spouse?

   - What is keeping you from doing so?

   - What will you do to overcome those barriers or your own resistance?

2. Look once again at the Six-Point Commitment for Honesty on the worksheet. Answer the following questions first by yourself and then with your spouse:

   - Which of these 6 points are already in place in your marriage?

   - Which of these 6 points would you like to add to or further develop? What barriers to this growth do you face? What will you do to overcome those barriers?
How Great is Your Faithfulness?


2. Can your spouse depend on you to deliver what you promise? To do chores faithfully as well as be sexually faithful? To stay within the monthly budget as well as to come home when you say you will? To hear his or her heart w/o reprisal or condemnation?

Which of these points—or which other behaviors where you are currently less than faithful—is it your responsibility to work on?

3. What aspects of yourself (if any) are you keeping away from your marriage? Consider what things you may be using to avoid your spouse? Is work, a hobby, or an addiction interfering? If you’re not sure, you may have to ask your spouse to help you see those areas.

4. If you haven’t already, affirm your spouse for the honesty and faithfulness you see in him or her.

Reading Assignment: Read Chapters 8-9 in Boundaries in Marriage on the values of honesty and faithfulness.
1. That we would draw closer to God.

Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. ~ James 4:8, NIV

2. That our marriage would be a testimony of our faith.

Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. ~ 1 Timothy 4:12, NIV

3. That we would fulfill the responsibilities given to each of us as husband and wife.

From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked. ~ Luke 12:48b, NIV

4. That we would be content with little or with much.

For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. ~ 1 Timothy 6:7-8, NIV
5. That we will run to God in times of trouble.

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, “He is my refuge and my fortress, my God, in whom I trust.” ~ Psalm 91:1&2, NIV

6. For good health.

Gracious words are a honeycomb, sweet to the soul and healing to the bones. ~ Proverbs 16:24, NIV

7. That we would stand strong against the pull of this world and the spiritual warfare that threatens our faith and our marriage.

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ~ Ephesians 6:10-12, NIV

8. That we would encourage each other with our words.

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ~ Ephesians 4:29, NIV

9. That we would be patient with each other.

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. ~ Ephesians 4:1-3, NIV

10. That God would put a hedge of protection around our marriage.

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, “He is my refuge and my fortress, my God, in whom I trust.” ~ Psalm 91:1-2, NIV

You are loved by an almighty God,

Darlene Schacht

http://timewarpwife.com/?p=2981