

# KAIROLOGY®

TIME FOR CHANGE

TIME FOR CHANGE

KAIROLOGY®

## *A Study for Women in Prison*

By Ian A Williams

### MODULES:

**Introduction**

**Womanhood Sessions 1-5**

**Marriage Sessions 6-10**

**Motherhood Sessions 11-15**

Kairology Charitable Trust  
P.O.Box 139 Waiuku 2341  
Auckland, New Zealand  
[www.kairology.com](http://www.kairology.com)  
Registered Charity No: CC44656



KAIROLOGY  
Leadership & Growth



**PRISON  
CHAPLAINCY  
SERVICE**  
of Aotearoa  
New Zealand

*Haere mai  
ana koutou ki aha*

# **KAIROLOGY® STUDY FOR WOMEN**

## **Womanhood, Marriage and Fatherhood – for women in prison**

### **INTRODUCTION**

The Kairology Charitable Trust is a made up of business people who are committed to improving the lives of men and women prison, and their families, with the aim of positive and sustainable change in their lives. The term *Kairology* is an extension of the Greek word Kairos, which Jesus used when referring to today/now the time has come, ie *now is the time/season or correct/appointed moment*.

Womanhood, Womanhood and Personhood studies are faith and relationship based, with the precept that social wellness is mostly determined by the quality of relationships. Our studies cover these relational aspects by enabling men to better understand themselves and other men (Womanhood), to understand their relationship with God; and to build positive relationships with their partner (Marriage), their parents and their children (Fatherhood). The healthy functioning of these relationships will usually be a good indicator of the state of the person and how well they fit into society.

Awareness of this, and the healing of past and present relationship issues, can and have made a huge difference in a very positive way for the future of many the participants of these studies, mainly men in prison, and also people in the wider community.

This study was written and first used in 2007, with the input and involvement of prisoners. It has been used in New Zealand prisons, with support and sponsorship of Prison Fellowship and the Chaplaincy Service. Currently the studies are being delivered in some prisons and communities in New Zealand, Fiji and Papua New Guinea. Around 3500 participants have used the studies with positive permanent life-changing results in their personal faith journey and in their relationships. People's lives are being changed and renewed as they approach and manage family life very differently.

Ian A Williams  
July 2017

### **INDEX**

#### **Part 1: Womanhood**

Introductory Session (optional)	2
Session 1: Blueprint of Womanhood – womanhood from God's design and purpose	4
Session 2: Womanhood Purpose and Context - womanhood from self-perspective	9
Session 3: Woman in Relation to Man – purpose, roles and responsibilities	14
Session 4: The Woman You Are – self-awareness, attributes and change	18
Session 5: New Woman in Practice – applying the changes and having support	24

#### **Part 2: Marriage**

Session 6: Model of Marriage – marriage from God's design and purpose	26
Session 7: Connecting and Establishing – relationship for the journey	31
Session 8: Love and Sex – getting it right	35
Session 9: Maintenance and Growth – communication and conflict	40
Session 10: Renewing and Leading – stages of family life	43

#### **Part 3: Motherhood**

Session 11: Model and Role of Mother – motherhood from God's design and purpose	48
Session 12: Connecting – being present and real	55
Session 13: Leading The Family – you and your household	61
Session 14: Love, Discipline and Coaching – balance and communication	66
Session 15: Renewing Motherhood – role modelling and putting things right	71

**NOTE: All biblical references in this document use the New International Reader's Version unless otherwise specified**

## **WOMANHOOD: INTRODUCTORY SESSION Thinking About Who I Am**

This is an **optional** *but very useful* introductory session, and may help you reflect on your past, consider your future, and help you prepare for the study.

### **OBJECTIVES:**

- Committing to the study
- Understanding yourself and your motivation
- Your experience of being a child, a partner and a mother
- Reviewing personal values
- Looking to future possibility and personal change

**Why did you choose to join this study?**

1

**What do you want to get out of it?**

2

**Think back on your life story; what were the great things about your early days? What are the happy memories or treasures for you?**

3

**What were the sad things about your early days? What are the sad memories or regrets for you?**

4

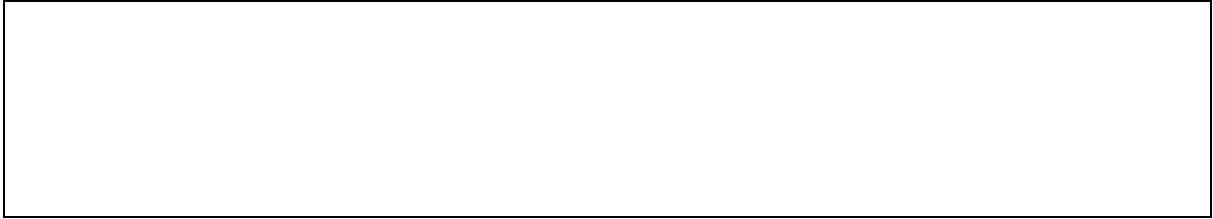
**How would you summarise your experience of being a child and teenager? If you were your mum or dad, what would you have done differently?**

5

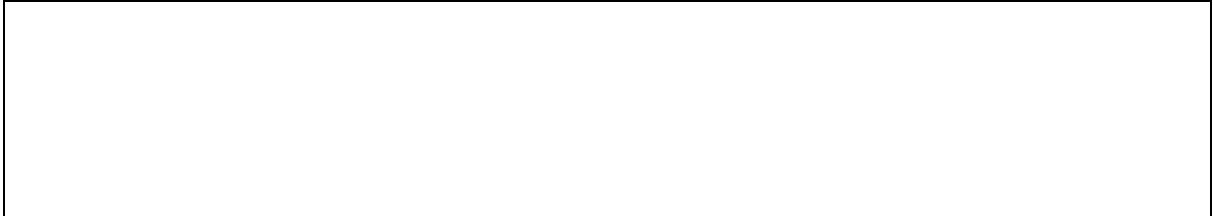
**Having thought about all of that, what are the things in life that you value most, and what are the things you would reject?**

6

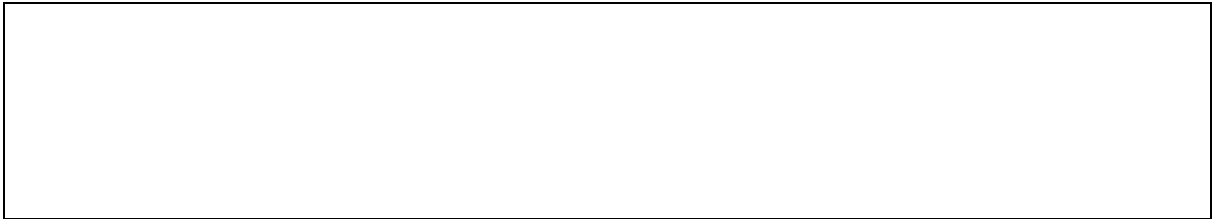
**IDEALLY** what do you think a good woman should be like? What would she be saying? What would she be doing for her friends, partner, kids, parents, and other people around her? 7



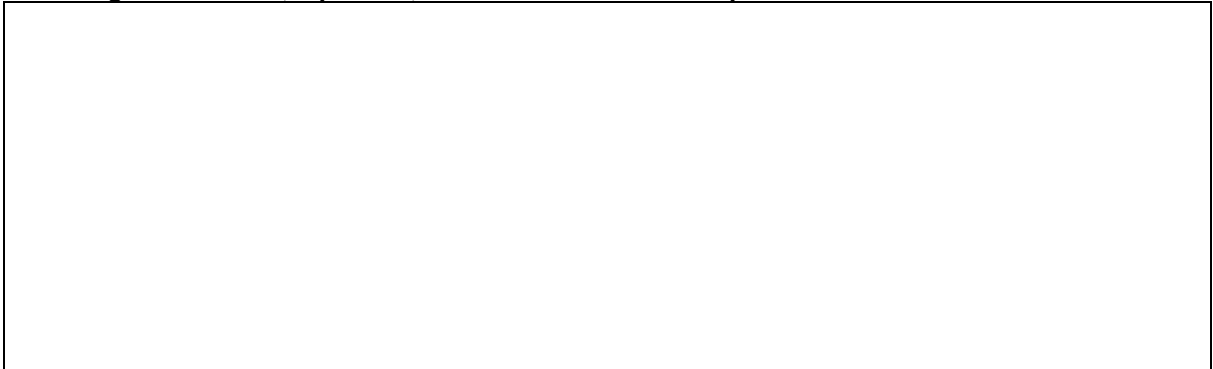
**IN REALITY** what of these things are you doing, and what are the things you would need to work on? 8



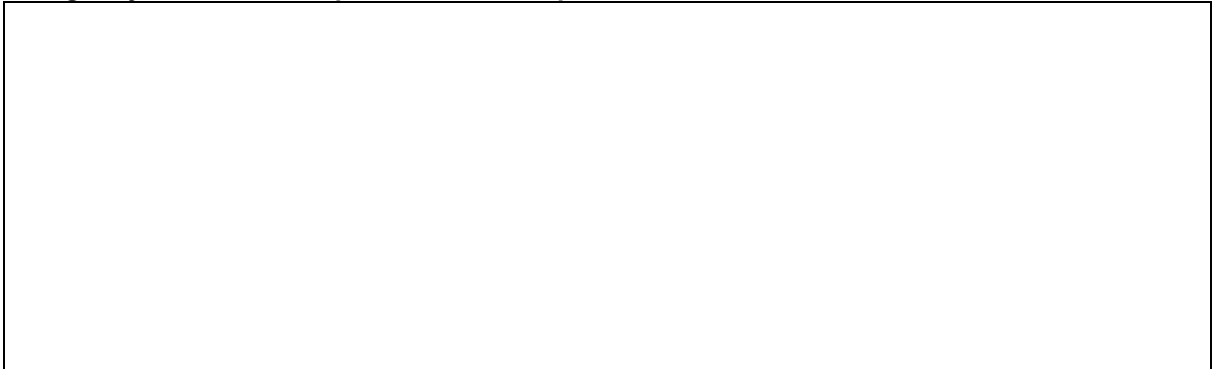
What would you say is your purpose in life, or what is your life all about? What are you to do or achieve on planet earth? 9



Imagine life in 10 years time, or in 5 years after you leave prison. In your wildest dreams, what would you like to be doing as a woman, a partner, a mother? Describe the picture. 10



Other thoughts you'd like to keep or share at this point. 11



# **KAIROLOGY® FOR WOMEN - WOMANHOOD**

## **WOMANHOOD: SESSION 1**

The Blueprint of Womanhood (Womanhood from God's design and purpose)

**CONTEXT:** This is the first module in the series looking at womanhood, marriage and fatherhood. The womanhood module (5 sessions) is the basis for the whole study, then 5 on marriage and 5 on motherhood. Ideally you will also meet for a final summary session, presentation and/or graduation. Womanhood looks at humanity from a biblical perspective, world view, and personal view, and gives the opportunity for you to rethink and re-establish your own womanhood and how you portray and live out your life.

### **OBJECTIVES:**

- Committing to the study
- Understanding God's intention and model of humanity and womanhood
- Understanding the purpose of people
- Reviewing personal values
- Looking to future possibility and personal change

### **Five sessions**

The five sessions are:

1. Blueprint of Womanhood
2. Womanhood Purpose and Context
3. Woman in Relation to Man
4. The Woman You Are
5. New Woman in Practice

### **What is the purpose of humankind?**

Let's begin by looking at the beginning of humanity according to the bible in Genesis.

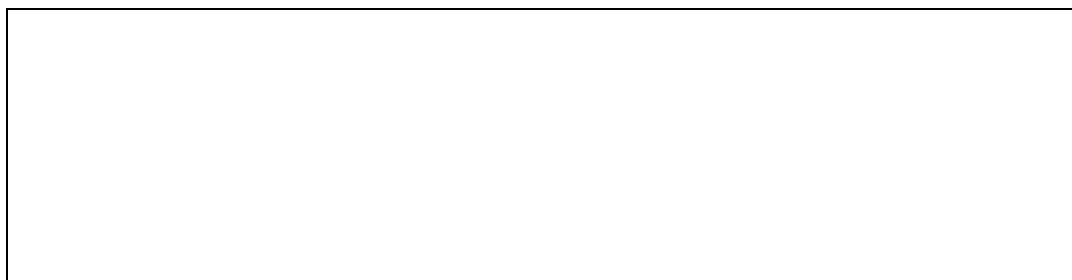
#### **Genesis 1:26-31**

*<sup>26</sup> Then God said, "Let us make man in our likeness. Let them rule over the fish in the waters and the birds of the air. Let them rule over the livestock and over the whole earth. Let them rule over all of the creatures that move along the ground." <sup>27</sup> So God created man in his own likeness. He created him in the likeness of God. He created them as male and female.<sup>28</sup> God blessed them. He said to them, "Have children and increase your numbers. Fill the earth and bring it under your control. Rule over the fish in the waters and the birds of the air. Rule over every living creature that moves on the ground." <sup>29</sup>*

*Then God said, "I am giving you every plant on the face of the whole earth that bears its own seeds. I am giving you every tree that has fruit with seeds in it. All of them will be given to you for food."<sup>30</sup> "I am giving every green plant to all of the land animals and the birds of the air for food. I am also giving the plants to all of the creatures that move on the ground. I am giving them to every living thing that breathes." And that's exactly what happened.<sup>31</sup> God saw everything he had made. And it was very good. There was evening, and there was morning. It was day six.*

### **What is our purpose?**

12



***Relationship is communication; communication is relationship.***

## Genesis 2:18-25

<sup>18</sup> The LORD God said, "It is not good for the man to be alone. I will make a helper who is just right for him."

<sup>19</sup> The LORD God had formed all of the wild animals. He had also formed all of the birds of the air. He had made all of them out of the ground. He brought them to the man to see what names he would give them. And the name the man gave each living creature became its name.

<sup>20</sup> So the man gave names to all of the livestock. He gave names to all of the birds of the air. And he gave names to all of the wild animals. But Adam didn't find a helper that was right for him. <sup>21</sup> So the LORD God caused him to fall into a deep sleep. While the man was sleeping, the LORD God took out one of his ribs. He closed up the opening that was in his side.

<sup>22</sup> Then the LORD God made a woman. He made her from the rib he had taken out of the man. And he brought her to him. <sup>23</sup> The man said, "Her bones have come from my bones. Her body has come from my body. She will be named 'woman,' because she was taken out of a man."

<sup>24</sup> That's why a man will leave his father and mother and be joined to his wife. The two of them will become one. <sup>25</sup> The man and his wife were both naked. They didn't feel any shame.

**When God created humans, what exactly did He create?**

13

--

**What are human beings?**

14

The obvious	The not-so-obvious

**What is the most important fact about God's creation?**

15

--

**What is the purpose of the bible? Why would we look to the bible for answers on womanhood?**

16

1
2
3
4
5

**New insights for me:**

17

--

## World's woman – the common and popular myths!

18

## New beliefs about myself:

19

***No-one can possibly know what life means, what the world means,  
what anything means, until they find purpose.***

Paul, one of the followers of Jesus, ended up in prison several times, just for spreading the message of the gospel. So, he had first-hand experience of being in prison. But the important thing Paul draws attention to is that he was able to find a purpose in whatever circumstances he found himself in. This is what he says in a letter:

### 2 Timothy 1:8 -10

20

*<sup>8</sup> .....don't be ashamed of me, his prisoner. Instead, join with me as I suffer for the good news. God's power will help us do that. <sup>9</sup> God has saved us. He has chosen us to live a holy life. It wasn't because of anything we have done. It was because of his own **purpose** and grace. Through Christ Jesus, God gave us that grace even before time began. <sup>10</sup> It has now been made known through the coming of our Saviour, Christ Jesus. He has destroyed death. Because of the good news, he has brought life out into the light. That life never dies.*

**Without a clear purpose, life is wasted. You are robbed of being useful, and rob others of what you are capable of achieving for them. With purpose comes abundance and fulfilment.**

### BUDDY UP - Getting a friend! A buddy.....

21

- Knows and accepts me
- Speaks truth into my life and shares part of my life
- Can be transparent, honest and vulnerable
- Is a person I can count on and trust
- Helps me be accountable
- Gives help and support
- Gives listening and feedback
- Helps with reading/writing if needed

Throughout the study discuss your 'homework' findings and thoughts with you buddy.

## **HOMEWORK NOTES**

**What I have learnt so far:**

**What are my foundations?**

**What I'll do differently**

**How I will rebuild**

**What are the questions I have for the next session?**



## WORDS TO HELP THINKING

SCRIPTURE	QUOTATIONS
<p><b>Psalm 139: 13-16</b>  <sup>13</sup> You created the deepest parts of my being. You put me together inside my mother's body. <sup>14</sup> How you made me is amazing and wonderful. I praise you for that. What you have done is wonderful. I know that very well. <sup>15</sup> None of my bones was hidden from you when you made me inside my mother's body. That place was as dark as the deepest parts of the earth. When you were putting me together there, <sup>16</sup> your eyes saw my body even before it was formed. You planned how many days I would live. You wrote down the number of them in your book before I had lived through even one of them.</p> <p><b>Ephesians 1:9-11</b>  <sup>9</sup> He showed us the mystery of his plan. It was in keeping with what he wanted to do. It was what he had planned through Christ. <sup>10</sup> It will all come about when history has been completed. God will then bring together all things in heaven and on earth under one ruler. The ruler is Christ. <sup>11</sup> We were also chosen to belong to him. God decided to choose us long ago in keeping with his plan. He works out everything to fit his plan and purpose. <sup>12</sup> We were the first to put our hope in Christ. We were chosen to bring praise to his glory.</p> <p><b>Romans 8 :28</b>  <sup>28</sup> We know that in all things God works for the good of those who love him. He appointed them to be saved in keeping with his purpose.</p> <p><b>Jeremiah 29:11-14</b>  <sup>11</sup> <b>"I know the plans I have for you," announces the LORD. "I want you to enjoy success. I do not plan to harm you. I will give you hope for the years to come. <sup>12</sup> Then you will call out to me. You will come and pray to me. And I will listen to you. <sup>13</sup> When you look for me with all your heart, you will find me. <sup>14</sup> "I will be found by you," announces the LORD. "And I will bring you back from where you were taken as prisoners. I will gather you from all of the nations. I will gather you from the places where I have forced you to go," announces the LORD. "I will bring you back to the place from which I sent you away."</b></p> <p><b>Colossians 1:16-17</b>  <sup>16</sup> All things were created by him. He created everything in heaven and on earth. He created everything that can be seen and everything that can't be seen. He created kings, powers, rulers and authorities. Everything was created by him and for him. <sup>17</sup> Before anything was created, he was already there. He holds everything together.</p>	<p><i>It's not enough to have lived. We should be determined to live for something. May I suggest that it be creating joy for others, sharing what we have for the betterment of personkind, bringing hope to the lost and love to the lonely.</i>  <b>Leo F Buscaglia</b></p> <p><i>Out of the night that covers me,  Black as the pit from pole to pole,  I thank whatever gods may be,  For my unconquerable soul.  In the fell clutch of circumstance,  I have not winced nor cried aloud:  Under the bludgeonings of chance  my head is bloody but unbowed . . . . .  It matters not how strait the gait,  how charged with punishments the scroll,  I am the master of my fate:  I am the captain of my soul.</i>  <b>WE Henley, 1849-1903, from 'Invictus'</b></p> <p><i>The important thing is this: to be willing at any moment to sacrifice what we believe ourselves to be, for what we could become.</i>  <b>Charles Dubois</b></p> <p><i>The real act of discovery consists not in finding new lands, but in seeing with new eyes.</i>  <b>Marcel Proust</b></p> <p><i>For a long time it had seemed to me that life was about to begin – real life – but there was always some obstacle in the way, something to be got through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that the obstacles were my life.</i>  <b>Alfred D'Souza</b></p> <p><i>If you treat an individual as he is, he will stay as he is, but if you treat him as if he were what he ought to be and could be, he will become what he ought or could be.</i>  <b>Goethe 1749 – 1832</b></p>

## WOMANHOOD: SESSION 2

Womanhood purpose and context (womanhood from self-perspective)

### OBJECTIVES:

- Reinforce purpose of humankind (from session 1)
- Understand the role and purpose for the female
- Consider own womanhood in relation to the ideal
- Action planning

Review the readings from Genesis 1:26-31 and Genesis 2:18-25 (pages 4 and 5)

What are the most important roles for you as a man? (team summary)

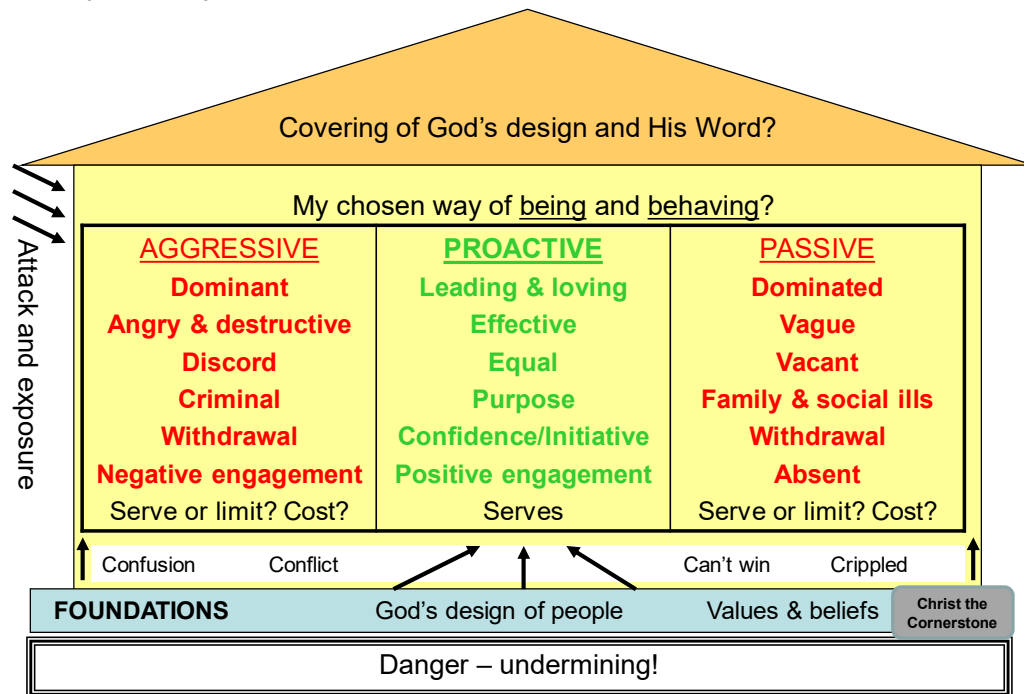
22

### Joshua 24:15

<sup>15</sup> "But suppose you don't want to serve the LORD. Then choose for yourselves right now whom you will serve. You can choose the gods your people served east of the Euphrates River. Or you can choose the gods the Amorites serve. After all, you are living in their land. But as for me and my family, we will serve the LORD."

### HOUSE OF BEING: As for me and my house.....

Joshua 24:15



See the full-page version at the end of the booklet

## Matthew 7:24-27

<sup>24</sup> "So then, everyone who hears my words and puts them into practice is like a wise man. He builds his house on the rock. <sup>25</sup> The rain comes down. The water rises. The winds blow and beat against that house. But it does not fall. It is built on the rock. <sup>26</sup> "But everyone who hears my words and does not put them into practice is like a foolish man. He builds his house on sand. <sup>27</sup> The rain comes down. The water rises. The winds blow and beat against that house. And it falls with a loud crash."

**What has beaten against your house?**

24

--

**How would you re-design your house from foundations to roof?**

25

--

**Without purpose there is abuse and waste. It is robbery! With purpose comes abundance and fulfilment.**

26

For a building:

- the vision of the end is at the beginning (the picture, the concept, the blueprint, the plans)
- the purpose is in the mind of the maker, so we follow his instructions
- the purpose determines nature, design and features
- the purpose is to complete the building – to fulfil our potential and be purposeful
- the finished building is completion – for people of God this is about being *Christ-like*
- the rest is the process

**Focus on purpose; don't get lost in the process!**

27

*Sir Christopher Wren was the architect of St Paul's Cathedral in London. A young apprentice passed him one day, and Wren asked him what he was doing. The apprentice said he was carrying some bricks. Wren said, no – you are building a great vast cathedral for the glory of God.*

Remember God's purpose and model for man from Genesis.

**Foundation** – solid, dependable, present (even though unseen), stability, security

**Inheritance** – a heritage and legacy, not governed by the past but creating the future

**Presence** – Adam & Eve were in God's presence, learning their purpose under God:

1. Relationship, fellowship, communion and covenant with Him
2. Working to sustain and renew the earth.

**REMEMBER: the past is not the future; we can choose not to be victims of history or our circumstances!**

28

## Philippians 3:13

<sup>13</sup> *Brothers and sisters, I don't consider that I have taken hold of it yet. But here is the one thing I do. I forget what is behind me. I push hard toward what is ahead of me. <sup>14</sup> I move on toward the goal to win the prize. God has appointed me to win it. The heavenly prize is Christ Jesus himself.*

**Action plan for being proactive**

29

Three ways I am (or have been) aggressive	An alternative behaviour
1	
2	
3	

Three ways I am (or have been) passive	An alternative behaviour
1	
2	
3	

### PRINCIPLES OF BEING HUMAN

- Me → Family → Society → World
- Basic Needs → Complex Needs
- Rib means 'side'
- Love cannot love alone (we need others)
- Not superior or inferior – just different
- Stewardship: manage the earth – not each-other
- Partnership – not domination and control!

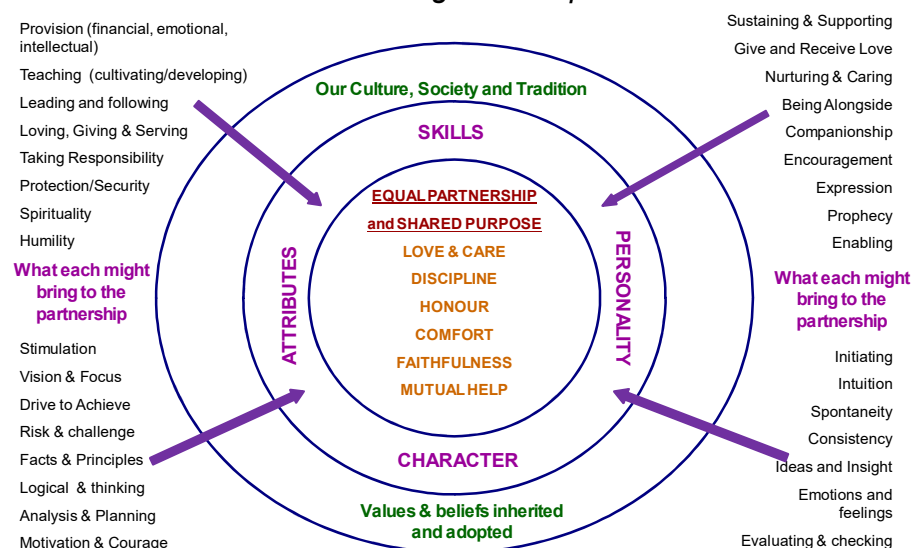
What can I take and learn from this, what can I do with it?

30

It is important to understand what we might adopt from our nature, background, tradition, beliefs, culture, understanding or upbringing. Women and men can fulfil any or all of the attributes and skills needed for family life, and adapt their personality and character. It's about playing to your strengths, developing new approaches that fit your needs and the needs of your partner and children. You have to be willing to change, work in with the needs of others, and maintain positive relationships. Success is working together as equal partners from those qualities in the centre, and to work the other qualities out in our relationship, in the best interests of our family and situation.

### OUR PURPOSE AS PEOPLE

*God's Design Masterpiece*



See the full-page version at end of booklet

What do you see as your **PURPOSE** as a woman?

31

--

What do you see as the skills and attributes you bring to partnership?

32

--

What's the difference?

33

--

How is role different to purpose and attributes?

34

--

In what ways does all this go wrong in reality?

35

IN GENERAL (note it now)	AS WOMEN WHAT CAN WE DO ABOUT IT?

In what ways does all this go wrong in reality?

IN MY EXPERIENCE (note one now, more later)	WHAT CAN I DO ABOUT IT?

## **HOMEWORK NOTES**

**What I have learnt in Session 2:**

**What I most need to change:**

**What I will do differently:**

**What help I might need:**

**REFER TO ‘WORDS TO HELP THINKING’ (end of Session 1). What stands out for you, and what could you do differently?**

## WOMANHOOD: SESSION 3

Woman in relation to man (purpose, roles and responsibilities)

### OBJECTIVES:

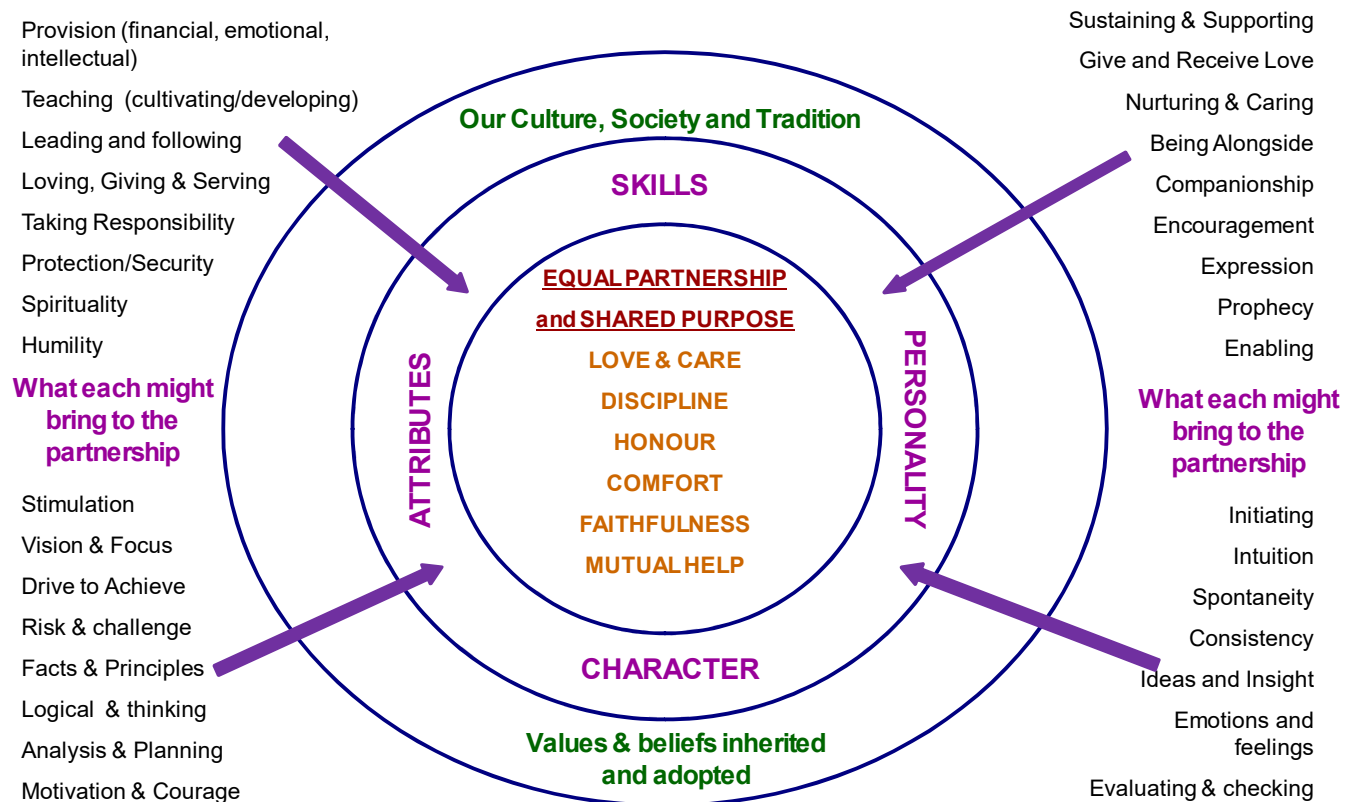
- Understand the purpose of female and male, and their interdependence
- Recognise the 'world view' of women as compared to God's view and intention
- Understand the common responsibility and role of women and men
- Understand the principle of covenant (solemn promise)

Notes from our review discussion:

36

Let's look at our purpose in more detail, woman and man in relation to each-other. What particular qualities do you and your partner bring? What qualities do you value, encourage and nurture in your partner?

## OUR PURPOSE AS PEOPLE *God's Design Masterpiece*



See the full-page version at end of booklet

## Male and Female – different, not right or wrong!

Remember from the last session that the really important thing here is to understand what we might adopt from our nature, background, tradition, beliefs, culture, understanding or upbringing. Both genders can do all of these things and the purpose and attributes can interchange. The important point is that we work together as equal partners from those qualities in the centre, and work the other things out in our relationship, in the best interests of our family and situation.

### What are some of the key differences that really stand out for you?

37

### What does relationship require?

38

### What is a covenant relationship?

39

### What's the difference between:

40

PURPOSE	ATTRIBUTES



**Sometimes, for whatever reason, you may not have a partner. It may be through a split, by one partner being in prison, or through a death. Or you may never have had a permanent partner. Without a partner, what might be missing for you? What is the void that's left? How do you compensate for what's missing?**

41

What is missing?

How I deal with it, or how I could deal with it.

Now think about your partner. What is, or would be missing for him?

**How does it feel when there's a void?**

42

In general (complete now)

Specifically for you (complete later)

**Personal review** (one in session, others in your own time later):

43

Ways in which I may have abused my purpose and role as a woman	What I could have done differently	What I would now choose	What I can do about it now

**HOMEWORK****What I learnt in Session 3:****What I most need to change:****What I will do differently:****What help I might need:****God created woman – only God can create you again, and fill the God-shaped void!**

## WOMANHOOD: SESSION 4

The Woman You Are (self-awareness, attributes and change)

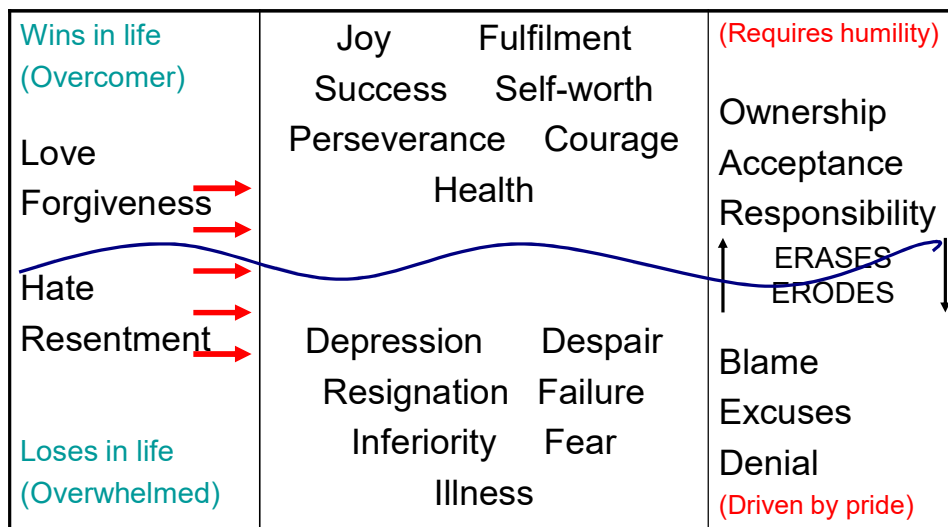
### OBJECTIVES:

- Building self awareness
- Attributes to keep, attributes to develop – the blueprint and life design
- Preparing for change – new blueprint, new building

Notes from our review discussion:

44

## Above the line women



45

See the full-page version at end of booklet

## Choosing to REACT or ACT

46

What can go wrong when I react?

**Examples of my responses:**

47

REACTION	ACTION

**New ways for me to respond to people and situations:**

48

1
2
3

*Discuss in the group or with your buddy. How will you apply these new responses, and who will help you?*

**What are my weak spots; what causes me to stumble?**

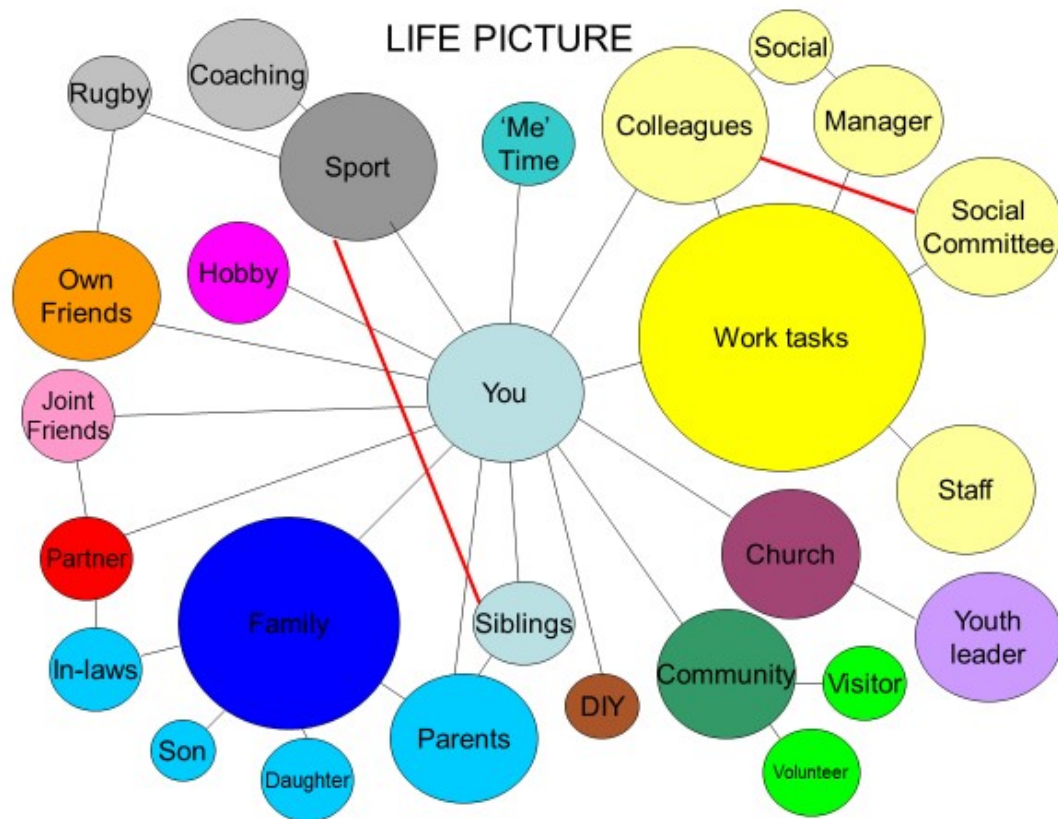
49

--

**What will I do to ensure there's no 'escape route' or slipping back to usual form?**

--

## LIFE DESIGN



50

See the full-page version at end of booklet

What does this mean to me?

51

How does this possibly translate to me in a prison setting?

52

***Who*** you are is more important than ***where*** you are.

## **HOMEWORK: MY WOMANHOOD ACTION PLAN**

### **1. Review:**

- House of Being
- Our Purpose as People
- Life Picture
- Above the line women
- All your notes from the sessions

*Remember that losing your purpose is robbery. With purpose comes abundance.*

**2. Draw your life picture as it is now. Use blank page below.**

**3. Draw it as you would like it to be. Use blank page below.**

**The essence of my purpose is:**

53

--

**What can distract or limit me from this is:**

54

--

**My key objectives or goals now for the next 3 months are:**

55

<b>1</b>
<b>2</b>
<b>3</b>

**These goals are:**

56

- Specific
- Measurable
- Achievable
- Realistic
- Time-bound

***Work with your buddy and be ready to share in Session 5.***

## WORDS TO HELP THINKING

### ***Rubbish in, rubbish out***

*Think about your thinking and your habits and how they need to change*

***You can fail, you can learn, but you can never quit.***

***As women we are sometimes emotionally driven*** – that's a good thing. We need our emotions as a radio needs an aerial! It's a fabulous strength that provides a compass for good relationships. But we need to be masters, not slaves, of our emotions. Use them positively for the benefit of self and others, in self-control, and a crown of femininity.

***Align*** your thinking, feelings, expressions and emotions. Make them all tell the same story about who you are and where you're heading.

***You can expect change from the top, or revolution from the bottom.*** Think about this in regard to your family – past, present and future.

***Knowledge*** is facts

***Understanding*** is interpreting knowledge

***Wisdom*** is applying knowledge

***Death to self brings life to all.***

*Ian Williams*

***Change your mind, change a habit, change your life, change your destiny.***

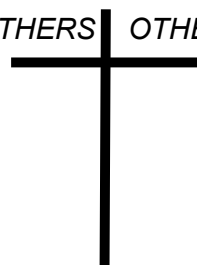
***To become a mother is not hard, but to be a mother is.*** Anon

***Whatever brings us down is what we attempt to substitute for womanhood. Our common escapes:***

Alcohol	Sex	Drugs
Sport	TV	Violence
Crime	Games	Porn
Absence	Gang	Work

GOD

OTHERS



ME

*Mark 12:30-31*

30 Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'[a] 31 The second is this: 'Love your neighbour as yourself.'[b] There is no commandment greater than these."

*We are stewards of the love given to us by God and others.*

*Psalms 119:2*

Blessed are those who obey his covenant laws. They trust in him with all their hearts.

*Proverbs 19:21*

A man may have many plans in his heart. But the Lord's purpose wins out in the end.

*Romans 12:1-2*

Brothers and sisters, God has shown you his mercy. So I am asking you to offer up your bodies to him while you are still alive. Your bodies are a holy sacrifice that is pleasing to God. When you offer your bodies to God, you are worshiping him.

2 Don't live any longer the way this world lives. Let your way of thinking be completely changed. Then you will be able to test what God wants for you. And you will agree that what he wants is right. His plan is good and pleasing and perfect.

*Ecclesiastes 12:1*

Remember the One who created you. Remember him while you are still young. Think about him before your times of trouble come. The years will come when you will say, "I don't find any pleasure in them."

***What was (or is) missing in your youth?***

***Acceptance, love, guidance, discipline, affirmation, initiation?***

***God created woman, only God can create you again!***

## **MY CURRENT LIFE PICTURE**

57

## **MY IDEAL LIFE PICTURE**

**(Use separate sheets if necessary)**

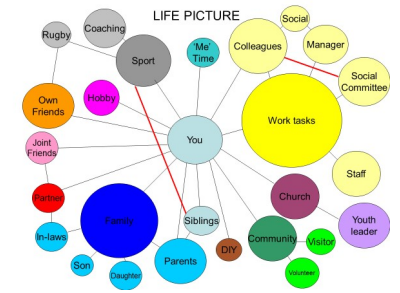


## WOMANHOOD: SESSION 5

New Woman in Practice (applying the changes and having support)

### OBJECTIVES:

- Revision of Womanhood Model
- Understanding and applying Sessions 1-4
- Finalising personal action plans, implementation and support
- Introduce the Marriage and Motherhood Modules



Discuss in your group what you have been doing in the homework time. This is the most important time to think about change, share and compare your action plan, look at the 'before' and 'after' Life Picture. Discuss how you will make these changes, how you will make them stick, and what help you will need.

### Notes from our review discussion:

58

### What I notice and learn from the life picture work:

59

### What I am doing differently now as a result of the action plan:

60

### Review of the models we've used: how this has re-defined, re-invented and re-established the woman I am:

61

### What I want to achieve from the Marriage Module:

62

### Congratulations on completing the Womanhood Module.

- Review handbook and personal notes so far
- Apply changes and implement goals
- Continue using the 'Words to Help Thinking' sections.
- Continue to work with your buddy or group, and your partner if you can.
- Prepare for the Marriage Module; think about your objectives. Talk about it with your husband/partner if you can.

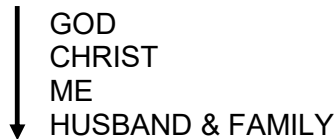
## WORDS TO HELP THINKING

Build your responsibility and calling as a leader; accept the commission and the challenge; commit to it in submission to God as your head, with mercy truth and grace.

### SCRIPTURE

#### 1 Corinthians 11:3

<sup>3</sup>Now I want you to know that the head of every man is Christ. The head of the woman is the man. And the head of Christ is God.



#### Deuteronomy 11: 18-19

<sup>18</sup> So keep my words in your hearts and minds. Write them down and tie them on your hands as a reminder. Also tie them on your foreheads. <sup>19</sup> Teach them to your children. Talk about them when you are at home. Talk about them when you walk along the road. Speak about them when you go to bed. And speak about them when you get up. <sup>20</sup> Write them on the doorframes of your houses. Also write them on your gates.

#### Proverbs 20:7

Anyone who does what is right lives without blame. Blessed are his children after him.

**Headship** means leadership and responsibility in equal partnership, which requires:

- Being selfless and serving
- Having humility (serving others lovingly)
- Being strong and positive
- Being a good example to others

**RELATIONSHIP** requires:

- Communication
- Commitment & consistency
- Love, forgiveness & acceptance
- Identity
- Security & stability

**SUCCESS** comes from:

- Decision, commitment & follow-through
- Discipline
- Determination
- Checking the outcomes

The ultimate measure of a man [person] is not where he stands in moments of comfort and convenience, but where he stands in times of challenge and controversy. *Martin Luther King*

Positive relationships are:	Negative relationships are:
Accepting Loving and compassionate Present and accessible Strong & secure	Angry or bitter Critical Irresponsible and absent Dismissive
BOTH options for quality of relationship have CONSEQUENCES – we reap what we sow! They also tend to pass from generation to generation in ongoing cycles	

PRIEST	PROPHET	MONARCH	TEACHER
<i>Intercedes, has faith on behalf of family, gives thanksgiving and intercession. Represents God on behalf of others.</i>	<i>Brings God to family through information and guidance</i>	<i>Governs on behalf of God with humility, grace and service.</i>	<i>Brings truth Tells Shows by example</i>

# KAIROLOGY® FOR WOMEN - Marriage

## MARRIAGE: SESSION 6

Model of Marriage (marriage from God's design and purpose)

**CONTEXT:** The Marriage Module (five sessions) looks at marriage from a biblical perspective, and we look at why marriage is the important foundation for the family unit, and for society. We look at the purpose of marriage, and the opportunity for prisoners to rethink and re-establish their own views and actions towards marriage and relationships with the opposite sex.

### The five sessions are:

1. Model of Marriage
2. Connecting and establishing
3. Love and sex
4. Maintenance and growth
5. Renewing and leading

**Love is an ideal thing;  
marriage a real thing.**

*Goethe*

### OBJECTIVES:

- Continuing commitment to the study
- Understanding God's intention and model of marriage
- Understanding the purpose of marriage
- Reviewing personal values and attitudes towards marriage
- Looking to future possibility and personal change

**What do I want to achieve from the marriage module?**

63

**What is the purpose of marriage?**

64

### Genesis 1:27-28 & 31

*<sup>27</sup> So God created man in his own likeness. He created him in the likeness of God. He created them as male and female. <sup>28</sup> God blessed them. He said to them, "Have children and increase your numbers. Fill the earth and bring it under your control. Rule over the fish in the waters and the birds of the air. Rule over every living creature that moves on the ground." <sup>31</sup> God saw everything he had made. And it was very good. There was evening, and there was morning. It was day six.*

### Genesis 2:18-25

*<sup>18</sup> The LORD God said, "It is not good for the man to be alone. I will make a helper who is just right for him." <sup>19</sup> The LORD God had formed all of the wild animals. He had also formed all of the birds of the air. He had made all of them out of the ground. He brought them to the man to see what names he would give them. And the name the man gave each living creature became its name.*

*<sup>20</sup> So the man gave names to all of the livestock. He gave names to all of the birds of the air. And he gave names to all of the wild animals. But Adam didn't find a helper that was right for him. <sup>21</sup> So*

the LORD God caused him to fall into a deep sleep. While the man was sleeping, the LORD God took out one of his ribs. He closed up the opening that was in his side.

<sup>22</sup> Then the LORD God made a woman. He made her from the rib he had taken out of the man. And he brought her to him. <sup>23</sup> The man said, "Her bones have come from my bones. Her body has come from my body. She will be named 'woman,' because she was taken out of a man." <sup>24</sup> That's why a man will leave his father and mother and be joined to his wife.\* The two of them will become one. <sup>25</sup> The man and his wife were both naked. They didn't feel any shame.

*\*[leave and cleave in some versions]*

### Genesis 3:20

<sup>20</sup> Adam named his wife Eve. She would become the mother of every living person.  
[Adam means **man** or **ground**; Eve means **living**]

**What does all this tell us about marriage? What did God establish?**

65

--

**Marriage Ceremony and Vows – an example** (based on traditional church ceremonies & wording)

*The introduction*

66

STATEMENT	THIS MEANS
We are gathered in the sight of God and this congregation	
An honourable state, set up by God	
Is a sign of the union between Christ and His church	
Not to be taken lightly	

*The purpose*

67

STATEMENT	THIS MEANS
For the procreation of children, who are to be brought up in the knowledge of God	
To avoid sin and fornication	
Mutual help, comfort, in prosperity and adversity.	

*The vows*

68

STATEMENT	THIS MEANS
Live together	
Love, cherish, honour, keep	
Comfort	
Serve	
For richer, for poorer	
In sickness and in health	
Forsaking all others	
As long as you both live	
I WILL	

REPRESENTS	THIS MEANS
Circle	
Outward sign	
Precious metal	
Physical body	
Right hands	
From her father to her husband	

## Scriptures often used in marriage ceremonies:

### Psalm 128

<sup>1</sup> *Blessed are all those who have respect for the LORD. They live as he wants them to live.*

<sup>2</sup> *Your work will give you what you need. Blessings and good things will come to you.*

<sup>3</sup> *As a vine bears a lot of fruit, your wife will have many children by you.*

*They will sit around your table like young olive trees.*

<sup>4</sup> *Only a man who has respect for the LORD will be blessed like that.*

<sup>5</sup> *May the LORD bless you from Zion. May you enjoy the good things that come to Jerusalem all the days of your life.*

<sup>6</sup> *May you live to see your grandchildren.*

A great picture of blessing and fruitfulness; think of a fruitful vine on the walls of your house from the work you did on the 'House of Being'. Also see Psalm 67 about God's blessing.

### 1 Corinthians 13 – Love's Definition

<sup>13</sup> *Suppose I speak in the languages of human beings and of angels. If I don't have love, I am only a loud gong or a noisy cymbal.*

<sup>2</sup> *Suppose I have the gift of prophecy. Suppose I can understand all the secret things of God and know everything about him. And suppose I have enough faith to move mountains. If I don't have love, I am nothing at all*

<sup>3</sup> *Suppose I give everything I have to poor people. And suppose I give my body to be burned. If I don't have love, I get nothing at all.*

<sup>4</sup> *Love is patient. Love is kind. It does not want what belongs to others. It does not brag. It is not proud. <sup>5</sup> It is not rude. It does not look out for its own interests. It does not easily become angry. It does not keep track of other people's wrongs.*

<sup>6</sup> *Love is not happy with evil. But it is full of joy when the truth is spoken. <sup>7</sup> It always protects. It always trusts. It always hopes. It never gives up.*

<sup>8</sup> *Love never fails. But prophecy will pass away. Speaking in languages that had not been known before will end. And knowledge will pass away.*

<sup>9</sup> *What we know now is not complete. What we prophesy now is not perfect. <sup>10</sup> But when what is perfect comes, the things that are not perfect will pass away.*

<sup>11</sup> *When I was a child, I talked like a child. I thought like a child. I had the understanding of a child. When I became a man, I put childish ways behind me.*

<sup>12</sup> *Now we see only a dim likeness of things. It is as if we were seeing them in a mirror. But someday we will see clearly. We will see face to face. What I know now is not complete. But someday I will know completely, just as God knows me completely.*

<sup>13</sup> *The three most important things to have are faith, hope and love. But the greatest of them is love.*

**Ephesians 5, Colossians 3 and 1 Peter** – these passages speak of love for your wife as Christ loved the church (a command, not a request), giving self in love and purity; submit to your husband as the head (as Christ is head of the church).

**NOTE: We both submit to one-another out of LOVE, CONSIDERATION and RELATIONSHIP**

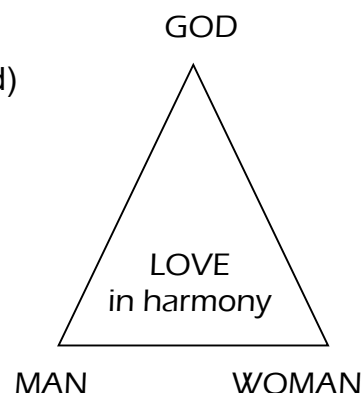
## Five Principles of Marriage

1. **Covenant:** commitment; promise; binding for life; die to self; two people as one new person; no escape clauses.
2. **Responsibility** (OAR - see Womanhood 'Above The Line Women'); leave & cleave: step out and step in (both, together); forsaking all others; secure & fulfilled wife as helper and life companion to encourage, support and comfort; husbandry as Christ is to the church; leader, guardian; faithful.
3. **Equal partner:** bond and unity; intimacy; joint responsibility; don't confuse humility with inferiority; gift not possession; equality is key.
4. **Selfless and giving:** giving of self "I will"; serving one-another; sacrificial; giving recognition; body, mind, emotions, spirit, possessions; abilities. Giving is never owning!
5. **Fruitful:** our success seen in one-another; jointly purposeful; productive; procreation

## The new dimension

Relationship is now a 3-way triangle (vertical and horizontal)

- Communication is relationship (remember from Womanhood)
- Harmony
- Spiritual relationships



## HOMEWORK

70

What I've learned about marriage is:

## Role models

Think of helpful and unhelpful role models – what did you see, and what was the result

<i><b>Helpful</b></i>	<i><b>Unhelpful</b></i>

*Our wedding was many years ago. The celebration continues to this day.* **Gene Perret**

## WORDS TO HELP THINKING

### SCRIPTURE

**Isaiah 54:5-8** *I made you. I am now your husband. My name is The LORD Who Rules Over All. I am the Holy One of Israel. I have set you free. I am the God of the whole earth.*

<sup>6</sup> *You were like a wife who was deserted. And her heart was broken. You were like a wife who married young. And her husband sent her away. But now I am calling you to come back," says your God.*

<sup>7</sup> *"For a brief moment I left you. But because I love you so much, I will bring you back.<sup>8</sup> For a moment I turned my face away from you. I was very angry with you. But I will show you my loving concern. My faithful love will continue forever," says the LORD. He is the one who set you free.*

**Malachi 2:13-16** <sup>13</sup> *Here's something else you do. You flood the Lord's altar with your tears. You sob and cry because he doesn't pay attention to your offerings anymore. He doesn't accept them from your hands with pleasure.<sup>14</sup> You ask, "Why?" It's because the Lord is holding you accountable. He watches how you treat the wife you married when you were young. You have broken your promise to her. You did it even though she's your partner. You promised to stay married to her. And the Lord was a witness to it.<sup>15</sup> Hasn't he made the two of you one? Both of you belong to him in body and spirit. And why has he made you one? Because he was looking for godly children. So guard yourself in your spirit. Don't break your promise to the wife you married when you were young.<sup>16</sup> "I hate divorce," says the Lord God of Israel. "I hate it when people do anything that harms others," says the Lord who rules over all.*

**Matthew 5: 28** <sup>28</sup> *But here is what I tell you. Do not even look at a woman in the wrong way. Anyone who does has already committed adultery with her in his heart.*

**Matthew 18:18** (The context here is broader relationships, but it is appropriate to marriage relationships).

<sup>18</sup> *"What I'm about to tell you is true. What you lock on earth will be locked in heaven. What you unlock on earth will be unlocked in heaven.*

**Matthew 19:4-6** <sup>4</sup> *Jesus replied, "Haven't you read that in the beginning the Creator 'made them male and female'? ([Genesis 1:27](#)) <sup>5</sup> He said, 'That's why a man will leave his father and mother and be joined to his wife. The two will become one.' ([Genesis 2:24](#)) <sup>6</sup> They are no longer two, but one. So a man must not separate what God has joined together."*

**Romans 7:2-3** <sup>2</sup> *For example, by law a married woman is joined to her husband as long as he is living. But suppose her husband dies. Then the marriage law no longer applies to her. <sup>3</sup> But suppose that married woman gets married again while her husband is still alive. Then she is called a woman who commits adultery. But suppose her husband dies. Then she is free from that law. She is not guilty of adultery even if she marries another man.*

### Ephesians 5:22-29

71

<sup>22</sup> *Wives, follow the lead of your husbands as you follow the Lord. <sup>23</sup> The husband is the head of the wife, just as Christ is the head of the church. The church is Christ's body. He is its Saviour. <sup>24</sup> The church follows the lead of Christ. In the same way, wives should follow the lead of their husbands in everything.*

<sup>25</sup> *Husbands, love your wives. Love them just as Christ loved the church. He gave himself up for her. <sup>26</sup> He did it to make her holy. He made her clean by washing her with water and the word. <sup>27</sup> He did it to bring her to himself as a brightly shining church. He wants a church that has no stain or wrinkle or any other flaw. He wants a church that is holy and without blame.*

<sup>28</sup> *In the same way, husbands should love their wives. They should love them as they love their own bodies. Any man who loves his wife loves himself. <sup>29</sup> After all, people have never hated their own bodies. Instead, they feed and care for their bodies. And that is what Christ does for the church. <sup>30</sup> We are parts of his body.*

<sup>31</sup> *Scripture says, "That's why a man will leave his father and mother and be joined to his wife. The two will become one." ([Genesis 2:24](#)) <sup>32</sup> That is a deep mystery. But I'm talking about Christ and the church.<sup>33</sup> A husband also must love his wife. He must love her just as he loves himself. And a wife must respect her husband.*

**(Also see the whole chapter of 1 Corinthians 7)**

### QUOTATIONS

*Love is an act of endless forgiveness, a tender look which becomes a habit. Peter Ustinov*

*Being deeply loved by someone gives you strength, while, loving someone deeply gives you courage. Lao Tzu*

*You don't love a woman because she's beautiful; she is beautiful because you love her. Anon*

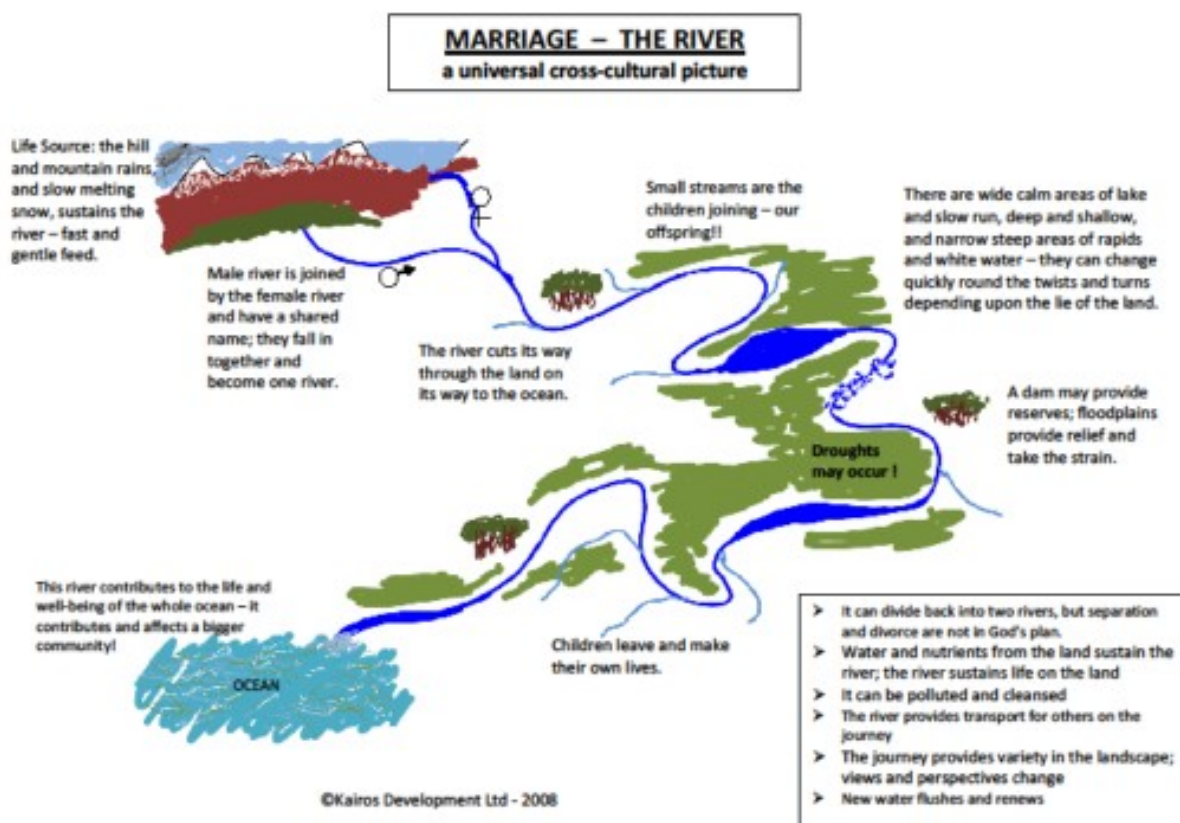
## MARRIAGE – SESSION 7

### Connecting and Establishing (relationship for the journey)

No matter how much we prepare for marriage, one day we are single, and the next we are married! So the marriage itself is very much the beginning of *being married*. There's a lot of work to do in connecting and establishing our married relationship. We have made a covenant commitment to one-another, so no matter what came before, we have a new relationship to establish together. That requires communication and agreement, and setting new boundaries for ourselves and those around us.

***This couple is a new creation.*** That's why we celebrate!

Let's look at this in an overview model – **The River**. This is a picture of marriage that should be helpful, whatever your culture or background. Discuss this picture before moving on further.



**See the full-page version at end of booklet**

*Also keep in mind the model of purpose that we looked at in Womanhood.*

72

Marriage has been described as the closest thing to heaven or hell – why?

73



What is marriage and how does the relationship begin?

74

## **1 CONNECTING**

First become a respectful friend – why?

75

Part of the relationship is ‘falling in love’ – what is that, and what’s your experience?

76

Falling in love has been described as:

“to have a revelation, vision or insight to power and potential.” (*Mike Mason: Mystery of Marriage*)

What else holds you together?

77

### **Name and claim**

When two rivers join they usually take the name of one, and that river continues as one. Is there anything wrong with that for you? Some regard it as signifying possession and dominance (wrong!) rather than belonging and equality in relationship (right!). Taking on the man’s surname (or combining them) may be unpopular and irrelevant in some cultures, but it is profound! It provides:

- A sense of belonging to one-another, and joint ‘claim’ in a loving relationship
- An identity in the community for the whole family
- Mutual responsibility for the family name and reputation

Promises (or vows) provide the connection and commitment. What do they mean? What did you learn when we looked at the vows last time?

78

How might you ‘bolt the back door’ to ensure you keep your vows and the connection is real and permanent (no get-out clauses)?

79

Note down any areas in which you personally might be vulnerable or at risk, and what you can do to build strength and keep your boundary. 80

## 2 ESTABLISHING

Look back at the *House of Being* Model. How is this relevant to establishing your marriage, as well as establishing yourself? **Joshua 24:15** *But as for me and my family, we will serve the LORD.*

If you are, or have been married, consider what your expectations were at the point of marriage, and list them on the left. Then on the right note down what this was like in reality. This applies to any situation – we have to juggle and negotiate between these two. 81

Expectations	Reality

### The One Year Principal – Deuteronomy 24:5

82

*“When a man is newly married, he shall not go out with the army or be charged with any business; he shall be free at home one year, to be happy with his wife whom he has taken.” (NIV)*

Why is this important?

83

What happens otherwise – or what is at risk?

84

Finally, let’s be aware of **primary needs** for men and women:

85

<b>Male</b> <i>Can be described as the steward of marriage – to watch and provide</i>	<b>Female</b> <i>Can be described as the steward of love – to listen and nurture</i>
<ul style="list-style-type: none"> <li>• Respect: self-esteem, ego, confidence</li> <li>• Recreational companionship: share interests, understanding, intimacy</li> <li>• Sex (1 Corinthians 7:3-5); (1 Peter 3:7)</li> </ul>	<ul style="list-style-type: none"> <li>• Love: special, receiving</li> <li>• Conversation: sharing, expression</li> <li>• Affection: creates the environment for sex</li> </ul>

## HOMEWORK

What I've learned about marriage is:

--

Are you an *wonderful wife*, or a *pathetic partner*? Based on what we looked at in this session, what do you need to attend to in your marriage? 86

--

What will you do now to build and maintain your marriage, from prison and on release? 87

Now – from prison	When I'm released

## WORDS TO HELP THINKING

### SCRIPTURE

#### Romans 15:5-6

<sup>5</sup> *Our God is a God who strengthens you and cheers you up. May he help you agree with each other as you follow Christ Jesus.* <sup>6</sup> *Then you can give glory to God with one heart and voice. He is the God and Father of our Lord Jesus Christ.*

#### Philippians 1:9-11

<sup>9</sup> *I pray that your love will grow more and more. And let it be based on knowledge and understanding.* <sup>10</sup> *Then you will be able to know what is best. You will be pure and without blame until the day Christ returns.* <sup>11</sup> *You will be filled with the fruit of right living produced by Jesus Christ. All of those things bring glory and praise to God.*

#### Hebrews 13:20-21

<sup>20</sup> *Our Lord Jesus is the great Shepherd of the sheep. The God who gives peace brought him back from the dead. He did it because of the blood of the eternal covenant. May God* <sup>21</sup> *supply you with everything good. Then you can do what he wants. May he do in us what is pleasing to him. We can do it only with the help of Jesus Christ. Give him glory for ever and ever. Amen.*

### QUOTATIONS

*Marriage resembles a pair of shears, so joined that they cannot be separated; often moving in opposite directions, yet always punishing anyone who comes between them.* **Sydney Smith**

*A journey is like a marriage. The certain way to be wrong is to think you control it.* **John Steinbeck**

*You don't need to be on the same wavelength to succeed in marriage. You just need to be able to ride each other's waves.* **Toni Sciarra Poynter, From This Day Forward: Meditations on the First Years of Marriage**

*The difficulty with marriage is that we fall in love with a personality, but must live with a character.* **Peter De Vries**

## MARRIAGE – SESSION 8

### Love and Sex (getting it right)

The greatest magic and mystery of marriage is getting things in the right order. No matter how traditions and fashions come and go, we know that what works best is God's pattern for marriage:

**needs → male and female attraction → friendship → love → marriage → sex → procreation**

We are human, so we meet problems and challenges with this pattern. And when we work with a different pattern we just create greater chances and things going wrong. That's why we need to follow the Maker's Handbook in this huge area of life.

### 1 LOVE

Let's look first at love. There are different words for love in ancient languages. In Greek, *agape* is charitable, selfless, unconditional love, like a parent to a child. *Phileo* is brotherly human love and compassion, and *eros* is sexual love. In Hebrew language, *ahava* is love of God, and also interpersonal love. *Chen* is grace, *Hesed* is compassion and loving-kindness.

Love is a range of feelings and emotions that bind a couple together and is expressed verbally, emotionally, spiritually and physically. The bible is filled with love, and God is the source author of love and life.

Look back and remind yourself of The River picture. Falling in love is about submitting to your feelings and emotions, meeting your deepest needs. Marriage is giving ALL that you ARE to one-another in life-long intimate partnership, based on your love for one-another.

If you have experienced falling in love, try to recall what it was like, how you felt, and what you went through at the beginning. Get back in touch with how it felt, and describe it:

88



Love is very practical. It is not just a warm fuzzy feeling. Let love rule, and be the foundation. Love drives out fear. Let's look at a biblical picture of love:

### **1 Corinthians 13 : Let's look at this amazing passage once again:**

<sup>13</sup> Suppose I speak in the languages of human beings and of angels. If I don't have love, I am only a loud gong or a noisy cymbal.

<sup>2</sup> Suppose I have the gift of prophecy. Suppose I can understand all the secret things of God and know everything about him. And suppose I have enough faith to move mountains. If I don't have love, I am nothing at all

<sup>3</sup> Suppose I give everything I have to poor people. And suppose I give my body to be burned. If I don't have love, I get nothing at all.

<sup>4</sup> Love is patient. Love is kind. It does not want what belongs to others. It does not brag. It is not proud. <sup>5</sup> It is not rude. It does not look out for its own interests. It does not easily become angry. It does not keep track of other people's wrongs.

<sup>6</sup> Love is not happy with evil. But it is full of joy when the truth is spoken. <sup>7</sup> It always protects. It always trusts. It always hopes. It never gives up.

<sup>8</sup> Love never fails. But prophecy will pass away. Speaking in languages that had not been known before will end. And knowledge will pass away.

<sup>9</sup> What we know now is not complete. What we prophesy now is not perfect. <sup>10</sup> But when what is perfect comes, the things that are not perfect will pass away.  
<sup>11</sup> When I was a child, I talked like a child. I thought like a child. I had the understanding of a child. When I became a man, I put childish ways behind me.  
<sup>12</sup> Now we see only a dim likeness of things. It is as if we were seeing them in a mirror. But someday we will see clearly. We will see face to face. What I know now is not complete. But someday I will know completely, just as God knows me completely.  
<sup>13</sup> The three most important things to have are faith, hope and love. But the greatest of them is love.

Consider the truths here, and the practical expression of love (in all relationships and circumstances) that this represents. We'll come back to this for some homework.

Another important set of qualities that come from love, from the very spirit of God, are the fruits that come from following His pattern:

### **Galatians 5:19-23**

<sup>19</sup> What the sinful nature does is clear. It enjoys sexual sins, impure acts and wild living. <sup>20</sup> It worships statues of gods. It also worships evil powers. It is full of hatred and fighting. It is full of jealousy and fits of anger. It is interested only in getting ahead. It stirs up trouble. It separates people into their own little groups. <sup>21</sup> It wants what others have. It gets drunk and takes part in wild parties. It does many things of that kind. I warn you now as I did before. People who live like that will not receive God's kingdom.  
<sup>22</sup> But the fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful<sup>23</sup> and gentle and having control of oneself. There is no law against things of that kind.

This is a clear contrast of the choices we make for life, of which love is the central core. We need to test these lists alongside our womanhood, our marriage, and our motherhood.

**The key is this: love is about putting others first, about being sacrificial, and about serving. This is for many of us opposite to our nature. Love is powerful – it overcomes anger and brings us into perspective.**

Love is a decisive choice: our mind, emotions, heart, soul, body and spirit should all be an expression of our decision to love. And once we've committed to our husband, and produced children, our love for them should be natural and unconditional. In making vows, we often promise to cherish our husband – this means to take pleasure in, care for, to value, prize, treasure, appreciate, hold in high esteem, nourish and nurture. This is demanding stuff – no wonder we mess up sometimes! We are designed to give and receive love; it is also the most important commandment from God.

### **Romans 12:9-10**

<sup>9</sup> Love must be honest and true. Hate what is evil. Hold on to what is good. <sup>10</sup> Love each other deeply. Honour others more than yourselves. <sup>11</sup> Never let the fire in your heart go out. Keep it alive. Serve the Lord.

### **John 15:12**

<sup>12</sup> "Here is my command. Love each other, just as I have loved you. <sup>13</sup> No one has greater love than the one who gives his life for his friends. <sup>14</sup> You are my friends if you do what I command.  
 (See also 1 John 4:7-21)

Before we move on to sex, let's remind ourselves of something very important. Refer back to the **Our Purpose as People** from Womanhood. Notice that we are called as women to give and serve, not to be demanding and getting. Think about this again with regard to LOVE and SEX. Our purpose is to GIVE. *It is in giving that we receive.*

So, what is sex? You may think you know, but do you really?

Seven principles of sex:

1. Sex was designed by God, for His purposes in marriage (as in session 6)
2. It is creative – it produces the miracle of new life!
3. He designed sex for the bodily union and love expression between a woman and her husband
4. Sex is designed to be about love and giving (satisfaction), not lust and getting (gratification)
5. Sex is an ultimate intimacy
6. Sex is a physical sign of a spiritual act
7. Sex is one of our very basic human needs and can be vital to our health and well-being

Sex is a natural progressive part of romance, union and oneness. It's an expression of love, emotion and giving. It is a spiritual experience of intimacy and pleasure. It is an amazing and ongoing celebration of marriage. The bible describes it as 'to know' a man in the context of marriage. Outside marriage it's usually described in the bible as 'to lie with'. This gives us the sense of casual sex as a very distinct act to sexual love in marriage.

Sex can go very wrong, and creates life's soap operas. Let's look at a few fundamentals:

### *1 Sex before of marriage – also known as fornication*

God designed sexual intercourse to be within marriage because it's where men and women find security in relationships through commitment, and where children also feel security in the permanent togetherness of their parents. That is the ideal for family and for society.

### *2 Sex with another man, outside the marriage – adultery*

Faithfulness is close to God's heart, and is essential for trust and stability in relationships, and keeps the body, mind and spirit healthy – for everyone. (See Romans 13:9)

### *3 Communication*

When problems occur in sexual relationship, we need to be open and communicative. It's the only way issues can be solved. Sex is a form of communication in itself, so we should make sure we speak about it and listen to the needs of our partner.

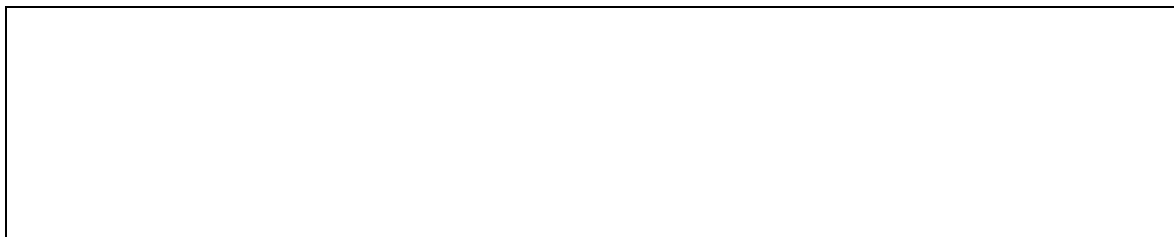
### *4 Withdrawal*

Sex is a blessing, not a weapon, and should never be used as a way to punish or control our partner. Women and men are made differently, and this can be frustrating. We must hold on to what we read in the scriptures at the beginning of this session. We must also respect the needs and wishes of each other as well as putting forward our own.

Think about your own life and situation. What dramas have you created or been part of? You may have been a perpetrator, a victim, or both. Consider a situation where sex took over, or where love may have overcome. Consider where you need to take responsibility, or where you may need to consider forgiveness.

Jot down a couple of thoughts in session, and continue with this on your own. Work with a trusted friend, your facilitator, or a chaplain, if you need help.

90



What I've learned about love and sex is:

What I can do to improve my views and behaviours around love and sex:

91

## HOMEWORK

Consider the truths in *1 Corinthians 13* and *Galatians 5*. Put the past in the past, and consider how you match up against these love principles NOW. Make some notes on what you find, and/or mark it out of 10 (1=low; 10=high).

QUALITY OF LOVE and PURITY	HOW I'M DOING
Loving	
Joyful	
Patient	
Kind (in nature as well as generous)	
Full of goodness; gentle with people	
Not envious or jealous	
Not boasting (and puts others first)	
Not proud (is humble)	
Not rude (is considerate)	
Not self-seeking (others needs first)	
Not easily angered or (calm, peaceful)	
No record of wrongs (forgiving)	
No delight in evil (and not cruel)	
Rejoices in truth (honest and loyal)	
Protects	
Trusts	
Hopes	
Perseveres (does not give up)	
Never fails (is determined)	
No sexual immorality	
No idolatry (where your 'god' might be TV, sex, mates, drink, gambling, work, money, pornography)	
Faithful	
Not addicted to evil & unhelpful things	
No hatred and rage	
No selfish ambition at expense of others	
No drunkenness or drugs	
Demonstrating self-control	

Don't beat yourself up on all this. Just be honest and face up to who you are. We all fail and we all fall short. What's important is recognising this, and doing something about it. What is the most important change you will make now, based on what you have found?

## WORDS TO HELP THINKING

### SCRIPTURE

See also *Song of Songs* and *Proverbs 31* – inspiration for love and sex

#### **Proverbs 2:16-18**

<sup>6</sup> Wisdom will save you from a woman who commits adultery. It will save you from a sinful wife and her tempting words. <sup>17</sup> She leaves the man she married when she was young. She breaks the promise she made to her God. <sup>18</sup> Her house leads down to death. Her paths lead to the spirits of the dead.

#### **Proverbs 5:18-19**

<sup>18</sup> May your fountain be blessed. May the wife you married when you were young make you happy. <sup>19</sup> She is like a loving doe, a graceful deer. May her breasts always satisfy you. May you always be captured by her love.

#### **Psalms 30: 5,11 &12**

<sup>5</sup> His anger lasts for only a moment. But his favour lasts for a person's whole life. Sobbing can remain through the night. But joy comes in the morning. <sup>11</sup> You turned my loud crying into dancing. You removed my black clothes and dressed me with joy. <sup>12</sup> So my heart will sing to you. I can't keep silent. LORD, my God, I will give you thanks forever.

#### **Romans 1:24-27**

<sup>24</sup> So God let them go. He allowed them to do what their sinful hearts wanted to. He let them commit sexual sins. They polluted one another's bodies by what they did. <sup>25</sup> They chose a lie instead of God's truth. They worshiped and served created things. They didn't worship the Creator. But he must be praised forever. Amen. <sup>26</sup> So God let them go. They were filled with shameful longings. Their women committed sexual acts that were not natural. <sup>27</sup> In the same way, the men turned away from their natural love for women. They burned with sexual longing for each other. Men did shameful things with other men. They suffered in their bodies for all the twisted things they did.

**Romans 6:11-14** <sup>11</sup> In the same way, consider yourselves to be dead as far as sin is concerned. Now that you believe in Christ Jesus, consider yourselves to be alive as far as God is concerned. <sup>12</sup> So don't let sin rule your body, which is going to die. Don't obey its evil longings. <sup>13</sup> Don't give the parts of your body to serve sin. Don't let them be used to do evil. Instead, give yourselves to God. You have been brought from death to life. Give the parts of your body to him to do what is right. <sup>14</sup> Sin will not be your master. Law does not rule you. God's grace has set you free.

#### **Romans 13:8-10**

<sup>8</sup> Pay everything you owe. But you can never pay back all the love you owe each other. Those who love others have done everything the law requires. <sup>9</sup> Here are some commandments to think about. "Do not commit adultery." "Do not commit murder." "Do not steal." "Do not want what belongs to others." (*Exodus 20:13-15,17; Deuteronomy 5:17-19,21*) These and other commandments are all included in one rule. Here's what it is. "Love your neighbour as you love yourself." (*Leviticus 19:18*) <sup>10</sup> Love does not harm its neighbour. So love does everything the law requires.

#### **1 Corinthians 6:18-20**

<sup>18</sup> Keep far away from sexual sins. All the other sins a person commits are outside his body. But sexual sins are sins against one's own body. <sup>19</sup> Don't you know that your bodies are temples of the Holy Spirit? The Spirit is in you. You have received him from God. You do not belong to yourselves. <sup>20</sup> Christ has paid the price for you. So use your bodies in a way that honours God. (See also 1 Thessalonians 4:1-12)

#### **1 Corinthians 7:3-5**

<sup>3</sup> A husband should satisfy his wife's sexual needs. And a wife should satisfy her husband's sexual needs. <sup>4</sup> The wife's body does not belong only to her. It also belongs to her husband. In the same way, the husband's body does not belong only to him. It also belongs to his wife. <sup>5</sup> You shouldn't stop giving yourselves to each other except when you both agree to do so. And that should be only to give yourselves time to pray for a while. Then you should come together again. In that way, Satan will not tempt you when you can't control yourselves. <sup>6</sup>

**A lot to take in! Talk to your facilitator or chaplain if you need help with understanding.**

*Forgiveness is the final form of love. Reinhold Niebuhr*



## MARRIAGE – SESSION 9

### Maintenance and Growth (communication and conflict)

It's all great to connect, and to establish the marriage, but to get to the ocean you'll need to maintain things on the river as you go downstream.

Remember – *relationship is communication*. So to maintain the relationship over time, and to grow together, you have to work at communication. This involves developing what you started with – the things that brought you together in the first place, like your positive values and interests. If any of them fizzle out, replace them with something else – remember we said in Womanhood that a void by nature has to be filled. So fill any gaps with something healthy that builds your marriage and family.

Clear communication comes in two basic elements:

92

Verbal	Non-verbal

What are ways in which we can check we understand others?

93

--

**Here are some simple principles for communication in marriage:**

94

1. Love him; show affection
2. Listen
3. Keep your thinking aligned by talking, and get agreement on important matters
4. Know the feelings of the other person – observe and ask
5. Affirm one-another – pay compliments and build confidence
6. Praise generously, criticise rarely (Proverbs 31:28-29)
7. Keep giving – mutual rather than self-fulfilment
8. Take an interest in one-another's interests
9. Invest time and do things together – as a couple as well as with children
10. Find his needs and seek to meet them
11. Apologise and forgive – these are choices
12. Support him

You can do some of these from prison, and others when you're released. Practice what you can, and prepare for the rest of them. *Prepare to be the woman he needs.*

95

What I need to practice now	What I need to prepare for later

### Dealing with conflict – some principles:

96

- Don't let the sun go down on your anger
- Don't create the conflict!
- Give and receive
- Let go
- Give mutual support and respect
- Make boundaries
- Recognise wounds, share grief and move on
- No blame, no right and wrong
- Admit if you're out of line
- Find common ground
- "I feel" not "You always/never"
- Build resonance, not dissonance (harmony/in tune with each other)
- Is yours a marriage worth making the effort for? If so keep working on it! Be heroic.
- Be proactive, rather than passive or aggressive

**Go back to the marriage promises or vows – that's what they are for.**

**Go back to role-models of womanhood and marriage – that's what they are for.**

**Go back to the models we've used in Womanhood modules**

Remember that part of our purpose as men is to love, lead and serve. And servant leadership is two-way, respecting and honouring one-another.

What I've learned about this aspect of marriage is:

*And in the end, the love you take is equal to the love you make. Lennon & McCartney*

## WORDS TO HELP THINKING

### SCRIPTURE

#### **Deuteronomy 23:21-23** (Keep your word)

<sup>21</sup> Don't put off giving to the LORD your God everything you promise him. He will certainly require it from you. And you will be guilty of committing a sin. <sup>22</sup> But if you don't make a promise, you won't be guilty. <sup>23</sup> Make sure you do what you promised to do. With your own mouth you made the promise to the LORD your God. No one forced you to do it.

#### **Matthew 5:23-24**

<sup>23</sup> "Suppose you are offering your gift at the altar. And you remember that your brother has something against you. <sup>24</sup> Leave your gift in front of the altar. First go and make peace with your brother. Then come back and offer your gift.

#### **Matthew 18:15 & 21-22**

<sup>15</sup> "If your brother sins against you, go to him. Tell him what he did wrong. Keep it between the two of you. If he listens to you, you have won him back. <sup>21</sup> Peter came to Jesus. He asked, "Lord, how many times should I forgive my brother when he sins against me? Up to seven times?" <sup>22</sup> Jesus answered, "I tell you, not seven times, but 77 times.

#### **Ephesians 4:26, & 31-32**

<sup>26</sup> Scripture says, "When you are angry, do not sin." (Psalms 4:4) Do not let the sun go down while you are still angry. <sup>31</sup> Get rid of all hard feelings, anger and rage. Stop all fighting and lying. Put away every form of hatred. <sup>32</sup> Be kind and tender to one another. Forgive each other, just as God forgave you because of what Christ has done.

#### **Colossians 3:13**

<sup>13</sup> Put up with each other. Forgive the things you are holding against one another. Forgive, just as the Lord forgave you.

#### **James 5:16**

<sup>16</sup> So admit to one another that you have sinned. Pray for one another so that you might be healed. The prayer of a godly person is powerful. It makes things happen.

#### **1 Peter 3:7**

<sup>7</sup> Husbands, take good care of your wives. They are weaker than you. So treat them with respect. Honour them as those who will share with you the gracious gift of life. Then nothing will stand in the way of your prayers.

#### **1 John 1:9**

<sup>9</sup> But God is faithful and fair. If we admit that we have sinned, he will forgive us our sins. He will forgive every wrong thing we have done. He will make us pure.

### QUOTATIONS

Love puts the fun in together, the sad in apart, and the joy in a heart. **Anon**

The bonds of matrimony are like any other bonds - they mature slowly. **Peter De Vries**

If you made a list of the reasons why any couple got married, and another list of the reasons for their divorce, you'd have a hell of a lot of overlapping. **Mignon McLaughlin, The Neurotic's Notebook, 1960**

A wedding anniversary is the celebration of love, trust, partnership, tolerance and tenacity. The order varies for any given year. **Paul Sweeney**

Here's to matrimony, the high sea for which no compass has yet been invented! **Heinrich Heine**

Sexiness wears thin after a while and beauty fades, but to be married to a man who makes you laugh every day, ah, now that's a real treat. **Joanne Woodward**

Even a small degree of hope is enough to cause the birth of love. **Stendhal**

## MARRIAGE – SESSION 10

### Renewing and Leading (stages of family life)

We all have a different experience and view of marriage.

For some of us it is a mystery, because we may not have had married parents, and may not be married ourselves. So we may have questions about the point or the purpose of marriage. Hopefully some of those questions have been answered in this study.

You may have lived in situations where you experienced poor examples of marriage, and weak role models – maybe grandparents, parents, or your personal marriage struggle. Perhaps one person was missing for whatever reason.

Or your experience and background may have provided really good examples of marriage, which you struggle to match up to.

Whatever your experience, you can only improve on it – if that's what you really want. So you have to make the choices and decisions, and you have to be the woman willing to take on loving leadership in your marriage and family – whether this is now or in the future. It's never too late for a new start when people are willing to put in the effort. The journey from despair to joy relies on your driving!

My experience of marriage is:

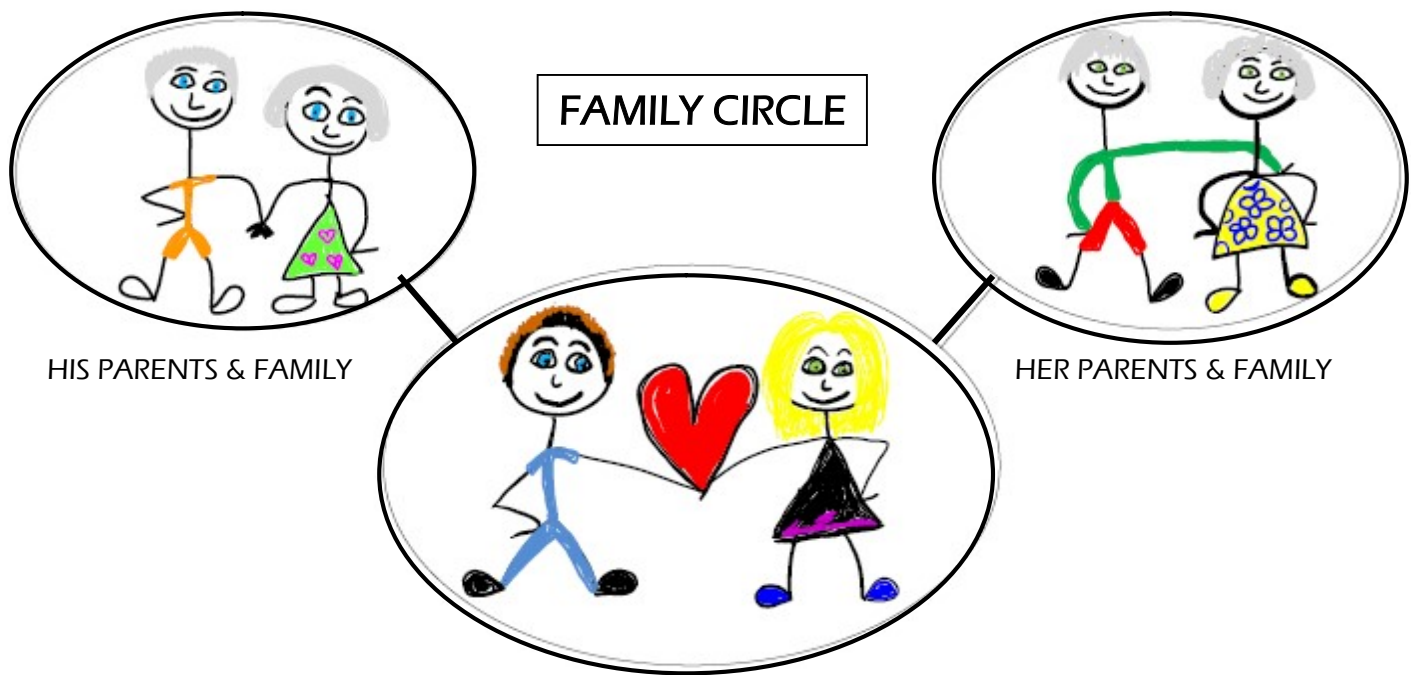
97

Positive experiences	Negative experiences

What I can learn from this, and use to plan my future is:

98

I've learned that:	So I will now:



---

### Boundaries and relationships

99

In setting out on marriage, or in renewing a marriage, one essential aspect is getting your relationships with others sorted. We've looked at the marriage itself, so let's look at other relationships that can impact heavily on the quality of marriage and family.

What affects a new marriage enormously is not just how each partner adjusts to the other, but also how they adjust relationships individually and as a couple with other people – especially parents, extended family and personal friends. So here are three key principles to consider:

#### **1 Leave and cleave**

Becoming a couple means leaving parents and joining your spouse. That sounds simple, but it can be difficult if one or both partners still hold strong ties or reliance with parents. So it's critical to re-establish the relationship with parents (and others) and establish your boundaries quickly. You both now form a new family, and need to agree how you will relate to family and friends. Those relationships are still important, but your marriage relationship is *most* important. There may be strong cultural issues or family traditions that you need to manage carefully, but discuss and agree as a couple what your needs are, and how to express those needs to others in order to make your boundaries clear.

#### **2 Mutual support**

Most couples need their extended family around them. You will need support, and others will need support from you. But one partner forever dancing to the tune of a best friend or a parent will create problems early in the marriage. We need to be fair and flexible, but agree with one another what we can manage. Don't abandon your parents and then be surprised when they don't help out with children! Practical and emotional support is what family and friends are for, so let's make it mutual and fair. After all, you may already be relying on lots of wider family support while you are in prison!

#### **3 Best friend**

Realise that your best friend is now your husband, not your buddy or your mother. Friendship brought you together, and you need to continue to build your friendship with your spouse if you really intend to maintain and grow your marriage.

*If any of this has started badly, or changed for the worse over time, it's time to review it, renew it, and retake responsibility for your family. Sometimes cultural issues need to be understood and addressed, so you may need help from a chaplain or other trusted adviser.*

What I need to review and renew, and build leadership is:

100



### Forgiveness

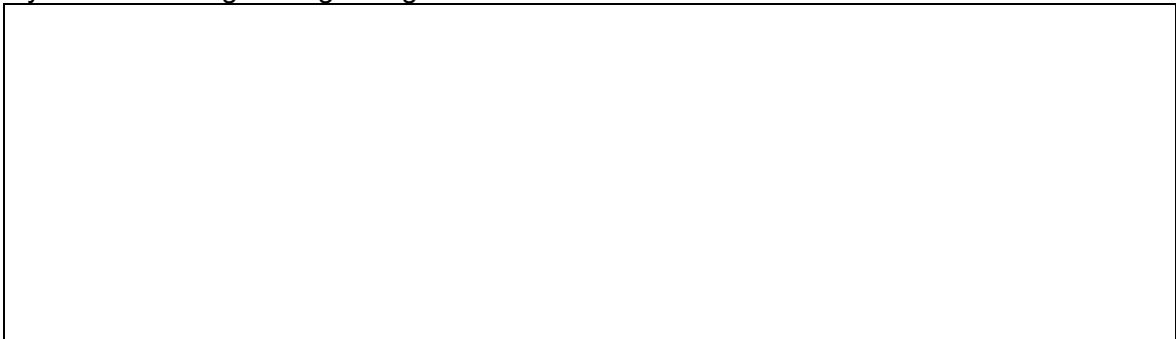
We have touched on this in other sessions, so let's build on it further. There are lots of small things to forgive each other day by day, so make sure you do this so that you don't accumulate a heap of resentment. Remember that saying sorry is the other half of being forgiven. They go hand in hand if you want to stay hand in hand with your husband!

Bigger issues demand a bigger dose of forgiveness. Being unfaithful, failing to love and care, or any other aspect of falling short of your vows may create huge problems. To overcome some issues you may need professional or independent help. Giving up, being superior, silent or stubborn – or being aggressive or passive – will solve nothing. Instead choose to:

- Lead – take the initiative to put things right or initiate discussion
- Talk – find out his needs, worries and concerns, and how he feels
- Apologise – as soon as it's appropriate, and don't let your pride stop you!
- Forgive – when needed, and as soon as possible, then let it go – forever!
- Forget – let go of any intention to repay or get back at your husband

What do you need to forgive or get forgiveness for now?

101



### *Final thoughts:*

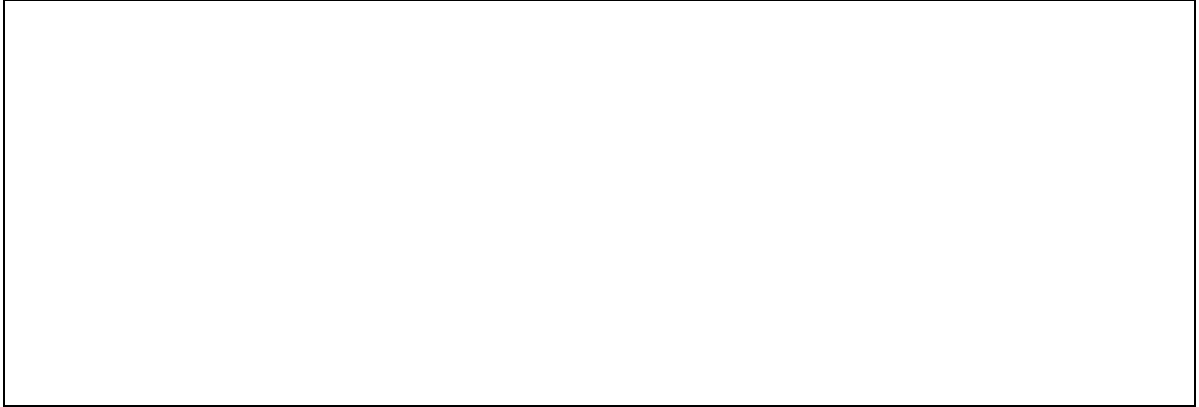
- Forgiveness is powerful for building trust, overcoming hurt and conflict, and renewing a relationship.
- When you stuff up, say sorry, and get forgiveness. The hardest part remains – that's letting go of it. Work hard on that, because you won't be free until you do.

*The three hardest tasks in the world are neither physical feats nor intellectual achievements, but moral acts: 1) To return love for hate; 2) To include the excluded; and 3) To say 'I was wrong.'* **Ernst Heinrich Haeckel**

## MARRIAGE MODULE CONCLUSION

The most important learning for me on marriage in these 5 sessions:

102



My action plan for marriage:



How I will achieve this:



**Congratulations** on completing the Marriage Module.

Please:

- Review your handbook and notes from **Womanhood** and **Marriage**
- Continue to use your notes and the 'words for thinking'
- Make changes to improve yourself and your marriage
- Think about your objectives for the next module on **Motherhood**

## WORDS TO HELP THINKING

### SCRIPTURE

#### **Psalm 139: 23-24**

<sup>23</sup> God, see what is in my heart.

Know what is there.

Put me to the test.

Know what I'm thinking.

<sup>24</sup> See if there's anything in my life you don't like.

Help me live in the way that is always right.

#### **Matthew 6:14**

<sup>14</sup> "Forgive people when they sin against you. If you do, your Father who is in heaven will also forgive you. <sup>15</sup> But if you do not forgive people their sins, your Father will not forgive your sins.

#### **John 10:10**

<sup>10</sup> The thief comes only to steal and kill and destroy. I have come so they can have life. I want them to have it in the fullest possible way.

#### **Colossians 3:9-10**

<sup>8</sup> But now here are the kinds of things you must get rid of. You must put away anger, rage, hate and lies. Let no dirty words come out of your mouths. <sup>9</sup> Don't lie to each other. You have gotten rid of your old way of life and its habits. <sup>10</sup> You have started living a new life. It is being made new so that what you know has the Creator's likeness.

#### **Ephesians 6:10-12**

<sup>10</sup> Finally, let the Lord make you strong. Depend on his mighty power. <sup>11</sup> Put on all of God's armour. Then you can stand firm against the devil's evil plans. <sup>12</sup> Our fight is not against human beings. It is against the rulers, the authorities and the powers of this dark world. It is against the spiritual forces of evil in the heavenly world.

### QUOTATIONS

If God forgives us our sins, and we do not forgive ourselves, then we make ourselves greater than God. We need to be not just free from, but free to. **Dr Ed Cole – Author (paraphrased quote)**

What will survive of us is love. **Philip Larkin**

No man is fit to command another that cannot command himself. **William Penn**

It is easier to forgive an enemy than to forgive a friend. **William Blake**

We must always change, renew, rejuvenate ourselves, otherwise we harden. **Goethe**

### **FINALLY:**

Think about the 'love languages' you and your partner prefer and use:

1. Loving words
2. Thoughtful presents
3. Physical affection
4. Quality time
5. Kind actions

Do you recognise them in each-other?

Which do you need to build and practice?

Use this as a personal exercise, or a discussion with your husband.

(Source: Gary Chapman – *The Five Love Languages*)



# **KAIROLOGY® FOR WOMEN - Motherhood**

## **MOTHERHOOD – SESSION 11**

Model and Role of Mother (motherhood from God's design and purpose)

**CONTEXT:** Kairology Motherhood is the third part of the Kairology series, which follows Womanhood and Marriage. We've recently completed Marriage – remember that the best wife makes the greatest mum! The Motherhood Module (5 sessions) looks at motherhood from a biblical perspective, and we look at why good motherhood (and parenthood) is essential to a healthy and joyful family, and for society. Out of this comes amazing fulfilment for a woman, wife and mother. It's the crowning glory for family life. We look at the purpose of motherhood, and the opportunity for the prisoner to rethink and re-establish her own views and actions towards motherhood and relationships with sons and daughters.

### **Five sessions**

The five sessions are:

1. Model and Role of Mother
2. Connecting with children
3. Leading the family
4. Love, discipline and coaching
5. Renewing and maintaining motherhood

**God made mothers to stand alongside, set us for the journey, guide, inspire, show faith, and most of all give us love we will always cherish.**

### **OBJECTIVES:**

- Continuing commitment to the study
- Understanding God's intention and model of motherhood
- Understanding the purpose of motherhood
- Reviewing personal values and attitudes with children
- Looking to future possibility and personal change

**What do I want to achieve from the motherhood module?**

**What is the purpose of motherhood?**

103

***The scriptural base for motherhood is hard to pinpoint – because it's the whole Bible! From start to end it's a story of parenthood. God has every joy, pleasure, frustration, emotion, challenge and fulfilment with His children – US! And the best of all that is love. He always seeks the best for us, and He never gives up on us. That is the example for us to follow.***

## Genesis 1:27-28 & 31 – *The fruit of the covenant*

<sup>27</sup>So God created man in his own likeness. He created him in the likeness of God. He created them as male and female.<sup>28</sup>God blessed them. He said to them, "Have children and increase your numbers. Fill the earth and bring it under your control. Rule over the fish in the waters and the birds of the air. Rule over every living creature that moves on the ground." <sup>29</sup>

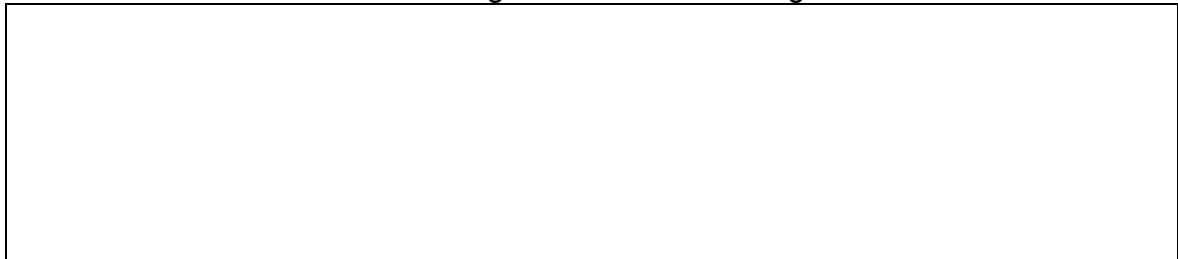
<sup>31</sup>God saw everything he had made. And it was very good.

## Genesis 2:7

Then the Lord God formed a man. He made him out of the dust of the ground. He breathed the breath of life into him. And the man became a living person.

What is the difference between increasing in number and being fruitful?

104



Remember from the *Marriage* module, the fifth purpose of marriage:

Fruitful: our success seen in one-another; jointly purposeful; productive; procreation

Remember from the *Womanhood* module that God created us as spiritual as well as physical beings. Adam walked with God and they had a spiritual relationship. As we draw on that spiritual relationship, let's consider the results - *the fruit*.

## Galatians 5:22

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.*

This represents the fatherhood of God and His character. Is that the experience you had of fatherhood? What would your fatherhood be like with all that in place, and how would your children be? The greatest block that women and men have about their ability to be good parents are the blocks that may have been created in their own experience of being mothered/parented as a girl.

Summarise your experience as a child – what are the key words that describe your experience of being mothered?

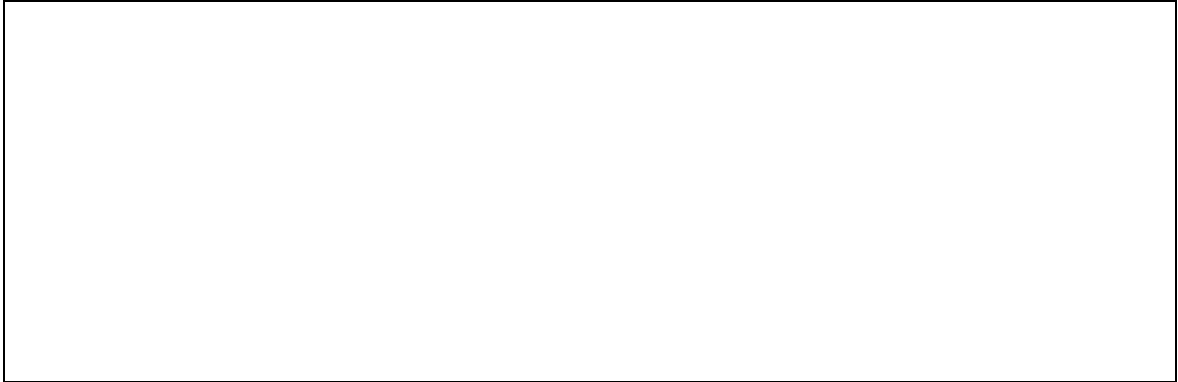
105



You're not alone. We all have good and bad experiences of being mothered. That's because none of us women are perfect. Parenthood doesn't come with an instruction manual – except of course for God's example as a loving heavenly Father. You have the advantage of learning about that model – maybe your own mother (and father) didn't have this privilege, so you may need to recognise that, and forgive them.

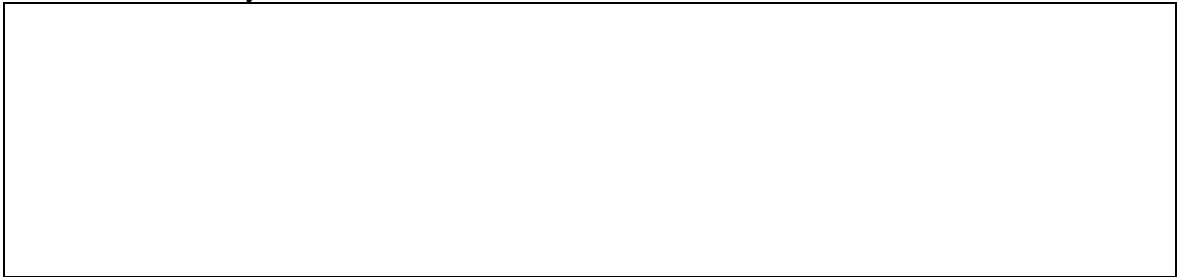
Whatever your experience of motherhood was, what is the legacy you have inherited? What were the results of your experience? What are the wounds you may be carrying now, and bringing to your own children for their experience of motherhood?

106



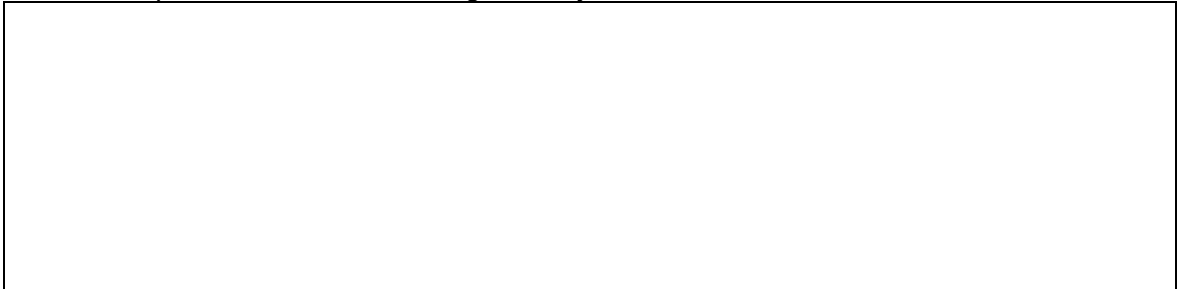
Even if it's not your own mother, who do you regard as a good role model for motherhood? Who is it and what did they do?

107



What good and helpful values have others given to you?

108



### Some Simple Truths

A great mother:

- Loves God (knows the Heavenly Father)
- Loves their father (creates a home of happiness and peace)
- Loves her children (sets standards)

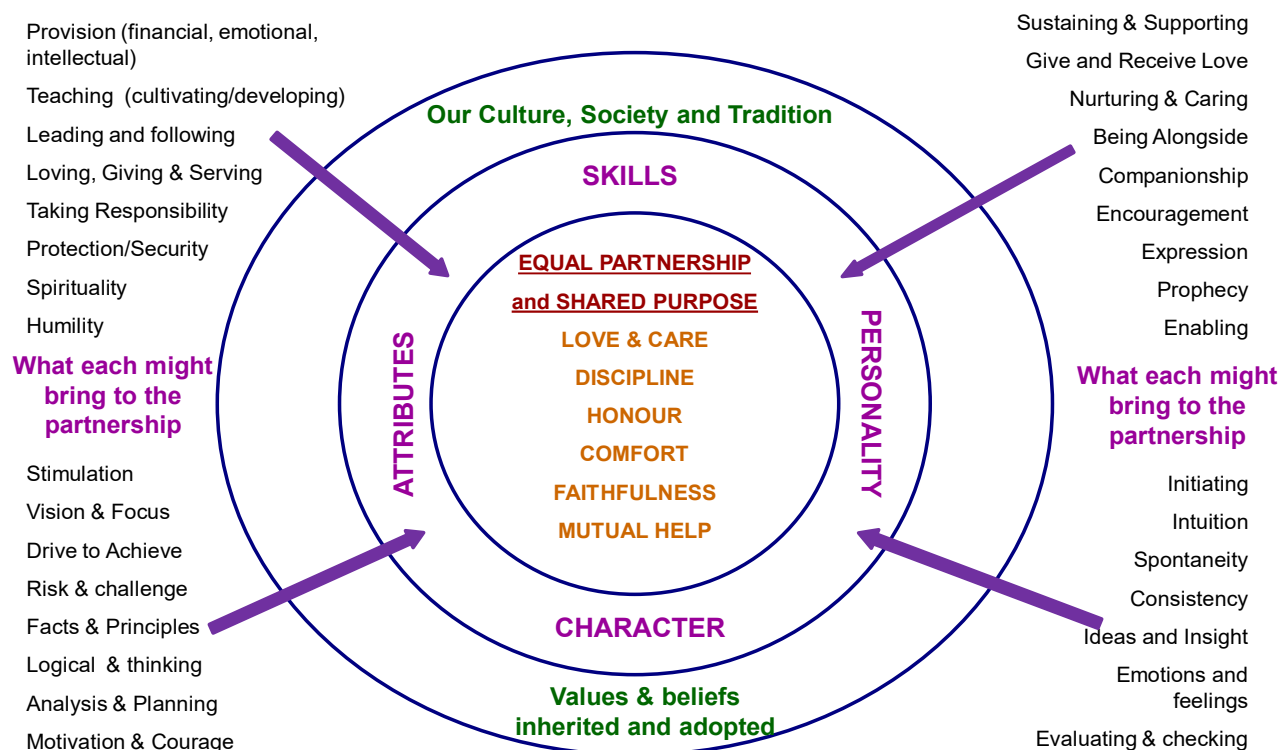
He provides success through six S's:

- Shelter & sustenance
- Safety & security
- Social and community base
- Standards and boundaries
- Support emotionally
- Spiritual legacy

Motherhood is not  
*buying* a gift, it's  
*being* the gift!

## Review our *Purpose as People*

### OUR PURPOSE AS PEOPLE *God's Design Masterpiece*



See the full-page version at end of booklet

What are the aspects of your purpose and attributes that you bring to motherhood?

PURPOSE: the reason for which something exists or is done

ATTRIBUTES: who you are/what you bring; a quality or characteristic

109

--	--

This is the **power of example!** It's simple, and a formula for successful motherhood, but its hard work that we are seldom prepared for when we start out sowing the seeds. So, we have to be willing to learn. In demonstrating each aspect, we not only bring success to our role as a mother, but success to the next generation of parents (think about our river model). What an exciting responsibility! What a privilege!

**A word about the VOID.** Remember we talked about the void in *Womanhood*. Think about what void there is for children when they have no mother who is present or in relationship with them.

***Find a mother for yourself NOW. Be a mother to your children NOW.***

## John 5:19-23

<sup>19</sup> Jesus answered, "What I'm about to tell you is true. The Son can do nothing by himself. He can do only what he sees his Father doing. What the Father does, the Son also does. <sup>20</sup> This is because the Father loves the Son. He shows him everything he does. Yes, you will be amazed! The Father will show him even greater things than these.

<sup>21</sup> "The Father raises the dead and gives them life. In the same way, the Son gives life to anyone he wants to.

<sup>22</sup> "Also, the Father does not judge anyone. He has given the Son the task of judging. <sup>23</sup> Then all people will honour the Son just as they honour the Father. Those who do not honour the Son do not honour the Father, who sent him.

**Consider what this biblical truth is telling you.**

## HOMEWORK

What I've learned about motherhood is:

--

## Role models

Think of helpful and unhelpful role models of motherhood – what did you see, and what was the result?

<i><b>Helpful</b></i>	<i><b>Unhelpful</b></i>

## Wonders and wounds

Think of your past experience at all ages. What are the wonderful experiences you've had that give you helpful models and tools as a mother?

What are the unhelpful and destructive experiences that wounded you, and maybe a bad inheritance that you have yet to deal with?

<i><b>Wonders</b></i>	<i><b>Wounds</b></i>

**What will you do with your wonders and wounds, and who will help you?**

<b>What</b>	<b>Who</b>

## WORDS TO HELP THINKING

### SCRIPTURE

**Ephesians 1:3-6** <sup>3</sup> Give praise to the God and Father of our Lord Jesus Christ. He has blessed us with every spiritual blessing. Those blessings come from the heavenly world. They belong to us because we belong to Christ.<sup>4</sup> God chose us to belong to Christ before the world was created. He chose us to be holy and without blame in his eyes. He loved us.<sup>5</sup> So he decided long ago to adopt us as his children. He did it because of what Jesus Christ has done. It pleased God to do it.<sup>6</sup> All those things bring praise to his glorious grace. God freely gave us his grace because of the One he loves.

**Psalms 127:4-5** <sup>4</sup> Children who are born to people when they are young are like arrows in the hands of a soldier.<sup>5</sup> Blessed are those who have many children.

**Matthew 7:17-18** <sup>17</sup> In the same way, every good tree bears good fruit. But a bad tree bears bad fruit. <sup>18</sup> A good tree can't bear bad fruit. And a bad tree can't bear good fruit.

**Mark 10:13-16** <sup>13</sup> People were bringing little children to Jesus. They wanted him to touch them. But the disciples told the people to stop.<sup>14</sup> When Jesus saw this, he was angry. He said to his disciples, "Let the little children come to me. Don't keep them away. God's kingdom belongs to people like them."<sup>15</sup> What I'm about to tell you is true. Anyone who will not receive God's kingdom like a little child will never enter it.<sup>16</sup> Then he took the children in his arms. He put his hands on them and blessed them.

**1 Timothy 3:4-5** <sup>4</sup> He must manage his own family well. He must make sure that his children obey him and show him proper respect. <sup>5</sup> Suppose someone doesn't know how to manage his own family. Then how can he take care of God's church?

**1 Thessalonians 2:11-12** <sup>11</sup> You know that we treated each of you as a father treats his own children.<sup>12</sup> We gave you hope and strength. We comforted you. We really wanted you to live in a way that is worthy of God. He chooses you to enter his glorious kingdom.

### QUOTATIONS

If the family were a fruit, it would be an orange, a circle of sections held together but separable – each segment distinct. *Letty Cottin Pogrebin*

Having children makes one no more a parent than having a piano makes you a pianist. *Michael Levine*

Live so that when your children think of fairness and integrity, they think of you. *H Jackson Brown Jr*

We never know the love of our parents for us till we have become parents ourselves. *Henry Ward Beecher*

Let parents bequeath to their children not riches, but the spirit of reverence. *Plato*

Govern a family as you would cook a small fish – very gently. *Chinese Proverb*

Love is an image of God. *Martin Luther*

A child's life is like a piece of paper on which every person leaves a mark. *Chinese Proverb*

We are to love God wholeheartedly and teach our children to do the same. That's the kind of legacy that will last for generations and please God into eternity. *Bruce Bickel and Stan Jantz*

Good, honest, hard-headed character is a function of the home. If the proper seed is sown there and properly nourished for a few years, it will not be easy for that plant to be uprooted. *George A Dorsey*

Character is largely caught, and the father [parent] and the home should be the great sources of character infection. *Frank H Cheley*

Ability is built on talent and practice, but character is built on the cornerstone of faithfulness. *Ed Cole*

The family is the nucleus of civilization. *William J Durant*

A baby fills a place in your heart that you never knew was empty. *Unknown*

## Character of the Father (God as a Parent)

God's Character	Illustration	Our Response as Fathers
Creator	His Word is the beginning and the end. Causes the big and small things to happen. Opens up possibility. Gives choice and freedom for us.	Be your word, create the possibilities for self and others. Create with and for your family. Be creative for yourself.
Love and lover – unconditionally <ul style="list-style-type: none"> <li>- Agape: intimate love; giving whole self</li> <li>- Passion</li> <li>- Compassion</li> <li>- Justice</li> <li>- Jealousy</li> <li>- Inclusive</li> <li>- Sacrificial</li> </ul>	God holds nothing back. He loves us because we are His creation, part of Him. He goes to any lengths to have us in relationship with Him. Jeremiah 31:3 – <i>I have loved you with a love that lasts forever. I have kept on loving you with faithful love.</i> 1 Peter 4:8 – <i>Most of all, love one other deeply. Love erases many sins by forgiving them.</i> Isaiah 43 John 3:16 – <i>God loved the world so much that he gave his one and only Son. Anyone who believes in him will not die but have eternal life.</i> Love is wide, high and deep – not superficial.	Love. Give. Be the lover – others first. JOY – Jesus; Others; You
Discipline and correction <ul style="list-style-type: none"> <li>- Lawgiver</li> <li>- Judge</li> </ul>	Proverbs 3:11-12 (& Hebrews 12:5-6) <i>My son, do not hate the Lord's training. Do not object when he corrects you. The Lord trains those he loves. He is like a father who trains the son he is pleased with.</i>	Be clear and consistent in values and boundaries – they bring freedom, not restriction! Ensure mother and father have clear agreement on discipline. Uphold fairness in the family.
King (Monarch) <ul style="list-style-type: none"> <li>- Parent</li> <li>- Shepherd</li> <li>- Provider</li> <li>- Leader</li> <li>- Carer</li> <li>- Protector</li> </ul>	Womanhood and fatherhood are a birthright. Great monarchs govern justly, love and serve their people, and defend them. Psalm 23: <i>The Lord is my Shepherd. He gives me everything I need. He lets me lie down in fields of grass. He leads me beside quiet waters.</i> Isaiah 40:11 – <i>He takes care of his flock like a shepherd. He gathers the lambs in his arms. He carries them close to his heart. He gently leads those that have little ones.</i>	Be the queen. Honour and love the king. Nurture your offspring for future prosperity and abundance. Lead your family.
Holy & faithful	God looks on the heart of a woman, and uses those pure in heart and faithful to follow him. Ruth, Rachel, Rahab, Miriam, Elizabeth, Hannah and Mary were “ordinary” women of their time who were faithful and obedient to God. They were used by God to impact the men and children in their lives and by so doing, changed human history. Matthew 6:33: <i>But put God's kingdom first. Do what he wants you to do. Then all of those things will also be given to you.</i>	Put God first. Trust Him and He will not let you down. That doesn't mean the road is easy and wide, but rough and narrow.

## MOTHERHOOD – SESSION 12

### Connecting (being present and real)

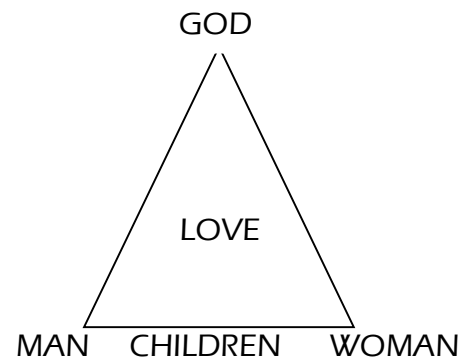
Absence isn't just about being in prison and physically separated from the family. Being present and connected is a much bigger challenge, even if you were sitting at home! Look back at the River Model, which we looked at in the Marriage Module. Remind yourself about how children become an important part of the journey. It is *their journey* with you.

### The added dimension: children

Relationship continues to be 3-way (vertical and horizontal). But now the bottom of the triangle is not just man and woman, but children. You all have a relationship with God, but you and your husband need to lead the relationship for children and teach them. They learn from you how to have a relationship with Him, and with each other.

The Triangle:

- Communication is relationship (remember from *Womanhood & Marriage*)
- Harmony
- Spiritual relationships



### Connection Principles

1. Remind yourself of The River. Remember that in marriage this was an image of **joining and journey**. The same applies to children, except that where you both had a choice, they don't. They are born into your family for better or worse, richer or poorer, sickness and health. So they are to be loved and cherished as God's gift and blessing. This is your responsibility and duty, whatever background and experience you came from. This is a new river. When a new child joins the family, it will never be the same – everyone has to adjust and give.
2. Your family relies on your marriage. Your children's wellbeing relies on the strength of your **partnership as a couple**. So your relationship must always be paramount – it must be nurtured, be strong and grow, otherwise how can you be what children need?
3. Be clear about your **joint approach** to parenthood. Be in agreement about your basic values, approaches and philosophies. This is essential for consistency and harmony in the family. Be consistent together, and fair & consistent with each child.

How do you connect successfully with your children now?

110



Some practical tips on connecting with your children:

ALWAYS	IN and FROM PRISON
Give and show: <ul style="list-style-type: none"> <li>• Acceptance (unconditional)</li> <li>• Affection (spoken* and demonstrated)</li> <li>• Affirmation (praise)</li> <li>• Authority (proactive)</li> </ul>	Plan and prepare for visits, thinking about how you can use these four A's during that limited time. Plan to make it enjoyable – a treat to see mum!
Spend time not just money (be present)	Give equal time and focus to all.
Check out what they enjoy and do it with them.	Take an interest, ask them questions
Speak gently and give full attention.	Do this on phone and visits.
Build the relationship.	Use the opportunity for cards and letters
Provide a balance of love and discipline.	Support your husband and make training part of life, not just a discipline threat when they see or speak to mum!
Reinforce good values, behaviours, and a sense of purpose.	Even if you're struggling with your own values, build in them the good values and purpose that you may have missed in your own childhood.

What are your own weak spots in relation to the above?

111

What are the habits you grew up with that you hated, and that you need to eliminate for your own children?

112

What do you need to work on to improve your communication and relationships with your children?

113

Who are the orphans and motherless?

- Those without an accepting, active and connected mother.
- Those without the kind of father or mother that God intended.

What creates a great home for a family?

- Parents who love and care, and who are there.
- One where the responsibility has not been delegated (or abdicated) to extended family, school, church or day-care/kindergarten.

Remember in *Marriage* we looked at communication (verbal and non-verbal). Think about how you listen to your children, and how you communicate with them. Remember communication is relationship! Some special things to remember with children are:

- *They don't necessarily see things as you see them*
- *They need building up, not putting down*
- *They copy, so they learn everything from role models, especially girls from mum*
- *They seek cues and signals from you, so give them and make sure they are clear*
- *They need you and your time, that's what's most precious*
- *They need to share heaps of information and feelings – be ready to listen and take interest*
- *They need to see a mother as being fair, tender and loving*
- *They are part of you; you are part of their identity – so let them discover who you are and what you stand for*
- *They get a dose of natural hormones that you need to help them manage*

Boys and girls are different, so take that into account in your approach and communication. Some typical differences or tendencies might be:

BOYS	GIRLS
More physically & actively expressive – need lots of space.	More verbally expressive and relational – need lots of listening.
Often use one side of their brain (creative and logical) at any one time	Tend to use both at once
Act for help	Ask for help
Less assured learners	Confident learners
Often have lower self-esteem – praise them	Often have higher self-esteem – acknowledge them
Need challenge, food and affirmation	Need conversation and affection
Like adventure stories and heroes, winners and inspiration	Like relational stories
Hormones need channelling	Hormones need understanding and assurance
Look for coaching – want to know what & how	Look for explanation – want to know why & when

## **HOMEWORK**

Are you a marvellous mother, or a maniac mum? Based on what we looked at in this session:

1. What do you need to attend to in your motherhood? List, then prioritise them; you can't do it all at once!

2. What will you do now to build and maintain your motherhood from prison, and when you are released?

Now – from prison	When I'm released

3. Read the parable story of **The Lost Son** (Prodigal Son) in Luke 15:11-31.

<sup>11</sup>Jesus continued, "There was a man who had two sons. <sup>12</sup>The younger son spoke to his father. He said, 'Father, give me my share of the family property.' So the father divided his property between his two sons.

<sup>13</sup>"Not long after that, the younger son packed up all he had. Then he left for a country far away. There he wasted his money on wild living. <sup>14</sup>He spent everything he had.

"Then the whole country ran low on food. So the son didn't have what he needed. <sup>15</sup>He went to work for someone who lived in that country, who sent him to the fields to feed the pigs. <sup>16</sup>The son wanted to fill his stomach with the food the pigs were eating. But no one gave him anything.

<sup>17</sup>"Then he began to think clearly again. He said, 'How many of my father's hired workers have more than enough food! But here I am dying from hunger! <sup>18</sup>I will get up and go back to my father. I will say to him, "Father, I have sinned against heaven. And I have sinned against you. <sup>19</sup>I am no longer fit to be called your son. Make me like one of your hired workers.'" <sup>20</sup>So he got up and went to his father.

"While the son was still a long way off, his father saw him. He was filled with tender love for his son. He ran to him. He threw his arms around him and kissed him.

<sup>21</sup>"The son said to him, 'Father, I have sinned against heaven and against you. I am no longer fit to be called your son.'

<sup>22</sup>"But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. <sup>23</sup>Bring the fattest calf and kill it. Let's have a big dinner and celebrate. <sup>24</sup>This son of mine was dead. And now he is alive again. He was lost. And now he is found.'

"So they began to celebrate.

<sup>25</sup>"The older son was in the field. When he came near the house, he heard music and dancing. <sup>26</sup>So he called one of the servants. He asked him what was going on.

<sup>27</sup>"Your brother has come home,' the servant replied. 'Your father has killed the fattest calf. He has done this because your brother is back safe and sound.'

<sup>28</sup>"The older brother became angry. He refused to go in. So his father went out and begged him.

<sup>29</sup>"But he answered his father, 'Look! All these years I've worked like a slave for you. I have always obeyed your orders. You never gave me even a young goat so I could celebrate with my friends. <sup>30</sup>But this son of yours wasted your money with some prostitutes. Now he comes home. And for him you kill the fattest calf!'

<sup>31</sup> "My son,' the father said, 'you are always with me. Everything I have is yours. <sup>32</sup> But we had to celebrate and be glad. This brother of yours was dead. And now he is alive again. He was lost. And now he is found."

What does this tell you about God's view of parenthood?

--

What do you think are the different views and feelings of the elder son, the younger son, and the father?

OLDER SON	YOUNGER SON	FATHER

Author *Ed Cole* summarises the story in a way we can use in everyday life, so try this thinking when something goes wrong for you or your family:

1. Rebellion
2. Ruin
3. Repentance
4. Reconciliation
5. Restoration

What can you take personally to use from this story?

--

## WORDS TO HELP THINKING

### SCRIPTURE

**Psalms 127:3**

*Children are a gift from the LORD. They are a reward from him.*

**Proverbs 10:1**

*A wise son makes his father glad. But a foolish son brings sorrow to his mother.*

**Proverbs 17:6**

*Grandchildren are like a crown to older people. And children are proud of their parents.*

**Proverbs 23:24**

*The father of a godly child is very happy. Anyone who has a wise child is glad.*

**Matthew 11:27**

*My Father has given all things to me. The Father is the only one who knows the Son. And the only ones who know the Father are the Son and those to whom the Son chooses to make him known.*

### QUOTATIONS

What can you do to promote world peace? Go home and love your family. *Mother Teresa*

A man never stands as tall as when he kneels to help a child. *Knights of Pythagoras*

There's no better feeling than knowing you are in your father's heart and that you will always be. *Conover Swofford*

Our greatest natural resource is the minds of our children. *Walt Disney*

The voice of parents is voice of God's; for to their children, they are heaven's lieutenants. *William Shakespeare*

The most extraordinary thing in the world is an ordinary man and an ordinary woman and their ordinary children. *G K Chesterton*

It's difficult to imagine anything more nourishing to the soul than family life. *Sir Thomas More*

### A ROLE MODEL OF MOTHERHOOD

Susanna Wesley lived 300 years ago and times were hard. They were a poor family. Susannah was the mother of 19 children (9 of whom died in infancy), including John and Charles Wesley. Through much adversity, she dedicated her life to instilling a sense of Christian destiny into each of her children. Her children went on to change the world.

Her husband was often absent, and once for a year after a disagreement. She had no time for entertainment or long hours in prayer! She worked the gardens, milked the cow, schooled the children and managed the entire house herself. But she decided to give the Lord two hours a day in prayer! She struggled to find a secret place to get away with Him. So she advised her children that when they saw her with her apron over her head, that meant she was in prayer and couldn't be disturbed. She always found time each day for each child. She was a prolific writer although never published. Her prayer was: 'Help me, Lord, to remember that religion (Christianity) is not to be confined to the church - nor exercised only in prayer and meditation, but that everywhere I am in Thy Presence.'

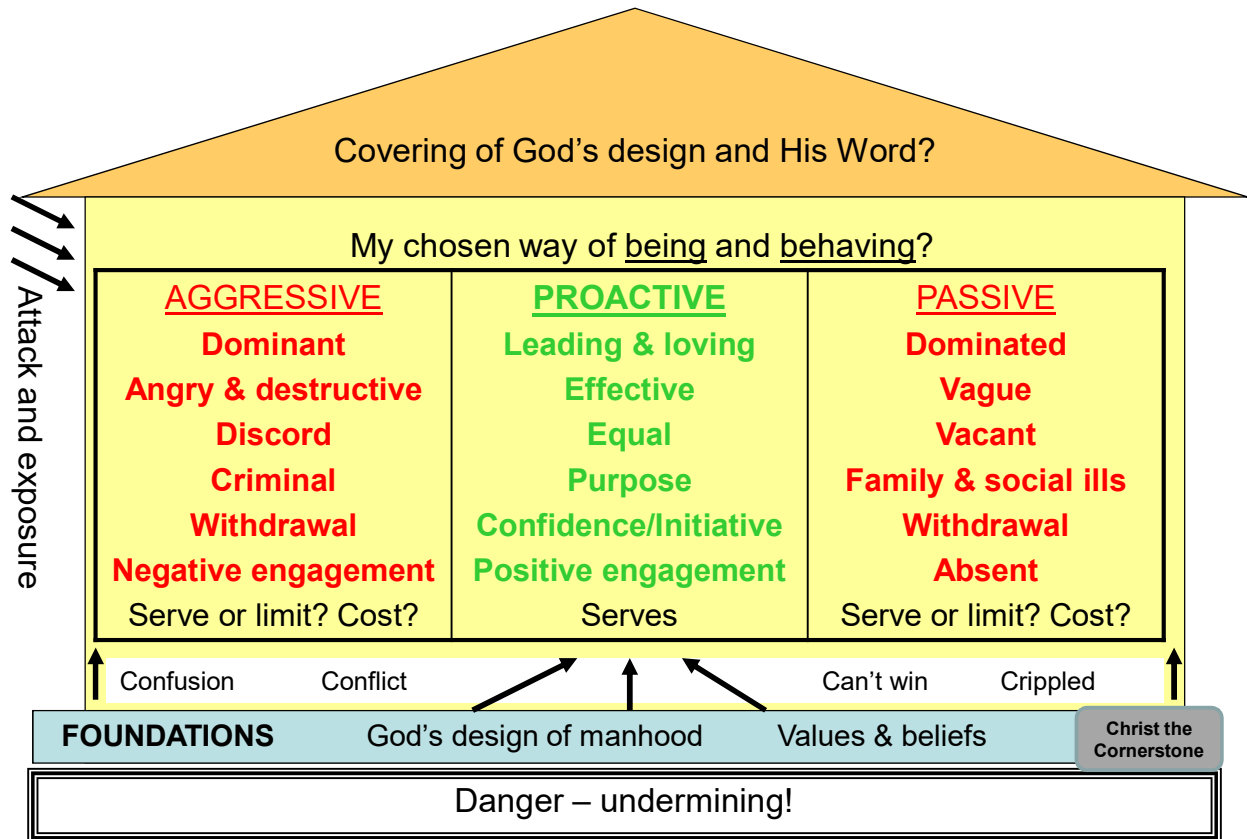
## MOTHERHOOD – SESSION 13

### Leading the Family (you and your household)

In previous sessions we looked at 'being present', as part of connecting with your family. Let's look at it again..

## HOUSE OF BEING: As for me and my house.....

Joshua 24:15



**See the full-page version at end of booklet**

What do you remember from this model that particularly applied to you?

A few keys points:

- You choose your way of being and behaving with others
- Leading your family requires you to be proactive, not aggressive or passive
- Proactiveness makes you a positive, confident, purposeful and loving mother
- It serves you and your family
- It provides the stability and the role model your family needs

Think of some examples of how you can be proactive as a mother

114

## Leadership

There are a few simple leadership principles that apply to any situation, including the family.

- Leadership is about navigating a journey for yourself and others
- To know your intended journey, you need to plan it – with your husband
- The journey has a purpose; otherwise nobody knows why they are on it.
- Leadership begins with being able to lead *yourself* effectively so that you can then lead others effectively
- Good leadership requires a good example and a good role model

Who do you regard as a good leader and role model, and why?

115

--

What are your children looking for in you as a leader, mother and role model?

116

--	--

Likewise, a family is a team! What do you expect to find in a team?

117

--	--

118

A team is defined as a group working together; in ancient times literally a group of oxen yoked or bound together so that they work effectively and go in the same direction. Interestingly they worked more effectively if they were from the same herd (or family). Consider what binds you together as a family, and also what puts that at risk. Remember the *House of Being*, and what might beat against your house.

119

What binds us as a family	What puts the family at risk

Your job as a wife and mother is to sense the dangers and take action! We have some big issues in society that result from delinquent (neglectful/offensive) mothers and un-parented children. Each woman is called to lead her family and to take full responsibility.

What I've learned about motherhood so far is:

What I can do to improve myself as a mother is:

## **HOMEWORK**

In *Marriage* (session 8), we looked in depth at LOVE. In preparation for the next session, look back on that session. Read 1 Corinthians and Galatians 5 again, and make a new assessment of yourself in relation to love, but this time be thinking of your whole family – and especially your children.

### **1 Corinthians 13: 1-8 & 13**

<sup>13</sup> Suppose I speak in the languages of human beings and of angels. If I don't have love, I am only a loud gong or a noisy cymbal.

<sup>2</sup> Suppose I have the gift of prophecy. Suppose I can understand all the secret things of God and know everything about him. And suppose I have enough faith to move mountains. If I don't have love, I am nothing at all

<sup>3</sup> Suppose I give everything I have to poor people. And suppose I give my body to be burned. If I don't have love, I get nothing at all.

<sup>4</sup> Love is patient. Love is kind. It does not want what belongs to others. It does not brag. It is not proud. <sup>5</sup> It is not rude. It does not look out for its own interests. It does not easily become angry. It does not keep track of other people's wrongs.

<sup>6</sup> Love is not happy with evil. But it is full of joy when the truth is spoken. <sup>7</sup> It always protects. It always trusts. It always hopes. It never gives up.

<sup>8</sup> Love never fails. But prophecy will pass away. Speaking in languages that had not been known before will end. And knowledge will pass away.

<sup>13</sup> The three most important things to have are faith, hope and love. But the greatest of them is love.

### **Galatians 5:19-23**

<sup>19</sup> What the sinful nature does is clear. It enjoys sexual sins, impure acts and wild living. <sup>20</sup> It worships statues of gods. It also worships evil powers. It is full of hatred and fighting. It is full of jealousy and fits of anger. It is interested only in getting ahead. It stirs up trouble. It separates people into their own little groups. <sup>21</sup> It wants what others have. It gets drunk and takes part in wild parties. It does many things of that kind. I warn you now as I did before. People who live like that will not receive God's kingdom.

<sup>22</sup> But the fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful<sup>23</sup> and gentle and having control of oneself. There is no law against things of that kind.



Put the past in the past, and consider how you match up against these principles **NOW**. Make some notes on what you find, and/or mark it out of 10 (1=low; 10=high).

QUALITY OF LOVE and PURITY	HOW I'M DOING
Loving	
Joyful	
Patient	
Kind (in nature as well as generous)	
Full of goodness; gentle with people	
Not envious or jealous	
Not boasting (and puts others first)	
Not proud (is humble)	
Not rude (is considerate)	
Not self-seeking (others needs first)	
Not easily angered or (calm, peaceful)	
No record of wrongs (forgiving)	
No delight in evil (and not cruel)	
Rejoices in truth (honest and loyal)	
Protects	
Trusts	
Hopes	
Perseveres (does not give up)	
Never fails (is determined)	
No sexual immorality	
No idolatry (where your 'god' might be TV, sex, mates, drink, gambling, work, money, pornography)	
Faithful	
Not addicted to evil & unhelpful things	
No hatred and rage	
No selfish ambition at expense of others	
No drunkenness or drugs	
Have self-control	

*Don't beat yourself up on all this, but be honest and face up to who you are. We all fail and we all fall short. What's important is recognising this, and doing something about it.*

What are the most important changes you will make now, based on what you've found?

From the model *Our Purpose as People* remember that we are called as men to give and serve, not to be demanding and getting. Think about this again with regard to loving children. They love us as mothers, unconditionally, but it is in giving love to them that we receive it all the more.

**Remember that the family key is this: love is about putting others first, about being sacrificial, and about serving. This is for many of us opposite to our nature. Love is powerful – it overcomes anger and brings us into perspective.**

## WORDS TO HELP THINKING

### SCRIPTURE

**Exodus 20:12** <sup>12</sup> "Honour your father and mother. Then you will live a long time in the land the LORD your God is giving you.

**Deuteronomy 4:9** <sup>9</sup> Don't be careless. Instead, be very careful. Don't forget the things your eyes have seen. As long as you live, don't let them slip from your mind. Teach them to your children and their children after them.

**Psalms 78: 1-4** <sup>1</sup> My people, listen to my teaching. Pay attention to what I say.<sup>2</sup> I will open my mouth and tell stories. I will speak about things that were hidden. They happened a long time ago.<sup>3</sup> We have heard about them and we know them. Our people who lived before us have told us about them.<sup>4</sup> We won't hide them from our children. We will tell them to those who live after us. We will tell them about what the LORD has done that is worthy of praise. We will talk about his power and the wonderful things he has done.

**Proverbs 1:8-9** <sup>8</sup> My son, listen to your father's advice. Don't turn away from your mother's teaching.  
<sup>9</sup> What they teach you will be like a beautiful crown on your head, like a chain to decorate your neck.

**Proverbs 2: 1-6** My son, accept my words. Store up my commands inside you.<sup>2</sup> Let your ears listen to wisdom. Apply your heart to understanding.<sup>3</sup> Call out for the ability to be wise. Cry out for understanding.<sup>4</sup> Look for it as you would look for silver. Search for it as you would search for hidden treasure.<sup>5</sup> Then you will understand how to have respect for the LORD. You will find out how to know God.<sup>6</sup> The LORD gives wisdom. Knowledge and understanding come from his mouth.

**Proverbs 13:22** <sup>22</sup> A good person leaves what he owns to his children and grandchildren. But a sinner's wealth is stored up for those who do right.

**John 12:49-50** <sup>49</sup> "I did not speak on my own. The Father who sent me commanded me what to say. He also told me how to say it. <sup>50</sup> I know that his command leads to eternal life. So everything I say is just what the Father has told me to say."

**Ephesians 3:14-15** <sup>14</sup> I bow in prayer to the Father because of my work among you. <sup>15</sup> From the Father his whole family in heaven and on earth gets its name.

**Ephesians 5:1-2** You are the children that God dearly loves. So be just like him. <sup>2</sup> Lead a life of love, just as Christ did. He loved us. He gave himself up for us. He was a sweet-smelling offering and sacrifice to God.

**3 John 1:4** <sup>4</sup> I have no greater joy than to hear that my children are living by the truth.

### QUOTATIONS

In bringing up children, spend half as much money as twice as much time. *Unknown*

Encourage your kids to play sport - it helps build leadership skills. *Ian Grant*

A truly rich man [or woman] is one whose children run into his arms when his hands are empty. *Unknown*

It is not flesh and blood but the heart that makes us fathers and sons. *Johann Christoph Friedrich von Schiller*

There is nothing greater that a parent can give a child than their time. *Jen Lockwood*

Children speak in the field what they hear in the house. *Scottish Proverb*

When we do the best we can, we never know what miracle is wrought in our life, or in the life of another. *Helen Keller*

Children are apt to live up to what you believe of them. *Lady Bird Johnson*

There's nothing that can help you understand your beliefs more than trying to explain them to an inquisitive child.  
*Frank A Clark*

We make a living by what we get; we make a life by what we give. *Sir Winston Churchill*

## MOTHERHOOD – SESSION 14

Love, Discipline and Coaching (balance and communication)

Love is the context for discipline. What are the key things that came from your review of love in the family in session 13?

121



We all have a different experience of love and discipline (training) in the family. Some experience discipline positively in a way that builds them up; others have only the experience of cruelty that had the mask of discipline. It wasn't discipline and didn't come from love, and may have been abuse. There are no perfect ways of discipline because we are all different, with different backgrounds, personalities and needs. In coming together as a couple we have two different experiences, which need careful matching and agreement if we are going to be effective and consistent in parenthood. Let's look at some basics.

### Boundaries

We all need them. Rules and laws define a boundary. They are there for agreement, for standards, for understanding, and for good order. They are intended to give clarity and protection for the good of a family, a team, an organisation or a society. As a family unit, everyone needs to have clear boundaries, and the consequences of what happens if we overstep them. The Bible is God's Word (the maker's handbook), and is a key source of laws and boundaries. Many have been written into national laws. For a family, we take the lead from the society we live in, and we have our own boundaries within the family. They define right and wrong, what is acceptable and what isn't. They are meant for the good of everyone.

### Discipline

This comes from the Latin word for *instruction*. It means a teaching, training, code or pattern. So discipline is about bringing into (or back into) understanding and order, helping us form good habits. That's how Jesus created his *disciples*. So with children, we decide what our teaching and standards will be, give them instruction, and keep them in order. As with leadership, we need to provide an example and role model through self-discipline. The key thing here is to know that discipline is a positive learning, not a negative punishment.

### Punishment and Correction

Either or both of these are applied as a result over-stepping a boundary. Punishment can be loss or withdrawal of privilege or an action that serves as a penance. Correction is about educating, guiding and coaching into a different way of behaviour or compliance. The use and misuse of physical and mental punishment is destructive, ineffective and ruins relationships. It does not come from love, or a desire to build a responsible child, teenager or adult. And often it breaks the law!

As parents we need to ensure that correction is done in a *loving* manner, using good *communication* – that both of these define and build our relationships. Discipline is linked to love because we want the best for those we love – we want them to be on a path of learning, building and growing. Communication is important because children need:

- *Reminding of boundaries*
- *Warning of consequences*
- *Explanation of what happened*
- *Understanding of next steps*

Remember the use of verbal and non-verbal communication from *Marriage*. Children need a clear and consistent message, from our words, tone, stance and actions. We need to be consistent with the individual child, and consistent in how we treat all children.

What I've learnt from this so far is:

--

**Here are 10 simple principles for communication in fatherhood:**

1. Love them; show affection
2. Listen; find out their feelings – observe and ask
3. Help them know your thinking, and get their understanding and agreement
4. Affirm them – praise and build confidence
5. Praise generously, criticise rarely (Proverbs 31:28-29)
6. Teach giving – mutual rather than self-fulfilment
7. Take an interest in their interests; invest time and do things together
8. Find their needs and seek to meet them
9. Forgive them – and apologise when you need to!
10. Support them

**Dealing with conflict – some principles:**

1. Don't let it stew – deal with it and move on
2. Don't create the conflict – don't exasperate, humiliate or anger children
3. Let go when appropriate (cut some slack!)
4. Give children support and respect
5. Making boundaries clear and consistent
6. Recognise their hurt and help them overcome it
7. No blame, no right and wrong, stick to facts
8. Be firm and fair
9. Admit if you're mistaken
10. Find out how they feel
11. Be personal: say "I feel that" not "You always/never"
12. Build harmony (with the child, and for the family)
13. Be their hero – help them win and learn from what goes wrong
14. Be proactive with children, rather than passive or aggressive

What does God say?

**Ephesians 6:4** *'Fathers, don't make your children angry. Instead, train them and teach them the ways of the Lord as you raise them.'*

What will you do now to build and maintain loving discipline?

Now – from prison	When released

**Coaching**

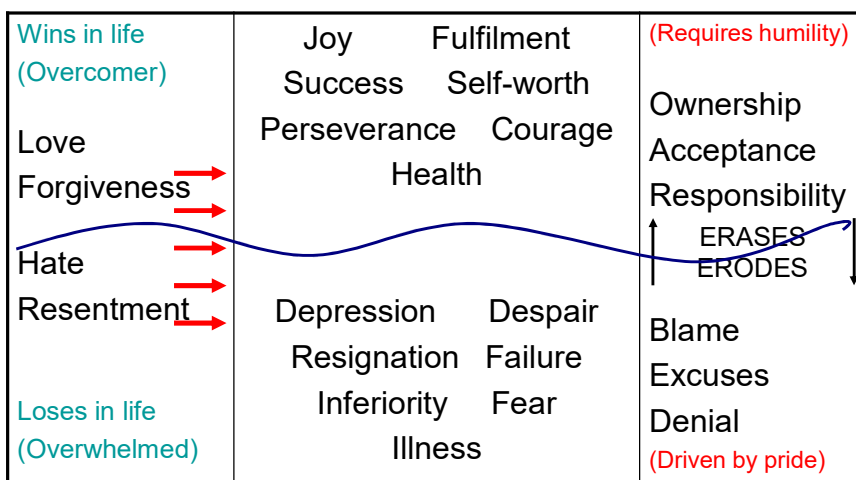
Another way to look at children and discipline is to look at it from a coaching perspective. Coaching means to transport from one place to another, to get from A to B. Think about what each of your children needs to grow and learn so that they can have a great life. How would you guide and coach them to get from A to B, like a sports coach might coach someone in passing a ball, in a swimming stroke, or a running technique? Help them to visualise having success or overcoming a problem. The simplest coaching model is: Reality→Goal→Choice→Habit

What's it like **now**? Reality  
 What will it be like **then**? Goal  
 What are the **options**? Choice  
 What **actions** are needed? Habit

Use it for yourself; use it to coach your kids. Make the end goal worthwhile, get the enthusiasm, and give encouragement and praise.

### Review Above the Line Women:

## Above the line women



Remember this from *Womanhood*? In thinking about your approach as a mother, there's a lot to role model here. What are the most important things you can do with (and for) your children?

122

What I've learned about this aspect of motherhood is:

### HOMEWORK

Read and review this session, and think about a possible action plan. Read and use the thinking resources.

## WORDS TO HELP THINKING

*As parents, as creations of the Father God himself, we should seek to live His example of the balance between love and discipline. They are two sides of the same coin. We all need correction and grace.*

### SCRIPTURE

**Psalm 103:13** *A father is tender and kind to his children. In the same way, the LORD is tender and kind to those who have respect for him.*

**Proverbs 10:17** *Anyone who pays attention to his training is on his way to life. But anyone who refuses to be corrected leads others down the wrong path.*

**Proverbs 12:1** *Anyone who loves to be trained loves knowledge. Anyone who hates to be corrected is stupid.*

**Proverbs 13:24** *Those who don't correct their children hate them. But those who love them are careful to train them.*

**Proverbs 19:18** *Train your child. Then there is hope. Don't do anything to bring about his death.*

**Proverbs 20:5-7** *The purposes of a man's heart are like deep water. But a man who has understanding brings them out.<sup>6</sup> Many claim to have love that never fails. But who can find a faithful man?<sup>7</sup> Anyone who does what is right lives without blame. Blessed are his children after him.*

**Proverbs 22:6 & 15** *Train a child in the way he should go. When he is old, he will not turn away from it.<sup>15</sup> A child is going to do foolish things. But correcting him will drive his foolishness far away from him.*

**Proverbs 23:13** *Don't hold back training from a child. If you correct him, he won't die.*

**Proverbs 29:15-18** <sup>15</sup>*If a child is corrected, he becomes wise. But a child left to himself brings shame to his mother.<sup>16</sup> When those who do wrong grow stronger, so does sin. But those who do right will see them destroyed.<sup>17</sup> If you train your children, they will give you peace. They will bring delight to you.<sup>18</sup> Where there is no message from God, the people don't control themselves. But blessed are those who obey the law.*

**Micah 7:18-19** <sup>18</sup>*LORD, who is a God like you? You forgive sin. You forgive your people when they do what is wrong. You don't stay angry forever. Instead, you take delight in showing your faithful love to them.<sup>19</sup> Once again you will show loving concern for us. You will completely wipe out the evil things we've done. You will throw all of our sins into the bottom of the sea.*

**John 14:30-31** <sup>30</sup>*"I will not speak with you much longer. The prince of this world is coming. He has no power over me. <sup>31</sup>But the world must learn that I love the Father. They must also learn that I do exactly what my Father has commanded me to do."*

**John 15:10** <sup>10</sup>*"If you obey my commands, you will remain in my love. In the same way, I have obeyed my Father's commands and remain in his love."*

**Colossians 3:12-14** <sup>12</sup>*You are God's chosen people. You are holy and dearly loved. So put on tender mercy and kindness as if they were your clothes. Don't be proud. Be gentle and patient. <sup>13</sup>Put up with each other. Forgive the things you are holding against one another. Forgive, just as the Lord forgave you. <sup>14</sup>And over all of those good things put on love. Love holds them all together perfectly as if they were one.*

**Colossians 3:21** <sup>21</sup>*Fathers, don't make your children bitter. If you do, they will lose hope.*

**1 John 3:1** *How great is the love the Father has given us so freely! Now we can be called children of God. And that's what we really are! The world doesn't know us because it didn't know him.*

**Hebrews 12:6-11** *"My son, think of the Lord's training as important. Do not lose hope when he corrects you.<sup>6</sup> The Lord trains those he loves. He punishes everyone he accepts as a son." <sup>7</sup>Put up*

with hard times. God uses them to train you. He is treating you as children. What children are not trained by their parents? <sup>8</sup>God trains all of his children. But what if he doesn't train you? Then you are like children of people who weren't married to each other. You are not truly God's children.<sup>9</sup> Besides, we have all had human parents who trained us. We respected them for it. How much more should we be trained by the Father of our spirits and live!<sup>10</sup> Our parents trained us for a little while. They did what they thought was best. But God trains us for our good. He wants us to share in his holiness.<sup>11</sup> No training seems pleasant at the time. In fact, it seems painful. But later on it produces a harvest of godliness and peace. It does that for those who have been trained by it.

**1 John 4:15-18** <sup>15</sup>God lives in anyone who agrees that Jesus is the Son of God. That kind of person remains joined to God. <sup>16</sup>So we know that God loves us. We depend on it. God is love. Anyone who leads a life of love shows that he is joined to God. And God is joined to him.<sup>17</sup> So love is made complete among us. We will be bold on the day God judges us. That's because in this world we love as Jesus did.<sup>18</sup> There is no fear in love. Instead, perfect love drives fear away. Fear has to do with being punished. The one who fears does not have perfect love.

## QUOTATIONS

Children need love, especially when they do not deserve it. *Harold Hulbert*

Don't worry that your children never listen to you; worry that they are always watching you. *Robert Fulghum*

Discipline doesn't break a child's spirit half as often as the lack of it breaks a parent's heart. *Anonymous*

If you want children to keep their feet on the ground, put some responsibility on their shoulders.  
*Abigail Van Buren*

There are two great injustices that can befall a child. One is to punish him for something he didn't do. The other is to let him get away with doing something he knows is wrong. *Robert Gardner*

Children are a lot like wet cement. Whatever falls on them makes an impression. *Haim Ginott*

If you command wisely, you'll be obeyed cheerfully. *Thomas Fuller*

They may forget what you said, but they will never forget how you made them feel. *Carl W Buechner*

Give a little love to a child and you get a great deal back. *John Ruskin*

I love these little ones, and it is not a slight thing when they, who are so fresh from God, love us.  
*Charles Dickens*

Live your life so that when you die others will know that you loved others clearly, loved your family dearly, and loved God completely. *Bruce Bickel and Stan Jantz*

When you put faith, hope and love together, you can raise positive kids in a negative world. *Zig Ziglar*

Kind words can be short and easy to speak, but their echoes are truly endless. *Mother Teresa*

Any attempt to please, even if poorly performed, should be commended. *Susannah Wesley*

## A THOUGHT

Corrie Ten Boom spent time in Nazi prisons and concentration camps. She was able to forgive her oppressors. She wrote and spoke about forgiveness of others, and especially a guard she later met after the war. On speaking about forgiveness, she spoke about being forgiven by God. She wrote "When I confessed them to the Father, Jesus Christ washed them in His blood. They are now cast in the deepest sea and a sign is put up that says, NO FISHING ALLOWED."  
So let's ensure that we forgive others, and never go fishing!

## MOTHERHOOD – SESSION 15

### Renewing Motherhood (role modelling and putting things right)

We all have a different experience and view of motherhood. For some of us it is a mystery, because we may not have had a good experience, or good role models ourselves. You may have lived in situations where you experienced poor examples of motherhood, and weak role models – maybe grandparents, parents, or perhaps it's more about your personal struggle in being a mother. Alternatively, your experience and background may have provided great examples of motherhood, which you struggle to match up to.

That's why, as women, we need to do two things:

1. Build a parenthood approach with our husbands, getting ideas, agreement and consistency.
2. Find and talk to other women you trust – as women we need each-other! It may be your mother, sister, cousin or friend who is a great mum. It may be a pastor, chaplain, social worker or other professional who can give you tips and advice. And don't forget there are heaps of books on parenting.

Whatever your experience, you can only improve on it – if that's what you really want. So you have to make the choices and decisions, and you have to be the woman willing to take on loving leadership in your family – whether this is now or in the future. It's never too late for a new start.

Review the Marriage module, and especially what is there in relation to boundaries and forgiveness. Especially think about:

- Lead – take the initiative to put things right or initiate discussion
- Talk – find out needs, worries and concerns, and how the child feels
- Apologise – when it's appropriate, and don't let your pride stop you!
- Forgive – when needed, and as soon as possible, then let it go – forever!
- Forget – let go of any intention to repay or get back at your child

## MOTHERHOOD MODULE CONCLUSION

Motherhood is a matter of biology in the least. And at most it is a matter of choice, love, commitment, care, devotion, nurture, psychology, selflessness, leadership, resourcefulness, and a heap of other things. The choice is yours. The bottom line is that the more you put into relationship the more you get from it. Motherhood is a vast, long term investment in another human being.

Our own bad experience and shortcomings are no basis for denying a future for our own children. Someone has to break a bad cycle, so it may as well be you. Their potential is your responsibility.

## PERSONAL ACTION PLAN

My experience of motherhood:

Positive experiences	Negative experiences



What I can learn from all this, and use to plan my future is:

I've learned that:	So I will now:

The most important learning for me on motherhood in these five sessions:

My 3 key actions for motherhood:

1	
2	
3	

How I will achieve this:

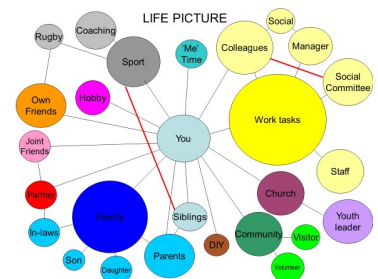
### LIFE PICTURE

Revisit the **Life Picture** you created in *Womanhood*. Review and update this to reflect any new thinking or learning.

**Congratulations** on completing the Motherhood Module, and the entire study.

Please:

- complete the evaluation form
- review your handbook and notes from **Womanhood, Marriage and Motherhood**
- be ready to share your learning and action plan with your facilitator and your family.



## WORDS TO HELP THINKING

Our duty and service is to represent the 'father heart' and parenthood of God.

### SCRIPTURE

**Deuteronomy 28:1-6** *Make sure you obey the LORD your God completely. Be careful to follow all of his commands. I'm giving them to you today. If you do those things, the LORD will honour you more than all of the other nations on earth. <sup>2</sup>If you obey the LORD your God, here are the blessings that will come to you and remain with you.<sup>3</sup>You will be blessed in the cities. You will be blessed out in the country.<sup>4</sup>Your children will be blessed. Your crops will be blessed. The young animals among your livestock will be blessed. That includes your calves and lambs.<sup>5</sup>Your baskets and bread pans will be blessed.<sup>6</sup>You will be blessed no matter where you go.*

**Psalms 68:5-6** *<sup>5</sup>God is in his holy temple. He is a father to those whose fathers have died. He takes care of women whose husbands have died.<sup>6</sup>God gives lonely people a family. He sets prisoners free, and they go out singing. But those who refuse to obey him live in a land that is baked by the sun.*

**John 8:29-29** *"I speak just what the Father has taught me. <sup>29</sup>The One who sent me is with me. He has not left me alone, because I always do what pleases him."*

**Philippians 3:13-14** *<sup>13</sup>Brothers and sisters, I don't consider that I have taken hold of it yet. But here is the one thing I do. I forget what is behind me. I push hard toward what is ahead of me. <sup>14</sup>I move on toward the goal to win the prize. God has appointed me to win it. The heavenly prize is Christ Jesus himself.*

### QUOTATIONS

There are only two things we should give our children. One is roots; the other, wings. *Hodding Carter*

Do not confine your children to your own learning, for they were born in another time. *Hebrew Proverb*

One night a mother overheard her daughter pray, "Dear God, make me the kind of woman my mummy is." Later that night, the mother prayed, "Dear God, make me the kind of woman my daughter wants me to be." *Anonymous*

Sometimes the poorest man leaves his children the richest inheritance. *Ruth E Renkel*

Every child comes with the message that God is not yet discouraged of man. *Rabindranath Tagore*

You've got to do your own growing, no matter how tall your grandfather was. *Irish Proverb*

You don't raise heroes, you raise sons. And if you treat them like sons, they'll turn out to be heroes, even if it's just in your own eyes. *Walter Schirra Sr*

We cannot always build the future for our youth, but we can build our youth for the future. *Franklin D Roosevelt*

A parent must respect the spiritual person of his child and approach it with reverence. *George MacDonald*

If we are parents, raising kids is not a distraction from the main event of life. It is the main event. *John and Agnes Sturt*

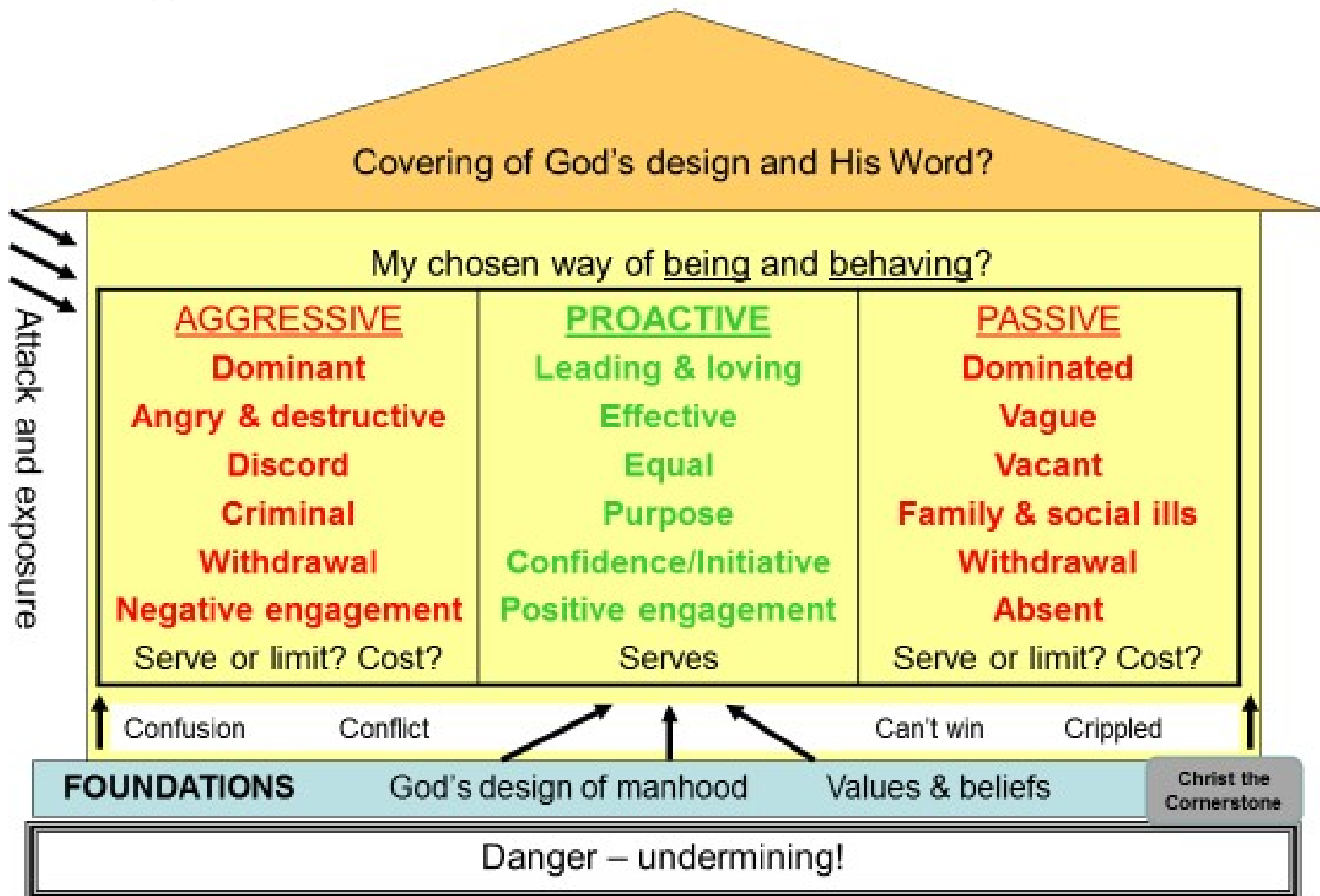
### THE FINAL THOUGHT

You are **amazing**  
You are **loving**  
You are **strong**  
You are **happy**  
You are **selfless**  
You are **graceful**

END: Revision July 2017

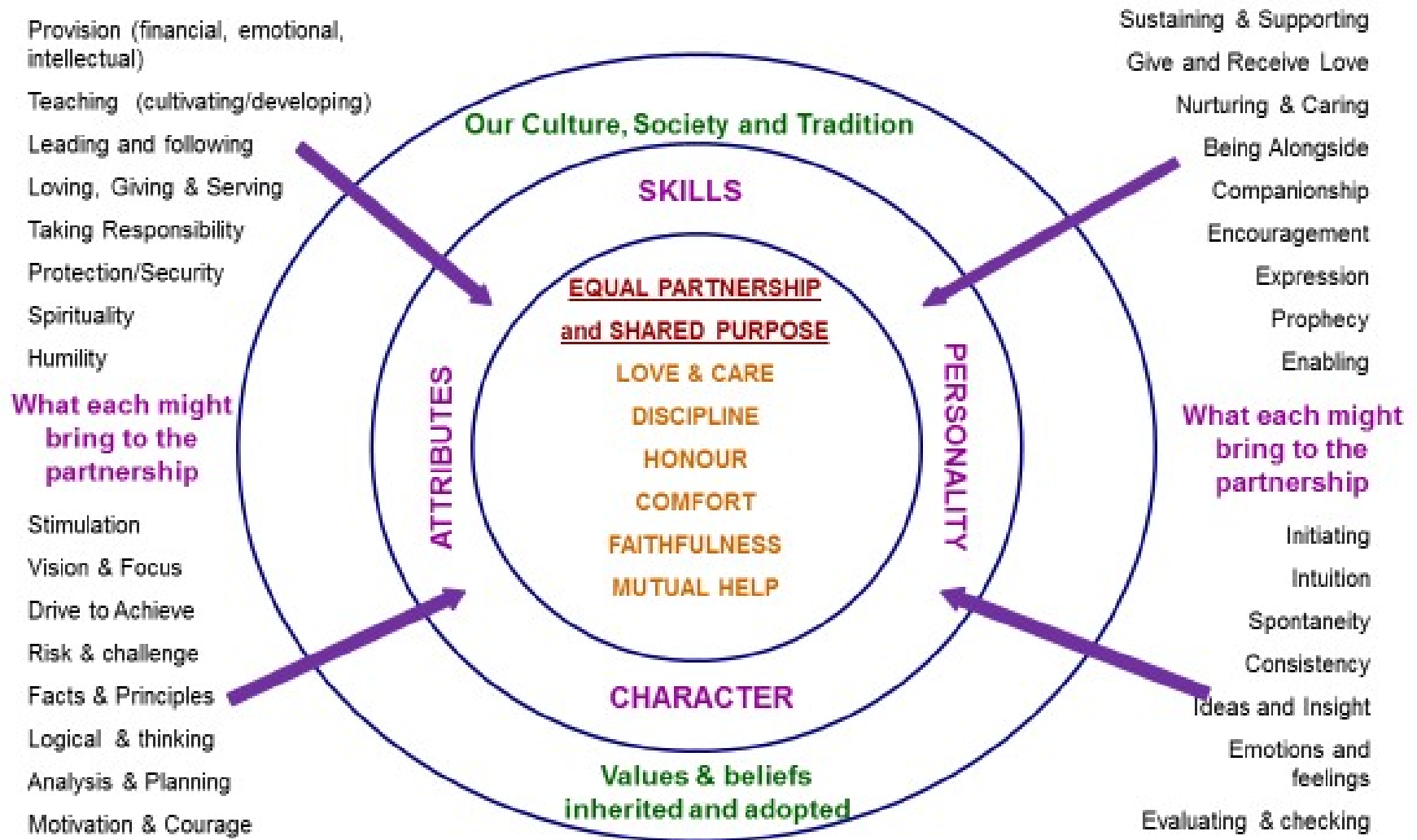
# HOUSE OF BEING: As for me and my house.....

Joshua 24:15

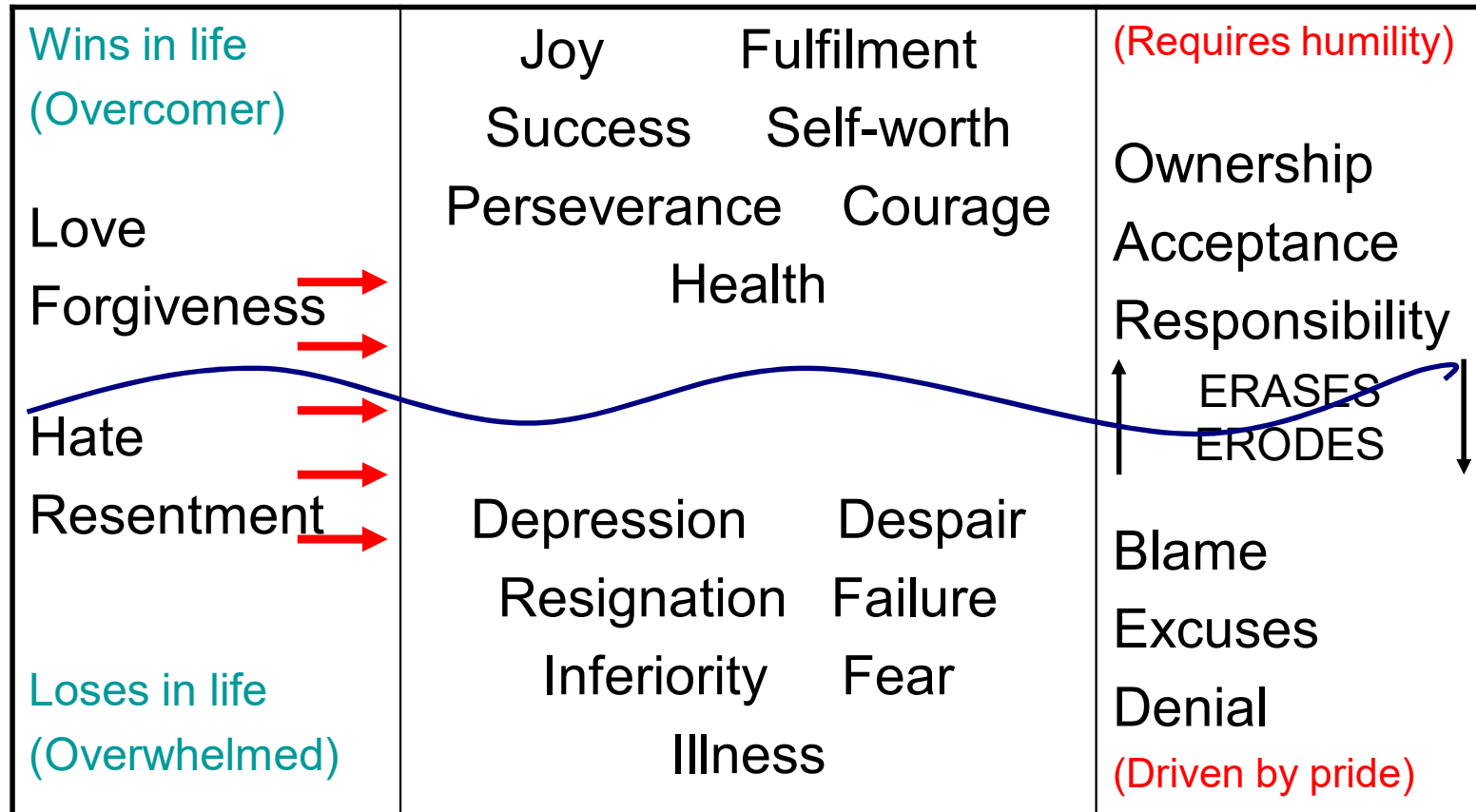


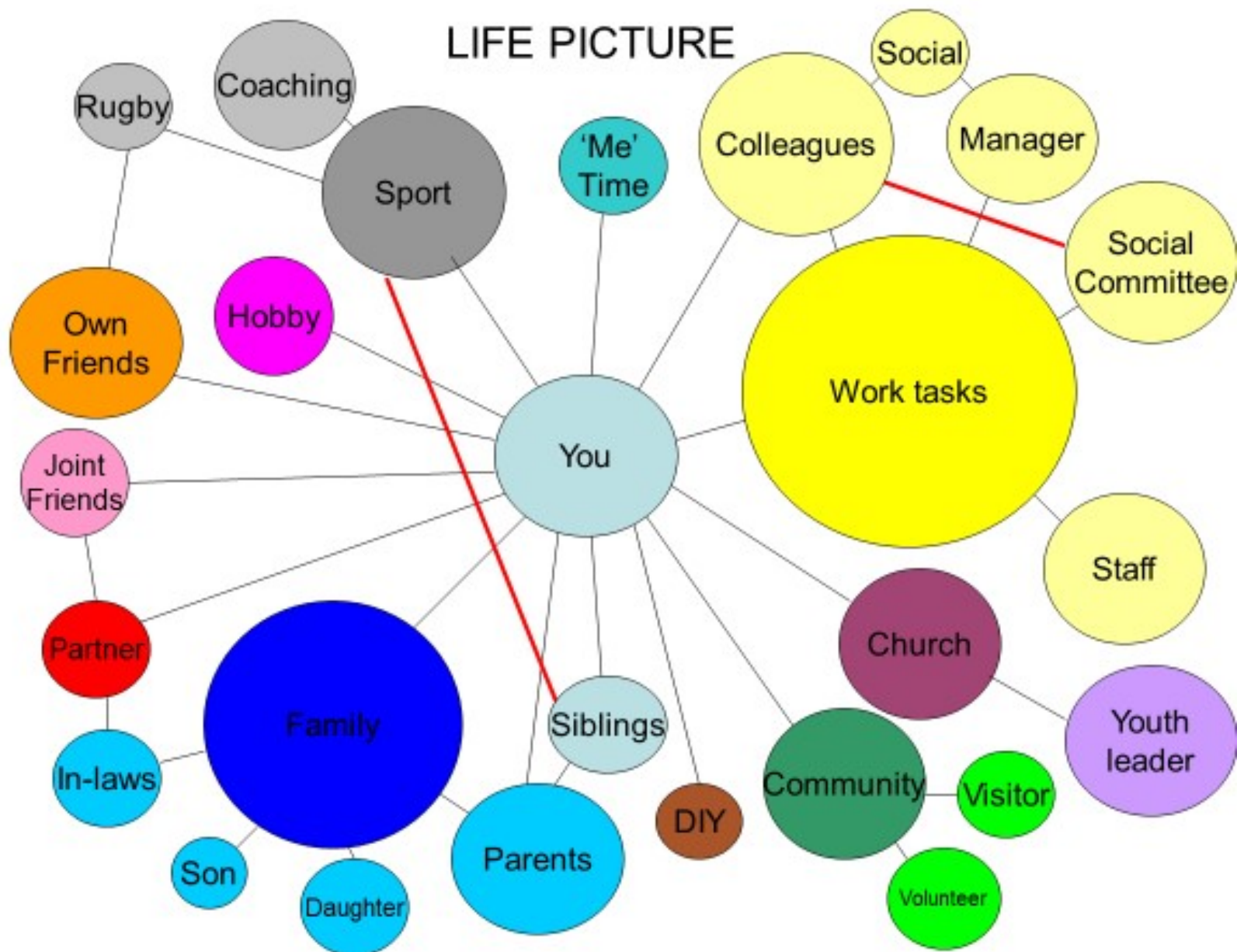
# OUR PURPOSE AS PEOPLE

## *God's Design Masterpiece*



# Above the line women





## MARRIAGE – THE RIVER

a universal cross-cultural picture

