



MARRIAGE BASICS

BUILDING COVENANT.
COMMUNICATION. UNITY.



BY
PASTORS VERN & MARY PELTZ

WORD OF LIFE MINISTRIES

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This Manual is to be used in conjunction with the 'Basics in Marriage' audio series.

Steps In Establishing A Covenant

By Pastors Vern & Mary Peltz

'Covenant' is something that is very unknown in the western mindset. We do not know what it is all about, how it's established, what it stands for, the good and bad that is made available through it, etc. Yet, 'Covenant' is at the very heart of how God deals with the human race. Is it any wonder that we can't understand what God is doing, and why he is working in our lives the way he does at times.

Most eastern people understand 'Covenant' very well. It is still used as common practice in making agreements and commitments in many parts of the eastern world. There are numerous steps involved in the process of making a covenant. If you study eastern culture, you will readily find these steps. It was God who originated 'Covenant'. How it is made/cut was designed by God. In eastern culture, the concept has stayed intact. In our western culture, it is pretty much an unknown concept.

Below are listed the basic steps of making/cutting covenant. Included are some scriptures that show different aspects of the process. There does not seem to be any one place in scripture that lays out how 'Covenant' is made. The reason for that is likely because everyone in the eastern world already knew how to make a 'Covenant'. However, the Bible does give enough references to 'Covenants' that were made and how it happened, that we are able to use the scripture to confirm the various steps of making a covenant.

**** As a side study, please notice how today's 'Marriage Ceremony' is formed after the steps of 'Covenant'. In marriage, people are making 'Covenant' and many times don't even know what the various traditions represent.*

1. The two people making a covenant **ALWAYS KNEW EACH OTHER VERY WELL.**
 - a. Noah (Gen. 6-9) — God and Noah had a long relationship before covenant was established in chapter 9.
 - b. Abraham (Gen. 12-15) — God and Abraham went through quite a long process before covenant was actually established in chapter 15.
 - c. David and Jonathan (I Sam. 20:8,17) — The trust and love that had grown between the two shows a long standing relationship.
2. They would then meet in a public area like a field or courtyard. The purpose was so that **THE COVENANT WOULD NOT BE A PRIVATE/ SECRET MATTER.** It usually included **A GROUP OF WITNESSES.**
 - a. Noah (Gen. 9)
 - b. David & Jonathan (I Sam. 20:11, 16, 42)
 - c. Jesus & Us. (Matt. 10:32-33)

3. Then they would exchange robes. This signified an **IDENTITY EXCHANGE**. (They were no longer their own person. They had lost an individual identity. The two had now taken on each other's identity.)
 - a. We are given a Robe of Righteousness via the covenant Jesus cut for us. (Isa. 6:1, 61:10; Rev. 3:18)
 - b. We are in Christ and he is in us. (John 15; Eph. 1)
 - c. Jesus became like us (John 1:14; Rom. 8:3; I John 4:2), and now we are to become like him so that when someone looks at us, they see Jesus in us. (Rom. 8:29; II Cor. 3:18; Phil. 3:21; I John 3:2)
4. Next they would exchange what was called the girdle or belt. (This was used to carry the weapons) This signified an **EXCHANGE OF STRENGTHS**.
 - a. Submission, Obedience, and Resistance of the Devil are the Strengths we give to God. (Rom. 6:13; James 4:7-11; I Pet. 5:1-10)
 - b. Jesus gave us his strength. (II Cor. 12:9-10; Eph. 6:10; Phil. 4:13)
 - c. We are to give ourselves to Jesus. (Rom. 12:1; II Tim. 2:21)
5. The weapons were then exchanged. Signifying **A COMMON UNITY AGAINST THE ENEMIES OF EITHER PARTY**. It also signified that **THE TWO WERE BECOMING ONE IN PURPOSE FOR LIFE**.
 - a. The armor of God. (Eph. 6:10-18)
 - b. Kingdom divided against itself can't stand. (Matt. 12:22-37)
 - c. Becoming one in purpose. (Rom. 8, esp. v. 28; Gal. 5:13-26)
 - d. Weapons we use that are acceptable to God. (II Cor. 10:4-6; Rom. 12:17-21)
6. Then an animal was killed and split in half. The pieces were arranged so that the two people making covenant could walk around and between the pieces in a figure 8 fashion. This was called the walk of death. It signified that **EACH PERSON WAS DYING TO WHAT THEY WERE — THEIR DESIRES, GOALS, AMBITIONS, AND ANYTHING ELSE THAT WOULD EVER CAUSE ANY TYPE OF CONFLICT BETWEEN THEM**, or hinder them from walking in complete harmony and becoming one.

Then each one would point at the pieces and declare that God should do to them (As was done to the pieces) if they were to ever break the covenant.

 - a. Abraham. (Gen. 15:9-10)
 - b. David & Jonathan. (I Sam. 20:3-4, 14-15)
 - c. Jesus & Us. (Rom. 5:8; John 10:15, 17; Mark 10:45; Luke 9:23-24; Rom. 6 & 8; Gal. 2:20; II Cor. 4:7-12)
7. Then while standing between the pieces, each person would cut their wrist or hand and these would be joined in a symbol of mingling the blood with each other. This was the heart of establishing or cutting a blood covenant and it **SYMBOLIZED BECOMING ONE**.
 - a. Blood used in Noah's Covenant — Gen. 9.

- b. Blood used in Abraham's Covenant — Gen. 15.
 - c. Blood used in Moses' Covenant — Ex. 24.
 - d. Blood in Jesus' Covenant — Matt. 26:26-29; I Cor. 11:23-26; Heb. 9; Rom. 3:21-4:12)
8. Ground/Mud (sometimes gunpowder) would be taken and placed into the cut. This would cause a very definite scar. This was **A LASTING SIGN OF THE COVENANT, AND AN OUTWARD EVIDENCE THAT THE PERSON WITH THE SCAR WAS IN COVENANT WITH SOMEONE.**
- a. Noah's Covenant & The Rainbow — Gen. 9.
 - b. Abraham's Covenant & Circumcision — Gen. 17:9-14.
 - c. Moses' Covenant — an extension of Abraham's Covenant. (Circumcision)
 - d. Jesus' Covenant & Circumcision of the Heart & Love — Rom. 2:28-29; John 13:34-35.
9. At this point, **BLESSINGS WOULD BE SPOKEN** as a result of fulfilling the covenant. **CURSES WERE ALSO SPOKEN** which would take effect if the covenant was ever broken.
- a. Noah — Gen. 9:8-17.
 - b. Abraham — Gen. 17.
 - c. Moses — Deut. 28 & 30.
 - d. Jesus — Gal. 3 (Esp. v. 13-14); Heb. 10 (Esp. v. 19-39)
10. Exchanging of names between the two parties involved in the covenant. Further signifying **THE EXCHANGE OF IDENTITIES AND THE BECOMING ONE.**
- a. Gen. 17:5 — Abram was changed to Abr-ah-am. God took part of his name Y-ah-weh and put it into Abram's name.
 - b. Gen. 17:15 — Sarai was changed to Sar-ah. Again taking part of God's name, and putting it into her name.
 - c. Gen. 24:12, 27, 42, 48 (And through the Old Test.) — God became known by the name of 'The God of Abraham'.
 - d. Acts 11:26 — The followers of Jesus are known as 'Christ-ians'. Taking the name 'Christ' and making it into a new name that we are called by.
 - e. Matt. 8:20 (Etc.) — Jesus became known as the 'Son of Man'. Again taking the human name 'Man', and putting it into a name that refers to Jesus.
11. A Covenant Meal was eaten. This signified each person was **TAKING THE OTHER INTO THEIR VERY BEING/LIFE. BECOMING ONE.**
- a. Abraham — Gen. 18.
 - b. Moses — Ex. 24:11.
 - c. Jesus — Matt. 26:26-29; I Cor. 11:23-26.

12. From that point on they were known as **FRIENDS**. Signifying that **A BLOOD COVENANT/RELATIONSHIP HAD BEEN FORMED**.
- a. Abraham — Isa. 41:8; James 2:23.
 - b. Jesus — John 15:13-15.

Fighting to Win Techniques

“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. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Eph. 4:29-32

I. Three Levels of Anger (v. 31)

1. “Anger”
 - a. The emotion of indignation or wrath.
2. “Bitterness”
 - a. ‘Aged’ Anger. Begins to affect our personality.
3. “Rage” (KJV — Wrath)
 - a. Violent People. Through word or deed they violate others.

II. Three Levels of Destructive/Negative Communication (v. 31)

1. “Brawling” (KJV — Clamour)
 - a. “Yelling or Shouting”
 - b. If you have to yell to control, you don’t have control.
2. “Slander” (KJV — Evil Speaking)
 - a. “Damaging speech that misrepresents the nature of another person”
3. “Malice”
 - a. “Wicked speech that is designed to injure and is not ashamed to break all rules”

The following information in this handout is a sarcastic approach to describing things we say and do that we SHOULD NOT BE SAYING OR DOING. This handout is written from the perspective that makes it sound like these are good things to do. THEY ARE NOT. (Unless of course you want to destroy a relationship)

These techniques are used when a person wants to win, conquer or control a situation rather than resolve an issue. The biggest tool to use in ‘Fighting to Win’ is to GET OFF THE ISSUE. If you stick to one issue at a time and actually resolve something, you’re in danger of losing the whole war. YOU MUST GET OFF THE ISSUE AT ALL COSTS!!! Below are listed some ways that people do that.

1) Exaggerate

In order to express the intensity of the issue or problem, statements are used to show the level of hurt a person is feeling, while also attempting to guilt or manipulate their friends or partner into taking action because of the situation's importance to them. Statements like, "If you loved me you would want to solve this problem right now."

2) The "Always" and "Never" Statements

"You never let me talk"; "You always forget to compliment me"; "You never help clean"; "I always get stuck with solving everything by myself"; Such statements are used to start a sidetracking argument diverting attention from the original issue.

3) Playing The Blame Game

No ownership of the problem lies with you. It is entirely the other person, therefore, unless they change you can't change your behaviors. This way you are not responsible.

4) Silence

Nothing is more Passively Aggressive than good old simple silence. Just shut down and quit engaging/responding. It works best if you say nothing. When they ask a question, either ignore them, or simply give them a blank stare. If done correctly, you can do this forever. If they ask direct questions, either stare at the wall, table, or something else; and either don't say a thing, or give some short neutral non-caring answer. Now should a situation come up that does need attention, there are a number of ways to take advantage of this. You can just grunt or shrug your shoulders like you don't know, or don't care. Or you can act very depressed — give a big sigh, or mumble something and get up and take care of it yourself. Then return to your silence. Never give them a good answer. Something else that also works very well is to put them into a position, via your silence, where they have to make the decision. If it is a good decision, you simply don't have to acknowledge it. If it's a bad decision, you have gained some valuable ammunition to use against them.

5) Predicting The Future

Making dogmatic statements such as "This will never work for us." and "You will never change." These protect the "predictor" from having to deal with the issue.

6) Declarations

Phrases such as "you're crazy", "you're insecure", "you're childish". These statements are used as a way to take the responsibility of change away from the pursuer, and are used to put full focus on your partner/friend.

7) Rapid Fire

Asking questions or making statements at a fast rate, yet not allowing the other person to respond.

8) Coarse Joking/Remarks

Saying comments such as “Aren’t you just hot stuff” or “You’re so smart”. These comments imply the opposite yet when confronted you can deny that’s what you meant.

9) Over stimulate

In order to control the conversation, you list off as many offenses or other problems as you can, shrouding the original problem with a multitude of issues.

10) Mind Reading

This is when we are convinced we know what the other person is thinking. We make statements such as “you don’t really believe me”; “I know you think I’m stupid right now”; “You’re going to think _____ about me.”

11) Self Status

Instead of dealing directly with the issue, you feel it’s important to take control by announcing your status. Such as: “I’m older/younger than you”; “I’m more educated than you”; “I make more money than you”. This makes the other person feel inferior thus disarming them.

12) Responsible To What?

This is when we use terms like “I don’t remember.” “I must have been out of it.” This brings the conversation to a halt.

13) Personalizing

Moving quickly from dealing with the issue/problem, to making them the problem. “If it wasn’t for you, we wouldn’t have this problem.” “It’s because of what you want, or how you do things that is our problem.” The more you can run them down, or make them feel bad/guilty for who they are, the more chance you have of winning the argument. Leaving them with the feeling that the reason this relationship is not working is because of them. If it weren’t for them, everything would be fine.

14) Complaint against Complaint

Never answer the question!! That could eventually back you in a corner, or you may say something that you may actually have to keep your word. Answer any complaint with another complaint. Such as: “Me always raising my voice, if I remember right — you were the one with the TV on so loud that you couldn’t hear me. Besides, why is the TV on anyway? I thought we agreed it shouldn’t be running all the time.”

15) Get them questioning their sanity

This is when a person makes a statement about the kind of things that go on in the house/marriage, and when the other person makes adjustments to fix the problem, you change your position. Examples: “This house is always a mess.” Then when they spend time cleaning it, the person says something like, “All you ever do is clean, I thought we were going to town. Can’t you ever have any fun? Does life always have to be work?” Then when they start letting the house go a little more to try to not be working all the time, the other person will say something like: “Wow, it must be nice to not have anything to do.”

16) Never, never be a good listener

If you actually listen to the other person, you are valuing them. You are giving credence to their opinions, desires, beliefs, etc. This can lead to big problems! Always find a way to get out of listening. Watch TV. Read the Paper. Fall Asleep. Go get something to eat. Walk out of the room. Go make a telephone call. Whatever it takes, just don’t be a good listener.

17) Be the Martyr

To do this correctly, you must show how that it’s you who is putting everything into this relationship and the other person is simply dead weight. Examples: “I’ve given up everything for you. I can’t hang out with my family anymore. I drive the old truck, while you drive the nice car. I don’t even go fishing much any more.” Then to really drive the point home you need to say something like: “If anyone has given it all up around here, it’s me. I don’t see your great sacrifices, and yet you complain. Look at all I’ve done for you and how I’ve gone out of my way for you.” Then when they try to defend themselves, you must belittle their points. Never let them think their points can measure up to yours.

Also, something that helps is to begin to make the “poor me” statements, such as: “I guess I’m hopeless”; “Whatever”; “I’ve tried to be here for you”, or going to the extreme by making comments like “I wish I could die”; “I should just kill myself.”

18) Use how hard you work to justify your actions

"I'm the one who works 10, 12, 14 hours a day. I don't have the luxury of sitting in front of the TV, or reading a book on the couch. I'm out there earning the money! Without that money, you wouldn't be living the soft life you live. If anyone deserves to _____, I think it's me." Or, "Once you earn the money, you can have some input." "Until you earn what I bring home, this discussion is over."

19) Compare them to the Sins of their Parents/Relatives

This is almost guaranteed to get them off the issue. Examples: "You're just like your father." "Your whole side of the family treat women that way. And you're no different." "You'll be a drunk just like your mother." "Wow, for a while there I thought I was talking to your mother."

20) Rally outside support

This first of all means you need to talk to others about what is going on in your relationship. Remember, this is not really a dangerous thing if you pick the right people. Pick someone who doesn't really know your spouse. Or pick someone who is having relationship struggles just like you are, and they don't know how to resolve their problems either. Now you have a good candidate to give you some support. After you dump your side of what's going on in your life, chances are really good that they'll say something you can use. Then when the time is right, say something like: "I talked to my friend _____, and even they think you're goofy in this thing." Be sure to add behind it something like: "And they don't even know you." NEVER, NEVER, NEVER talk to someone who is willing to get in there and help BOTH of you. If you ever make yourself accountable to outside input, anything could happen. You've given all the control away.

21) Men you really need to lead like a 3M man would

Tell them everything they need to do different. Give them advice on how they should be looking at this, thinking, acting, and what they should do. After all, you know it all. Fix the problem for them, and DO NOT express any caring, loving, concerned emotions about it. Don't let them think this is something that could actually be that big a deal. Make sure that you bluff your way through it if by some oddity you don't really know what you're talking about. Never let them know. At all costs, NEVER admit you don't know, and NEVER Apologize. Make up something if you have to. At all costs, stay in control. VERY IMPORTANT: let them know that you're just trying to help them. (Sometimes this approach can work for women too)

22) NEVER forgive and forget

Remember as much as you can. This is ammunition you can use against them in the future. You can always use a good: "I remember the last time you

_____.” Be sure to hold your grudge, pout, throw fits, give long sighs, etc. as much as possible. It keeps reminding them that this thing isn’t over yet.

23) Use Judgmental Language

Pronounce ‘WHAT THEY ARE’, rather than talking about habits or behaviors that could be looked at. For Example: “You are such a slob.” “You can’t do anything right.” “You are the laziest husband in this state.” “If slow had to be acted out, it would take you 3 years to tell me anything.” “You are the most stubborn woman on the face of the earth.” If you call their mental/emotional abilities to question, it can work even better: “You are a judgmental and critical person.” “You’re an extremist.” “You’re bi-polar.” “You’re mentally unstable.” (With women this works really well if you use their crying and emotions to support your claim) “You’re a pathological liar.” Of course the big gun for Christians is to attack them spiritually. Examples: “And you call yourself a godly man/woman.” “If you spent half as much time with me as you do at that church, this marriage would work.” “You think I’m a sinner, look at what you just did.” “If God is doing so much for you, why is your life still such a mess?”

24) Walk out/Leave

Nothing can drive the point home better than simply leaving in a very upset manner. This will show them that you want this to all change, but you’re coming to the end of how much you can put up with. Be gone for a few hours, or even overnight. Absolutely, don’t let them know where you are or what you are doing. And remember, when you come back you can’t let them know that you were having a good time shopping, fishing, playing golf, at a friend’s, etc. They must think you’ve been suffering this whole time, and you can’t take much more of this. That way the chances are much better that they’ll just drop the issue and you’ll get your way.

25) Never Compromise

This could actually show you care. My way is the only way!

26) Timing is Everything

Never pick an argument when it’s a convenient time to deal with the problem. Always find a bad time. That way you can come back later and say: “I wanted to talk.” Or, “I tried to talk and you didn’t want to.” Pick times like: When it’s bedtime. Or better yet when both of you are in bed trying to go to sleep. Or, when they’ve got about 2 minutes until they need to leave for work. Other good times are when you’re on the way to go shopping, going to the relatives, on the way to church, during their favorite TV program, etc.

27) Never forget to use PURE STRENGTH

Yelling, screaming, shouting, throwing things, hitting, kicking, biting, slapping, pinching, holding or restraining, spitting, etc. Remember, if you're going to win and really act like the devil, sometimes you need to pull out all stops.

28) Set up and maintain the Standard of Punishment

Make them pay somehow for what they've done. A good one is to go silent for a few days. Refuse to talk or engage with them in any way. Act like they're not even around. Other things that work well are: pouting, shopping and spending too much, rejecting them sexually, in fact — don't show any physical tenderness at all, talk to others about them, (make sure they know you said something) complain to their parents/relatives about them, show them NO LOVE at all, stay grumpy and hard to get along with for a while, do things/go places without telling them what's going on, etc. And if you really need to make a point, there's always having an affair — or at the very least, let them know that there are plenty of other people who would be more than happy to have you.

29) Use Jest

G2160 εὐτραπέλεια — From a compound of G2095 and a derivative of the base of G5157 (meaning well turned, that is, ready at repartee, jocose); witticism, that is, (in a vulgar sense) ribaldry:—jesting.

G5157 τροπή — From an apparently primary word τρέπω trepō (to turn); a turn (“trope”), that is, revolution (figuratively variation):—turning.

Jesting is using humor to take a situation and turn it on the other person to make them look dumb, belittle them or their ideas/opinions/etc., gain control of the conversation, devalue them, question their abilities or integrity, etc. It is very Mean Spirited Humor. It has become America's Humor. The best example is how Tim Taylor treats Al on 'Tool Time'. It's also found in practically all stand-up comic humor. It's huge in television shows like the Simpsons, etc. And the best part of using this approach in conversation is that when the other person becomes hurt or offended, you can always accuse them of needing to lighten up and quit being so serious — because you're only joking. (Yet deep down inside, you know you made your point)

30) Be an Investigator

Any good argument has to have a solid and substantial foundation. You must know what is going on in your spouse's life. Always be watching and looking to gather information that you can use against them. Go through their stuff: wallets, purses, credit card bills, letters, notes, vehicles, etc. Gather all the info. you can but don't let them know what you are doing. Now you can use anything that is questionable,

anything that can be misconstrued, anything they forgot to tell you about, etc. Because now they can be accused of hiding things, and doing things behind your back.

31) Interrupting

Always interrupt. There is nothing that can gain a psychological and emotional advantage in an argument like interrupting. It infers the other person is stupid and you have to continually keep them on track. It lets them know you don't really want to know what they have to say. And it works great to stop them from making a good point. And it can really destroy their thought and concentration.

32) Denial

When all else fails, use denial. Deny everything. "I never did that." "I don't remember that." "I never said it that way." "I didn't mean it that way." "I never said that." "I did really try." "I was ready in time." "I did not throw that away." "I never told anyone." Etc. Etc.

33) Get the Last Word

He/She who speaks last — WINS.

34) Cardinal Rule

Remember, this is not about fixing anything, compromise, serving the other person, or making the relationship better. This is about BEING RIGHT & WINNING. Remind them that THIS IS HOW YOU ARE AND THEY NEED TO GROW UP ENOUGH TO LEARN TO LIVE WITH IT!!! At all costs this superiority must be established and maintained. After all, they should be happy to have even been given the privilege of living with you.

*** If for some reason all of the above information is too much to remember at any given time, an easy way to remember what to do next is to picture this: How would grade schoolers act on the playground? (Esp. when no adults are watching) Just imitate them and you'll find yourself doing most of the things listed above.

Control and Domination Tactics

1. Physical Abuse: Slapping, uncontrolled tickling, grabbing or twisting arms, punching, hair pulling, ear pulling, pinching, hitting, choking, kicking, holding captive, pushing, scratching, tripping, hitting with objects, smothering, abusive spanking, use of weapons, shaking, beating, biting.
2. Destroying Property: busting down or into doors, ruining things that are valuable to the other person, punching holes in the walls, pounding on furniture, destruction of property in any manner, physically and emotionally abusive to pets, etc.
3. Controlling through Children: threatening to remove the child support / not paying entire child support, talking to the child regarding the other person, turning the child against the other person, using the child to give messages to the other parties involved, threats to take away visitation rights.
4. Overload Abuse: the victim is to be responsible for everything pertaining to life. (i.e. parenting, billing, shopping, meeting everyone's emotional needs, problem-solving of any sort, etc.)
5. Emotional Smothering: the victim is not allowed to try new things or express themselves, they are to give full attention to the other persons likes or dislikes, the victim is guilted for experiencing anything positive.
6. Sexual Abuse: Extreme jealousy causing controlling results of abuse. Rape, molestation of being forced in any manner. The word 'NO' is not acknowledged. Withholding sex as a punishment, causing physical pain or physical attacks, forcing or guilting or manipulating to pressure for unwanted sexual acts, destroying the other persons sexuality or ability to express themselves or to be fulfilled.
7. Stalking: caused by extreme jealousy, fear, and distrust. The person will follow the victim to activity such as work, store, church, friends, etc. Watching and spying on them, listening to or tapping telephone calls or statements, always wanting to know what was said or done. The victim will relate fair to the phrase 'Where have you been'?
8. Verbal Abuse: saying anything in a manner to degrade or devalue the other person. Such as: a) devaluing jokes or humor, b) embarrassing them in public, c) criticism, d) shaming, e) making judgments to others regarding the person's character, f) swearing or name-calling.
9. Destruction of Character: treating an adult like they are a child, destroying their self-esteem in any area, devaluing the victim through rejection regarding their appearance or abilities.
10. Silent Treatment: refusal to communicate used as a punishment to the victim. Can be used as a form of rejection and bringing about control. It is also noted that this person may not have the skills to properly express emotions.

11. Spiritual Domination or Control: the use of Scripture for manipulation or control. The use of words such as 'submit' or 'obey'. Making the victim feel as though they are separated from God and cannot hear from him because of gender or lack of knowledge/intelligence. Using spiritual sayings or phrases to guilt or dominate like: 'I am the priest of the home'.
12. Financial Abuse: controlling where the victim works or how often they can have a job. Making the individual have to ask or beg for money. Gives victim an allowance based on performance or submission. Takes the victim's money and requires an account for every dime spent. The victim has to prove on all things why they spent the money they did. Constantly planting fear regarding finances as a way of controlling what is spent.
13. Threatening Announcements or Attempts: announcing to the victim: 'I'm leaving', or 'I want a divorce', 'I'll kill myself', 'I'll kill you', 'I'll tell everybody how bad you are', 'I'll report this to the boss if you don't do what I say', 'I'll take the children from you', 'you'll never find us', 'I'll call all your friends and tell them how you really are'. Or making the victims steal or lie, or the like, based on a threat towards them.
14. Emotional Destruction: the victim is in constant fear of rejection based on devaluing statements, conditional affection, or unstable / changing emotional status. The victim's identity is continually attacked as a way of controlling their opinions. Name calling, shaming, lying, or emotional mind games, changing the rules and boundaries to sooth the controllers needs, degrading the victim until they are powerless, teasing, guiltting, manipulating.
15. Controlling Abuse: taking charge of the victim's everyday decisions: what they can do, what they have to eat, when they can come or go, can they wear makeup, what hair they have to wear, what clothes, how much bathwater they can use, can they use the lights, the dishwasher, the air conditioner, or what vehicle they can use.
16. Body Language Control: using your body language to manipulate or control a situation through facial expressions, gestures.
17. Use of Volume to Dominate: screaming, yelling, talking loudly, use of rough voice tones causing fear and not respect.
18. Male or Female Dominance: attitudes of 'the queen on her throne', or 'the master of all'. These project onto the victim as they are being ruled and only this individual has privilege to decision making. The victim is also treated as a slave or servant — not as an equal.
19. Isolating the Victim: the victim is not allowed to have friends or the choice of their friends, is not allowed to receive mail or use the computer, is forced to move a lot so they don't connect with anyone. Is not allowed to pursue classes or be a part of group activities such as: church, the rec. center, school, parties, reunions, etc. This also includes the removal of rights in order to isolate the victim. (example: hiding the car keys, taking the checkbook, etc.)

20. Passive — Aggressive Abuse: when you passively, quietly, or behind the scenes: inflict pain, control, dominate, manipulate, or cause destruction to or on the victim. This is usually accomplished in such a way that makes it difficult to call them on their behavior. They habitually deny their involvement or behaviors.
21. Punishing: the attitude of making the other person pay. Such as: 'I'm leaving. I'll be back whenever and I'm not telling you where I am going'.
22. Reactive Rebellion or Co-Abuse: this is when the victim has been abused and may not have the skills or know how to resolve or make it stop. So they abuse back as part of retaliating.
23. Domination through Drama: creating a scene.

‘Positive Communication’

“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.”

Eph. 4:29

“Let us therefore make every effort to do what leads to peace and mutual edification.”

Rom. 14:19

“Therefore each of you must put off falsehood and speak truthfully.”

Eph. 4:25

- 1) Create an atmosphere of Safety. (Be a safe place to land)
- 2) Identify the other’s hot buttons, and don’t push them.
- 3) One Issue At A Time.
- 4) Attack the Issue/Problem — Not the person.
- 5) Stay Calm.
- 6) No taking things personally. This is about an issue, not a person.
- 7) Be more interested in what they have to say than in what you have to say.
- 8) “I” statements of perception — Not “You” statements of conclusion.
- 9) Mirroring, or rephrasing.
- 10) Recognition of Statement/Position.
- 11) Valuing of Statement/Position.
- 12) When the other person disagrees, or says No to your statement, LET THEM EXPLAIN. Keep digging for their perspective. No Convincing/Salesman Tactics.
- 13) What may seem REAL in your PERSPECTIVE, may not really be what’s real.
- 14) Stay Concise. No Building a case. No Proving the other person to be wrong.
- 15) “What did I do to make you feel that way?”
- 16) “What do you need from me?”
- 17) No Interrupting/Interruptions.
- 18) No defending yourself.
- 19) No Distractions.
- 20) 100% Attention.
- 21) Eye Contact.
- 22) Use Time-Outs.
- 23) No Devaluing.
- 24) No Elevated Voice Levels.

- 25) No Negative Body Language.
- 26) Guys: Listen and be a support. Don't try to fix something until you're asked.
- 27) 100 Year Rule on Objectivity. (Is it really that big of a deal?)
- 28) Watch out for Double Messages. (Body Language, Voice Tone, Vs. Verbal)
- 29) How to disagree. (Guard against anything that causes division. Listed Above.)
(No taking things personally. Stay on the Issue/Problem.)
- 30) Common goal must be a WIN — WIN perspective.
- 31) Guard against negative old habits.
- 32) Separate from past pain. Decisions are not made from past experiences.
- 33) Agree before you set expectations. (No right to expect without prior agreement)
- 34) There must be closure. (Spiritually, Mentally/Emotionally (Soul), and Physically)
- 35) Remind yourself Mentally & Verbally: this is not my mother, father, ex-_____.
- 36) Passive — Aggressive — Assertive. (We want Assertive)

Mature/Godly Communication

- 1) One person speaks at a time. Nobody dominates the conversation.
- 2) Speaking Truthfully in Love.
- 3) Speaking Honestly.
- 4) Attacking the Problem/Issue, Not the person.
- 5) Remembering: No right of refusal except for either Destiny, or Sin.
- 6) Agree to discussion rules which govern conversations.
- 7) Stay with and resolve one issue at a time.
- 8) Look for how both of you can come away from the issue feeling good about it.
- 9) Sharing of specific perspectives and emotions. (No generalizing: Always, Never, Etc.)
- 10) No Witchcraft: Manipulation, Domination, and Control.
- 11) Value and Respect the other person. (Their opinions, desires, beliefs, etc.)
- 12) Clearly stating positions. (No mind-reading) If it's not said, it doesn't count.
- 13) Admit when you're wrong.
- 14) Agreement is reached before Expectations are established.
- 15) Make rules for and abide by Time-Outs. (No Exceptions)
- 16) To begin with: WRITE DOWN ALL CONCLUSIONS.

IMMATURE/UNGODLY COMMUNICATION

***** OPPOSITE OF THE ABOVE LIST!!!!**

‘ARBITRATOR’

When someone is called in as an Arbi-TRATOR, inevitably that person will become a ‘Traitor’ to someone.

I HAVE VALUE

THEREFORE MY:

Opinions, Beliefs, Desires, Goals,
Hopes, Fears, Joys, Strengths,
Weaknesses, Dreams, Plans,
Ideas, Problems, Etc. Etc. Etc.

**Are Important
& DO MATTER!!!**

I AM WORTHY OF LOVE

‘Putting Away Vs. Divorce’

The subject of Divorce as it pertains to Christians is at the very best — Controversial. At the very worst it is — Fragmenting and Divisive. So let me state from the onset, that this short study is not designed to cause division, or divorce. It is merely stating what the Bible says about the original Greek and Hebrew words that have been translated into the English texts. (Specifically the King James Version)

Now that we have an understanding of Covenant, and how God views Covenants, the concept of ‘Putting Away Vs. Divorce’ will be very simple to understand.

The first thing that needs to be made clear is that there is a difference between ‘Putting Away’ a spouse, and ‘Divorcing’ a spouse. There are two different words used in the Old Testament as well as in the New Testament translated as “Divorce”. THIS IS ANOTHER EXAMPLE OF INCORRECT TRANSLATION!!! Each word means something different. Even though they are both part of the same process, they’re not the same thing. Many people are not aware of this.

I. In the Old Testament — “Putting Away”

A. “Putting Away, or To Put Away” is the Hebrew word: “Shalach” (Strong’s #7971)

B. The Hebrew Definition of “Shalach” is:

1. “To send away, for, or out -- Cast away, cast out -- Forsake -- Give up -- Leave -- Let Depart -- Push Away -- Put Away, Forth, Out -- Stretch Forth”. (Strong’s)

C. “Shalach” is found in the following scriptures:

1. In regard to one spouse toward another:

- Deut. 22:19, 29 - Jer. 3:1, 8
- II Sam. 13:15-20 - Mal. 2:16
- Isa. 50:1

2. In other applications:

- Gen. 3:22; 8:9; 19:10 - II Kgs. 6:7
- Ex. 4:4; 22:5, 8, 11 - I Chron. 13:9-10
- Num. 5:2-4 - Job 1:11-12; 2:5; 29:9
- Deut. 25:11 - Ps. 55:20; 125:3
- Judg. 3:21; 5:26; 6:21 - Song 5:4
- I Sam. 14:27; 17:49; 22:17; 24:10 - Isa. 58:9
- II Sam. 6:6; 15:5; 18:12 - Ezek. 8:3, 17
- I Kgs. 13:4 - Joel 3:13

II. In the Old Testament — “Divorcement”

- A. "Divorce/Divorcement" in the Hebrew is: "Kereethooth". (Strong's #3748)
- B. The Hebrew definition of "Kereethooth" is:
 - 1. "A cutting of the matrimonial bond; Divorce; Divorcement."
- C. "Kereethooth" is found in the following scriptures:
 - 1. - Deut. 24:1, 3 - Isa. 50:1 - Jer. 3:8

III. In the New Testament — 'Putting Away'

- A. 'Putting Away' in the Greek is: 'Apoluo'. (Strong's #630)
- B. The Greek Definition of 'Apoluo' is:
 - 1. "To Free Fully, Relieve, Release, Dismiss, Let Die, Pardon" (Strong's)
 - 2. "To Send One's Self Away; Depart; To Set Free". (Thayer's) "To Loosen From, Sever by Loosening, Undo". "To Let Go, Dismiss, Detain No Longer; To Let Go Free, To Release". "To Bid Depart, Send Away".
- C. 'Apoluo' is found in the following scriptures:
 - 1. In connection to divorce:
 - Matt. 1:19; 5:31, 32; 19:3, 7-9
 - Mark 10:2, 4, 11-12
 - Luke 16:18
 - 2. In other applications:
 - Matt. 14:15, 22; (cf. Mark 6:36, 45; Luke 9:12) 15:23, 32, 39; 18:27; (cf. Luke 6:37) 27:15, 17, 21, 26.
 - Mark 8:3, 9; 15:6, 9, 11, 15.
 - Luke 2:29; 8:38; 13:12; 14:4; 22:68; 23:16-18, 20, 22, 25. (cf. John 18:39)
 - John 19:10, 12. (cf. Acts 3:13)
 - Acts 4:21, 23, 40; 13:3; 15:30, 33; 16:35; 17:9; 19:41; 23:22; 26:32; 28:25.
 - Heb. 13:23
- D. To 'Put' someone 'Away' is exactly what it sounds like. It can be explained as simply the process of moving or forcing something away from you. That can happen Spiritually, Emotionally, Mentally, and/or Physically. To 'Put Away' in marriage is to force someone away from you or out of your life.

IV. In the New Testament — 'Divorce'

- A. 'Divorce' in the Greek is: 'Apostasion' (Strong's #647)
- B. The Greek Definition of 'Apostasion' is:
 - 1. "Separative, Divorce, Writing of Divorce" (Strong's)
 - 2. "Divorce, Repudiation, A Bill of Divorce" (Thayer's)
- C. 'Apostasion' is found in the following scriptures:
 - Matt. 5:31; 19:7.

- Mark 10:4.

- D. To 'Divorce' someone is to finish the 'Putting Away' process in a legal way. It is giving a legal piece of paper to verify what has already taken place in the 'Putting Away' process.