

Inspired by the Original **MEN'S** **FRATERNITY** C L A S S I C Material Created by Dr. Robert Lewis

**33**

**THE SERIES™**

**AUTHENTIC™**  
**MANHOOD**

VOLUME **5**

**TRAINING**  
**GUIDE**

**A MAN AND HIS MARRIAGE**

**INCLUDES:**

- Exclusive Articles
- Session Outlines
- “Red Zone” Features
- Action Plan
- Additional Resources

Designed for use with  
**33** Video Series

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





**33**

**THE SERIES**

**AUTHENTIC**<sup>™</sup> **VOLUME 5** **TRAINING**  
**MANHOOD** **GUIDE**

**A MAN AND HIS MARRIAGE**

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

# A MAN AND HIS MARRIAGE

Published by Authentic Manhood  
Copyright 2014 Fellowship Associates Inc.  
First printing 2014

No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, or by any information storage or retrieval system, except as may be expressly permitted in writing by the publisher. Requests to duplicate any aspect of this training guide should be addressed in writing to Authentic Manhood; 12115 Hinson Road, Suite 200; Little Rock, AR 72212; 501.975.5050.

ISBN 978-1-4300-3202-1  
Item 005644085

Project Management & Art Direction: Rachel Lindholm  
Design: Samantha Corcoran, Mike Robinson, Details Communications, Lindsey Woodward  
Editors: Rick Caldwell, Grant Edwards, Rachel Lindholm, Katie Ryburn, Steve Snider, Rebekah Wallace, Lindsey Woodward  
Contributors: Mike Boschetti, Rick Caldwell, Brian Goins, Sheila Wray Gregoire, Tierce Green, Toby Kurth, Steve Snider, Paul Tripp, Zac Allen  
Authentic Manhood, Men's Fraternity, and 33 The Series are registered trademarks of Fellowship Associates Inc.

Scripture quotations marked ESV are taken from The Holy Bible, English Standard Version® (ESV®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. Scripture quotations marked NIV are taken from the Holy Bible, NEW INTERNATIONAL VERSION®. Copyright © 1973, 1978, 1984 by Biblica Inc. All rights reserved worldwide. Used by permission. Scripture quotations marked NKJV are taken from the New King James Version. Copyright © 1979, 1980, 1982, Thomas Nelson Inc., Publishers. Scripture quotations marked NLT are taken from the Holy Bible, New Living Translation, copyright © 1996. Used by permission of Tyndale House Publishers Inc., Wheaton, IL 60189 USA. All rights reserved.

To order additional copies of this resource, go to [authenticmanhood.com](http://authenticmanhood.com)

*Printed in the United States of America*

Distributed by:

Authentic Manhood  
12115 Hinson Road, Suite 200  
Little Rock, AR 72112

Adult Ministry Publishing  
LifeWay Church Resources  
One LifeWay Plaza  
Nashville, TN 37234-0152

# TABLE of CONTENTS

# 04

## intro

### AUTHENTIC MANHOOD

How to Experience **33** as an Individual or a Group

How to Make the Most of Your **33** Experience

Play Big

The Presenters

# 09

## session one

### FOUNDATION

Not a Hopeless Marriage

Session Outline

Naked and Unashamed

Four Foundational Truths About Marriage

**THE RED ZONE:** Marriage Statistics

# 29

## session two

### DIE TO LIVE

Session Outline

Is Marriage About My Happiness?

Die to Live

**THE RED ZONE:** Marriage Basics

# 43

## session three

### FRIENDSHIP

Session Outline

My Beloved and My Friend

3 Different Ways to Relate with Your Wife

**THE RED ZONE:** 25 Ideas to Date Your Wife

# 59

## session four

### INTIMACY

Session Outline

The Search for the Secret Switch

The Myth of Sexual Incompatibility

**THE RED ZONE:** Let's Talk Sex

# 77

## session five

### THREATS

Session Outline

Anatomy of an Affair

Cheap Shots in Marriage

**THE RED ZONE:** Unity in Finances

# 93

## session six

### GAME CHANGERS

Session Outline

A Note to Husbands

Discussion Guide

**THE RED ZONE:** Looking Back

Additional Resources

**33** Action Plan

Answer Key

# How to Experience **33** as an Individual or a Group

**33 The Series** can be viewed on DVD, downloaded from [authenticmanhood.com](http://authenticmanhood.com), or experienced via mobile apps. Any of these three delivery systems can be utilized by groups or individuals. *One of the great things about this series is the variety of ways it can be used and/or presented.*

The series is organized in a way that provides flexibility and offers a variety of options on how the material can be experienced. **33** is organized into six topically themed volumes that include six sessions each. *Volumes include topics on a man's design, story, traps, parenting, marriage, and career.* You can choose to commit to one volume/topic at a time, limit a particular experience to six sessions, or combine multiple volumes into one expanded experience that includes more sessions (12, 18, 24, 30, or 36). You can also choose any combination of these options.

*In whatever way you choose to experience **33**, the manhood principles and practical insights taught in each volume are essential for every man on the journey to Authentic Manhood. **33***



# How to Make the Most of Your **33** Experience

*33 The Series is more than just a video series for you to watch and then mark off your list. When experienced with other men, it can be the pathway to Authentic Manhood that changes your life forever. Authentic Manhood is truly a movement that you can become a part of and then passionately invite others to join.*

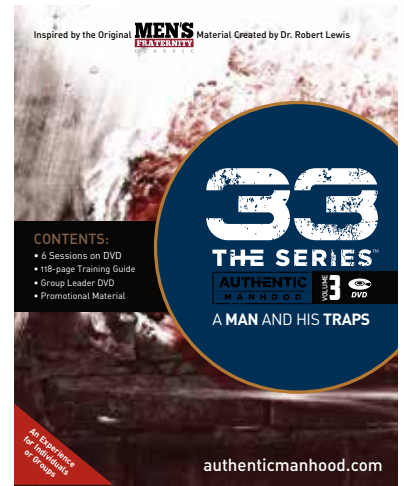


- 1 Make sure you have a team.** Your experience will be greatly enhanced if you form a team with other men or at least one other man to help process the truths you receive.
- 2 Make sure every man has a 33 Training Guide.** A 33 Training Guide will enable men to take notes, record a strategic move after each session, and create an action plan at the end. It also contains articles, interviews, and features that will support the truths men receive from the video teaching.
- 3 Make sure you stay caught up.** All the sessions of 33 can be purchased online and downloaded for only a few dollars per session. If you are viewing 33 with a group and miss a session, you can download the session you missed and stay caught up. (Purchase downloads at [www.authenticmanhood.com](http://www.authenticmanhood.com).)

**Most importantly...**

- 4 Make sure you pass on the truths you learn to other men.** When session six ends, the exciting part just begins. Don't just sit back and wait for another study. Instead, step up and find another man or group of men to lead through the volume you just completed. For a small investment of just a few dollars, you can download your very own set of this series and use it to make a HUGE investment in the lives of other men.

# PLAY



**33** is a resource that can set you up to influence the lives of other men tremendously.

Going through **33** yourself should be only the beginning.

Here's your challenge to **PLAY BIG:**

After you complete this volume, download the videos at [AUTHENTICMANHOOD.com](http://AUTHENTICMANHOOD.com) for just a few dollars and take another man or group of men through the series.



# BIG



REJECT PASSIVITY  
ACCEPT RESPONSIBILITY  
LEAD COURAGEOUSLY  
INVEST ETERNALLY



# LIVE IT OUT!

# The Presenters



## BRYAN CARTER

Bryan Carter taught the original **Men's Fraternity curriculum** to a group of more than eight hundred men over a three-year period at Concord Church. Additionally, he has been a frequent speaker at local and international churches, conferences, and events.

Bryan is the senior pastor of Concord Church in Dallas, Texas.

He is the author of a 28-day devotional book titled *Great Expectations*. Bryan also contributed to the book *What Two White Men of God Learned from Black Men of God*, coauthored by Dr. Joel Gregory and Dr. Bill Crouch.

A recreational basketball player, Bryan is a fan of the NBA's Dallas Mavericks.

Bryan and his wife, Stephanie, are the parents of two daughters, Kaitlyn and Kennedy, and one son, Carson.

## TIERCE GREEN

Tierce Green is the pastor of **House Churches at Church Project** in The Woodlands, Texas, where his primary role is to call men up and equip them to lead and care for people. He also travels extensively as a speaker at conferences and training events. He taught the principles of Authentic Manhood to more than a thousand men each week over a seven-year period in a seasonal gathering called *The Quest*.

Tierce created and produced a 12-session video series for men called *Fight Club: Some Things Are Worth Fighting For*. He has also written curriculum for Student Life and LifeWay.

Tierce is a lifelong Dallas Cowboys fan. His favorite activities include landscaping, grilling just about anything, and having good conversations.

Tierce and his wife, Dana, were married in 1987. They have one daughter, Anna.

## JOHN BRYSON

Seeing firsthand the impact the original **Men's Fraternity curriculum** had on his own life, John Bryson decided to teach the material himself. In the years since, he has led thousands of men through the basic ideas of biblical manhood.

John is a cofounding teaching pastor of Fellowship Memphis in Memphis, Tennessee.

In 2010 he completed his doctor of ministry from Gordon-Conwell Theological Seminary. John is also the author of *College Ready*, a curriculum for college students, and travels the country consulting and investing in churches, church planters, leaders, and new ideas.


A native of Harlan, Kentucky, John played baseball at Asbury College.

John and his wife, Beth, have six children: Brooke, Beck, Bo, Boss, Blair, and Bayne.



# Foundation

SESSION **ONE** | Training Guide

A man with a mustache and glasses, wearing a dark pinstriped suit jacket over a patterned shirt and tie. He is smiling and has his hands clasped in front of him. The background is a solid blue color with large, white, stylized letters 'E' and 'C' visible. A white line points from the text to the man's chest.

■ **My name is Paul Tripp.  
I don't know you, but I do know that  
there is hope for your marriage.**

# NOT a hopeless marriage

*Your marriage has hope but not because of how compatible you and your spouse are. Your marriage has hope but not because of how much money you have. Your marriage has hope but not because of how often you go to church and read the Bible.*

**Your marriage has hope because of the person and work of Jesus Christ.**

The apostle Paul says, "The love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised" (2 Cor. 5:14-15, ESV).

I'm about to hurt your feelings, but it's crucial that you understand this: you are your biggest marriage problem. The previous Bible verse says you live for yourself. That's another way of saying you're selfish.

You bring that selfishness into your marriage; the Bible calls it sin. Your sin will erode and ultimately destroy your marriage. You won't love your spouse; you'll love yourself. You won't desire what's best for your marriage; you'll desire what's most pleasurable for you in that moment.

Jesus refuses to tolerate sin in a marriage. But instead of lashing out in anger and punishing you, Jesus took the punishment you deserve and satisfied the just wrath of God. He now lives in your marriage by His Spirit and works every day to free you from selfishness. Because Jesus died to free you from sin, your marriage has more hope than it ever had before. You are now freed to love your spouse sacrificially; you are now freed to say no to selfish desires; you are now freed to chase after God's will in your marriage.



## I DON'T KNOW IF YOU'RE

single, engaged, happily married, angrily married, somewhere in between, divorced or widowed. I don't know if your parents had a healthy marriage, if their marriage was plagued by selfish decisions, or if your parents were even married.

I don't know about the quality of your marriage. Maybe you have grown in love and affection for your spouse and you would say that you love each other more than ever. Maybe the person you once adored has become an object of your irritation; the romantic spark died long ago, and you simply cohabit with the person featured in your wedding album.

I don't know about your experience with marriage, but there is one thing I know: regardless of who you are, where you live, or whom you're married to, your marriage has hope.



## BECAUSE JESUS DIED TO FREE YOU FROM SIN,

your marriage has more hope than it ever had before. You are now freed to love your spouse sacrificially; you are now freed to say no to selfish desires; you are now freed to chase after God's will in your marriage.

This freedom was earned all at once on the cross, but your freedom won't be complete overnight. Change is rarely an event; change is almost always a process. You'll need to work at loving your spouse sacrificially. You'll need to work at saying no to selfish desires. You'll need to work at chasing after God's will in your marriage.

This curriculum will help you understand and pursue your freedom in Christ, but you need to prepare your heart. I encourage you to prepare in three ways.

# 1. Prepare to Fire Your Inner Lawyer



This curriculum will expose your sin. Because evidence of your selfishness will be exhibited, you'll be tempted to hire an inner lawyer who argues for your righteousness. Your lawyer will try to persuade you that your sin isn't as bad as that of others and your spouse is the ultimate problem. Fire this lawyer right now.

**If you duck the conviction of the Holy Spirit and point the finger of blame to your spouse, you will slow the progress of change because you don't think you need to change.**

Jesus died for each and every one of your sins. That means you don't have to be afraid of having that sin exposed. Put down your defense and admit that you're as sinful as the Bible says.

## 2. Prepare to Run to Jesus

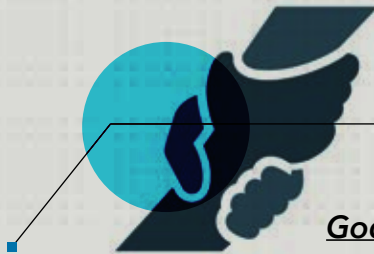
When your sin has been exposed and your inner lawyer has been fired, there's only one thing to do: run to Jesus. He has already forgiven all your sin, and He now walks with you every step of the way as you struggle with sin and search for freedom in this life.

*Only Jesus has the ability to change your heart and change your marriage.*

When you're facing the reality of your selfishness and struggling in your marriage, cry out for help and run to Jesus. He wants nothing more than for His people to come running, broken and humble, for help.



## 3. Prepare to Help Others



**God might place you next to someone who needs marriage help, and He might choose you to be that instrument of grace in their marriage.**

This curriculum offers a great opportunity for you to receive grace. You will learn from people who have studied the Bible for decades and who have counseled hundreds of marriages. The questions will ask you to examine your heart with honesty. Take full advantage of grace.

But it's important to recognize that God doesn't call you to be only a recipient of grace; He calls you to participate in the work of grace as well.

Have a soft and compassionate heart for those who are hurting. Be prepared to listen and to speak truth in love to those who need it. You don't need to be a professional counselor or a licensed pastor to minister to other Christians.

# Foundation

Presented by Bryan Carter

## I. INTRODUCTION

1. Too many of us are \_\_\_\_\_ in our marriages.
2. Marriage is about way more than just your \_\_\_\_\_ and positive outcomes on society.

## II. THE DIVINE ORIGIN OF MARRIAGE

1. Genesis 2:18-25 (ESV) "The LORD God said, 'It is not good that the man should be alone; I will make him a helper fit for him.' ... So the LORD God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. And the rib that the LORD God had taken from the man he made into a woman and brought her to the man. Then the man said,
 

'This at last is bone of my bones  
and flesh of my flesh;  
she shall be called Woman,  
because she was taken out of Man.'

"Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed."
2. Four foundational truths this passage teaches us about marriage:
  - Marriage was \_\_\_\_\_ idea.
    - o One man with one woman in a unique covenant relationship.
  - God said that it was not good for man to be \_\_\_\_\_.
  - God created a \_\_\_\_\_ suitable for man.
    - o The woman was created to corule the earth with the man, not to be ruled by him.



- God intended man to leave his parents' home and to \_\_\_\_\_ to his wife.
  - o The word *cling* carries with it the idea of maintaining a covenant relationship.<sup>1</sup>
  - o God didn't intend marriage as a \_\_\_\_\_ arrangement.

### III. GOD'S DESIGN FOR MARRIAGE

1. Throughout history there have generally been three different approaches to marriage:

- The \_\_\_\_\_ marriage
  - o In this type of marriage, it can feel like there are a winner and a loser.
- The \_\_\_\_\_ marriage
  - o The identical marriage is an overcorrection for the top-down marriage.
- The \_\_\_\_\_, biblical marriage
  - o Emphasizes equality and fairness but also leaves room for leadership and God's intended differences between a husband and wife.

2. God's vision and design for a biblical marriage in Ephesians 5:22-33 (ESV):

“Wives, submit to your own husbands, as to the Lord. For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. Now as the church submits to Christ, so also wives should submit in everything to their husbands. Husbands, love your wives, as Christ loved the church and gave himself up for her. ... Husbands should love their wives as their own bodies. He who loves his wife loves himself. ... Let each one of you love his wife as himself, and let the wife see that she respects her husband.”

1. Victor P. Hamilton, *The Book of Genesis, Chapters 1-17, New International Commentary on the Old Testament* (Grand Rapids: Eerdmans, 1990), 181.

3. Husband's biblical role: Headship is the husband's divinely appointed role to provide responsible \_\_\_\_\_ in his home.<sup>2</sup>

- Headship is a divine appointment.
- Leadership means you take the initiative and the responsibility for key aspects of your marriage and family.
- The key word in our definition of headship is the word \_\_\_\_\_ .
  - o Being a servant leader means that, like Jesus, you are others-centered.
  - o All healthy marriages are built on and around \_\_\_\_\_ .

4. Wife's biblical role: Submission is the wife's divinely appointed role to use her gifts and attitude to affirm her husband's leadership and initiative.

- Submission does not mean a \_\_\_\_\_ -person.
- Submission is not something a man demands from his wife.
- Submission does not mean an enabler of wrongdoing; it only means empowering of right-doing.

2. This definition is drawn primarily from Robert Lewis, "A Man and His Wife, Parts 1 & 2," in *The Quest for Authentic Manhood* (Nashville: LifeWay, 2003). Our definitions of *headship* and *submission* were also influenced by John Piper, *This Momentary Marriage* (Wheaton, IL: Crossway, 2009), 80, and George W. Knight III, "Husbands and Wives as Analogues of Christ and the Church," in *Recovering Biblical Manhood and Womanhood*, ed. John Piper and Wayne Grudem (Wheaton, IL: Crossway, 2006), 165–78.

## **DISCUSSION / REFLECTION QUESTIONS**

1. At the beginning of the session, Bryan mentioned that many men often feel stuck or numb in their marriage. Are there aspects of your marriage where you feel stuck or numb?
2. How does the fact that marriage was God's idea impact our approach to it?
3. Why do you think the identical marriage has been embraced by most of Western culture? Why do you think submission gets such a bad rap in modern society? How can husbands abuse their role of headship?
4. Bryan said grace is foundational in marriage and should be at the core of a husband's leadership. What does it look like for grace to be at the core of your marriage and leadership?



**AUTHENTIC**  
**M A N H O O D**  
**YOUR STRATEGIC MOVE**



## **RESOURCES ON THE FOLLOWING PAGES**

- Naked and Unashamed (pp. 20–23)
- 4 Foundational Truths About Marriage (pp. 24–25)
- **THE RED ZONE:** Marriage Statistics (pp. 26–27)



# NAKED & UNASHAMED

BY JIM HUDSON

**“LOVE US.” HEARING THOSE TWO WORDS UNNATED ME. I WAS WATCHING “MY LIFE,” A MOVIE ABOUT A GUY NAMED BOB JONES (PLAYED BY MICHAEL KEATON) WHO IS DYING FROM CANCER.**

At one point Bob’s pregnant wife, Gail (played by Nicole Kidman), discovers that Bob has secretly made a series of home movies that will teach his yet-to-be-born son about life. The videos have a real “life is tough so you have to be tough” tone. And Gail is furious after seeing the videos. But I didn’t understand why. As I watched the movie, I was thinking, Give the

guy a break. He’s dying. And then she says those two words: “Love us.” Finally, I realized what was really going on. Bob was dying—he was experiencing great physical and emotional pain—and he was keeping his wife out of it. Gail was begging him to love her by letting her in on what he was feeling. And then the scales fell off my own eyes.

I watched this movie for the first time at a men’s retreat in the Ozark Mountains. I had only recently come out of the fog I had lived in for over a decade. On the outside, it seemed I had it all together. But on the inside, I was a mess.

I was isolated, prone to binge drinking, had engaged in multiple affairs, and struggled with pornography. I walked out on my first marriage and my second marriage was now coming to an end. All before I was 35 years old. But in the middle of the devastation, I

already had reason to have hope. God graciously sent his Spirit into my heart, bringing me from death to new life. The retreat was an opportunity for me and some other men to wrestle with our very screwed-up notions as to what it meant to be a man.

After watching that movie, I realized that no one in my life knew if I really loved them. How could they? I spent most of my adult life keeping secrets and working as hard as I could to manage my image. I did not share my feelings with anyone, especially the women I had been married to. Not surprisingly, I was completely oblivious to the love others had for me. In other words, I was clueless as to how to give or receive love.

[Feeling isolated from the love of God and the love of others fueled my destructive sin habits.](#)

Fundamentally, my isolation and lack of emotional intimacy were rooted in my sin, especially my pride. We tend to think of a prideful person as someone who is vain or makes much of his own accomplishments. While a man like that is definitely prideful, it is not the only way one can struggle with pride. Pride is self-centeredness of any type. For some, it may be the conceited type of pride just mentioned. But pride can also be present in the context of a condemning and shameful view of self. The arrogant person and the person weighed down by shame, seemingly opposites, share this in common: self-centeredness is their grid for interpreting life and relationships.

Before sin came into the garden, the affections of Adam were pointed toward God; he was able to worship God with all his heart,

soul, mind, and strength. But God had created man in His image, and to enjoy intimate community with Him and his wife. God said it was not good for man to be alone (see Gen. 2:18). So God created a woman to whom man would “hold fast” (Gen. 2:24, ESV) in a lifelong covenantal relationship. The joining of their flesh physically (both in the creation of Eve from Adam’s rib and in their sexual union) points to emotional and spiritual intimacy that allowed them to be naked and unashamed with one another and with God (see Gen. 2:25). Because there was no sin in Adam or Eve, there was no self-centeredness.

Then it all changed in Genesis 3:6, when Adam and Eve bought into the lie of Satan, daring to believe they could be like God, and ate the forbidden fruit. With their sin came shame (the first consequence of sin) and alienation from God and one another. Martin Luther said that because of the fall, our human nature has now become self-centered. Instead of our affections naturally drawing us toward God and toward our spouses, they instead point back to us. ①

## OUR NATURAL TENDENCY IS NOW TO FOCUS ON OURSELVES, TO BE SELF-OBSSESSED, SECRETIVE, & FEARFUL.

Instead of wanting to share what is inside us with our wives so that they can be the helpmate God designed them to be, now in our sin we see intimacy as dangerous to us, creating fear of exposure or loss of control. Tim Keller calls this self-centered approach to marriage a cancer that is the root cause of divorce. [Self-centeredness in one spouse \(who is usually blind to it\) provokes self-centeredness in the other spouse, resulting in a “downward spiral into self-pity, anger, and despair, as the relationship gets eaten away to nothing.”](#) ②

1. Martin Luther (1972-06-01), *Luther’s Works, vol. 25, Lectures on Romans (Kindle edition) (Saint Louis: Concordia), Kindle locations 7850–51.*

2. Timothy Keller (2011-11-01), *The Meaning of Marriage: Facing the Complexities of Commitment with the Wisdom of God (Kindle edition) (New York: Penguin), 48–49.*

I actively practiced self-centeredness in my marriage in two big ways. First, I withheld sharing my struggles and needs out of fear of rejection (shame) and a mistaken belief that I truly did not need the care of others, especially my wife. My self-centeredness told me I was being self-sufficient and not a burden—almost an admirable quality, right? (Wrong!) Second, I was self-centered by covering up my sin rather than embracing God’s prescription of confession and repentance. By not owning up to my sin, I thought I could avoid painful consequences and, sadly, even keep engaging in my sin. I had warped any sense of intimacy into illicit sex. I was trapped in a prison of self—by me, for me.

**SO HOW DO WE REGAIN THE INTIMACY FOR WHICH GOD DESIGNED US? SINCE THE SELF-CENTEREDNESS THAT KILLS MARRIAGES IS ROOTED IN THE FALL, THEN OUR ONLY HOPE FOR RESTORING INTIMACY MUST COME FROM THE GOSPEL.**

Intimacy existed between man and God before it did between man and woman and our loss of spiritual intimacy with God is the biggest hurdle we face. A holy God will not draw near to us as long as we remain alienated from Him by our sin (see Eph. 2:14). We are dead in our trespasses (see Col. 2:13), and a dead person cannot do anything to save himself. On our own we are without hope of ever experiencing true intimacy with Him again. But God, because of His rich mercy and great love for us (see Eph. 2:4), took the initiative to reconcile us to Himself through the cross of Jesus Christ.

By our faith in the atoning work of Christ, we have received grace upon grace. Our debt to God for our sin has been placed on Christ, and His perfect righteousness has been credited to us (see 2 Cor. 5:21). For those who believe the gospel, intimacy with God has now been restored. Our intimacy with Him is even deeper now than it was in the garden. God’s intimate love for us has now been poured into our hearts because His Spirit has actually taken up residence there (see Rom. 5:5). God is now inside us. What could be more intimate than that?

## **SO HOW DOES INTIMACY WITH GOD—NOW RESTORED THROUGH THE GOSPEL—OVERCOME OUR TENDENCY TO BE SELF-CENTERED?**

**1** First, because the penalty of our sin has been paid for by Christ, we are freed from the condemnation we justly deserve for our sin. Our sin has now been covered over. What a puny fig leaf could not do, the blood of Christ flowing on the cross was more than sufficient to do. Keeping secrets kills intimacy. And because Jesus became our sin and took on the shame of that sin, we can come out of the bushes because there’s no need to hide anymore. That restores intimacy with those we love.

**2** Second, in Christ we have been made new (see 2 Cor. 5:17). We have a new identity in Christ that has secured for us an heirship that is guaranteed by the Holy Spirit (see Eph. 1:11-14). Because what Christ has given us is so much more than the identities we try to create for ourselves, we can let go of the petty self-centeredness that seeks to build ourselves up and rob us of intimacy with our spouse when they challenge our self-made image.



TULLIAN TCHIVIDJIAN DESCRIBES IT THIS WAY:

**BECAUSE JESUS WON FOR YOU, YOU'RE FREE TO LOSE. BECAUSE JESUS WAS SOMEONE, YOU'RE FREE TO BE NO ONE. BECAUSE JESUS WAS EXTRAORDINARY, YOU'RE FREE TO BE ORDINARY. BECAUSE JESUS SUCCEEDED FOR YOU, YOU'RE FREE TO FAIL. ◯**

I would add to that, we are finally free to be known. That freedom restores intimacy with our spouses and allows us to once again be naked and unashamed (see Gen. 2:25).

So, how does intimacy secured by the gospel work itself out on the ground in our homes and marriages? First, we have to remember that because we are simultaneously saint (because of grace) and sinner (because of still indwelling sin), we desire intimacy with God and our spouse, yet, at the same time, still struggle with self-centeredness. That tension is the fight of faith we engage in every day: to believe the promises of the gospel (see John 6:29) and to reject our self-centered ways that seek to isolate us from the love of God and our wives. So we must constantly look at ourselves and make sure what we believe is in keeping with the gospel (see 2 Cor. 13:5).

Second, an implication of our faith in the gospel is that we stand in an all-sufficient grace that empowers us to live in keeping with that gospel. In our flesh, we will not want to be open and vulnerable with our spouse, so effort alone will not get us where we want to be.

**GRACE MUST DO IT FOR US. EVERY DAY WE EMBRACE GOD'S ORDAINED MEANS OF GRACE, SUCH AS STUDYING SCRIPTURE, PRAYER, AND PRACTICING OTHER DISCIPLINES OF THE FAITH, TO TRAIN OURSELVES AND TO BRING OUR SINFUL FLESH UNDER THE CONTROL OF GOD'S SPIRIT.**

Finally, we must begin to trust our wives with ourselves. As Paul Tripp says, you must "place ◯ yourself in ... her care." Let her love you by trusting her to be the helpmate God has designed her to be. She is His provision for you. To do that, she needs to know what you need, what you fear, what delights you. Simply put, she needs to know you. Ask for God's grace every day to share yourself with her. Share your wins and losses for the day. Even share your sin. And when you open up to receiving her love by trusting her with you, she in turn will feel loved.

That is knowing and being known. That is the opposite of self-centeredness. That is intimacy.

<sup>3</sup> Tullian Tchividjian, *One-Way Love: Inexhaustible Grace for an Exhausted World* (Colorado Springs: David C. Cook, 2013), 36.

<sup>4</sup> Paul David Tripp, *What Did You Expect? Redeeming the Realities of Marriage* (Wheaton, IL: Crossway, 2010), 149.

## TRUTH

# 1

### **Marriage was God's idea.**

- God defined marriage as between one man and one woman.
- We don't take our cues from society or culture but from the original Designer.

## TRUTH

# 2

### **God said it's not good for man to be alone.**

- God knew man would function better with a partner.
- When it comes to physical, emotional, spiritual, and sexual well-being, men are at their best in marriage.

# 4

## FOUNDATIONAL TRUTHS ABOUT MARRIAGE

### TRUTH

# 3

### God created a helper suitable for man.

- She is not only a companion who complements and helps him but also someone for him to love, serve, and enjoy.
- The differences between men and women aren't accidental; they're intentionally designed with our best in mind.

### TRUTH

# 4

### God intended a man to leave his parents' home and cling to his wife.

- A man is to leave the dependence of his parents' home and to create his own self-sustaining family unit.
- A man is to become attached to his wife in a unique covenant relationship and bond with her physically, emotionally, and spiritually in a way he experiences with no one else.

# MARRIAGE STATISTICS

SEVENTY-EIGHT PERCENT <sup>1</sup>



OF AMERICAN  
ADULTS ARE  
MARRIED

78%

33%

THIRTY-THREE PERCENT <sup>1</sup>

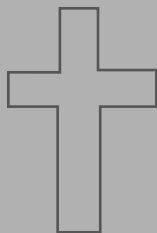
OF AMERICANS  
HAVE BEEN  
DIVORCED



84%

EIGHTY-FOUR PERCENT <sup>1</sup>

OF BORN-AGAIN  
CHRISTIANS ARE  
MARRIED



29

TWENTY-NINE YEARS <sup>2</sup>



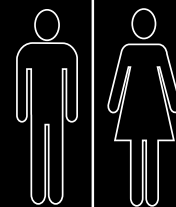
IS THE AVERAGE  
AGE WHEN MEN  
GET MARRIED

# the RED ZONE

73%

SEVENTY-THREE PERCENT <sup>3</sup>

OF DIVORCED  
COUPLES SAID  
LACK OF  
COMMITMENT WAS  
THE REASON FOR  
SPLITTING UP



56%

FIFTY-SIX PERCENT <sup>4</sup>

OF DIVORCE  
CASES  
INVOLVED  
ONE PARTY HAVING AN  
OBSESSIVE INTEREST IN  
PORNOGRAPHIC WEBSITES



70%

SEVENTY PERCENT <sup>5</sup>

OF MARRIED COUPLES  
SAID THE  
DETERMINING  
FACTOR IN WHETHER  
THEY FEEL SATISFIED WITH SEX,  
ROMANCE, AND PASSION IS  
THE QUALITY OF THEIR FRIENDSHIP  
WITH EACH OTHER



## FOOTNOTES

- <sup>1</sup> <https://www.barna.org/barna-update/article/15-familykids/42-new-marriage-and-divorce-statistics-released#.U-PX6RZhTA4>
- <sup>2</sup> [http://www.huffingtonpost.com/2014/05/14/reasons-not-to-get-married\\_n\\_5274911.html](http://www.huffingtonpost.com/2014/05/14/reasons-not-to-get-married_n_5274911.html)
- <sup>3</sup> <http://living.msn.com/love-relationships/the-8-most-common-reasons-for-divorce#9>
- <sup>4</sup> <http://www.covenanteyes.com/pornstats/>
- <sup>5</sup> <http://lifelifehacker.com/this-infographic-reveals-the-secrets-of-the-happiest-co-1518305669>

## SCRIPTURE REFERENCES

**Genesis 1:28 (ESV)** “God blessed them. And God said to them, ‘Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.’”

**Genesis 2:18-25 (ESV)** “The LORD God said, ‘It is not good that the man should be alone; I will make him a helper fit for him.’ ... So the LORD God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. And the rib that the LORD God had taken from the man he made into a woman and brought her to the man. Then the man said,

“This at last is bone of my bones  
and flesh of my flesh;  
she shall be called Woman,  
because she was taken out of Man.’

“Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed.”

**Ephesians 5:22-33 (ESV)** “Wives, submit to your own husbands, as to the Lord. For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. Now as the church submits to Christ, so also wives should submit in everything to their husbands. Husbands, love your wives, as Christ loved the church and gave himself up for her. ... Husbands should love their wives as their own bodies. He who loves his wife loves himself. ... Let each one of you love his wife as himself, and let the wife see that she respects her husband.”

## SUPPORTING RESOURCES

**Knight, George W., III.** “*Husbands and Wives as Analogues of Christ and the Church: Ephesians 5:21-33 and Colossians 3:18-19.*” In *Recovering Biblical Manhood and Womanhood*, edited by John Piper and Wayne Grudem, 165–78. Wheaton, IL: Crossway, 2006. A scholarly and exegetical analysis of Ephesians 5:21-33.

**Ortlund, Raymond C., Jr.** “*Male-Female Equality and Male Headship: Genesis 1-3.*” In *Recovering Biblical Manhood and Womanhood*, edited by John Piper and Wayne Grudem, 95–112. Wheaton, IL: Crossway, 2006. A scholarly and exegetical analysis of Genesis 1-3.

**Piper, John.** *This Momentary Marriage: A Parable of Permanence.* Wheaton, IL: Crossway, 2009. Pastor and theologian John Piper discusses a biblical vision for marriage, relying heavily on Genesis 1-3 and Ephesians 5.

*The content in the previous resources does not necessarily reflect the opinion of Authentic Manhood. Readers should utilize these resources but form their own opinions.*



An Experience for Individuals or Groups

VOLUME **5**

# A MAN AND HIS MARRIAGE

**33**  
THE SERIES™

**A JOURNEY TO AUTHENTIC MANHOOD AS MODELED BY JESUS IN HIS 33 YEARS ON EARTH.**

There are many important relationships in a man's life, and none deserve more care, focus, and investment than his relationship with his wife. A man's marriage is meant to be and can be an incredible source of energy, joy, and intimacy.

But as great as marriage can be, there's also the possibility of great pain, misunderstanding, and frustration. Too often, our marriages seem to be filled with more conflict than joy and more numbness than excitement. Too many of us are stuck in our marriages. We may be living under the same roof, but we're not thriving or growing together. We're not enjoying spiritual, emotional, and physical intimacy. But marriage has incredible potential to bring great joy to a man and a woman who embrace God's amazing vision for a healthy marriage.

Whether your marriage feels hopeless and numb or is thriving and exciting, this volume of 33 The Series is for you because it looks at what God says about the whole thing. It lays out an inspiring picture of God's vision for marriage that will change everything if you're stuck and will encourage you if you're already thriving.



*"I'm excited about 33 The Series and the way it deeply connects with today's man. It presents the timeless truths of Authentic Manhood in a powerfully new and engaging way. I encourage every man to check it out and join the movement."*

*Dr. Robert Lewis, creator of the original Men's Fraternity series*

**AUTHENTIC  
MANHOOD**

is a movement that leads men to live the life of truth, passion, and purpose that they were created to live.

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

## SESSIONS:

- 1 Foundation
- 2 Die to Live
- 3 Friendship
- 4 Intimacy
- 5 Threats
- 6 Game Changers



Teaching team: Bryan Carter, Tierce Green, John Bryson

Bible Study / Men

ISBN 978-1-4300-3202-1



9 781430 032021

**LifeWay**  
Biblical Solutions for Life