



# MEADOWBROOK MENTOR TRAINING

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Welcome to the Meadowbrook Marriage Mentor training!

We are are excited that you answered God's call to invest in the lives of married couples!

“Taking people from where there are to where God wants them to be.”

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## TODAY'S PRESENTERS

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Scott Inman, M.A.

Licensed Clinical Pastoral Counselor  
Executive Director, My Life Counsel

Elizabeth Parker, M.A.

Pastoral Counselor

[myLIFEcounsel.com](http://myLIFEcounsel.com)

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# TODAY'S TOPICS

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Today we will be discussing strategies for some of the most common issues in marriages.

- Intimacy
- Personal Identify
- Communication and Boundaries
- Forgiveness
- Wounds and Healing
- When to refer out
- Q&A

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# WORLDVIEW

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- Our worldview shapes the way we think feel and behave. As Christians, we use a biblical worldview. Our approach to counseling “What does the Bible say about it?”
- As Christian mentors you will be using this same approach.
- How we define intimacy, love, marriage, is through the lens of the Bible.
- God’s ways work in the natural and in the supernatural.
- Be careful in assuming that your mentee share the same worldview.

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# DEFINITION: CHRISTIAN LIFE

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*“So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law.*

*The acts of the flesh are obvious: **sexual immorality, impurity and debauchery**; idolatry and witchcraft; hatred, **discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness**, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.*

*But the **fruit of the Spirit is love, joy, peace, long suffering, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.**”* ~ Galatians 5:16-23

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# DEFINITION: LOVE & SPOUSE ROLES

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## **Actions of Love:**

*“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.”*

*- 1 Corinthians 13:4 - 7*

## **Husband and Wife Roles:**

*“Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave himself up for her”*

*- Ephesians 5:24 - 25*

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# THREE STATES OF INTIMACY

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*Marital Christian Intimacy is the spiritual, emotional and physical connectedness of an intentional and Christ centered relationship between husband and wife. ~ Scott Inman*

- Most people show love and affection the way they need it. Your needs for love may not be the same as your spouse.
- To feel completely loved, our spouse must be completely intentional about meeting our needs.

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# SPIRITUAL INTIMACY

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*Spiritual intimacy is the intentional connectedness shared between husband and wife through spiritual means.*

- Living a Christ centered life. Putting Christ first in every daily action. Serving Christ in marriage.
- Praying for, over and with one another.
- Worshipping together.
- Serving together.
- Meaningful scripture based discussions. Devotions.



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# EMOTIONAL INTIMACY

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*Emotional intimacy is the intentional connectedness shared between husband and wife through relational and emotional means.*

- Affirming attitude and with a gentle, patient and kind spirit.
- Providing emotional safety and security.
- Verbally expressing love and affection.
- Expressing a genuine interest in your spouse's life.
- Self-sacrificing. Putting your spouse's needs above your own needs.

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# PHYSICAL INTIMACY

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*Physical intimacy is the intentional connectedness shared between husband and wife through their body.*

- Sexual affection. The act of sex and the verbal or nonverbal expressed interest in sexual affection
- Nonsexual affection. The act of physically touching and the verbal and nonverbal expressed interest in touching.
  - Hugging
  - Cuddling
  - Handholding and etc..
- Expressed concern for spouse's physical health.
- Maintaining a healthy lifestyle (exercise, diet, medical checkups).

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# IDENTITY THROUGH TEMPERAMENT

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- The 3 areas of life:
  - Social and Thinking Process
  - Decision Making
  - Love and Affection
- “Task” oriented people
- “Relational” oriented people
- Somewhere in between

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# TEMPERAMENT: TASK ORIENTED PEOPLE

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- Feels loved when whatever their task oriented expectations are being met. Example: provides financial support, help with the family, takes care of the house, and etc..
- Task oriented people need to know that they are important to their spouse.
- Appreciated for task. Doing task is how they show love and could feel unloved if not appreciated.
- Needs to be free from criticism and always treated respectfully.
- Dependability, reliability and loyalty.
- Free from socialization unless its with their close people or small group where they know most everyone

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# TEMPERAMENT: RELATIONAL ORIENTED PEOPLE

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- Feels love when their emotional/relational needs are met.
- Needs emotional love and affection
- Needs to hear "I love you."
- Needs sexual and nonsexual physical affection.
- Likes to socialize. Being around people gives them energy. Can go from one party to another and another.

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# TEMPERAMENT: TASK, RELATIONAL & SENSITIVE

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- Looking for genuine love and affection.
- Needs a personal invitation.
- Responder of love and not an initiate. Won't say "I love you" first because then you are just saying back and you don't really mean it.
- Gentle spirit.

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# COMMUNICATION & BOUNDARIES

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*“In a moment of time you will have either brought encouragement or discouragement. You would have brought you closer together or you would have separated you. The incredible nuclear power of words. Communication is how we know one another. It promotes intimacy and resolves conflict. Out of the void, God created all that is in existence. We create our world with our words.”*

*- Jimmy Evans*

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# POSITIVE COMMUNICATION

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- Caring.
  - Body language (rolling eyes, armed cross)
  - Praise. Positive tone. Focus on strengths.
  - "I love you. Same team. I am glad I married you."
- Criticism vs. Praise or Positive vs. Negative (there is either + or -)
- Truth in love. Truth without love/mercy is cruelty. Atmosphere of truth.
- Faith. Speaking through faith. Knowing that God guides your words. Are you a partner with God or the devil?
- Surrender your mouth to God. "This mouth belongs to God."



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# BOUNDARIES

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- Boundaries keep us safe and protect us. Think and ask the question “What are you not willing to live with in your home?”
- Boundaries have consequences. We must have lots of grace while learning our boundaries. Use the same amount of grace that God has given you.
- Create clear positive communication so that boundaries are immediately established
- Create your own boundaries. Every family is unique, therefore, every family uniquely fights. Some do this while others do that. Have your mentees create their own boundary
  - Not treating to leave or divorce.
  - No name calling.
  - No yelling.
  - No cursing.

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# COMMUNICATION STRATEGIES

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Calm, clear and clean communication is used to resolve conflict and to safely discuss current issues.

When used appropriately, these strategies will allow couples to avoid arguments that result in a “fight or flight response.” There will be no constructive communication when heated.

- Start controversial communications by asking permission to talk about it. “Is this a good time talk?” “If not now then when?”
- Begin with a “same team” statements. “I am for you and not against you. I love you. I am glad that I married you.”
- “What do you mean by that?”
- “When you... I feel... I would like...”
- Take a limited time out when discussions get heated.

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# STATE YOUR COMMUNICATION

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Stating the type of communication that you would like to have reduces the risk of misunderstandings and negative assumptions.

- **Family Sharing** is taking at least 20 minutes a day to intentionally listen and verbally share. It is important that you both listen and that you both share! This is for the good stuff. Share your hopes, dreams and encouragements. Example: *"Something funny happen today... What do you think about doing this fun activity Saturday? I was thinking about you today when..."*
- **Family Meeting** is a time that you take to discuss a current issue. Boundaries are in place to keep us safe. We are talking about the issue at hand and not going back in time.
- **Family Planning** is a time that you take to plan. Plan your schedule, the budget, chores and etc..
- **Venting** is a time that you one person takes to relieve frustration. The listener should only validate the venters feelings. Venting cannot be about your spouse and shouldn't be about issues sensitive to your spouse. Example: The person venting says *"Honey, I need to vent. Work was really bad today. They made me do this that and the other thing. I really dislike doing those things!"* The person validating says: *"I am really sorry that was happening to you today. That really stinks. I would feel like that too if it were happening to me."*

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# KNOW WHEN TO REFER OUT

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*God has called you and He will most certainly equip you! Discernment is an important part of the Lord's equipping. There are times that you will need to refer out. Use your godly discernment to guide you in referring out. If you are ever unsure please do not hesitate to reach out to your Meadowbrook pastoral staff or email Scott or Elizabeth at [contact@mylifecounsel.com](mailto:contact@mylifecounsel.com)*

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# COMMON ISSUES FOR REFERRING

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- Any type of abuse.
  - Mental or Emotional
  - Verbal
  - Physical
  - Financial
  
- Addiction
  - Alcohol or Drug
  - Sex Addiction or Pornography

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- Depression
  - Mental Illness
  - Threats of Suicide
  - Affairs/Infidelity
  - Unresolved pain and past wounds
  - Un-forgiveness
  - Issues that require more accountability

## Q & A

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Please feel free to email, text or call anytime!  
[contact@mylifecounsel.com](mailto:contact@mylifecounsel.com)