



BECOMING ONE

A guide for faith leaders





BECOMING ONE

NAME

CHURCH

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EPHESIANS 3:20-21 (NIV)

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever. Amen.

HOW TO USE THE GUIDE

Faith Leader Instruction Page

TRY SOMETHING NEW
Home practice | 10 min

GOAL
Both men and women practice Servant and Leader actions at home.

TOOLS
Couple's Guide
Pages 62-63

INSTRUCTIONS

1) **Instruct** the couples:
On your way home together, talk to each other about the Actions of Harmony you picked to try from page 62 and 63. Practice this action before next session.

2) **Remind** the couples to try this at home (1 John 3:18) and share stories from their Home Practice at the next session.

Remember to select a couple to give a testimony on their successful financial relationship. See instructions on the next page for how to select a couple.

Complete the Couple Tracker for this session.

Couples Guide Page

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Couples Guide Home Practice Page

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Home practice | 10 min

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Faith Leader Instructions

Session Number

Activity Number



Biblical Exploration



Group Discussion



Teaching



Storytelling



In-Class Activity



Home Practice



Important Message



Couple Tracker

TRY SOMETHING NEW
Home practice | 10 min

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Pages 62-63

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TABLE OF CONTENTS

Session: Introduction

Communication: Session 1

Communication: Session 2

Communication: Session 3

Communication: Session 4

Finance: Session 1

Finance: Session 2

Finance: Session 3

Sex: Session 1

Sex: Session 2

Sex: Session 3

Respect: Session 1

Respect: Session 2

Session: Final Ceremony

Resources for Faith Leaders

Responding to Violence

INTRODUCTION

Setting the stage for Becoming One





INTRODUCTION TIMELINE



1 Introduction to Become One

TEACHING



2 Guiding principles

BIBLICAL EXPLORATION



3 Waking up different

GROUP DISCUSSION



4 Oneness

TEACHING



5 Blessings & hurt

IN-CLASS ACTIVITY



6 Vows

HOME PRACTICE

SUGGESTED TIME



15 min



20 min



15 min



15 min



15 min



10 min



INTRODUCTION TO BECOMING ONE

Teaching | 15 min

GOAL

Couples understand the biblical foundation of the Becoming One themes and Guiding Principles.

TOOLS

Couple's Guides
+ Pens

Couple's Guide
Page 5-6



INSTRUCTIONS

- 1) Hand out** the Couples Guides and pens, and **explain** its purpose:

The Couples Guide will help you in the process of growth in your relationship. You will share and write in these Guides together. Use the Guide to follow along. The most important part is to practice at home what you learn.

- 2) Explain** the symbols in the Couples Guide (page 5).
- 3) Talk** about each theme and its foundation in the Bible (page 6):

*In **communication**, we will build understanding and love for each other. In **finance**, we will learn to work together as one. In **sex**, we will learn how to improve sexual pleasure and consent.*

Each theme will have Biblical Principles for successful relationships that are rooted firmly in the Bible. They will help us apply the truth in our daily lives.

COUPLES GUIDE SYMBOLS



Biblical Exploration



Home Practice



Group Talk



Writing Space



Teaching



Woman's Page



Storytelling



Man's Page



In-Class Activity





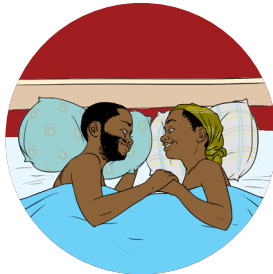
THEMES



Communication



Finance



Sex



Respect



GUIDING PRINCIPLES

Biblical exploration | 20 min

GOAL

Couples understand the biblical foundation of the Becoming One themes and Guiding Principles.

TOOLS

Couple's Guide
Page 7



INSTRUCTIONS

1) Explain the goal of Guiding Principles:

As we go through Becoming One, it will be like we are building a house. These Guiding Principles are the foundation to the house.

On top of the foundation, we will add lessons, stories, activities, and home practice like building bricks.

When we finish Becoming One, we will have homes with happy and successful relationships.

2) Explore the Guiding Principles (page 7) with the couples.

3) Ask the couples:

Which Guiding Principle is the most important or special for you as a couple? Why is it important to you?

GUIDING PRINCIPLES



OUR COMMON VALUE

Both male and female were created in God's image and as stewards together

Genesis 1:26-28



OUR COMPASSION

To honour, uphold and restore the dignity and value of every human being

Mark 14:3-9



OUR JOY

Together we are partners in God's diverse and inclusive family

1 Corinthians 12:12-17



OUR DUTY

To minister healing and restoration, protect the vulnerable and oppose violence

Isaiah 1:15-17



OUR MINISTRY

Servant leaders who share responsibilities

Luke 22:24-27



WAKING UP DIFFERENT

Group discussion | 15 min

GOAL

Couples have a greater understanding of their partner and are closer to becoming one.

TOOLS

No tools

INSTRUCTIONS

1) Ask couples to close their eyes and imagine waking up as their partner:

If you are a man, imagine waking up as a woman. If you are a woman, imagine waking up as a man.

2) Ask the couples:

How would you feel?

How would your day be different?

What are things you would be able to do?

What are things you wouldn't be able to do?



ONENESS

Teaching | 15 min

GOAL

Couples understand the importance of oneness and how to achieve oneness in a relationship.

TOOLS

Couple's Guide
Page 8



INSTRUCTIONS

1) Start with an introduction:

*The Bible says that God wants us to **become one** in mind, body, and soul. But how do you become one with your partner, who has a different body than your own?*

2) Go through the diagram of Oneness (page 8) with the couples to understand the principles of coming together.



Oneness is not only for two people. Oneness can be achieved as one person too. We are all whole and complete as individuals.

3) Ask the couples:

Is there a couple in the community who has achieved oneness? How do you know there is oneness in that couple?

What areas do you need to work on to help you achieve oneness?



Practice privacy! When couples share about the best actions of other couples, they should keep the names private. They should not share anything that could turn into gossip.

ONENESS



ONENESS IN MIND

- Is principled
- Keeps vows

ONENESS IN STRENGTH

- Shows commitment
- Keeps promises
- Maintains determination

ONENESS IN HEART

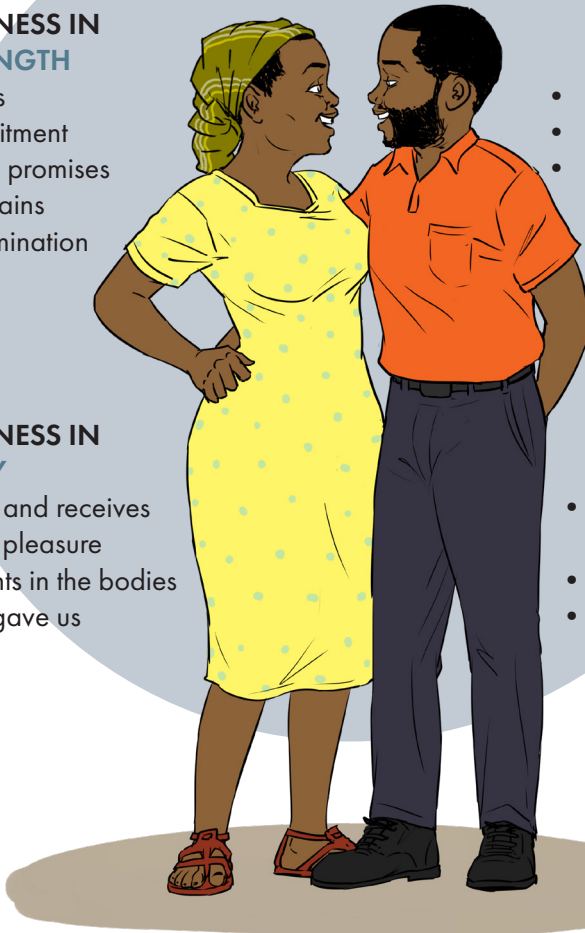
- Is affectionate
- Touches with love
- Delights in love

ONENESS IN BODY

- Gives and receives equal pleasure
- Delights in the bodies God gave us

ONENESS IN SOUL

- Acts with goodness
- Is honest
- Shares dreams





BLESSINGS & HURT

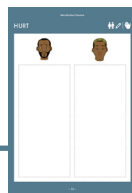
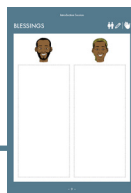
In-class activity | 15 min

GOAL

Couples acknowledge the blessings they will lose out on if they hurt one another.

TOOLS

Couples
Guide
Page 9-10



INSTRUCTIONS

1) Instruct the couples:

Go with your partner somewhere quiet and take the Blessing & Hurt cards with you.

Think about the blessings and hurts that you have felt from your relationship. Write them down and share them with your partner.

2) Time the couples and call them back after 10 minutes.

3) Ask the couples:

What do you miss out on when you make each other feel hurt?

Example answer: We miss out on blessings.



Do NOT permit blessings or hurts that reinforce harmful gender roles like obedience only for the woman.

BLESSINGS



A large, empty rectangular box with a dotted border, intended for writing or drawing.

A large, empty rectangular box with a dotted border, intended for writing or drawing.

HURT



A large, empty rectangular box with a dotted border, intended for writing or drawing.

A large, empty rectangular box with a dotted border, intended for writing or drawing.



VOWS

Home practice | 10 min

GOAL

Couples learn the importance of home practice.
Couples identify their vows or relationship goals.

TOOLS

Couple's Guide
Pages 11 - 12



INSTRUCTIONS

1) Read the Bible passage and ask:

"Dear children, let us not love with words or speech but with actions and in truth." 1 John 3:18 (NIV)

What is God telling us in this passage about home practice?

Answer: God wants us to put our words into action. Turning lessons into action through home practice is important.

2) Instruct the couples:

For home practice, spend time talking about your relationship goals. What do you want to vow to do for your relationship?

Write them down under "We promise to..." in the left space.

After writing them down, practice saying the vows to each other.

*We will reflect on **how** we plan to keep our promises later in the sessions as we learn new skills. The "By..." space is reserved for this.*

Example vows: We promise to support each other through good times and bad times. We promise to love and help each other succeed.

3) Instruct the couples to make up one vow in class together and share it before leaving the session. Ask if the couples have questions.

VOWS



We promise to...

By...

COMMUNICATION

Building understanding and love



COMMUNICATION SESSION 1 TIMELINE



1 Biblical principles

BIBLICAL EXPLORATION



2 Best actions

GROUP DISCUSSION



3 Communicating our feelings

STORYTELLING



4 CLEAR rules

TEACHING



5 Revisit blessings

HOME PRACTICE

SUGGESTED TIME



30 min



15 min



15 min



15 min



15 min



BIBLICAL PRINCIPLES

Biblical exploration | 30 min

GOAL

Couples gain a Biblical foundation for communication and understanding in the home.

TOOLS

Couple's Guide Pages 15-16



INSTRUCTIONS

1) Read each principle and verse (page 15-16). After each verse, **ask**:

Which of these biblical principles have you achieved in your relationship? What helped you get there?

Example answer: For "Speak carefully when you are angry", I stop and calm myself down away from the other person when things get heated.

Why might some of these biblical principles be challenging to follow? How would you overcome these challenges?

Example answer: I never want to say untrue things in the heat of the moment that I will later regret. When things get heated, I stop and calm myself down away from the other person.

BIBLICAL PRINCIPLES



Speaking is healing

Job 32:17-20

¹⁷ I too will have my say; I too will tell what I know. ¹⁸ For I am full of words, and the spirit within me compels me; ¹⁹ inside I am like bottled-up wine, like new wineskins ready to burst. ²⁰ I must speak and find relief; I must open my lips and reply.



Listen, don't just talk

James 1:19

¹⁹ My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.



Speak carefully when you are angry

Proverbs 15:1

¹ A gentle answer turns away wrath, but a harsh word stirs up anger.

Ephesians 4:26

²⁶ Be angry and do not sin; do not let the sun go down on your anger.

BIBLICAL PRINCIPLES



Speak the truth, be transparent

Ephesians 4:25

²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbour, for we are all members of one body.



Make conversation delightful

Colossians 4:6

⁶ Let your conversation always be full of grace, seasoned with salt, so that you may know how to answer everyone.



BEST ACTIONS

Group discussion | 15 min

GOAL

Couples imagine and reflect on harmonious communication in the community and their own lives.

TOOLS

No tools.



Practice privacy! When couples share about the best actions of other couples, they should keep the names private. They should not share anything that could turn into gossip.

INSTRUCTIONS

1) Start a group discussion and **ask**:

Tell us about a couple who trusts each other. How do they talk to each other?

Example answer: A couple who trusts each other will take turns talking and listen to each other.

What are 3 ways to improve your own communication?

Example answer: One way to improve our communication is to look each other in the eyes and ask questions if we don't understand.



COMMUNICATING FEELINGS

Storytelling | 15 min

GOAL

Couples recognize and learn to communicate the feelings that are hidden behind expressions like anger.

TOOLS

Couple's Guide page 17



INSTRUCTIONS

1) Read the story of a mother and father and their child:

A mother and father were walking down a busy road with their child. The child runs out into the road and nearly gets hit by a truck. The parents pull their child to the side of the road and angrily scold him.

2) Ask the couples:

*Why did the parents scold their child?
What were the parents most likely feeling inside?*

3) Explain:

What we saw on the outside was anger, but what they were really feeling inside was fear. After all, the child was almost killed!

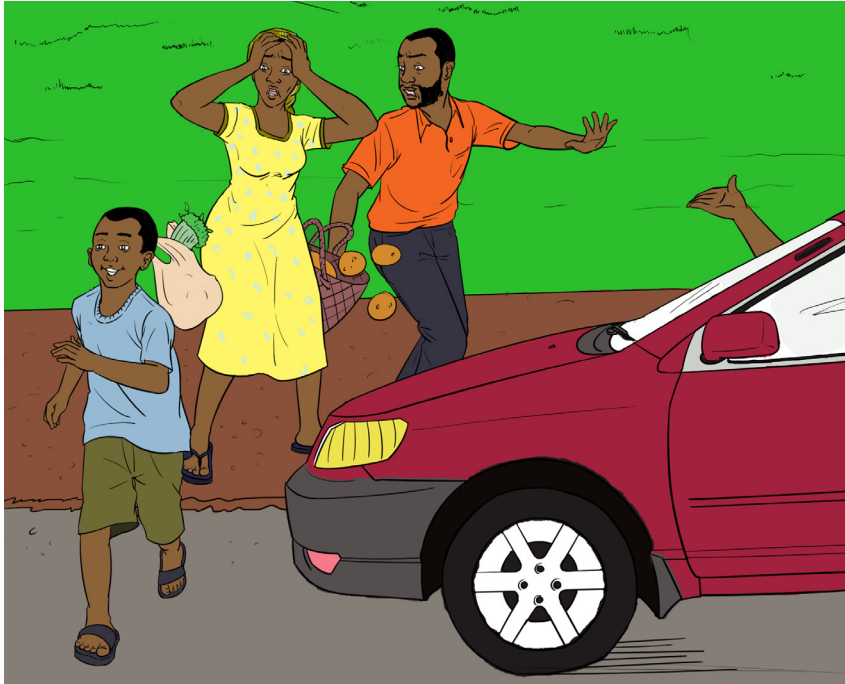
Often our anger is the outside action for the inside response of fear of loss of life, of love, of family, of marriage, or of deep hurt.

When we are angry, it is often helpful to ask, "What am I really feeling and thinking inside?"

4) Start a group discussion. Ask the couples:

*Do your inside feelings sometimes look different on the outside?
How can you better communicate about what you really feel?*

BEST ACTIONS

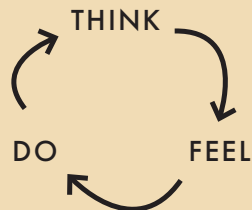


When you are angry, first ask yourself:

What am I really feeling and thinking inside?

How can I act the way I really feel?

What we think about affects how we feel and ultimately how we act. When we think positively instead of negatively, we can make better decisions.





CLEAR RULES

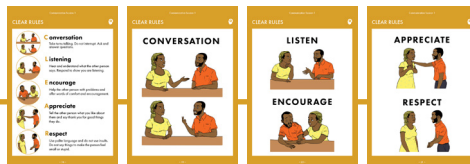
Teaching | 15 min

GOAL

Couples learn how to apply the CLEAR Rules to their communication at home.

TOOLS

Couple's Guide Pages 18-21



INSTRUCTIONS

- 1) Introduce** and **explain** the CLEAR rules (page 18-21).
- 2) Ask** the couples:

How do people react when you communicate with the CLEAR Rules?

Example answer: When I appreciate others, they will feel good and will appreciate me in return.



CLEAR RULES



Conversation

Take turns talking. Do not interrupt. Ask and answer questions.



Listening

Hear and understand what the other person says. Respond to show you are listening.



Encourage

Help the other person with problems and offer words of comfort and encouragement.



Appreciate

Tell the other person what you like about them and say thank you for good things they do.



Respect

Use polite language and do not use insults. Do not say things to make the person feel small or stupid.

CLEAR RULES



CONVERSATION



CLEAR RULES



LISTEN



ENCOURAGE



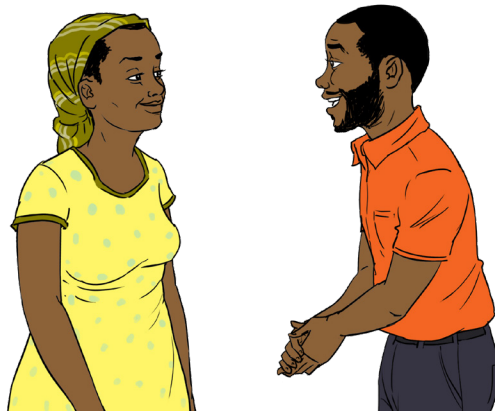
CLEAR RULES



APPRECIATE



RESPECT





REVISIT BLESSINGS

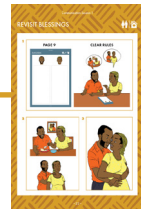
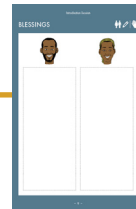
Home practice | 15 min

GOAL

Couples apply CLEAR rules by *learning* about what makes the other person happy, then couples turn the conversation into action by *doing* what makes the other person happy.

TOOLS

Couple's Guide Pages 9 & 22



INSTRUCTIONS

- 1) Turn** back to the Blessings & Hurt activity (page 9) with the couples.
- 2) Instruct** the couples:

Both the man and woman should pick a blessing to talk about using the CLEAR Rules.

- *When did it last happen?*
- *What happened? Talk about it together.*
- *Why did it feel good?*

Practice the Blessing you picked at home for each other.

Remember to practice the CLEAR Rules and especially Appreciation when your partner practices a blessing for you!

- 3) Remind** the couples to try this at home (1 John 3:18) and share stories from their Home Practice at the next session.

REVISIT BLESSINGS



1

PAGE 9

CLEAR RULES

2



3



COMMUNICATION SESSION 2 TIMELINE



- 1 Share back home practice**
GROUP DISCUSSION



- 2 Don't talk when...**
STORYTELLING



- 3 Calming methods**
TEACHING



- 4 If... then...**
IN-CLASS ACTIVITY



- 5 Having a hard conversation**
HOME PRACTICE

SUGGESTED TIME



15 min



25 min



20 min



20 min



10 min



SHARE BACK HOME PRACTICE

Group discussion | 15 min



Practice privacy! Only talk publicly about things you've agreed with your partner to share in advance.

How did it feel to talk about your Blessings?

What were some examples of Blessings?

Were you able to use the CLEAR rules? What difference did it make?



DON'T TALK WHEN...

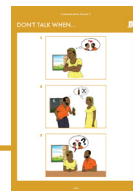
Storytelling | 25 min

GOAL

Couples learn when it is the right and wrong time to start a hard conversation.

TOOLS

Couple's Guide
Pages 24-25



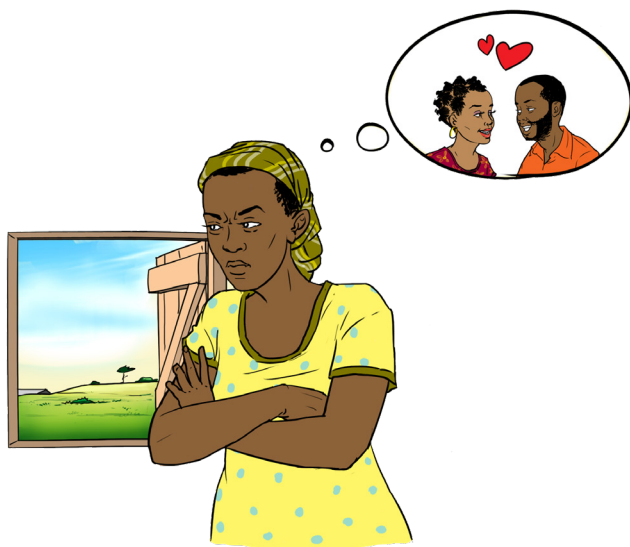
INSTRUCTIONS

- 1) Read** the story of Kato and Musimenta on the next pages.
 - 2) Instruct** the couples to follow along with pictures in their guide (page 24).
 - 3) Ask** the couples questions as you read the story.
- Instructions continued after story...



DON'T TALK WHEN...

Storytelling



- 1 The rumor going around the village about her husband, Kato, had bothered Musimenta for a few days now, and she couldn't wait any longer. She had made up her mind to finally ask Kato to tell her the truth concerning the rumor. "Was it true he was sleeping with the woman who brew waragi at the trading center?"

What could go wrong?



DON'T TALK WHEN...

Storytelling



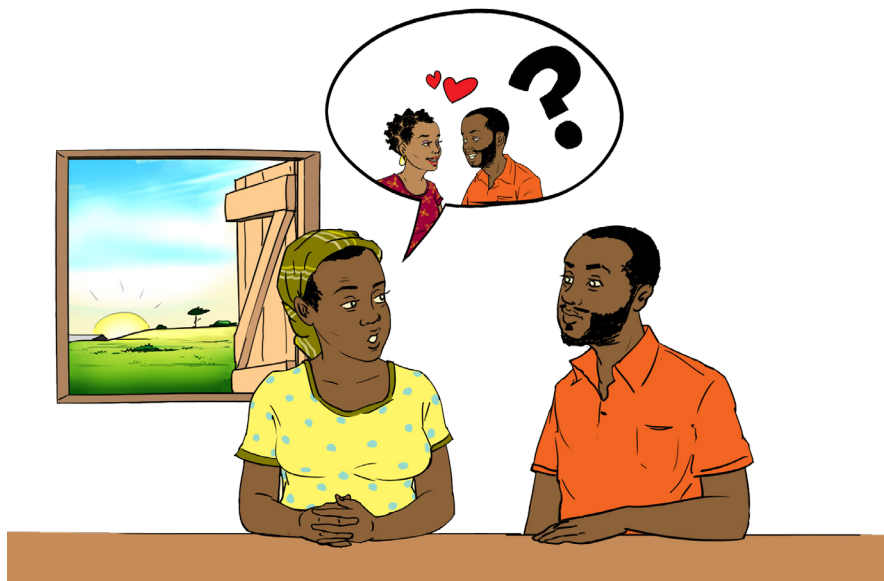
- 2** But when Kato returned that evening, he was yelling at the top of his voice and was definitely drunk. Musimenta wondered whether she should proceed with her plan to confront him about the rumor that evening. Seeing that Kato was drunk, she knew that he would not be willing to have a decent and fair conversation and would probably get angry and want to fight her. "This is not the right time for me to approach Kato on this matter," she thought to herself.

*How did Musimenta know not to talk about the hard topic (the rumor)?
What did she see?*



DON'T TALK WHEN...

Storytelling



- 3** Musimenta then proceeded to distract herself from thinking and worrying about the situation by putting her energy into preparing a delicious supper for the family. When she was done, she took a few moments to sit quietly and breath deeply in a separate space to calm her heart and ask God to provide the right opportunity when her husband is calm to talk about this rumor. The next day in the afternoon, she had a moment with Kato alone when they were both ready to have a serious conversation.

Why is it important to speak or talk at the best time?

What are some ways that you avoid conflict in order to wait for better timing?



DON'T TALK WHEN...

Storytelling

INSTRUCTIONS *(continued)*

4) Lead a group discussion. **Ask** the couples:

When should you NOT have a hard conversation?

Example answers: When someone is drunk; when someone is very busy; when there is shouting, anger, and stress.

5) Instruct the couples:

Use page 25 to remember when to not have a hard conversation.

Draw or write in the empty circles with your own examples of when you shouldn't have a hard conversation.



No matter what happens, violence is always wrong
and will not make the problem go away.

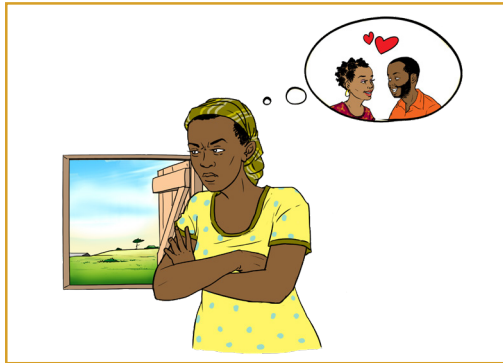
*Let us therefore make every effort to do what leads to
peace and to mutual edification.*

Romans 14:19

DON'T TALK WHEN...



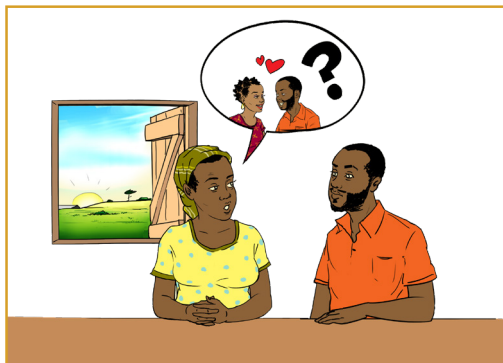
1



2



3



DON'T TALK WHEN...



When should you not have a conversation?



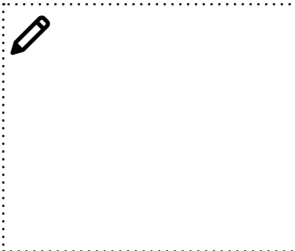
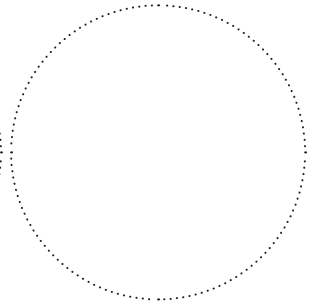
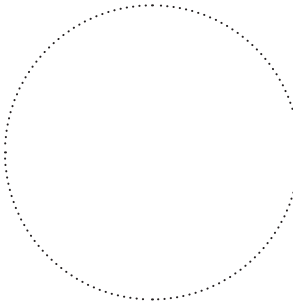
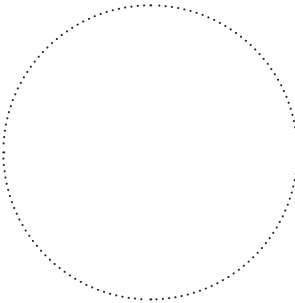
There is shouting or
anger



Someone is very busy
or stressed



Someone is drunk





CALMING METHODS

Teaching | 20 min

GOAL

Couples learn how to calm themselves during periods of high stress.

TOOLS

Couple's Guide Pages 26-32



INSTRUCTIONS

- 1) **Have** the couples explore the Calming Methods (pages 26-32) and ask questions about cards they do not understand.
- 2) **Ask** the couples:

Why is it important to calm down when you are in a period of high stress and fear?

Example answer: It's important to calm down because my partner I and may say and do things we regret.

What are things you can do to help you calm down?

Example answers: Pray; sit and think; breathe slowly.

CALMING METHODS



Use "I feel..." instead of
"You..."



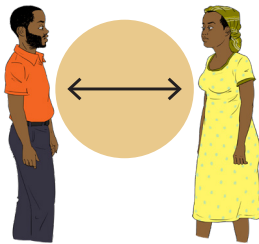
Speak one at a time



Go outside and be
quiet



Go to sleep



Keep personal space



Think before you speak



Go to church



Ask "What is the goal?"

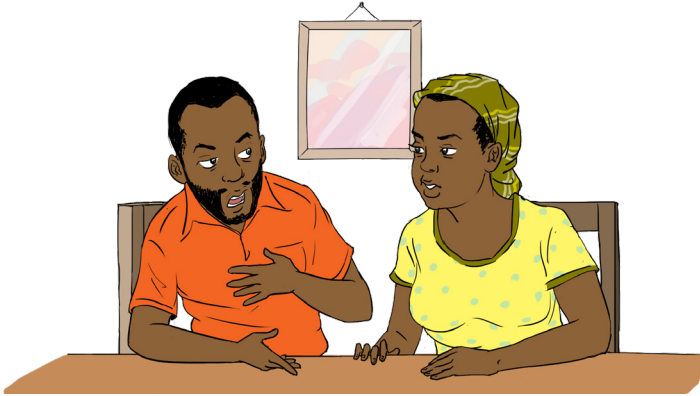


Drink a glass of water

CALMING METHODS



Use "I feel..." instead of "You..."



Speak one at a time



CALMING METHODS



Go outside and be quiet



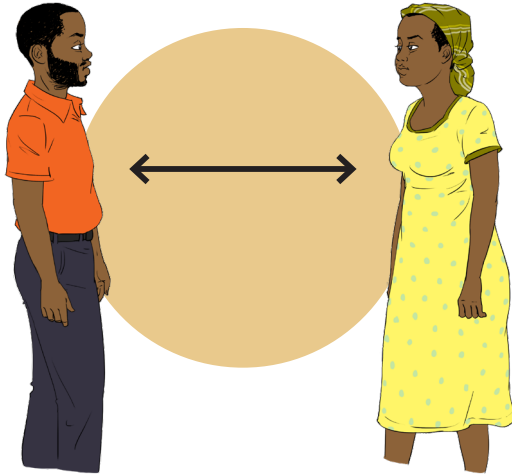
Go to sleep



CALMING METHODS



Keep personal space



Think before you speak



CALMING METHODS



Go to church



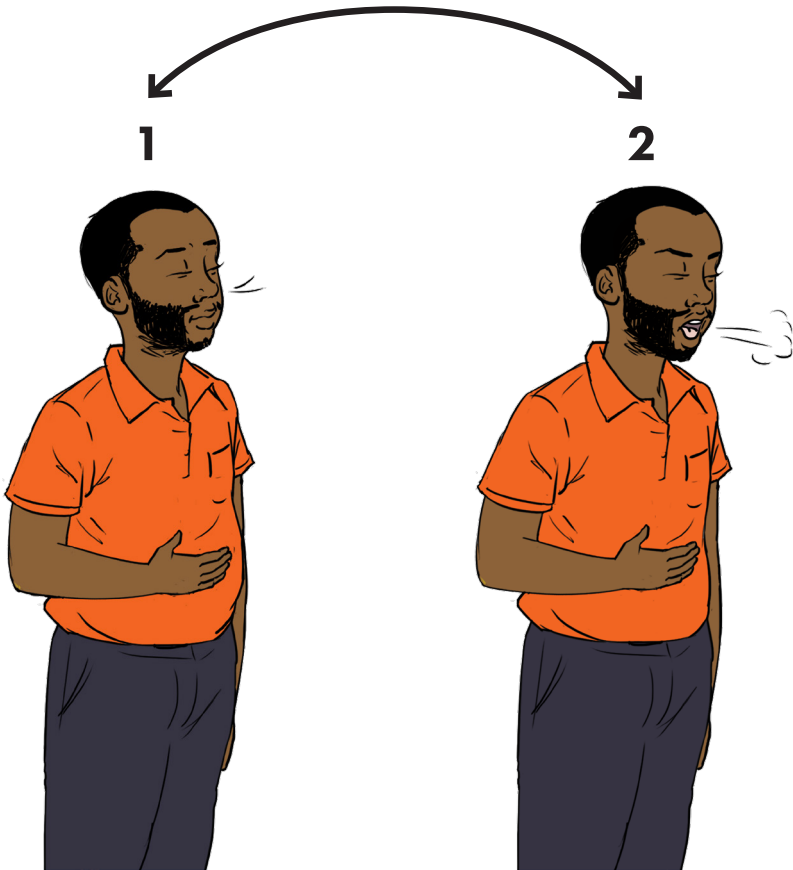
Ask "What is the goal?"



Drink a glass of water



BREATHE DEEPLY



BREATHE IN

Hand on belly, breathe in
through the nose, feel the
belly expand

BREATHE OUT

Hand on belly, breathe
out through mouth, feel
the belly go inwards

CALMING PRAYER



BREATHE
IN



Lord, please give me the self control and the wisdom to respond lovingly.

BREATHE
OUT



To my spouse when he or she has stopped talking to me.

BREATHE
IN



Show me how to address the core issue of his or her emotional need.

BREATHE
OUT



Heal our relationship.



IF... THEN...

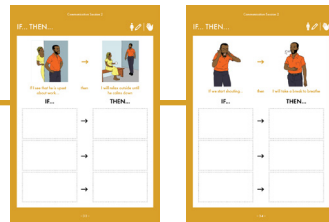
In-class activity | 20 min

GOAL

Couples make plans to avoid conflict by identifying moments of high stress and calming methods.

TOOLS

Couple's Guide Pages 33-34



INSTRUCTIONS

1) Instruct the couples:

Identify moments of stress, anger or fear in your relationship.

Put the stressful moments (page 25) under IF.

Put the calming method you will use under THEN.

IF you feel something stressful, THEN you will use a calming method to keep an issue from escalating.



Things can get hard when asking people to identify stressful or fearful situations. Make sure you offer support services to any woman who may need them. Refer to *Resources for Faith Leaders* (at the back of this guide) to know how to best help women who may need it.

IF... THEN...



If I see that he is upset
about work...

IF...



then

I will relax outside until
he calms down

THEN...



IF... THEN...



If we start shouting...



I will take a break to breathe

IF...

THEN...

Empty dotted box for IF... scenario 1.



Empty dotted box for THEN... outcome 1.

Empty dotted box for IF... scenario 2.



Empty dotted box for THEN... outcome 2.

Empty dotted box for IF... scenario 3.



Empty dotted box for THEN... outcome 3.



HAVING A HARD CONVERSATION

Home practice | 10 min

GOAL

Couples learn how to have difficult conversations safely and with care.

TOOLS

Couple's Guide
Page 35



INSTRUCTIONS

1) Instruct the couples:

Before next session, have a difficult conversation about a topic you need to talk about at home. Take a few moments to write on page 35 what that conversation should be.

Find the right time to have the conversation.

Use the CLEAR communication rules and Calming Methods. Remember to stay with your If... Then... plan if things get heated.

2) Remind the couples to try this at home (1 John 3:18) and share stories from their Home Practice at the next session.

HAVING A HARD CONVERSATION



What is something very hard that you need to talk about?

A large rectangular area with a dotted border, intended for writing a response to the question above.

During your conversation, remember to use:

- CLEAR Rules
- Don't talk when...
- Calming Methods
- If... Then...

COMMUNICATION SESSION 3 TIMELINE



1 **Share back home practice** GROUP DISCUSSION



2 **Genesis Mandate** BIBLICAL EXPLORATION



3 **First moves** GROUP DISCUSSION



4 **When I... I need...** IN-CLASS ACTIVITY



5 **Responding to first moves** HOME PRACTICE

SUGGESTED TIME →



15 min



30 min



20 min



15 min



10 min



SHARE BACK HOME PRACTICE

Group discussion | 15 min

How did it feel to have a hard conversation together?

Did you use any of the new methods? How?



GENESIS MANDATE

Biblical exploration | 30 min

GOAL

Couples understand the Genesis Mandate and how equality between men and women brings them closer to fulfilling the Mandate.

TOOLS

Couple's Guide Pages 37-39



INSTRUCTIONS

- 1) Read** Genesis 1:26-2:9, 2:15-25 with the couples (pages 37-38). Have them circle anything that surprises them and underline anything that is hard or difficult.
- 2) Ask** the couples what they thought was surprising or difficult.

➔ Instructions continued after Bible passage...

GENESIS MANDATE



Circle anything that is surprising. Underline what is hard or difficult.

— Genesis 1:26-2:9, 2:15-25 —

²⁶ Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground."

²⁷ **So God created mankind in his own image, in the image of God he created them; male and female he created them.**

²⁸ **God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."**

²⁹ Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. ³⁰ And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food." And it was so.

³¹ God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

^{2:1} Thus the heavens and the earth were completed in all their vast array. ² By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³ Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Adam and Eve

⁴ This is the account of the heavens and the earth when they were created, when the Lord God made the earth and the heavens. ⁵ Now no shrub had yet appeared on the earth and no plant had yet sprung up, for the Lord God had not sent rain on the earth and there was no one to work the ground, ⁶ but streams came up from the earth and watered the whole surface of the ground.

GENESIS MANDATE



— Genesis 1:26-2:9, 2:15-25 —

⁷ Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

⁸ Now the Lord God had planted a garden in the east, in Eden; and there he put the man he had formed. ⁹ The Lord God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil...

¹⁵ The Lord God took the man and put him in the Garden of Eden to work it and take care of it. ¹⁶ And the Lord God commanded the man, "You are free to eat from any tree in the garden; ¹⁷ but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die."

¹⁸ The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him." ¹⁹ Now the Lord God had formed out of the ground all the wild animals and all the birds in the sky. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. ²⁰ So the man gave names to all the livestock, the birds in the sky and all the wild animals.

But for Adam no suitable helper was found. ²¹ So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh. ²² Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man.

²³ The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man."

²⁴ That is why a man leaves his father and mother and is united to his wife, and they become one flesh.

²⁵ Adam and his wife were both naked, and they felt no shame.



GENESIS MANDATE

Biblical exploration

INSTRUCTIONS *(continued)*

3) Discuss the following questions.

Was it only the man created in the image of God?

Answer: No, both male and female were created in the image of God. Human beings, brought forth in God's likeness, are set apart from all other living creatures, who were brought forth according to their own kind.

What does it mean to be created in the image of God?

Answer: It means that men and women have similarities like God.

- Like God, humans do better in relationships and community
- Like God, humans have wisdom and intelligence
- Like God, humans find happiness from work well done

It means that we are accountable to take care of his creation.

- Like God, both women and men have responsibility and accountability over creation (Genesis 1:28)

Every human life is sacred, whether female or male.

All human beings get their worth and significance from their creator.

4) Read the Genesis Mandate (page 39).

5) Ask the couples:

How can we care for each other in the home?

Example answers: I can help my partner with cleaning when my partner is tired; I can cook my partner a good meal after a long day; I can buy my partner medicine when they are sick; I can pray for my partner.

GENESIS MANDATE



Husbands and wives, men and women, boys and girls all receive the responsibility (and will be held accountable to God):

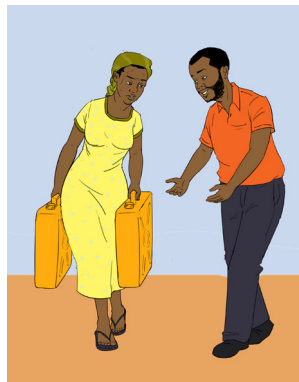
TO BE GOOD STEWARDS OF THE EARTH

which means to care for the earth



TO CARE FOR OTHERS

which means to look out for the best interests of others
and to make sure others are keeping well





FIRST MOVES

Group discussion | 20 min

GOAL

Couples learn how to care for each other by noticing and responding to first moves

TOOLS

Couple's Guide
Page 40



INSTRUCTIONS

1) Describe a first move (page 40):

A **first move** is an attempt to get attention, affection or positive connection between one partner and another. It may be a hug or smile, or it could be more complex, like asking a question.

2) Ask the couples:

What are some of your first moves?

Example answers: A question; a comment; a gesture; a look; or a touch.

What does a good response to a first move look like?

Example answers: Turning towards the person - this means you should address the feeling or thought behind their first move. You should respond positively.

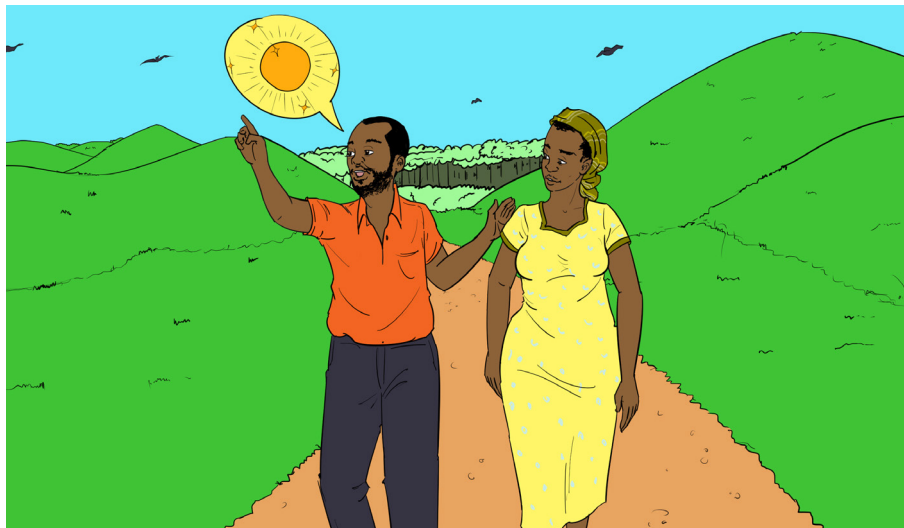
What does a bad response to a first move look like?

Example answers: Turning against or turning away - this means ignoring the person or saying things that will make them sad or angry.

FIRST MOVES



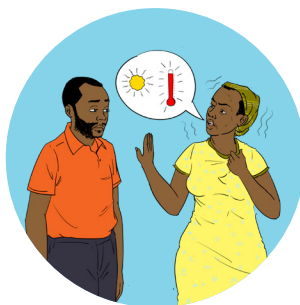
FIRST MOVE



RESPONSE



Turn toward



Turn against



Turn away





WHEN I... I NEED...

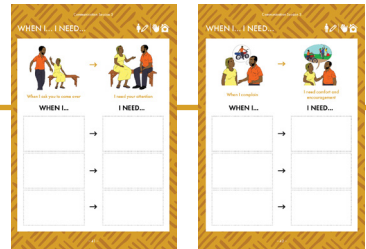
In-class activity | 15 min

GOAL

Couples apply the Genesis Mandate through noticing, acknowledging, and responding to first moves.

TOOLS

Couple's pages 41-42



INSTRUCTIONS

1) Instruct the couples:

Think about some of your first moves. Write down what they are under "When I..."

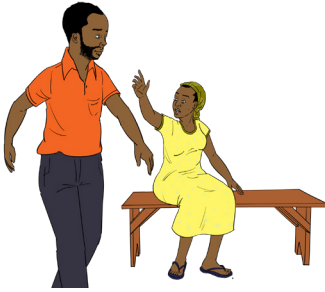
Then write down the response you would like to receive when you make your first move under "I need..."

The woman and the man each have their own page to fill out.

2) Give the couples 10 minutes to fill out page 41 (women) and 42 (men).

3) Instruct the couples to go with their partners, find a quiet place, and share their first moves and desired responses with each other.

WHEN I... I NEED...



When I ask you to come over



I need your attention

WHEN I...

I NEED...



WHEN I... I NEED...



When I complain



I need comfort and
encouragement

WHEN I...

I NEED...





RESPONDING TO FIRST MOVES

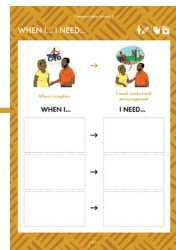
Home practice | 10 min

GOAL

Couples share their "When I... I need..." statements and practice responding to each other's first moves at home.

TOOLS

Couples Guide Page 41-42



INSTRUCTIONS

1) Instruct the couples:

*When you walk home together today and when you are at home, practice responding to your partner's "**When I... I need...**" statements.*

*When you notice your partner's first moves, practice **turning toward** your partner and responding to their needs.*

2) Remind the couples to try this at home (1 John 3:18) and share stories from their Home Practice at the next session.

COMMUNICATION SESSION 4 TIMELINE



- 1 Share back home practice**
GROUP DISCUSSION



- 2 Growing in love**
STORYTELLING



- 3 Making any time quality time**
GROUP DISCUSSION



- 4 Let's talk!**
IN-CLASS ACTIVITY



- 5 Quality time**
HOME PRACTICE



- 6 Summary & connect to vows**
IN-CLASS ACTIVITY

SUGGESTED TIME



10 min



20 min



10 min



20 min



10 min



20 min



SHARE BACK HOME PRACTICE

Group discussion | 10 min

What did you learn from understanding your partner's first moves?

What did it feel like when you responded and turned towards them?



GROWING IN LOVE

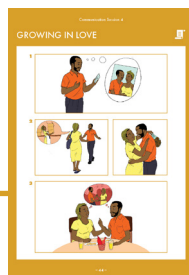
Storytelling | 20 min

GOAL

Couples understand the positive impact of spending quality time together, getting to know each other, and learning that it is never too late to change.

TOOLS

Couple's
Guide
Page 44



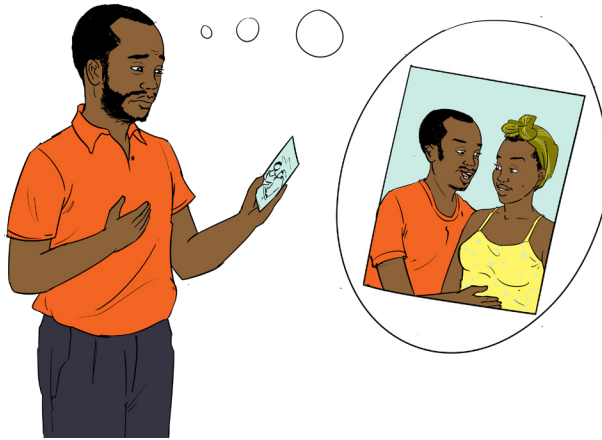
INSTRUCTIONS

- 1) Read** the story of Isingoma and Nakalule on the next pages.
 - 2) Instruct** the couples to follow along with pictures in their guide (page 44).
 - 3) Ask** the couples questions as you read the story.
- ➔ **Instructions continued after story...**



GROWING IN LOVE

Storytelling



- 1** Isingoma and Nakalule have been married for 8 years and have 5 children. Their married life has now settled into a routine of making sure that the children's needs are met, that their work is going well, and that they are regularly attending their church. They have settled into their marital roles and do not spend much time together as a couple. They do not fight or have visible conflicts, but there just seems to be nothing exciting about their relationship anymore.

Recently, Isingoma was looking through old photographs of the first year of their marriage. They seemed so in love, smiles on their faces, holding each other's hands, doing exciting things together. "Oh! What happy days those were" he thought to himself, "what happened to the love we had?"

What makes a couple lose the feeling of love?

Can a couple revive their love? How?



GROWING IN LOVE

Storytelling



- 2** Isingoma wanted to change this, and decided he would do everything he could to remember that first love they had. He remembered learning about first moves in *Becoming One* and committed himself to practicing how to turn towards Nakalule.

Isingoma started learning more and more about what was happening in Nakalule's day. When Nakalule would complain about how busy she was at work and how tired she was from lifting heavy boxes, he would stop what he was doing, turn toward her, and ask her about work. He would listen, comfort, and help ease her muscles as she talked about work. When Nakalule would come home with his favorite doughnuts, he would thank her and appreciate her for all the work that she was doing.

This made Nakalule look forward to coming home after a long day because she began to feel a lot more encouraged and loved at home.

What are the good things that come from practicing first moves?



GROWING IN LOVE

Storytelling



- 3** After a few weeks, Nakalule also wanted to say thank you to Isingoma for the way he was making her feel happy. Nakalule planned a special date to spend quality time with Isingoma. She did not tell him anything about her plans as she wanted it to be a surprise.

One Sunday after church, she asked Isingoma to take her somewhere. Isingoma agreed and went along with his wife to the place where they first met. The place was different, but the good memories of their first love were the same. They talked about their love, the good times in the past, they talked about each other, they fed each other, and laughed at many funny things in their lives. It was as though Isingoma and Nakalule had fallen in love all over again.

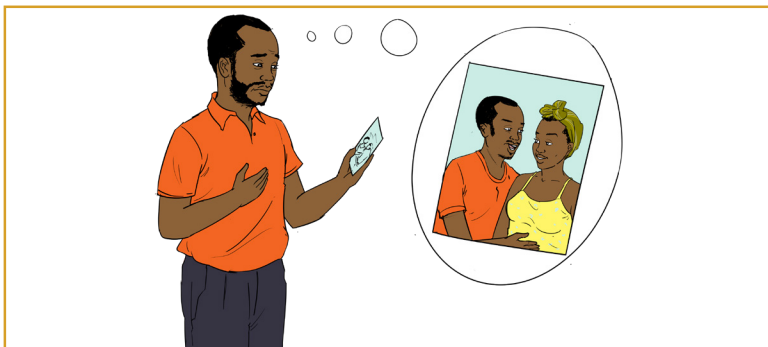
How did the couple change? What enabled the change?

What are the benefits of quality time? Why is it important?

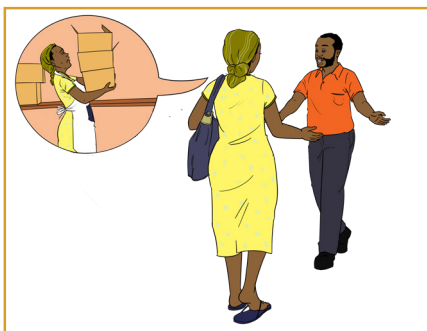
GROWING IN LOVE



1



2



3





MAKING ANY TIME QUALITY TIME

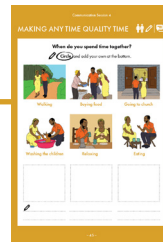
Group discussion | 10 min

GOAL

Couples find daily opportunities to spend quality time together and have important and personal conversations.

TOOLS

Couple's Guide Pages 45-46



INSTRUCTIONS

1) Instruct the couples:

Think about when you spend time together. Write them down, draw, or circle 3 things you do together on page 45.

2) After couples finish, **instruct** couples to look through the quality conversation starters on page 46 and pick one to practice.

3) Ask the couples:


What kind of conversations make you feel closer as a couple?

Example answer: Talking about our past makes us feel closer because we can laugh and remember how stubborn we were.

MAKING ANY TIME QUALITY TIME



When do you spend time together?

 **Circle** and add your own at the bottom.



Walking



Buying food



Going to church



Washing the children



Relaxing



Eating



MAKING ANY TIME QUALITY TIME



CONVERSATION STARTERS

Pick one to practice on your own

Happy times from the past

- *Remember when we...?*



Happy times in the future

- *I look forward to the day when we...*



About our love

- *I love that you are...*
- *I love that we...*



Appreciation

- *Thank you for...*



Encouragement

- *How can I pray for you?*
- *Can you help me pray for?*





LET'S TALK!

In-class activity | 20 min

GOAL

Couples have the chance in class to have quality time and quality conversation with each other.

TOOLS

Couple's
Guide
Page 46



INSTRUCTIONS

1) Instruct the couples:

Now is your chance to spend quality time with quality conversation as a couple.

Go with your partner somewhere quiet and take the Conversation Starters (page 46) with you.

Spend the next 15 minutes having a conversation together. Remember to practice CLEAR rules and respond to first moves.

2) Time the couples and call them back after 15 minutes.

3) Ask the couples:

How did it feel to talk about delightful things?

What did you learn?



QUALITY TIME

Home practice | 10 min

GOAL

Couples practice quality time with delightful conversations throughout the day.

TOOLS

Couple's Guide
Page 47



INSTRUCTIONS

1) Instruct the couples:

Plan to make any time Quality Time on page 47. Write the moments you spend together and the conversation starters you will use during that time.

Focus on having delightful conversation and pleasing your partner in the moments you spend together. Remember to use the CLEAR rules and respond to first moves.

2) Remind the couples to try this at home (1 John 3:18) and share stories from their Home Practice at the next session.

QUALITY TIME



When we go to the market together



We will talk about happy times from the past

WHEN WE...



WE WILL TALK ABOUT...





SUMMARY & CONNECT TO VOWS

In-class activity | 20 min

GOAL

Couples review the things they have learned and practiced in the communication sessions and apply to their vows.

TOOLS

Couple's Guide Pages 48 & 11-12



INSTRUCTIONS

- 1) Read** the Communication Summary (page 48) with the couples.
- 2) Instruct** the couples:

Turn back to your vows on page 11 and 12.

See if there are any vows that you work on using what you learned from the communication sessions.

Write down the skill beside the vow under the "By..." column on the right.

Example answer:

We promise to...

Love and help each other succeed

⋮

By...

Responding to each other's first moves with encouragement.

COMMUNICATION SUMMARY



SESSION 1

We learned

- The Biblical Principles for communication
- How to communicate with the CLEAR Rules

We practiced

- Making our partners feel blessed using the CLEAR Rules



SESSION 2

We learned

- When it's the right time for a hard conversation
- Calming Methods to calm down

We practiced

- Having hard conversations



SESSION 3

We learned

- How to fulfill the Genesis Mandate
- How to respond to First Moves

We practiced

- Turning towards our partner's First Moves



SESSION 4

We learned

- The importance of spending Quality Time together
- That it is possible to reignite love

We practiced

- Having Quality Time with delightful conversations
- Applying what we have learned to our Vows

FINANCE

Working together as one



FINANCE

SESSION 1 TIMELINE



- 1 Share back home practice**
GROUP DISCUSSION



- 2 Biblical principles**
BIBLICAL EXPLORATION



- 3 Best actions**
GROUP DISCUSSION



- 4 Positive thinking**
STORYTELLING



- 5 PEACE rules**
TEACHING



- 6 Income and expenses**
HOME PRACTICE

SUGGESTED TIME



10 min



20 min



10 min



20 min



20 min



10 min



SHARE BACK HOME PRACTICE

Group discussion | 10 min

GOAL

Couples share stories of home practice to inspire others to also try their new skills at home.

TOOLS

No tools.



Practice privacy! Only talk publicly about things you've agreed with your partner to share in advance.

INSTRUCTIONS

1) Ask the couples:

Were you able to fit in Quality Time?

Were you able to use the delightful conversation starters?

How did it feel to talk about those kinds of things?



BIBLICAL PRINCIPLES

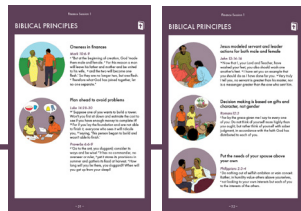
Biblical exploration | 20 min

GOAL

Couples gain a biblical foundation for financial partnership in the home.

TOOLS

Couple's Guide
Pages 51-52



INSTRUCTIONS

- 1) **Read** through each principle and verse (pages 51-52).
- 2) **Ask** the couples:

What do these principles teach us about how we should partner financially?

Example answer: We should be working together and equally.

What are some of your first moves?

Example answers: A question; a comment; a gesture; a look; or a touch.

BIBLICAL PRINCIPLES



Oneness in finances

Mark 10:6-9

⁶ "But at the beginning of creation, God 'made them male and female. ⁷ For this reason a man will leave his father and mother and be united to his wife, ⁸ and the two will become one flesh.' So they are no longer two, but one flesh. ⁹ Therefore what God has joined together, let no one separate."



Plan ahead to avoid problems

Luke 14:28-30

²⁸ "Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it? ²⁹ For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, ³⁰ saying, 'This person began to build and wasn't able to finish.'

Proverbs 6:6-9

⁶ 'Go to the ant, you sluggard; consider its ways and be wise! ⁷ It has no commander, no overseer or ruler, ⁸ yet it stores its provisions in summer and gathers its food at harvest. ⁹ How long will you lie there, you sluggard? When will you get up from your sleep?

BIBLICAL PRINCIPLES



Jesus modeled servant and leader actions for both male and female

John 13:14-16

¹⁴Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. ¹⁵I have set you an example that you should do as I have done for you. ¹⁶Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him.



Decision making is based on gifts and character, not gender

Romans 12:3

³For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.



Put the needs of your spouse above your own

Philippians 2:3-4

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others.



BEST ACTIONS

Group discussion | 10 min

GOAL

Couples imagine what a home with a harmonious financial partnership looks like.

TOOLS

No tools.



Practice privacy! When couples share about the best actions of other couples, they should keep the names private. They should not share anything that could turn into gossip.

INSTRUCTIONS

1) Start a group discussion with the following questions:

What couple in your life has been able to achieve a financial partnership?

How does both the man and woman contribute to financial peace and success?

What do they sacrifice in order to achieve their goals?

2) Explain what assets are:

*Financial partnership is not only about managing money together, but managing **assets** together. Assets are anything a family owns. That includes money, land, a house, a bodaboda, animals, or crops that have been stored to sell later.*

3) Ask the couples:

When have you been able to help your partner take care of assets?



POSITIVE THINKING

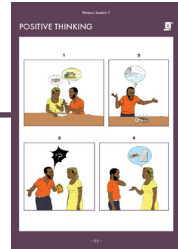
Storytelling | 20 min

GOAL

Couples understand that their thoughts affect their actions.

TOOLS

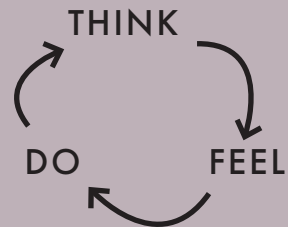
Couple's Guide
Page 53



INSTRUCTIONS

- 1) Read** the story of Asaba and Birungi on the next pages.
- 2) Instruct** the couples to follow along with pictures in their guide (page 53) and think about what is below:

What we think about affects how we feel and ultimately how we act. When we think positively instead of negatively, we can make better decisions.



- 3) Ask** the couples questions as you read the story.



POSITIVE THINKING

Storytelling



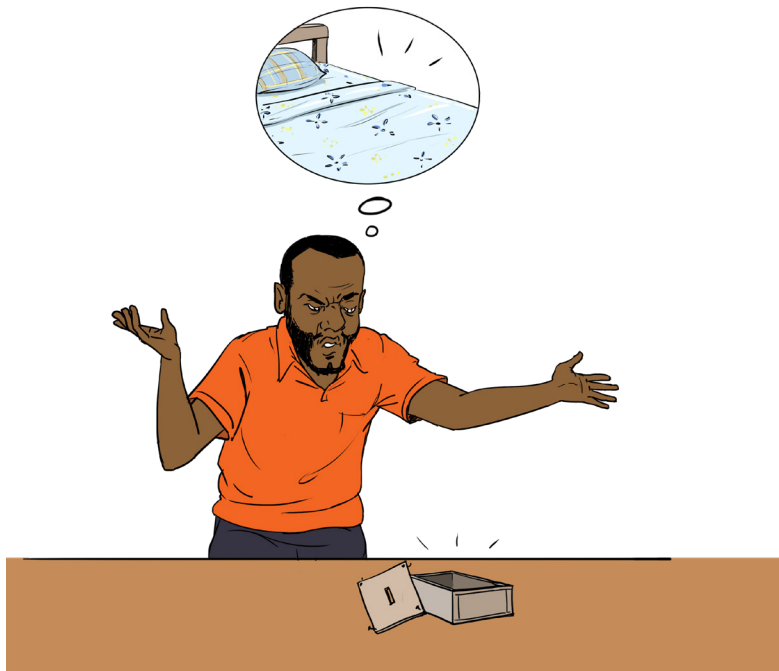
- 1 Asaba is a carpenter who works in a workshop near the football field. A few months ago, he and his wife Birungi talked and decided together to save some money for iron sheets to roof their leaking house. They now had been saving for many months. This was very important to both of them. They wanted to make sure that their family was protected.

What was good about what the couple was doing?



POSITIVE THINKING

Storytelling



- 2** One day, Asaba came home from work with some extra money to add to their savings box and found out that the box was empty. Immediately, feelings of anger began rising in his heart. In his mind, he quickly decided that Birungi had picked the money to go and spend on buying the new bedsheets she had wanted.

How were Asaba's thoughts harmful and misleading?



POSITIVE THINKING

Storytelling



- 3** By the time Birungi came home that evening, Asaba was extremely angry. His heart was beating very fast, he was walking up and down the home and talking to himself. When he saw her coming, he raised his voice at her, shouting, "What have you done with the money we have been saving?" and moved towards her with a clenched fist.

How could Asaba have changed his thinking so as to change his feelings and actions?

What other thoughts could he have thought when he came home?

How would that different thought change how his body felt and how he acted?



POSITIVE THINKING

Storytelling



- 4** | What had really happened was that Birungi had found a very good price for iron roof sheets, which would save them a lot of money, and had taken the money to make a deposit before the dealer changed his mind.

If Asaba had changed his thinking, how would he have acted differently when his wife came home?

POSITIVE THINKING



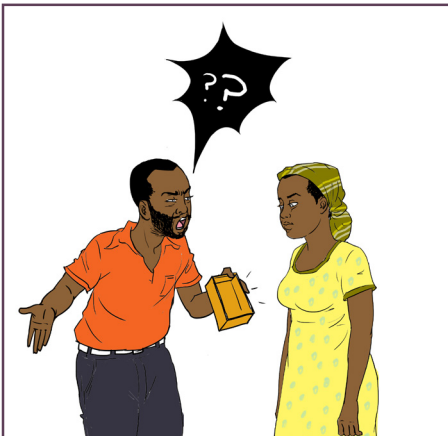
1



2



3



4





PEACE RULES

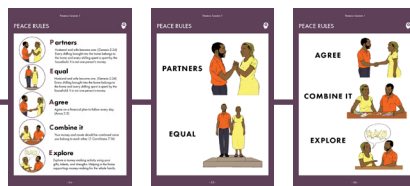
Teaching | 20 min

GOAL

Couples build a strong financial partnership and achieve financial peace.

TOOLS

Couple's Guide Pages 54-56



INSTRUCTIONS

- 1) Introduce** the PEACE rules (pages 54-56) and provide an example for each rule.
- 2) Ask** the couples:

What is lost when a couple does not practice the PEACE rules?

Example answer: When couples do not *Combine* their assets, they miss out on opportunities to buy something they both want for the family.

How would a couple's financial partnership change if they used the PEACE rules at home?

Example answer: The man and woman will benefit from each other's skills and knowledge, and there will be more peace when making decisions about assets.



PEACE RULES



Partners

Husband and wife become one. (Genesis 2:24)
Every shilling brought into the home belongs to the home and every shilling spent is spent by the household. It is not one person's money.



Equal

Husband and wife become one. (Genesis 2:24)
Every shilling brought into the home belongs to the home and every shilling spent is spent by the household. It is not one person's money.



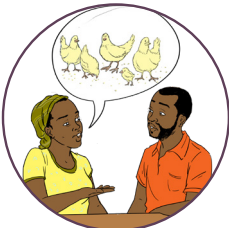
Agree

Agree on a financial plan to follow every day.
(Amos 3:3)



Combine it

Your money and assets should be combined since you belong to each other. (1 Corinthians 7:14)



Explore

Explore a money-making activity using your gifts, talents, and strengths. Helping in the home supportings money-making for the whole family.

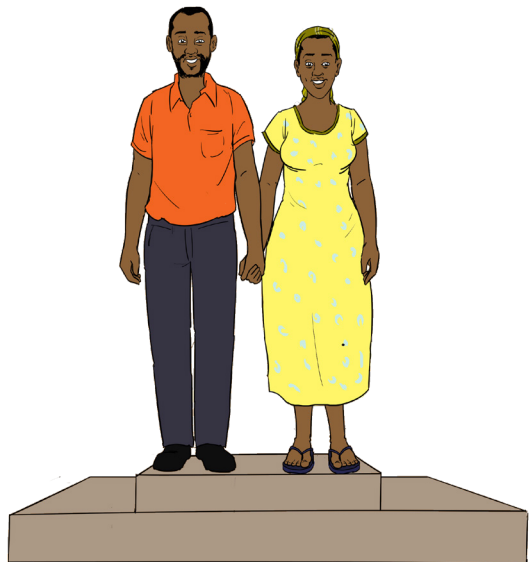
PEACE RULES



PARTNERS



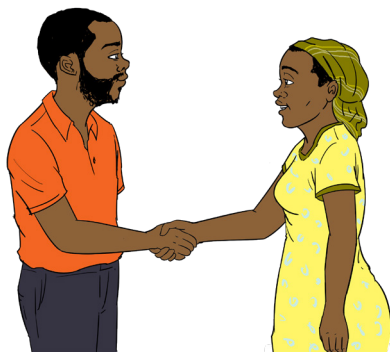
EQUAL



PEACE RULES



AGREE



COMBINE IT



EXPLORE





INCOME AND EXPENSES

Home practice | 10 min

GOAL

Couples talk about finances and money, and share knowledge and responsibility together.

TOOLS

Couple's Guide Pages 57-58

The image shows two sample pages from the Couple's Guide. Page 57 is titled 'INCOME & EXPENSES' and 'INCOME'. It has a table with two columns: 'SOURCE OF INCOME' and 'AMOUNT PER MONTH'. There is a small illustration of a couple sitting at a table. Page 58 is also titled 'INCOME & EXPENSES' and 'EXPENSES'. It has a table with two columns: 'EXPENSE' and 'COST PER MONTH'. There is a small illustration of a couple standing next to a car.

INSTRUCTIONS

1) Instruct the couples:

At home, talk together about how much you make and how much you spend as a couple.

Write down how much you earn (page 57) and spend (page 58) per month and add up the totals. You should see if your expenses are more than your income.

Talk about what you can sacrifice so you are spending less money and bringing in more money.


If you have trouble, remember to use the CLEAR rules.

2) Remind the couples to try this at home (1 John 3:18) and share stories from their Home Practice at the next session.

INCOME & EXPENSES







INCOME

SOURCE OF INCOME	AMOUNT PER MONTH
Selling fruit and vegetables 	
TOTAL INCOME PER MONTH	

INCOME & EXPENSES



EXPENSES

EXPENSE		COST PER MONTH
Food		
Transportation		
Agriculture		
Alcohol		
TOTAL EXPENSES PER MONTH		

FINANCE

SESSION 2 TIMELINE



1 Share back home practice

GROUP DISCUSSION



2 Servant & leader

BIBLICAL EXPLORATION



3 Actions of harmony part 1

GROUP DISCUSSION



4 Actions of harmony part 2

IN-CLASS ACTIVITY



5 Try something new

HOME PRACTICE

SUGGESTED TIME



10 min



30 min



20 min



20 min



10 min



SHARE BACK HOME PRACTICE

Group discussion | 10 min

What went well when you talked about money in your home?

What was hard?



SERVANT & LEADER

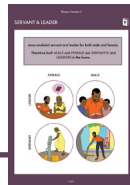
Biblical exploration | 30 min

GOAL

Couples understand how to apply this passage in their own home on a daily basis.

TOOLS

Couple's Guide
Pages 60-61



INSTRUCTIONS

- 1) Read** John 13:1-17 with the couples (page 60).
- 2) Instruct** the couples to circle anything that surprises them and underline anything that is hard or difficult.
- 3) Lead** a short group discussion about what the couples think is surprising or hard.

➔ Instructions continued after Bible passage...

SERVANT & LEADER



Circle anything that is surprising. Underline what is hard or difficult.

— John 13:1-17 —

Jesus washes his disciples' feet

¹ It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end. ² The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. ³ Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; ⁴ So he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. ⁵ After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him. ⁶ He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" ⁷ Jesus replied, "You do not realize now what I am doing, but later you will understand." ⁸ "No," said Peter, "you shall never wash my feet." Jesus answered, "Unless I wash you, you have no part with me." ⁹ "Then, Lord," Simon Peter replied, "not just my feet but my hands and my head as well!" ¹⁰ Jesus answered, "Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you." ¹¹ For he knew who was going to betray him, and that was why he said not every one was clean. ¹² Then he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. ¹³ "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. ¹⁴ Now that I, your Lord and Teacher, have washed your feet, you also should wash another's feet. ¹⁵ I have set an example that you should do as I have done for you. ¹⁶ Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. ¹⁷ Now that you know these things, you will be blessed if you do them.



SERVANT & LEADER

Biblical exploration

INSTRUCTIONS (*continued*)

4) Talk about the following questions:

What did Jesus declare himself to be in verse 13?

Answer: Jesus declared himself 'Teacher' and 'Lord' - names that showed that he was a Leader.

At that time and culture, whose job was it to wash feet? By washing the disciples' feet, who did Jesus put himself with?

Answer: In that time, the female Servant was the one who washed feet, so Jesus was identifying with a female Servant.

Why was Peter surprised when Jesus came to wash Peter's feet in verse 8?

Answer: As Jesus' death was coming close, he showed his disciples how much he loved them by washing their feet, even though at that time, only women were the ones to wash feet. Because Jesus was a man and a Leader, Peter was very confused because he saw Jesus acting as a female Servant.

Jesus was both a Leader and a Servant to the disciples, and he showed his disciples how much he loved them by dying for them on the cross. Doing the biggest thing a person could do for another person was Jesus' way of showing us how to be both a Leader and a Servant.



SERVANT & LEADER

Biblical exploration

INSTRUCTIONS (*continued*)

What is Jesus teaching us about how we must act and treat people if we are to be like him in our homes?

Answer: Jesus tells us that if we are to be like him, we need to love and serve one another in our homes, regardless of gender.

5) Turn to page 61 with the couples and read the key message.

6) Ask the couples:

How can we be both Servants and Leaders in our homes? What actions can we do?

Example answers: I can be a Leader by doing business research and making the right decisions for the family business; I can also be a Servant by deciding what to buy at the market and cooking food for the family.

SERVANT & LEADER



Jesus modeled servant and leader for both male and female.

Therefore both **MALE** and **FEMALE** are **SERVANTS** and **LEADERS** in the home.

FEMALE

MALE

LEADER



SERVANT





ACTIONS OF HARMONY PART 1

Group discussion | 20 min

GOAL

Couples explore Servant and Leader actions in groups and practice them at home.

TOOLS

Couple's
Guide
Pages 62-63



INSTRUCTIONS

- 1) Separate** the couples and create a men's group and a women's group.
- 2) Instruct** the couples:

Women should have a group discussion about Leader actions that they want to try. Men should have a group discussion about Servant actions that they want to try.

During the group discussions, women should record Leader actions on page 62 and men should write Servant actions on page 63.

- 3) Time** the groups and **call** them back after 15 minutes.
- 4) Instruct** the couples:

ACTIONS OF HARMONY PART 1



LEADERSHIP IN THE HOME

Write down Leader actions you want to try in the home.

A large rectangular area with a dotted border, intended for writing down leader actions.

ACTIONS OF HARMONY PART 1



SERVANTHOOD IN THE HOME

Write down Servant actions you want to try in the home.

A large, empty rectangular box with a dotted border, intended for writing down servant actions.



ACTIONS OF HARMONY PART 2

In-class activity | 20 min

GOAL

Couples learn how they can each contribute to the financial partnership in the home to make it more equal.

TOOLS

Video:  Finance Session 2

Couples Guide
Page 64



INSTRUCTIONS

1) Instruct the couples:

Turn to page 64. For the **yellow figures**, circle if the man or woman is doing the Actions of Harmony task now.

For the **blue figures**, circle who wants to do this task in the future.

Is the person in blue the same as the person in yellow? If not, talk about how the blue person can try doing the responsibility at home this week.



Repeat that all jobs contribute to a successful household. These are all important even if they do not make money.

ACTIONS OF HARMONY PART 2



Who is doing this now?



Who wants to do this in the future?



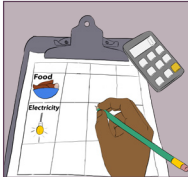
Cooking the family meals



Earning money



Managing the family budget



Preparing children for school



Managing the family gardens



Taking care of the animals



Cleaning the house



Buying food for the family



Washing the clothes



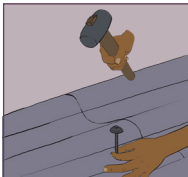
Fetching water



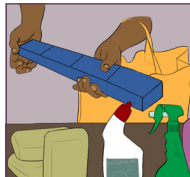
Doing banking transactions



Repairing the home



Shopping for home needs



Fetching firewood





TRY SOMETHING NEW

Home practice | 10 min

GOAL

Both men and women practice Servant and Leader actions at home.

TOOLS

Couple's Guide
Pages 62-63



INSTRUCTIONS

1) Instruct the couples:

On your way home together, talk to each other about the Actions of Harmony you picked to try from page 62 and 63.

Practice this action before next session.

2) Remind the couples to try this at home (1 John 3:18) and share stories from their Home Practice at the next session.



Remember to select a couple to give a testimony on their successful financial relationship. See instructions on the next page for how to select a couple.



PREPARE FOR TESTIMONY FROM COMMUNITY

SPECIAL FAITH LEADER INSTRUCTIONS

- 1)** In this session, the couples will hear from a couple in the church or community with a successful financial partnership. By listening to their testimony, your couples will be inspired to practice actions they have learned.
- 2)** Before you facilitate Finance Session 3, contact couples that you know in the church or community who are exemplary in their marriage and share a strong financial partnership. They do not need to be wealthy; they only need to be good at working together on their finances.
- 3)** When you ask the couples about giving their testimony, explain to them:
 - What Becoming One is and what the finance Biblical Principles are
 - Why they are giving a testimony for Becoming One couples
 - The time and place for them to share at the next Becoming One session
 - What will happen - they will tell their testimony for 10 minutes, and then Becoming One couples will ask them questions about their story
- 4)** Listen to the stories of the couples you have contacted and select the couple that you think will inspire your couples the most.

Think about these questions to choose the couple to tell their story. The answers should be yes.

- Do they work in harmony at home? How?
 - Did they experience a positive change in their financial partnership?
 - Did they work together to make that change?
 - Did they continue working hard together even though they experienced hardship?
- 5)** Remind the couple about when and where your next session will be.

FINANCE

SESSION 3 TIMELINE



- 1 Share back home practice**
GROUP DISCUSSION



- 2 Changing**
STORYTELLING



- 3 Making money**
GROUP DISCUSSION



- 4 Testimony from community**
GROUP DISCUSSION



- 5 Shared goals**
IN-CLASS ACTIVITY



- 6 Goal box**
HOME PRACTICE



- 7 Summary & connect to vows**
IN-CLASS ACTIVITY

SUGGESTED TIME



10 min



20 min



15 min



15 min



10 min



10 min



10 min



SHARE BACK HOME PRACTICE

Group discussion | 10 min

What happened when you acted like a Leader or Servant?

How will you continue to create harmony in your home like this?



CHANGING

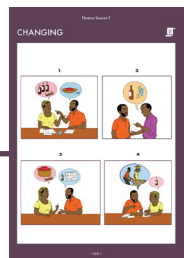
Storytelling | 20 min

GOAL

This story will help couples see that people can change with hard work and effort.

TOOLS

Couple's Guide
Page 66



INSTRUCTIONS

- 1) Read** the story of Asiimwe and Nabakooza on the next pages.
- 2) Instruct** the couples to follow along with pictures in their guide (page 66).
- 3) Ask** the couples questions as you read the story.



CHANGING

Storytelling



- 1 Asiimwe and his wife Nabakooza work hard but never seem to have enough money. Each person says it is the fault of the other that there is no money.

"Nabakooza is a lazy person. That's why she won't move her goods to sell tomatoes to the part of the street with more traffic," Asiimwe thinks.

"Asiimwe has a drinking problem. Why else would he spend the money he makes at work in the bar instead of bringing it home?" Nabakooza also thinks that Asiimwe gives whatever money is left to his relatives and does not talk about it with her first.



CHANGING

Storytelling



- 2** One day, Asiimwe talks to a friend who tells him he used to feel the way Asiimwe did. In the past, he and his wife were upset with each other often because they felt there was never enough money -- but things have changed now. Asiimwe listens to his friend but tells him, "It's not possible for things to change! Nabakooza and I are both too fixed in our ways -- that's just how things are."

Asiimwe's friend tells him that he had felt the same, but he found that he could actual change small things. He could change how he used his money and how he reacted to his wife's use of money. Asiimwe likes this idea and decides to work with Nabakooza to make small changes too.

Do you think that change is possible? How?

What makes change possible?



CHANGING

Storytelling



- 3** Asiimwe sits down with Nbakooza and talks about their money and their goals for the future. They also talk about the small changes they can do at home so to have more money.

Asiimwe tells her that though he enjoys time with his friends at the bar, he doesn't need to drink very much to have fun. They agree that he can still go to the bar after work, but will buy only one drink. Asiimwe also opens up about how hard it is to say no to his relatives' demands. He promises to talk with Nabakooza first and make a decision with her when any of his relatives ask for money.

Nabakooza says that though she would love to sell her tomatoes to the busier part of the road, the wheelbarrow is too heavy and she gets too tired. Asiimwe offers to help her move the wheelbarrow since they walk the same way to work. Nabakooza also decides that she will take out just enough money each morning for each of them to get through the day. She will save the rest until they can pay off an expensive loan.

The most important thing the couple agrees on was how they would handle problems. They might make mistakes, but they won't give up. Each night, they will talk about anything that went wrong, what they will do differently the next day, and how they will learn from it.



CHANGING

Storytelling

- 4 The first day goes well: Asiimwe leaves the bar after one drink, and Nabakooza sells all of her tomatoes. The next day, however, it is a different story. They wake up late and, in her rush, Nabakooza counts out too much money. It is very windy outside and they aren't able to pull the wheelbarrow past the quiet part of town. That evening, Asiimwe celebrates his friend's birthday at the bar, and he feels like he has to stay and buy a second beer. His sister also calls him desperately asking for money to pay off a money lender. Asiimwe, without thinking, sends her some mobile money without telling Nabakooza.



Before bed, they review the day. Asiimwe is angry at himself. "I had to stay with my friend at his party and it's hard to say no to my sister when she is in trouble." Even Nabakooza is sad. "I'm just not strong enough to carry the goods that far."

Then Asiimwe remembers to think about what he has learned and what he will do differently. "I will go to the bar twice a week instead of every day after work, and if any relative asks me for money, I will call you first," he says. Nabakooza adds, "Maybe I don't need to be stronger... Maybe there is a way we can make the wheelbarrow easier to pull!"

The next morning, Asiimwe sees that Nabakooza is right -- there is a heavy piece of wood in her wheelbarrow she doesn't need. They remove the wood and find that Asiimwe can push the tomatoes easily. The day is a success.

Since then, Nabakooza and Asiimwe have focused on the small things that can help them keep their money in order. They know they can change and they know how to defeat their problems.

In what way did the couple change? Think of someone in your community who managed to change significantly. Tell us about them.

CHANGING



1



2



3



4





MAKING MONEY

Group discussion | 15 min

GOAL

Couples learn and share the best practices of how to make money together.

TOOLS

Couple's Guide Pages 67-69



INSTRUCTIONS

- 1) Share** the Making Money tips for increasing income (pages 67-69).
- 2) Ask** the couples for feedback:

*Have any of you seen this happen in your life? What has gone well?
When have there been struggles?*

Example answer: "Tip 6: Track Borrowers" - Once, I continued to sell homewares to someone who kept promising to pay me, but he never paid me, and I lost a lot of money.

MAKING MONEY



TIP 1: TAKE A STAND FOR YOURSELF

If you are unhappy with your finances: Do not blame others. Make the change you two would like to see. Decide together - what is the first thing you need to do to fix the problem?

TIP 2: IDENTIFY THE RIGHT BUSINESS FOR YOU AS A COUPLE

Give yourself permission to explore.

Ask yourself:

- What gives me strength even when I'm tired?
- What am I good at doing? What is my partner good at doing?



How do you know what business is "right" for you?

Do what you know

Look at work you have done for others in the past and think about how you could offer your skills as your own services or goods.

Solve a common problem

Is there something the community needs that they would pay for? Make a business by meeting that need. If you choose to do this, make sure that you become a student and gain knowledge first before you spend any money.

MAKING MONEY



TIP 3: MAKING PLANS AND BEING ORGANIZED WILL HELP YOUR BUSINESS MAKE MONEY

Most people don't plan, but it will help you find success faster. A business plan makes all the steps clear. A plan does not need to be more than one page.

Ask yourself the following questions:

- What goods or service am I providing?
- What is the promise I am making to my customers and to myself?
- What are the steps needed to achieve my goals?

TIP 4: FIND OUT WHO YOUR CUSTOMERS ARE BEFORE YOU SPEND ANY MONEY

Before you spend money, find out if people will actually buy what you sell. This may be the most important thing you do.

- Who are your customers?
- How many of them are there?
- Is your business useful to them?
- Why do they need it?

The most important way to get this information is to ask your customers one by one and then listen.



MAKING MONEY



TIP 5: SEPARATE YOUR PERSONAL AND BUSINESS FINANCES

Make a plan of how much money you are going to put in your business as a couple and how much money you think you will make through your new business.

Pay yourself a salary and keep your business money in a separate drawer from your personal money. Don't mix your business money and your personal money. This will help you see how much money our business is making by itself.

TIP 6: TRACK BORROWERS

If you choose to offer items on credit then make sure you keep track of who is borrowing and give them no longer than 7 days to pay back. If they can't pay back then don't allow them to borrow until they do. Tracking and limiting borrowing is important to keep your business alive.





TESTIMONY FROM COMMUNITY

Group discussion | 15 min

GOAL

Couples hear from a couple in the church or community with a successful financial partnership and are inspired to practice actions they have learned.

TOOLS

No tools.

INSTRUCTIONS

- 1) Introduce** the couple who will share their testimony. Say a little bit about why you selected this couple.
- 2) Give** 10 to 15 minutes for the couple to share their testimony.
- 3) Allow** couples to ask questions to the couple who shared.
- 4) Ask** the couples:

What has the couple done that has led to a successful financial partnership?

What do they do that you can add to your own relationship?

Example answer: The couple is successful because they are honest to each other about how much they earn and spend. That is something new that I could start doing with my partner.



SHARED GOALS

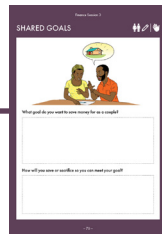
In-class activity | 10 min

GOAL

Couples plan and achieve a financial goal together.

TOOLS

Couple's Guide
Page 70



INSTRUCTIONS

1) Instruct the couples:

Think about your goals. What do you want to save money for?

Goals should be **specific**. Instead of saving for a happy future, think about saving for a house or our children's school fees.

Goals should be **realistic**. Instead of saving to buy a 1,000 acres of land, think about saving to buy 2 acres of land.

2) Give the couples 3 minutes to think about their goals separately.

3) Instruct the couples:

Come together now as a couple and talk about your goals. Remember to use the CLEAR rules.

Agree on a goal to work for together and write it down on page 70.

Then, write down how you will save or sacrifice for this goal.



Saving does not only mean having extra money to put away. Saving can be in the form of sacrifice, which is choosing not to purchase something and putting that money into savings instead.

SHARED GOALS



What goal do you want to save money for as a couple?

A large rectangular area with a dotted border, intended for writing the goal.

How will you save or sacrifice so you can meet your goal?

A large rectangular area with a dotted border, intended for writing the plan to achieve the goal.



GOAL BOX

Home practice | 10 min

GOAL

Couples plan and achieve a financial goal together.

TOOLS

Video:  Finance Session 3

Couples Guide
Page 71-72



INSTRUCTIONS

1) Instruct the couples:

Work toward your goal by saving money every day in a goal box.

Use page 72 to keep track of:

1) Which days you are putting money into the goal box

- When both partners save in the goal box, mark an X on that day
- When only one partner saves in the goal box, mark a circle

2) How much total money is in the goal box.

At the end of the week, the money can be moved to your bank account or the VSLA/SACCO treasurer so you will not want to spend it.

2) Remind the couples:

Do not be afraid to start saving even a very small amount like 500 shillings.

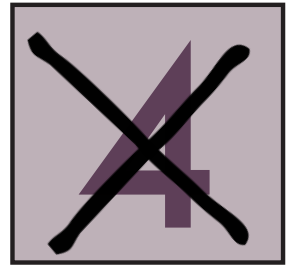
With time, the small money you save together can become big enough for the goal you picked together.

3) Remind the couples to try this at home (1 John 3:18) and share stories from their Home Practice at the next session.

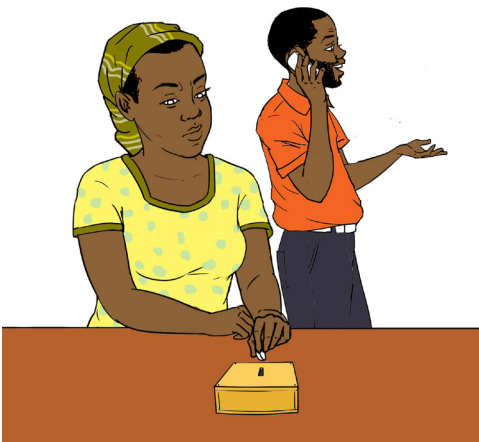
GOAL BOX



If you both save in the goal box, mark an X on that day.



If only one of you save in the goal box, mark a circle on that day.



GOAL BOX



DAY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

TOTAL SAVED

.....
.....
.....
.....
.....
.....
.....



SUMMARY & CONNECT TO VOWS

In-class activity | 10 min

GOAL

Couples review the things they have learned and practiced in the finance sessions and apply to their vows.

TOOLS

Couple's Guide pages 73, 11-12



INSTRUCTIONS

- 1) Read** the Finance Summary (page 73) with the couples.
- 2) Instruct** the couples:

Turn back to your vows on page 11 and 12.

See if there are any vows that you work on using the skills learned from the finance sessions.

Write down the skill beside the vow under the "By..." column on the right.

Example answer:

We promise to...

Love and help each other succeed

.....

By...

Working together and saving money together for our goals

FINANCE SUMMARY



SESSION 1

We learned

- The Biblical Principles for finance
- The Best Actions & PEACE Rules for financial partnership
- How to practice Positive Thinking

We practiced

- Talking about our Income & Expenses together



SESSION 2

We learned

- That Jesus modeled both Servant & Leader for both men and women

We practiced

- Talking about Actions of Harmony we do and Actions of Harmony we want to try
- Trying new Actions of Harmony at home.



SESSION 3

We learned

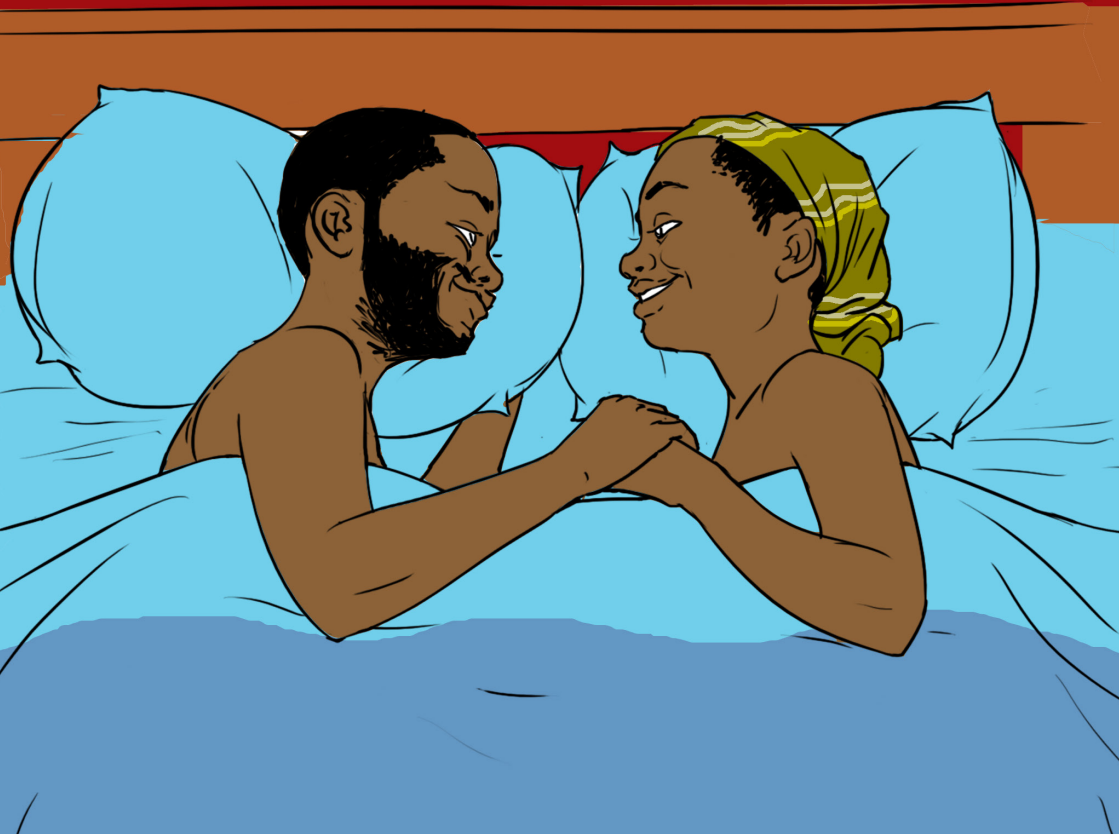
- That Change is Possible
- How to Make Money together
- From a couple who has financial partnership

We practiced

- Talking about Shared Goals
- Saving together in a Goal Box
- Applying what we've learned to our Vows

SEX

Improving sexual pleasure and consent



SEX

SESSION 1 TIMELINE



- 1 Share back home practice**
GROUP DISCUSSION



- 2 Biblical principles**
BIBLICAL EXPLORATION



- 3 Best actions**
GROUP DISCUSSION



- 4 Sex GGG rules**
TEACHING



- 5 Love image**
IN-CLASS ACTIVITY



- 6 Delight**
HOME PRACTICE

SUGGESTED TIME



10 min



20 min



15 min



15 min



20 min



10 min



Sex is a personal topic. To reduce discomfort in class, you may have to separate the young and old, especially if they are relatives.



SHARE BACK HOME PRACTICE

Group discussion | 10 min



Practice privacy! Only talk publicly about things you've agreed with your partner to share in advance.

*How did it feel to practice saving or sacrificing for your goal?
What helped you to save or sacrifice? What was challenging?*



BIBLICAL PRINCIPLES

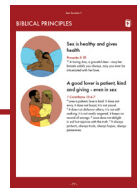
Biblical exploration | 20 min

GOAL

Couples have a Biblical foundation for sexual intimacy.

TOOLS

Couple's Guide
Pages 76-77



INSTRUCTIONS

- 1) Read** through each Biblical principle (pages 76-77).
- 2) Ask** the couples:

What do these verses tell us about how we should approach sex in our homes?

Example answer: "Sexual desire of a partner is God-blessed and good for both people" tells me that God created sex for us to enjoy and to love, so I don't have to be ashamed to want sex.

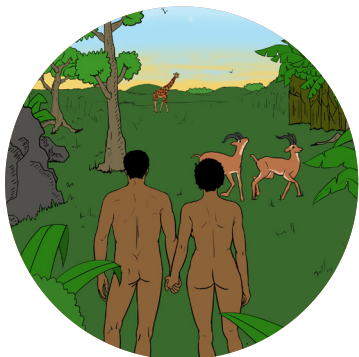
BIBLICAL PRINCIPLES



Being male and being female is sacred, delightful, and worthy of celebration

Genesis 1:28, 31a

²⁸ God blessed them... ³¹ God saw that everything that he had made, and indeed, it was very good.



A new freedom to enjoy your partner's body - without shame

Genesis 2:25

²⁵ And the man and his wife were both naked, and were not ashamed.



Sexual desire of a partner is God-blessed and good for both people

Song of Songs 2:4-5

⁴ He brought me to the banqueting house, and his intention toward me was love. ⁵ Sustain me with raisins, refresh me with apples; for I am faint with love.

BIBLICAL PRINCIPLES



Sex is healthy and gives health

Proverbs 5:19

¹⁹ A loving doe, a graceful deer - may her breasts satisfy you always, may you ever be intoxicated with her love.



A good lover is patient, kind and giving - even in sex

1 Corinthians 13:4-7

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud.

⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres.



BEST ACTIONS

Group discussion | 15 min

GOAL

Couples imagine and reflect on what actions are needed to achieve sexual intimacy.

TOOLS

No tools.

INSTRUCTIONS

1) **Start** a group discussion:

What does a sexually intimate couple look like? What actions do they take to have sexual intimacy?

Example answer: Sexually intimate couples create pleasure for both the man and the woman. They each spend time to make the other person feel good.

What prevents a couple from being sexually intimate? What is lost when there is no sexual intimacy?

Example answer: Sexual intimacy is lost when one person is forcing the other person to have sex. They will also lose the love they have for each other.



SEX GGG RULES

Teaching | 15 min

GOAL

Couples understand how to achieve sexual intimacy with the GGG rules.

TOOLS

Couple's Guide
Page 78



INSTRUCTIONS

- 1) Introduce** the GGG rules (page 78) as the secrets to sexual intimacy.
- 2) Ask** the couples:

How can you be Good, Giving, and get the clear Go ahead?

Example answer: I can respect and respond to my partner's excitement for intimacy.



SEX GGG RULES



Good in bed.

Be a thoughtful lover and consider your partner's pleasure.



Give equal time and equal pleasure.

Sexual enjoyment is for both the man and the woman.



Get the go ahead to be intimate.

Make sure your partner has given happy consent.



LOVE IMAGES

In-class activity | 20 min

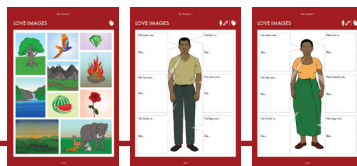
GOAL

Couples find the feeling they had when they first fell in love with their partner and share it with them.

TOOLS

Video:  Sex Session 1

Couples
Guide
Page 79-81



INSTRUCTIONS

- 1) **Start** with a group discussion and **ask** the couples:

What attracted you to each other sexually? What drew you together?

- 2) **Talk** the about love poems from the Bible:

Song of Songs is a book in the Bible that shows the love between husband and wife. It is full of beautiful poems where each partner talks about their lover using the beautiful things in nature around them.

For example, the woman says that her lover stands tall and strong like a tree. The man says that his lover's lips are red like jewels.

- 3) **Explain** the Love Image activity:

You will now make love poems for each other using Love Images to remember why you first became sexually attracted to each other.

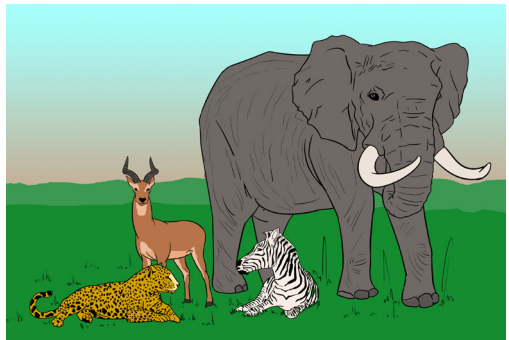
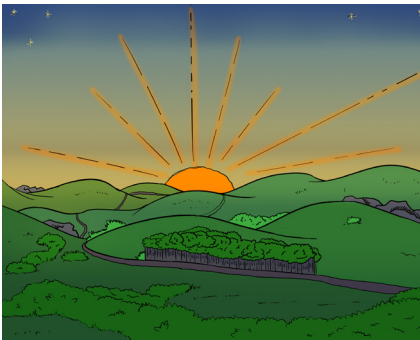
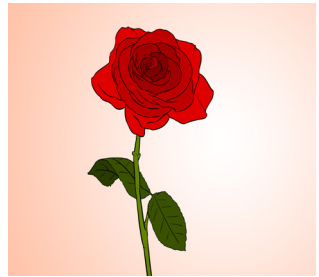
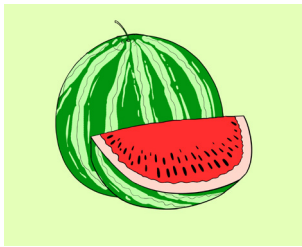
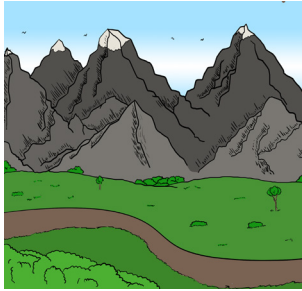
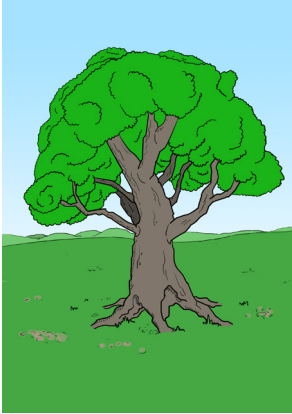
Use the pictures of nature (page 79) as ingredients to fill in the blanks. Page 80 is for women to fill. Page 81 is for men to fill.

*Describe your love like, "His or her **eyes** are **bright** like **diamonds**."*

Feel free to add more words and pictures to make it unique.

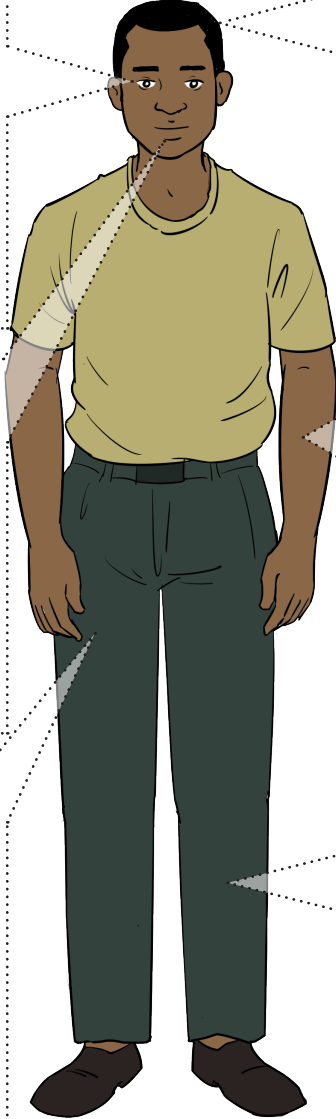
- 4) **Instruct** the couples to share their Love Images with each other.

LOVE IMAGES



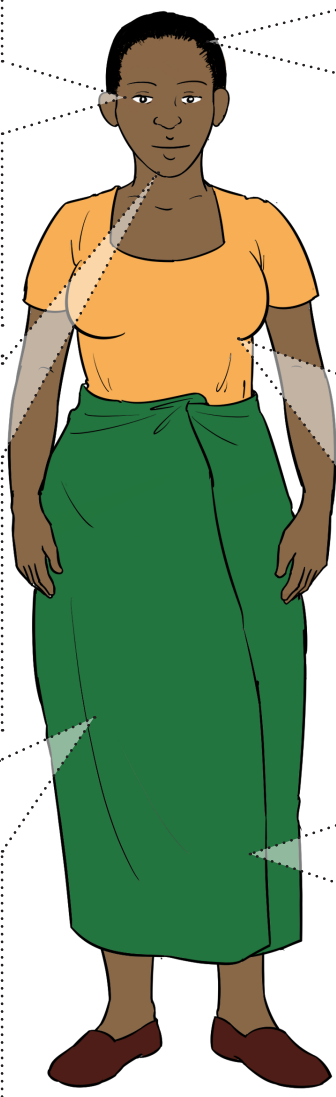
LOVE IMAGES



<p>His eyes are...</p> <p>like...</p>		<p>His hair is...</p> <p>like...</p>
<p>His lips are...</p> <p>like...</p>		<p>His arms are...</p> <p>like...</p>
<p>His body is...</p> <p>like...</p>		<p>His legs are...</p> <p>like...</p>

LOVE IMAGES



<p>Her eyes are...</p> <p>like...</p>		<p>Her hair is...</p> <p>like...</p>
<p>Her lips are...</p> <p>like...</p>		<p>Her breasts are...</p> <p>like...</p>
<p>Her body is...</p> <p>like...</p>		<p>Her legs are...</p> <p>like...</p>



DELIGHT

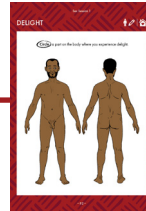
Home practice | 10 min

GOAL

Couples learn to delight and pleasure their partners using the GGG and CLEAR rules.

TOOLS

Couple's Guide Pages 82-83



INSTRUCTIONS

1) Instruct the couples:

Sit down as a couple and use the CLEAR rules to share what feels good.

Using page 82 and 83, the man should circle the parts of his body where he experiences delight when touched. The woman should do the same.

Then, the couple should share it with each other and practice giving pleasure.

2) Remind the couples to try this at home (1 John 3:18) and share stories from their Home Practice at the next session.

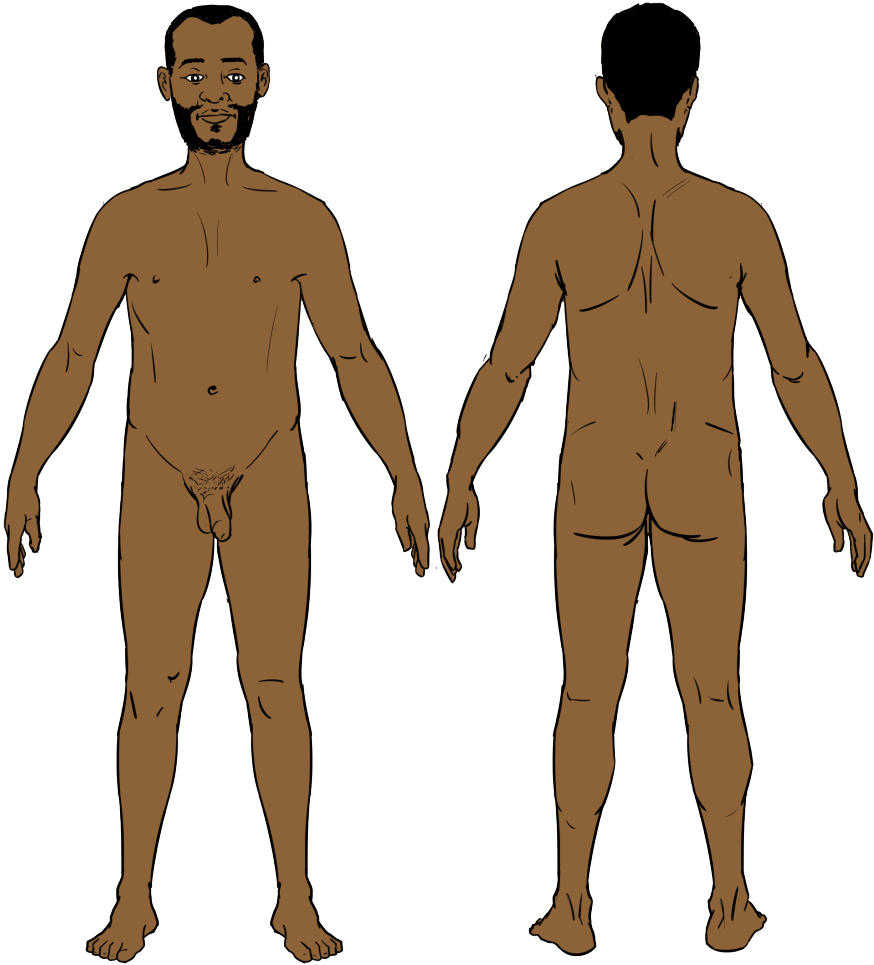


There is no shame in pleasure and delight.
"And the man and his wife were both naked, and
were not ashamed." - Genesis 2:25

DELIGHT



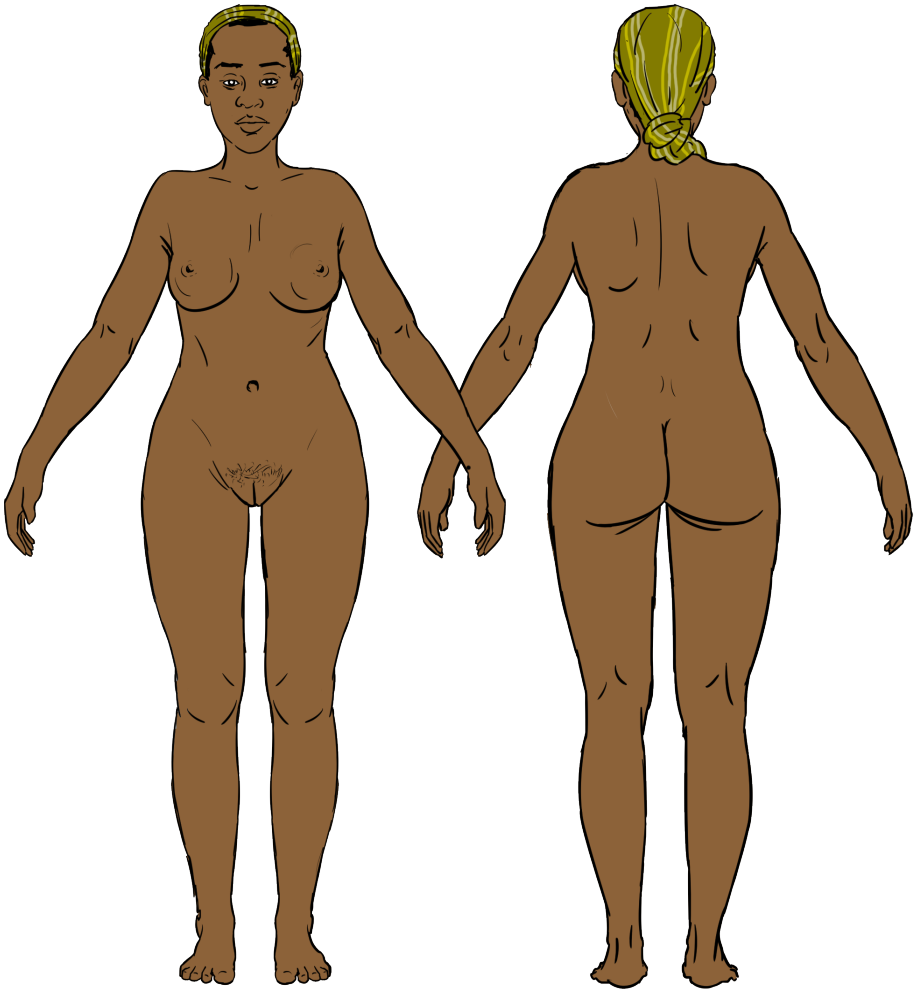
Circle a part on the body where you experience delight.



DELIGHT



Circle a part on the body where you experience delight.



SEX

SESSION 2 TIMELINE



- 1 Share back home practice**
GROUP DISCUSSION



- 2 Mutual submission**
BIBLICAL EXPLORATION



- 3 The right time and place**
STORYTELLING



- 4 Love languages**
IN-CLASS ACTIVITY



- 5 Getting in the mood**
GROUP DISCUSSION



- 6 Warm-ups & signals**
HOME PRACTICE

SUGGESTED TIME



10 min



15 min



20 min



20 min



15 min



10 min



SHARE BACK HOME PRACTICE

Group discussion | 10 min

How did it feel to give delight to your partner?

What did you learn about each other and about yourselves?

Were the GGG & CLEAR rules helpful? How?



MUTUAL SUBMISSION

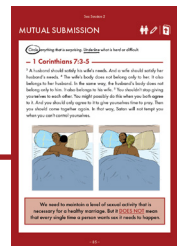
Biblical exploration | 15 min

GOAL

Couples understand the true meaning behind an often misunderstood passage and how to take this into their own home.

TOOLS

Couple's Guide
Page 85



INSTRUCTIONS

- 1) Read** 2 Corinthians 7:3-5 with the couples (page 85). Have them circle anything that surprises them and underline anything that is hard or difficult.
- 2) Lead** a short group discussion about what the couples identified as surprising or difficult.

→ Instructions continued after Bible passage...

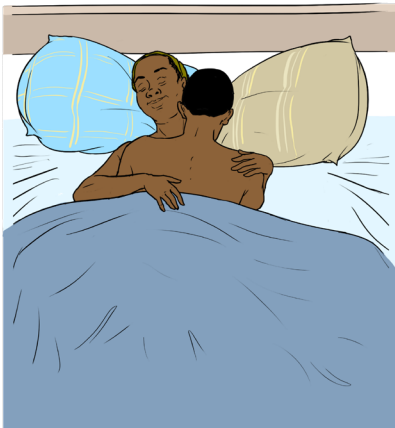
MUTUAL SUBMISSION



Circle anything that is surprising. Underline what is hard or difficult.

— 1 Corinthians 7:3-5 —

³ A husband should satisfy his wife's needs. And a wife should satisfy her husband's needs. ⁴ 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. ⁵ You shouldn't stop giving yourselves to each other. You might possibly do this when you both agree to it. And you should only agree to it to give yourselves time to pray. Then you should come together again. In that way, Satan will not tempt you when you can't control yourselves.



We need to maintain a level of sexual activity that is necessary for a healthy marriage. But it **DOES NOT** mean that every single time a person wants sex it needs to happen.



MUTUAL SUBMISSION

Biblical exploration

INSTRUCTIONS (*continued*)

3) Talk about the following questions.

Who has the right to demand sex?

Answer: Christian men think they have the right to demand sex whenever and wherever because of this verse, BUT...

"Do not deprive each other" refers to both people in the relationship and not particular moments of refusal. There is a difference between not being in the mood to have sex sometimes and refusing to ever have sex.

Why might someone say no?

Example answers: if they are sick, tired, busy, or distracted.

What does this passage say about who deserves sexual satisfaction?

Answer: Men and women. It must be mutual.

What does mutual satisfaction do for the relationship?

Answer: Mutual satisfaction creates delight and oneness in body.

4) Finish by saying the key message in the red box (page 85).



Remember some women want sex as much as men and it is proper for them to say what they desire and what makes them feel good.



THE RIGHT TIME AND PLACE

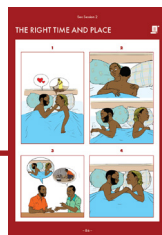
Storytelling | 20 min

GOAL

Couples understand their partner and what may help get them in the mood.

TOOLS

Couple's Guide
Page 86



INSTRUCTIONS

- 1) Read** the story of Kiberindwa and Arinaitwe on the next pages.
- 2) Instruct** the couples to follow along with pictures in their guide (page 86).
- 3) Ask** the couples questions as you read the story.

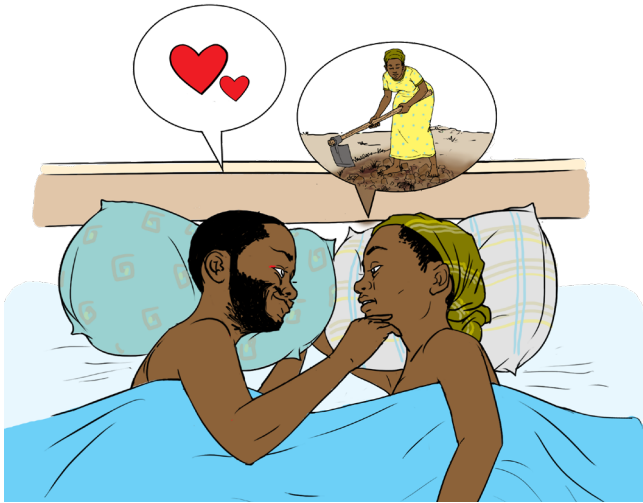


Don't forget to share your own experience. Hearing a leader share their own personal story of change helps the couples become more comfortable



THE RIGHT TIME AND PLACE

Storytelling



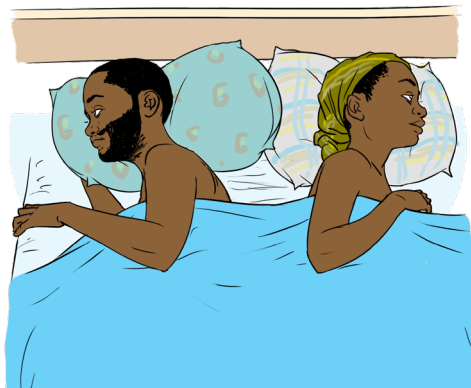
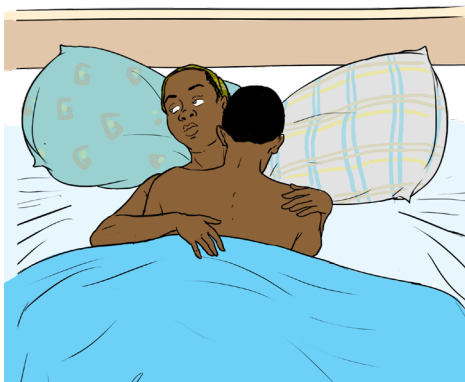
1 Kiberindwa was a very hardworking woman. All day long, she took care of the children, prepared the family meals, took care of the goats, fetched the water, supervised the workers in the family field, and managed a charcoal selling business from home. By the end of the day, she was usually very tired and ready to just sleep.

Arinaitwe, Kiberindwa's husband, on the other hand, was a bodaboda rider. When he was not transporting passengers, he spent his time playing cards at the trading center.



THE RIGHT TIME AND PLACE

Storytelling



- 2** When night fell, Arinaitwe, desiring to have his sexual needs met, would force his wife to have sex with him. After such an tiring day, sex was the last thing that Kiberindwa wanted, but she did it out of duty and because John made her have sex with him. This made her very angry and sad about her husband. She did not feel loved and she no longer enjoyed sex. After a while, Arinaitwe sensed his wife's unhappiness and his interest in sex also began to fade.

What did the husband and wife lose as a result of Arinaitwe's actions?



THE RIGHT TIME AND PLACE

Storytelling



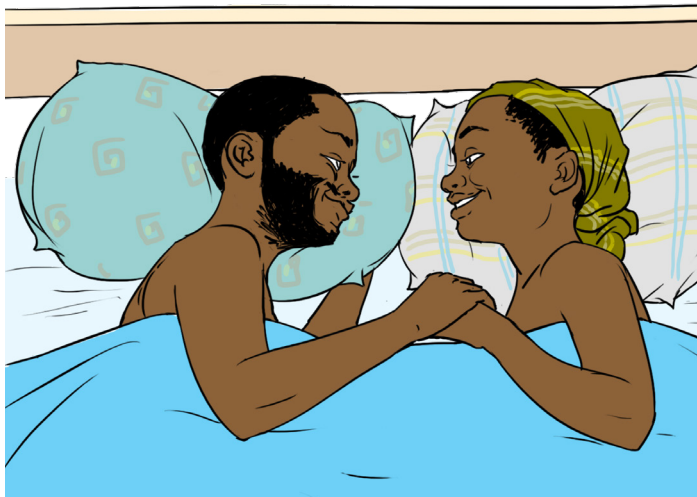
- 3** For some time, they did not have sex until one day Arinaitwe's friend gave him some advice.

"Why don't you help your wife with some of the home chores during the day? And start asking for sex rather than making her have sex, which goes against God's teaching. That way, she will be less tired at the end of the day, and will know that you care about her. A change like this might bring your sex life back."



THE RIGHT TIME AND PLACE

Storytelling



- 4** Arinaitwe spoke with Kiberindwa, and they agreed that he would take the responsibility of taking care of the goats, supervising the workers in the field and fetching water with his bodaboda when he returned in the evening. At first, Kiberindwa was not sure Arinaitwe was really ready to change. She did not trust him. But after a while, she realized that Kiberindwa was really focused on her needs. Her life became easier, and when evening came she felt more in the mood to enjoy sex with her husband. It took a while for Kiberindwa to regain trust in Arinaitwe, but over time, their sex life was revived.

Think of a similar situation in your own life. How would you advise a friend in this situation?

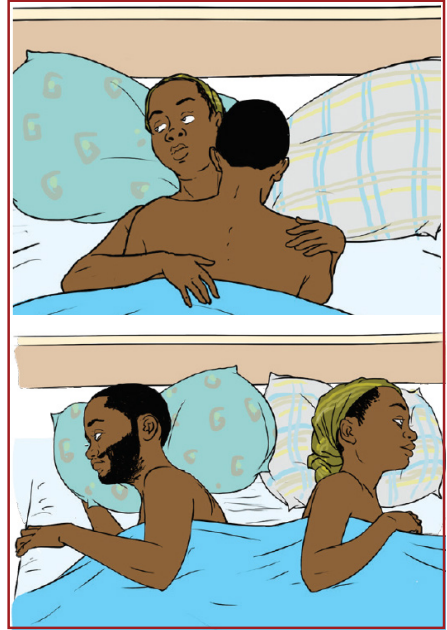
THE RIGHT TIME AND PLACE



1



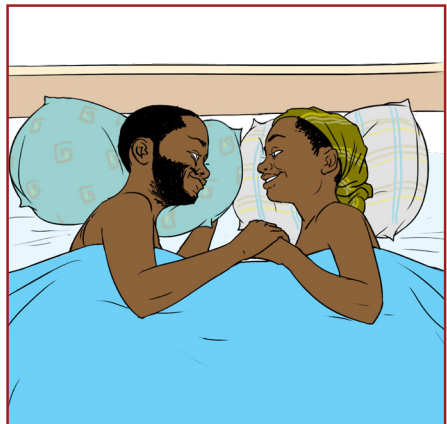
2



3



4





LOVE LANGUAGE QUIZ

In-class activity | 20 min

GOAL

Couples understand their love language and how to best show love to their partner.

TOOLS

Video:  Sex Session 2

Couple's Guide Pages 87-90



INSTRUCTIONS

1) Explain love languages:

We know people are different and want to receive love in different ways. These are their love languages. One love language is no better than another.

We will now do a quiz to learn our love languages. There is an answer card for each person.

2) Show how the 5 colors from your quiz cards match the colors from the couple's pages 88 (women) and 89 (men).

3) Instruct the couples:

Listen carefully to the two options for each question.

Which one is more important to you? Pick one of the options and make a mark on the colour of your answer.

4) Finish going through the quiz.

5) Instruct couples to count which color has the most marks. That color represents their love language.

6) Explain the love languages using page 90.



LOVE LANGUAGE QUIZ

In-class activity

#1: What is more **important** to you?

When your partner
surprises you with
a compliment, like
"You are so kind
and caring"

When your partner
joins you when you
go to the market

#2: What is more **important** to you?

When your partner
gives you a big hug

When your partner
does something nice
and surprising for
you



LOVE LANGUAGE QUIZ

In-class activity | 20 min

#3: What is more **important** to you?

When your partner
helps you with a
task

When your partner
surprises you with a
gift

#4: What is more **important** to you?

When you hold
hands with your
partner

When you are
spending time with
your partner, even
if you aren't really
doing anything



LOVE LANGUAGE QUIZ

In-class activity

#5: What is more **important** to you?

When your partner
tells you,
"I'm proud of you"

When your partner
puts their arms
around you when
you are in public

#6: What is more **important** to you?

When your partner
gives you a little
gift that shows your
love for each other

When you get to
spend uninterrupted
relaxing time with
your partner



LOVE LANGUAGE QUIZ

In-class activity | 20 min

#7: What is more **important** to you?

When you are able
to be around your
partner in the same
place

When your partner
does nice things for
you instead of just
talking about doing
nice things

#8: What is more **important** to you?

When your partner
tells you,
"I love you"

When your partner
gives you gifts
during the holidays



LOVE LANGUAGE QUIZ

In-class activity

#9: What is more **important** to you?

When your partner
takes the time to
listen to you and
really understands
your feelings

When your partner
compliments you on
how you look

#10: What is more **important** to you?

When your partner
gives you love
letters

When your partner
gives you a back
rub or a massage



LOVE LANGUAGE QUIZ

In-class activity | 20 min

#11: What is more **important** to you?

When your partner
does something for
you that you know
they do not like to
do

When your partner
reacts positively to
something you've
completed

#12: What is more **important** to you?

When your partner
buys you something
nice at the market

When your partner
works on special
projects with you
that you have to
complete

LOVE LANGUAGE QUIZ



What is more important to you?

- | | | |
|----|--|--|
| 1 | When your partner surprises you with a compliment, like "You are so kind and caring." | When your partner joins you when you go to the market |
| 2 | When your partner gives you a big hug | When your partner does something nice and surprising for you |
| 3 | When your partner helps you with a task | When your partner surprises you with a gift |
| 4 | When you hold hands with your partner | When you are spending time with your partner, even if you aren't really doing anything |
| 5 | When your partner tells you, "I'm proud of you" | When your partner puts their arms around you when you are in public |
| 6 | When your partner gives you a little gift that shows your love for each other | When you get to spend uninterrupted relaxing time with your partner |
| 7 | When you are able to be around your partner in the same place | When your partner does nice things for you instead of just talking about doing nice things |
| 8 | When your partner tells you, "I love you" | When your partner gives you gifts during the holidays |
| 9 | When your partner takes the time to listen to you and really understands your feelings | When your partner compliments you on how you look |
| 10 | When your partner gives you love letters | When your partner gives you a back rub or a massage |
| 11 | When your partner does something for you that you know they do not like to do | When your partner reacts positively to something you've completed |
| 12 | When your partner buys you something nice at the market | When your partner works on special projects with you that you have to complete |

LOVE LANGUAGE QUIZ



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LOVE LANGUAGE QUIZ



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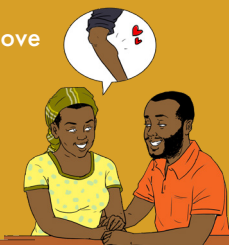


LOVE LANGUAGE QUIZ

WORDS OF AFFIRMATION

You feel loved when you hear:

- Kind words on your work, effort or how you look
- Words of appreciation and affection
- Phrases like "I love you" or "I miss you"



PHYSICAL TOUCH

You feel loved when you:

- Receive physical affection, like a hug
- Hold hands, especially in public
- Are intimate at home



RECEIVING GIFTS

You feel loved when you:

- Get small gifts
- Find love letters
- Receive something that your partner found for you



ACTS OF SERVICE

You feel loved when your partner:

- Asks if you need help and then helps you
- Does something nice to assist you
- Does the chores by the time you get home



QUALITY TIME

You feel loved when you:

- Spend time together
- Have undivided attention from your partner
- Do things with your partner
- Feel close to your partner





GETTING IN THE MOOD

Group discussion | 15 min

GOAL

Couples learn how to get in the mood for sex together.

TOOLS

No tools.

INSTRUCTIONS

1) Explain to couples:

We all have certain things that must be in place before we can relax and get into sex. Often this is more important for women.

2) Share one or two examples of things that put you in the mood for sex.

If you are married, opening up about your personal experience and relationship will make a more comfortable setting for everyone.

3) Separate young and old into different groups.

4) Ask the groups to talk about:

What gets you in the mood for sex?



WARM-UPS & SIGNALS

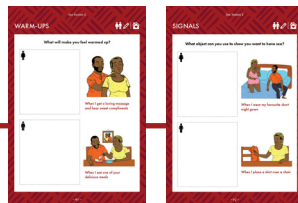
Home practice | 10 min

GOAL

Couples practice sex warm-ups at home and choose a signal for each other to show that they are ready for sex.

TOOLS

Couple's Guide Pages 91-92



INSTRUCTIONS

1) Instruct the couples:

Sit together and talk about what warms you up for sex.

Recall some of the things you talked about in groups about getting in the right mood.

Write or draw it on page 91 as you talk about it.

Note: warm-ups do not always have to end in sex. Think of warm-ups that can be satisfying and feel good on their own.

2) Instruct the couples:

Next, choose an object or a signal together that will become your "sign" that you would like sex.

Write or draw it on page 92 as you talk about it.

Remember that we should not just talk but we should try the signs too.

3) Remind the couples to try this at home (1 John 3:18) and share stories from their Home Practice at the next session.

WARM-UPS



What will make you feel warmed up?



When I get a loving massage
and hear sweet compliments



When I eat one of your
delicious meals

SIGNALS



What object can you use to show you want to have sex?



When I wear my favourite short night gown



When I place a shirt over a chair

SEX

SESSION 3 TIMELINE



- 1 Share back home practice**
GROUP DISCUSSION



- 2 Mis-timed desire**
STORYTELLING



- 3 CLEAR rules for sex**
HOME PRACTICE



- 4 Summary & Connect to vows**
IN-CLASS ACTIVITY

SUGGESTED TIME



10 min



25 min



20 min



15 min



SHARE BACK HOME PRACTICE

Group discussion | 10 min

Did you laugh with one another while trying warm-ups and signals? Did you feel passion and desire?

What brought on laughter or passion?



MIS-TIMED DESIRE

Storytelling | 30 min

GOAL

Couples learn that desire for sex can change.

TOOLS

Couple's Guide
Page 94



INSTRUCTIONS

- 1) Read** the story of Bazaara and Namukisa on the next pages.
- 2) Instruct** the couples to follow along with pictures in their guide (page 94).
- 3) Ask** the couples questions as you read the story.



MIS-TIMED DESIRE

Storytelling



- 1** Bazaar has recently been sad and does not want to talk. He lost his job and cannot provide for his family's needs as he used to. He feels worthless as a man and try as he might, it is difficult for him to get another job.

Bazaara's wife Namukisa sells roasted groundnuts at the trading center. Her business has been doing well and she is very motivated to take care of the children and develop her business. She sees her husband's suffering and hopes that, by doing her best, she can help to fill some of the gaps.

One night she signals to her husband that she desires sex, hoping that having sex will strengthen the bond between her and her husband. To her disappointment, her husband does not respond to her desire and seems to be uninterested. Namukisa feels sad and thinks that her husband does not desire her.

Why might Bazaara not be interested in sex?

Should Namukisa take it personally that Bazaara is not interested in sex?



MIS-TIMED DESIRE

Storytelling



- 2** Namukisa decides not to take it personally and does not push her husband. Before sleeping off that night, she gives him a tight hug and a gentle kiss and thinks to herself that they could delay sex.

The next day when Namukisa comes home, she finds her husband seated under the mango tree – he seems withdrawn and deep in thought over his job situation again. She sits next to him and tries to speak words of encouragement, hoping that this will relieve his stress.

In what ways can we lessen the stress of the mind and body of our partners to increase their desire?



MIS-TIMED DESIRE

Storytelling



- 3** When it came to bed time, Bazaara still did not want to have sex, but he did open up to his wife Namukisa about how he felt since the job loss. This kind of communication made Bazaara feel very close with Namukisa and his honesty and openness made her feel loved by him.

The next night, Bazaara sat with Namukisa and together they thought about several ideas that could help Bazaara start a business. When Namukisa saw the excitement in her husband's mood and the smile on his face, she was so thankful that she did not give up in the past few difficult days, but instead she kept trying to create closeness and love in other ways.

How do you keep going in these types of situations without feeling rejected by your partner?

What is the wrong way to respond to someone who doesn't want sex as much as you?



MIS-TIMED DESIRE

Storytelling



- 4** One day, about a week later after talking with some possible business partners, Bazaara felt really much better about himself and what he could do. He returned home in a good mood and was very light hearted and happy when he was talking with his wife. That night they celebrated with sex that celebrated Namukisa's patience and Bazaara's changing good fortune.

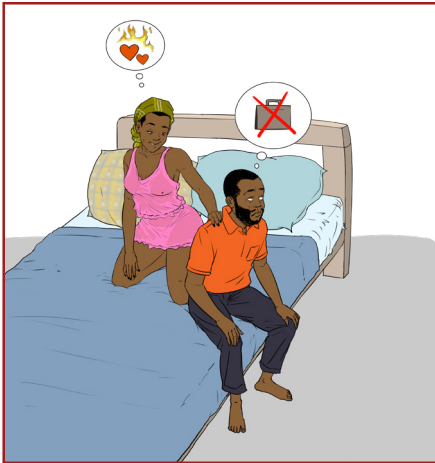
What affects our interest in sex? If someone says no, is this something to take personally?

What do we lose if we have sex with someone else when our partner isn't ready for sex?

MIS-TIMED DESIRE



1



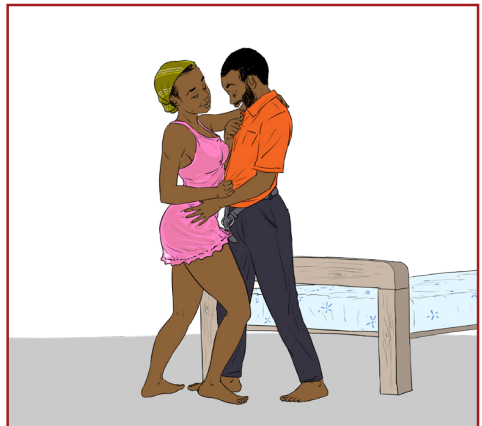
2



3



4





CLEAR RULES FOR SEX

Home practice | 10 min

GOAL

Couples learn and practice using CLEAR rules to increase closeness and sexual pleasure.

TOOLS

No tools.

INSTRUCTIONS

1) Start a group discussion and **ask** the couples:

How can we apply CLEAR rules to the bedroom?

Example answer: We can use Listen and Respect to know what our partner likes and doesn't like in the bedroom.

What will improve when we use CLEAR rules?

Example answers: We will understand each other's body better with the CLEAR rules and enjoy sex more.

2) Instruct the couples on their home practice:

At home, use the CLEAR rules to understand and give your partner what they desire. It may be sex or it maybe something else that may open them up to sex.

3) Remind the couples to try this at home (1 John 3:18) and share stories from their Home Practice at the next session.



SUMMARY & CONNECT TO VOWS

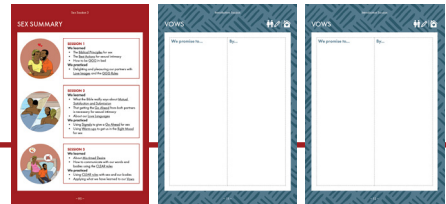
In-class activity | 15 min

GOAL

Couples review the things they have learned and practiced in the sex sessions and apply it to their vows.

TOOLS

Couple's Guide pages 95, 11-12



INSTRUCTIONS

- 1) Read** the Sex Summary (page 95) with the couples.
- 2) Instruct** the couples:

Turn back to your vows on page 11 and 12.

See if there are any vows that you can work on using the skills learned from the sex sessions.

Write down the skill beside the vow under the "By..." column on the right.

Example answer:

We promise to...

Love and help each
other succeed

⋮

By...

Loving each other in our love
language

SEX SUMMARY



SESSION 1

We learned

- The Biblical Principles for sex
- The Best Actions for sexual intimacy
- How to be GGG in bed

We practiced

- Delighting and pleasuring our partners with Love Images and the GGG Rules



SESSION 2

We learned

- What the Bible really says about Mutual Satisfaction and Submission
- That getting the Go Ahead from both partners is necessary for sexual intimacy
- About our Love Languages

We practiced

- Using Signals to give a Go Ahead for sex
- Using Warm-ups to get us in the Right Mood for sex



SESSION 3

We learned

- About Mis-timed Desire
- How to communicate with our words and bodies using the CLEAR rules

We practiced

- Using CLEAR rules with sex and our bodies
- Applying what we have learned to our Vows

RESPECT



RESPECT SESSION 1

TIMELINE



1 **Biblical principles**

BIBLICAL EXPLORATION



2 **Types of violence**

TEACHING



3 **Losing respect**

STORYTELLING



4 **Change the Story**

GROUP DISCUSSION



5 **Respect Plan**

IN-CLASS ACTIVITY



6 **Practice Respect**

AT HOME PRACTICE

SUGGESTED TIME



15 min



15 min



15 min



20 min



15 min



10 min



BIBLICAL PRINCIPLES

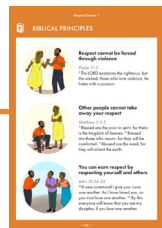
Biblical Exploration | 15 min

GOAL

Couples understand that respect is earned from their own actions.

TOOLS

Couple's Guide
Page 98



INSTRUCTIONS

1) Start a discussion:

What does a person with respect look like?

Example: A person with respect is admired by others because they love, honour, and respect others, even when no one is looking. People listen to them because they have good character.

2) Read each principle and verse on the next pages. After each, ask:

What does this principle tell us about how we earn or lose respect?

3) Ask:

Can you earn respect by beating your partner or forcing your partner to do something for you?

Answer: No. Instead, you lose respect by the way you treat your partner.

If your partner mistreats you, does it mean you lose respect?

Answer: No, your partner does not control how much respect you have. When you respond with gentleness and self-control, you earn more respect.



BIBLICAL PRINCIPLES



Respect cannot be forced through violence

Psalm 11:5

⁵ The LORD examines the righteous, but the wicked, those who love violence, he hates with a passion.



Other people cannot take away your respect

Matthew 5:3-5

³ Blessed are the poor in spirit, for theirs is the kingdom of heaven. ⁴ Blessed are those who mourn, for they will be comforted. ⁵ Blessed are the meek, for they will inherit the earth.



You can earn respect by respecting yourself and others

John 13:34-35

³⁴ A new command I give you: Love one another. As I have loved you, so you must love one another. ³⁵ By this everyone will know that you are my disciples, if you love one another.



TYPES OF VIOLENCE

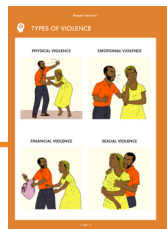
Teaching | 15 min

GOAL

Couples learn about different forms of violence and that violence destroys unity and respect.

TOOLS

Couples Guide
Page 99



INSTRUCTIONS

1) Explain the four types of violence using page 99. Provide examples for each type.

2) Ask:

How do these actions make us lose respect?

What are other examples of each type of violence?

What else do we lose when we act with violence instead of peace, love or patience?

Our spouse will leave us, shamed by the community, death, children do badly.

3) Explain:

All the skills we have learned in communication, finance and sex not only helps us Become One, but helps us avoid the consequences of violence.



Couples should NOT share their own personal experiences of violence. This is not appropriate in a group setting and could be risky.

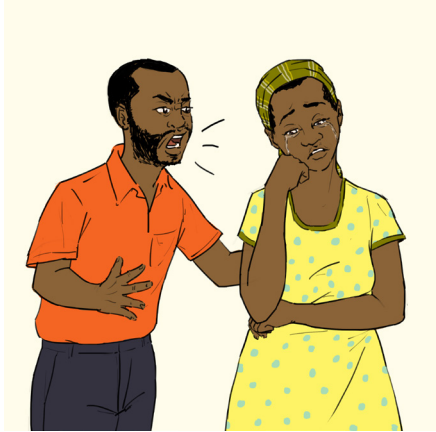


TYPES OF VIOLENCE

PHYSICAL VIOLENCE



EMOTIONAL VIOLENCE



FINANCIAL VIOLENCE



SEXUAL VIOLENCE





LOSING RESPECT

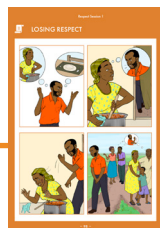
Storytelling | 15 min

GOAL

Couples learn that violence destroys unity and respect.

TOOLS

Couples Guide
Page 100



INSTRUCTIONS

- 1) Read the story of Francis and Evelyn on the next pages.
- 2) Instruct the couples to follow along with pictures in their guide.
- 3) Ask the couples questions as you read the story.
- 4) Lead a discussion:

How do you think violence affects women?

How do you think violence affects children as observers of violence?

How do you think violence affects the perpetrator of violence?

Is physical violence the only way you can lose respect in the way you treat your partner?

- 6) Explain the four types of violence using page 99. Provide examples for each type.
- 7) Ask:

How do these actions make us lose respect?



Couples should NOT share their own personal experiences of violence. This is not appropriate in a group setting and could be risky.

LOSING RESPECT



1 Francis was just entering the house after a long day. He didn't have time to take tea and he was very hungry and tired by the time he got home.

He was looking forward to Evelyn's cooking and could smell the beans in the kitchen. He asked, "Is the food ready?"

Even before entering the home he felt his temper rise and his hands were in fists. Recently, every time he arrived home the food was not ready. Why did Evelyn never listen to his instructions?!



LOSING RESPECT

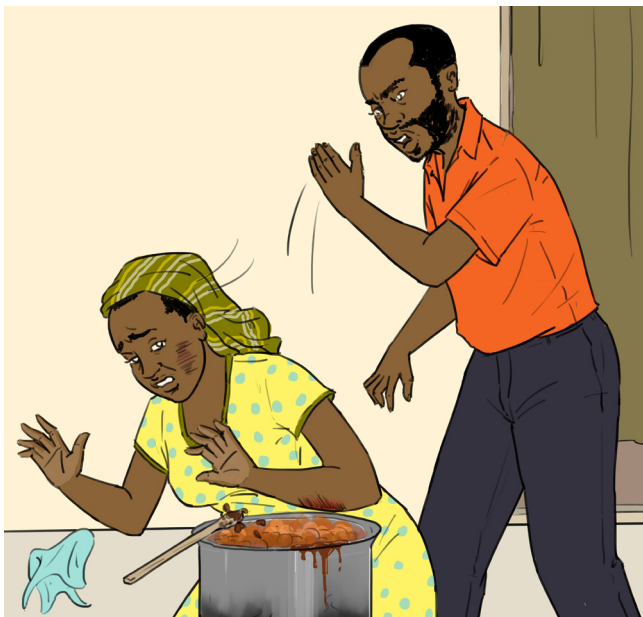


- 2** Evelyn heard Francis and started to worry. She had come back late because she was at her neighbours talking. She tried to cook quickly because she knew Francis would be hungry but the beans were still boiling.

Evelyn began to shake, knowing her husband was going to be angry because the beans were not ready.

How should Francis react?

LOSING RESPECT



- 3** When Francis arrived he saw she was still cooking. He became very upset and grabbed her by the arm. In the process she burned her arm on the charcoal stove.

He then beat her.

How did Francis lose his respect?

Examples: He used violence against Evelyn in a rage. He did not try to help solve the problem or come up with a solution together.

Was it right for Francis to be violent because Evelyn did not have food prepared?

No, violence is never justified and is a sin. Yelling or beating someone when they do not listen to you will not make them respect your instructions, the opposite will happen.



LOSING RESPECT



- 4 Evelyn ran away to her father's home who lived a couple of minutes away, they could help with her burns and pains.

Evelyn's father lost respect for her husband that day, the relationship between Francis and his in-laws never improved.

The neighborhood thought of Francis as a short tempered abuser who did not care for his family.

The next time he beat his wife, she left for good with their child and Francis was left alone.

What tools from Becoming One could Francis have used to refrain from using violence on his wife to earn respect instead of losing respect?

- He could use the CLEAR rules to ask Evelyn why she goes to her neighbours so much and work with her to come up with a solution
- He could use If....Then... to prevent himself from hurting his wife and give her more time
- He could use Calming Methods to calm his temper down



LOSING RESPECT



CHANGE THE STORY

Group Discussion | 15 min

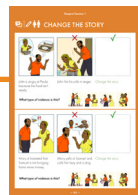


GOAL

Couples practice identifying different forms of violence and learn to react to hard situations without using violence.

TOOLS

Couple's Guide Page 101-102



INSTRUCTIONS

- 1) Read through the stories on page 101 -102.
- 2) Ask the couples:

What is happening in the story?

What type of violence is this?

How can the couple use respect to bring unity into the relationship?

Examples of better endings:

- Story 1: John asks Paula if there is anything he can help with.
- Story 2: Samuel shares his worries about money with Mary and discusses what they can do together.
- Story 3: Joseph appreciates Francesca for her hard work and asks her how she wants to use the money.
- Story 4: Christopher tells Sharon he understands and waits for the next time when she is in the mood for sex.



The answers should come from the couples, not you. Change the story is about helping couples identify how they can change their actions to be more peaceful during stressful situations.



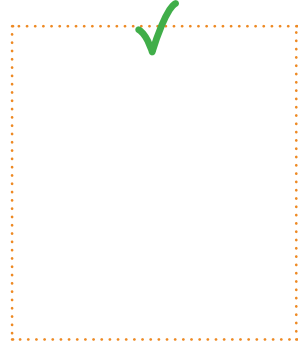
CHANGE THE STORY



John is angry at Paula because the food isn't ready.

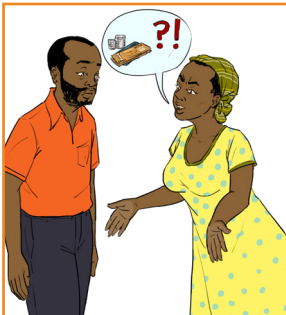


John hits his wife in anger.



Change the story.

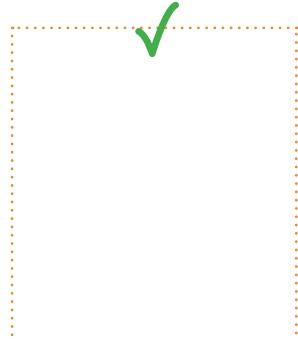
What type of violence is this?



Mary is frustrated that Samuel is not bringing home more money.

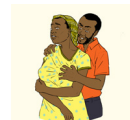


Mary yells at Samuel and calls him lazy and a dog.



Change the story.

What type of violence is this?



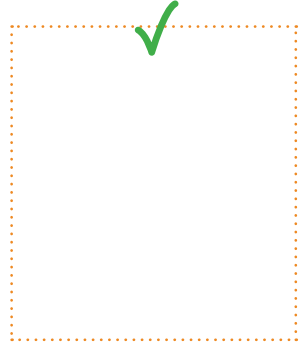
CHANGE THE STORY



Francesca has earned some money from selling g-nuts from the garden.



Joseph takes Francesca's hard earned savings and uses them to buy alcohol.



Change the story.

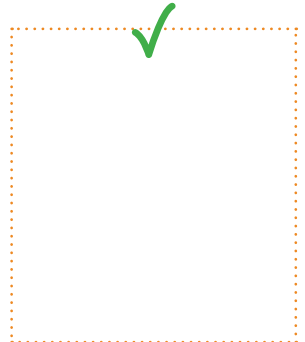
What type of violence is this?



Christopher wants to have sex but Sharon is not in the mood.

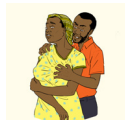


Christopher ignores Sharon and forces himself on her.



Change the story.

What type of violence is this?





RESPECT PLAN

In-class activity | 15 min

GOAL

Couples plan actions of respect that they will commit to doing at home.

TOOLS

Couples Guide Page 103-104



INSTRUCTIONS

1) Instruct the couples:

You will be planning this week to make good respect choices -

- *Respect myself*
- *Respect my partner*
- *Respect others*

For each respect choice, write down two ways you will practice it this week.



2) Share the examples on the couples pages. Include examples of your own.

3) When couples are finished, ask one of the couples to share their plans. Help the couple to identify Becoming One tools and teachings that will help them to practice the good respect that they have planned.

RESPECT PLAN



Respect myself

	
---	---



I will make sure I eat enough food and on time for my health.

Respect my partner

--	--



I will give a word of encouragement to my partner

Respect others

--	--





Me and my husband will buy food for a neighbour who has lost their child.



RESPECT PLAN

Respect myself


I will drink alcohol only 2 days this week for my health.

Respect my partner



I will trust my partner's decision about a purchase

Respect others



Me and my wife will help our elderly neighbour.



PRACTICE RESPECT

Home Practice | 10 min

GOAL

Couples use their Respect Plans to practice respect at home.

TOOLS

Couples Guide Pages 103-104



INSTRUCTIONS

1) Instruct couples:

When you are at home, use your Respect Plan to practice respecting yourself, your partner, and others. Remember that you can only earn respect through your actions, not from others' actions.

2) Say:

1 John 3:18

Dear children, let us not love with words or speech but with actions and in truth.

3) Remind the couples to try this at home (1 John 3:18) and share stories from their Home Practice at the next session.

RESPECT SESSION 2

TIMELINE



- 1 Share back home practice**
GROUP DISCUSSION



- 2 Anger and respect**
STORYTELLING



- 3 The anger switch**
IN-CLASS ACTIVITY



- 4 What I really want**
TEACHING



- 5 Practice controlling anger**
HOME PRACTICE



- 6 Reflection & Plan for final ceremony**
GROUP DISCUSSION

SUGGESTED TIME



10 min



20 min



15 min



35 min



10 min



10 min

SHARE BACK HOME PRACTICE



Group Discussion | 10 min



Practice privacy! Only talk publicly about things you've agreed with your partner to share in advance.

How did it feel to practice respecting yourself, your partner and others?

What were some examples of what you did?

How will you continue to practice respect?

ANGER AND RESPECT



Storytelling | 20 min

GOAL

This story will help couples see that violence is never a solution, working together achieves more.

TOOLS

Couple's Guide
Page 106



INSTRUCTIONS

- 1) Read** the story of Tusiime and Kyomugisha on the next pages.
- 2) Instruct** the couples to follow along with pictures in their guide (page 105).
- 3) Ask** the couples questions as you read the story.



ANGER AND RESPECT



- 1 Kyomugisha and Tusiime have been growing maize and beans and it was now harvest season. The rains did not come at the right time, so the harvest was bad and Tusiime was having trouble finding extra work.

One day, Kyomugisha came up to Tusiime and asked, "Where is the money from the harvest?! I hope you have not wasted it away on alcohol!"

When she spoke like that, Tusiime felt himself getting hot and his heart beating fast. Her words made him feel even more bad about himself and that made him angry.

Tusiime shouted, "What has happened that you should be talking to me like that?" In his anger he grabbed her arm tightly and beat her. Kyomugisha yelled from the pain and started crying and Francis stormed out of the house.

What do you think will result from Tusiime' yelling and beating?



ANGER AND RESPECT



- 2** After that incident, Kyomugisha saw her husband as weak and lost respect for him. He didn't know how to communicate and had to use violence, which was sinful. With no respect, Tusiime and Kyomugisha stopped spending time with each other and talked less and less. Tusiime no longer enjoyed being at home and stayed out spending money on alcohol and women. He would come home late after Kyomugisha had gone to bed or, some nights, he would drink too much and not come home at all.

Why did Tusiime beat his wife?

He felt he was not being a good man by not providing for his family. When she yelled at him his feelings came out in the form of violence against her.

What could Tusiime have done to earn respect instead of lose it?



ANGER AND RESPECT



- 3** Eventually his concerned friend sat down with him. "What is happening with you? Some of the other men have started to say bad things about you."

Tusiime told him about the argument with Kyomugisha and how she now looks at him. "I am so angry with her. Even if the money wasn't there for school fees, she should not have accused me."

His friend replied, "It seems like you're worried about the money."

Tusiime agreed, "Yes, that's what it is. She should be helping me make money, not accuse me!" His friend said, "If you feel this way, did the beating make the situation better? Did it help you get what you wanted? It brought such sourness in your relationship and look what has happened. Maybe you should try telling her about your worries to earn back her respect and work together as a couple."

What did Tusiime really want?



ANGER AND RESPECT



- 4 Tusiime realized he made a mistake by yelling and beating Kyomugisha. He wished he had controlled his emotions, thoughts, and actions better. This could have helped them solve the problem faster. His wife wouldn't be so distant from him and his children wouldn't be so afraid to be near him.

He sat with Kyomugisha that night and told her how the harvest was not good and the money wasn't enough. He said he never should have responded by hurting her even though he felt upset that she was pointing out he couldn't provide. She said that being violent was much worse than not having money. They could work through money issues together but with violence there is no respect and that is not easy to fix. They began talking about ideas to make some small money to pay for the school fees. That night, Tusiime went to bed beside Kyomugisha with peace in his heart.

Their friends watched as Kyomugisha and Francis began working and moving together. Very soon, they had made enough money to pay for school fees.

How did anger affect Tusiime's relationship with Kyomugisha?

How should Tusiime manage his anger the next time he feels bad?



ANGER AND RESPECT





THE ANGER SWITCH

In-class activity | 15 min

GOAL

Couples will think about situations that make them angry and plan how they will turn off the anger switch to keep the peace.

TOOLS

Couple's Guide Page 107-108



INSTRUCTIONS

- 1) Instruct the couples:

A trigger is a situation that makes us very angry, it pushes our Anger Switch and we do something that hurts our partner.

What are your triggers? What does your partner do that makes you so angry or hurt that it makes you do something sinful.

Next to the switch, write down what you can do to keep the switch off in order for you to not be violent or hurt your partner.

- 2) Read out the examples for the couples on page 104 - 105. You can use your own examples.
- 3) Ask couples to think about what they really want when they are triggered to help identify what they can do instead of violence.
- 4) **Separate the couples and** give each group 10 minutes to complete the pages individually then spend 5 minutes with each couple to make sure they are being safe with each other.



Talking about what makes you angry can make you angry, remind couples of the **CLEAR** rules and **CHECK ON EACH COUPLE ONE BY ONE** to help them work through their triggers.



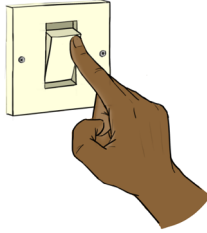
THE ANGER SWITCH

WHEN...

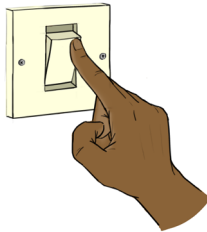


I am triggered when my husband comes home late.

I WILL KEEP THE SWITCH OFF BY...



Instead of violence, I will tell him I want quality time and ask if he can come home earlier



WHAT WILL YOU SAY TO YOUR PARTNER?



THE ANGER SWITCH

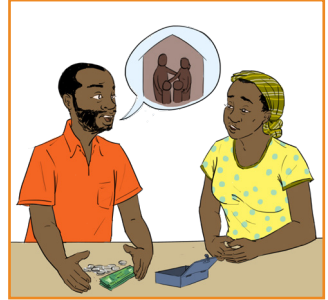
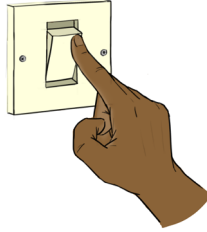


WHEN...

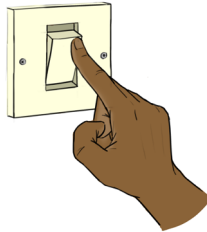


I am triggered when my wife gives money to her family without asking me.

I WILL KEEP THE SWITCH OFF BY...



Instead of violence, I will calm down and ask if we can discuss and agree how much to give.



WHAT WILL YOU SAY TO YOUR PARTNER?





WHAT I REALLY WANT

Teaching | 35 min

GOAL

Couples learn how to identify the root cause of their anger, and to **MUTUALLY** submit to each other to prevent violence.

TOOLS

Couple's Guide
Page 100



INSTRUCTIONS

1) Start a discussion:

Certain situations make us so angry that we want to act violently. Which situations can make people angry at home?

Examples: When a partner has cheated on the other, if a partner keeps making the same mistake over and over, when a partner doesn't listen.

In those situations where we are so angry and act violently, who is responsible for the violence?

The Bible tells us we are NOT to pay back wrong with wrong, only God can punish. Even if someone is starting violence, take the Godly road and resolve the problem peacefully, earn respect together, or it will get worse. Remember, others cannot take away your respect only you have the power to do that.



Our actions have consequences. When you use violence you create resentment, **THIS WILL CAUSE MORE ARGUMENTS AND DISAGREEMENTS**. Even if someone is instigating violence, take the Godly road and resolve the problem peacefully, earn respect together, or it will get worse.



WHAT I REALLY WANT

Teaching | 35 min

2) Recall the story of Francis and Evelyn from last week.

3) Ask:

What did Francis want from his wife when he came home?

Examples: He wanted the food to be ready, for her to listen to him, for his wife to take care of him and show him love.

Did Francis get what he really wanted when he beat Evelyn?

What did Evelyn want from her husband when he arrived home?

Examples: She wanted her husband to sympathise with her, for him to respect her, she wanted more support in the house, for him to understand how hard she worked all day in the garden and taking care of the kids.

How can they work together to get what they want without violence?



GOD CREATED BOTH AS EQUALS

Working together means **MUTUAL** submission. A solution to a problem is not for the woman to submit to her husband's opinion. God created both equal. Couples need to understand what it is they really want and work towards that goal.



KEEP THE SWITCH OFF

Home Practice | 10 min

GOAL

Couples share their triggers and agree on tools from Becoming One that can help them overcome their triggers .

TOOLS

Couples Guide
Pages 109



INSTRUCTIONS

1) Instruct couples:

When you go home, talk with each other about your triggers and apologize for the times you may have hurt your partner when you were triggered and share your plans to avoid violence.

Then, choose a tool to practice based on your triggers. Which Becoming One tool will you use this week when you are triggered? Why will that tool help you with what you really want?

- 2) Explain that the CDFU hotline is free of charge and available to them at all times of the day when they need help. They will speak to them in Rukiga
- 3) Remind the couples to use the CLEAR rules and Calming Methods as they do this activity, because it can be a hard conversation.



Women obeying men is not an answer to preventing triggers. Remember the Genesis Mandate and Mutual Submission - men and women are equal and should submit to one another in love, not in obedience.

KEEP THE SWITCH OFF



0800200600



My partner has hurt me or I think
they might hurt me



I am feeling suicidal



I feel like the only solution is to
beat my spouse



I feel angry or upset and need to
talk to someone

RESPECT SUMMARY



SESSION 1

We learned

- The Biblical Principles for respect
- The Types of Violence
- That our actions help us Earn or Lose Respect

We practiced

- Respecting ourselves, our partners and our community



SESSION 2

We learned

- The relationship between Anger and Respect
- That we have the power to control our anger with the Anger Switch

We practiced

- Controlling our Anger, by identifying what triggers our anger and creating a plan



REFLECTION & PLAN FOR FINAL CEREMONY

Group discussion | 15 min

GOAL

Couples reflect on and share what they've learned from Becoming One.

Couples plan with you for the final ceremony.

TOOLS

Couple's Guide
Page 111

PLAN FOR FINAL CEREMONY

WHEN

WHERE

WHAT (VOWS, RINGS, Food, drinks, video games, etc.)

OUR VOWS

INSTRUCTIONS

1) Ask the couples to share their experience from Becoming One.

What will you remember most from Becoming One? What is the most valuable thing you learned?

2) Start planning with the couples for the final ceremony.

3) Fill out page 97 with the couples to help you plan when and where you will have the ceremony, and how they can contribute.

4) Remind the couples to prepare their vows for the celebration. They can make changes and write the new version of their vows on the page.



PLAN FOR FINAL CEREMONY

WHEN

WHERE

WHAT I WILL BRING (Food, drinks, cake, games, etc.)

OUR VOWS

FINAL CEREMONY



FINAL CEREMONY

The Final Ceremony should be a big celebration for all the couples that participated in Becoming One.

Plan it like a party! You can ask the church and the couples to help you with the planning and preparation.

Think about what makes a great party:

- Do you need a nice space inside or outside?
- Can the couples contribute food, drink or cake?
- What about games and gifts?

Below is the timeline for the Final Ceremony. You can add to this timeline with your creative ideas to make it a wonderful day for the couples to always remember.

- 1 Congratulate couples**
- 2 Remind them of Becoming One lessons**
- 3 Share testimonies**
- 4 Exchange vows & wristbands**
- 5 Give a final blessing**

FINAL CEREMONY

GOAL

Couples celebrate their progress and experience with Becoming One.

TOOLS

Couples Guide pages
7, 48, 73, 95

Wristbands



INSTRUCTIONS

- 1) Congratulate** the couples on their achievements and progress.
- 2) Remind** couples of the Guiding Principles (page 7) and of what they have learned using the summary pages (page 48, 73 & 95).
- 3) Ask** couples to share their testimonies:

What change did you experience in your relationship?

- 4) Give** an "I love my wife" bracelet to the men and an "I love my husband" bracelet to the women.

Have the couples say their vows to each other in front of the class. They should put the wristband on each other as they say their vows.

- 5) Thank** the couples. **Say** the final blessing on the next page.



FINAL BLESSING

Lord God, Creator of all

You chose to call them into being

You watched them being formed
while still in the womb

You created them exactly as they are,
exactly as you created them to be

And you delight in who they are as
they image you

The Lord bless you in your laughter
and in your disagreements

The Lord bless you in your strengths
and joys

and in all your weaknesses and
vulnerabilities

The Lord Bless you in your thinking,

In your believing,

In your praying,

In your dreaming,

In your imagining of all that
oneness can be

In your decision-making when life
is confusing and overwhelming

The Lord bless you as you nurture
faith and hope in one another

Lead them, Lord, into the deep,
awe-inspiring mystery of intimacy
of the two becoming one

Bless them in their love-making
and in their sexual joy with one
another

Bless them with strong bonds of
community as they bring family
and friends into their unity

Bonds that will hold them firm
through all the storms

Lord God, keep their hearts warm
and malleable

Keep their spirits on fire for truth

Keep their love alive – keep it a
living love

Guard them by your presence

Protect them by your Spirit

And Surprise them daily with deep
joy that bubbles over into hugs
and laughter and dance that
embraces real life in a real way.

Amen.

Couples who perservere together,
stay together.



RESOURCES FOR FAITH LEADERS



RESOURCES FOR FAITH LEADERS



- 1 About Becoming One**
- 2 How to find the session videos**
- 3 Plan for Becoming One**
- 4 Gender based violence**
- 5 Common beliefs & the right response**

ABOUT BECOMING ONE

Becoming One is a combination of biblical principles, strategies, and activities that are proven to lead to successful, violence-free relationships. The program equips couples with the skills to resolve conflicts in the home peacefully by addressing the three of the most challenging areas in a relationship: communication, finance, sex and respect.

With a set of Bible-based guiding principles for the entire program and a set of biblical principles for each topic, the content has been designed to help you teach and apply the Bible in your church and community. Becoming One is structured to be delivered over 12 sessions, including an introduction session at the beginning, and a final ceremony at the end.

YOU LEARN



The **session videos on the phone** will help you understand the material in the **Faith Leader Guide**.

YOU FACILITATE



The **Faith Leader Guide** will help you facilitate each session and guide couples through the activities in the **Couples Guide**.

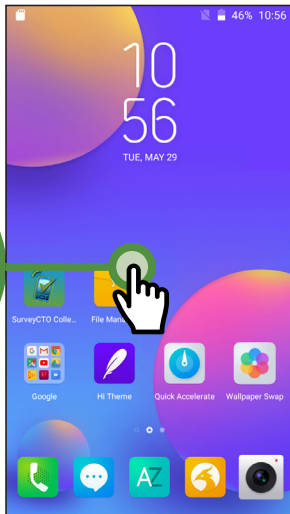
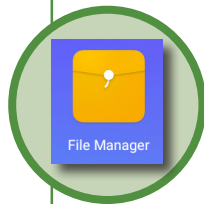
COUPLES PRACTICE



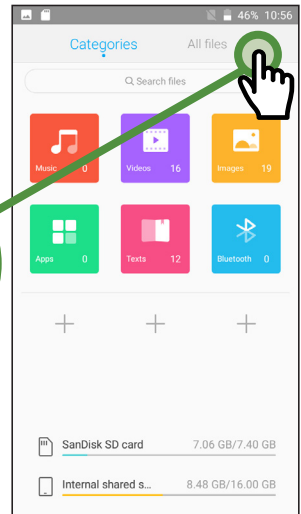
The couples will use the **Couples Guide** to practice the activities and apply the tools together in their homes.

HOW TO FIND THE SESSION VIDEOS

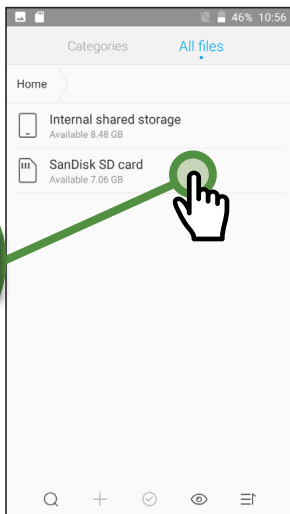
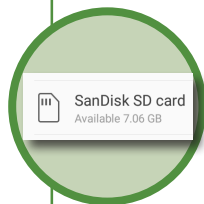
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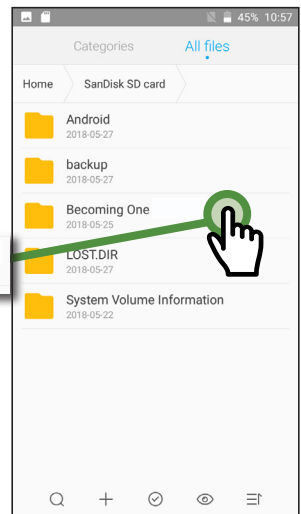
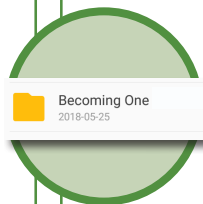
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3



4



MY BECOMING ONE PLAN

INSTRUCTIONS

- 1) Use** the invitations and invite couples who could benefit from the Becoming One program. These couples should have been together for at least 12 months and do not need to be formally married. Try to get many different types of couples.
- 2) Record** their names and other information on the sign-up sheet.
- 3) Photograph and share** that sign-up sheet with your contact on WhatsApp.
- 4)** After couples have been assigned a Team at the lottery, **begin** Becoming One sessions once or twice a week with the 5 couples assigned to Team 1.
- 5) Make sure** couples stay in their Teams and don't share Becoming One with the other couples before it is their time to learn from you.

Invitation

You are invited to learn the secrets to a
SUCCESSFUL RELATIONSHIP
Join our new program if you are dating for marriage, engaged, or married and want to grow your love.

THE 3 KEY ELEMENTS YOU WILL LEARN:

NAME: _____

LOCATION: _____

DAY AND TIME OF LOTTERY: _____

FOR MORE INFORMATION, CONTACT: _____

Team membership cards



MOBILIZING COUPLES

Which couples could I invite?

What benefits could I talk about?

MY BECOMING ONE PLAN

SCHEDULING SESSIONS

Which days and times would be most convenient for me and for couples?

Where will I hold each session? Who will I need to contact to organize the locations?

PREPARING FOR SESSIONS

When will I prepare in advance for each session? (Day, time...)

Where can I prepare for each session that is quiet and without distraction?

What materials do I need to organize for each session? (Signs, markers..)

MY BECOMING ONE PLAN

CALENDAR

Circle the days when you will hold Becoming One sessions for each Team

January 2020

SU	MO	TU	WE	TH	FR	SA
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2020

SU	MO	TU	WE	TH	FR	SA
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March 2020

SU	MO	TU	WE	TH	FR	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2020

SU	MO	TU	WE	TH	FR	SA
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2020

SU	MO	TU	WE	TH	FR	SA
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2020

SU	MO	TU	WE	TH	FR	SA
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

NOTES

MY BECOMING ONE PLAN

NOTES

GENDER BASED VIOLENCE

What is Gender Based Violence?

PHYSICAL	Boxing, slapping, burning
SEXUAL	Harassment, groping, forced sex
EMOTIONAL	Verbal abuse, yelling or swearing, isolating, humiliating, or threatening behavior
ECONOMICAL	Withholding money or food, not allowing partner to work

What can I do about Gender Based Violence?

- IF**
- Someone says they have been forced to have sex
 - Someone says they fear for their life
 - Someone says they have been hit

- 1)** Tell them they are in a safe place and that it is not their fault. Do not judge them.
- 2)** Explain their options and refer them to a place where they can get help, like the police station, a women's center, a hospital, or a Gender Based Violence (GBV) clinic. Explain what happens if they decide to go.
- 3)** Check in on them a week later.



COMMON BELIEFS & THE RIGHT RESPONSES

COMMON BELIEF

RIGHT RESPONSE

Sex is for men

Sex is for both the man and the woman. It brings pleasure and satisfaction for both the man and the woman - mutual satisfaction.

1 Corinthians 7:3-5 *"A husband should satisfy his wife's needs. And a wife should satisfy her husband's needs. The wife's body does not only belong 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."*

Men are greater than woman because God created Adam first

Men and women are equal and have equal value before God.

Both men and women are created in the image of God and together they exhibit God's image.

Genesis 1:26-28 *"Let us make man in our image, in our likeness...." So God created man in his own image, in the image of God he created him; male and female he created them. God blessed them"*

Both male and female are created EQUAL in WORTH and DIGNITY.

Men should have all the decision-making power because he is the head of the family

Decision-making in the family is based on gifts and character, not gender. God by his spirit has given women gifts as well which are to be used for the edification of this church. The woman equally needs space to practice and express her gifts.

Acts 2:16-18 *"No, this is what was spoken by the prophet Joel: 'In the last days, God says, I will pour out My Spirit on all people; your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams. Even on My servants, both men and women, I will pour out My Spirit in those days, and they will prophesy..."*

COMMON BELIEFS & THE RIGHT RESPONSES

COMMON BELIEF

RIGHT RESPONSE

It is Eve's fault that there is sin in the world; therefore, women are less than men

Both Adam and Eve made their individual choices to sin. Each out of their free will took of the fruit and partook of it, disregarding God's command which they knew well.

Genesis 3:6 "When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it."

This verse suggests that Adam was right there with Eve through the whole ordeal. He also took the fruit and ate it, and is responsible for his own actions.

A woman is a whore if she initiates sex

God made men and women's bodies to have sexual desire and experience sexual pleasure in a healthy, committed marriage.

1 Cor 7:3-5 "A husband should satisfy his wife's needs. And a wife should satisfy her husband's needs. The wife's body does not only belong 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."

It is a woman's duty to obey and submit to the man

Both the man and woman should submit to one another.

Ephesians 5:21 "Submit to one another out of reverence for Christ"

The proper context of a woman's submission to her husband is his submission to her out of reverence for Christ.

COMMON BELIEFS & THE RIGHT RESPONSES

COMMON BELIEF

RIGHT RESPONSE

Women can't be leaders. It is only men who have leadership gifts.

Leadership is based on gifts, not based on gender. Both men and women can have this gift.

God by his spirit has given women gifts as well which are to be used for the edification of this church. The woman equally needs space to practice and express her leadership gifts.

Acts 2:16-18 "No, this is what was spoken by the prophet Joel: 'In the last days, God says, I will pour out My Spirit on all people; your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams. Even on My servants, both men and women, I will pour out My Spirit in those days, and they will prophesy....'"

All money belongs to the man.

Money belongs to the household. Men and women have equal rights to their money because they are one, even if only one person is earning the income.

Mark 10:6-9 "But at the beginning of creation, God 'made the male and female. For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.' So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."

RESPONDING TO VIOLENCE



RESPONDING TO VIOLENCE WITHIN OUR COMMUNITY



- 1 Be a good shepherd**
YOUR ROLE



- 2 Help couples grow**
TEACH



- 3 Resources**
SHARE MORE OPTIONS FOR HELP



BE A GOOD SHEPHERD

Your role

- 1) As a faith leader it is your role to take care of your church,** they depend on your spiritual leadership, especially during crisis situations.

Jeremiah 23: 2-4

2 Therefore this is what the Lord, the God of Israel, says to the shepherds who tend my people: "Because you have scattered my flock and driven them away and have not bestowed care on them, I will bestow punishment on you for the evil you have done," declares the Lord. 3 "I myself will gather the remnant of my flock out of all the countries where I have driven them and will bring them back to their pasture, where they will be fruitful and increase in number. **4 I will place shepherds over them who will tend them, and they will no longer be afraid or terrified, nor will any be missing,"** declares the Lord.

- 2) Couples in your church are part of your flock,** tend to them by:



Uphold the Genesis Mandate

Maintain that every person is equal and no one rules over the other.



Protect them from Violence

Let no harm come to them, do not justify violence in their life.



Help them be Godly Christians

Guide them in the word of God, where we choose love over violence and sin.



BE A GOOD SHEPHERD

Your role

3) Choose the Godly path of equality and responsibility.

We so often take the easy path because....



...the path of God is more difficult but it is more fruitful.



We say "submit to your husband, don't bring up the topic again to him to avoid disagreements"

We should be asking both partners to **mutually submit** to each other instead of always allowing the man to get what he wants.



We do not reprimand violence when someone was at fault, effectively saying violence is tolerated.

We should NEVER justify violence, even when a person is wrong or has done a mistake. **ALL violence is wrong in the eyes of God.**



We only hold women accountable, even though another might have committed the greater sin.

Help the couple grow by **making a plan with them for when they feel violent**, this will help them keep the peace at home.



What is the difference between these two homes?



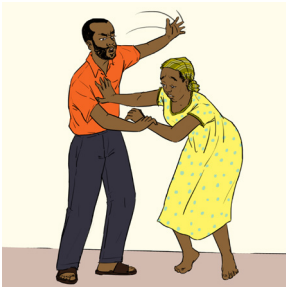


BE A GOOD SHEPHERD

Your role

- 4) Be a more just faith leader in the long term.** Even after the Becoming One program is finished, you can use what you learned to address the struggles of violence in your community, particularly with couples that have not gone through Becoming One and need the tools and lessons that the program offers.

Don't just solve the couple's problems for them. Help create a peaceful future by teaching them the skills and tools of Becoming One that can help prevent the problem from arising again and becoming more violent. You can prevent harm by equipping couples with the techniques necessary to avoid violence.



Physical Violence

Help couples identify other options for their anger.



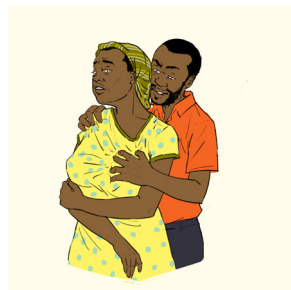
Emotional Violence

Help couples communicate their emotions peacefully.



Financial Violence

Help couples trust and work together for their future.



Sexual Violence

Help couples understand each other and consent.



HELP COUPLES GROW

Teach



1) Help them understand violence does not help their cause by explaining:

Violence is a sin, only God can punish others.

Violence is not a solution.

Acting violently makes you lose respect.

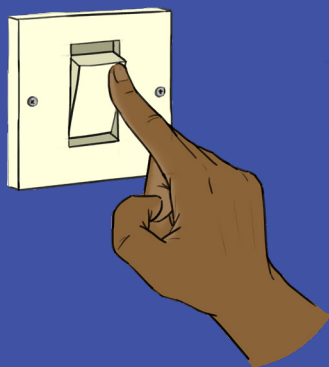


2) Help them see the consequences of their actions by asking:

How does violence affect your children?

How does violence affect your relationship?

Did it fix your problems or cause more?



3) Help them keep the anger switch off:

What makes your anger switch turn on?

How can you keep the anger switch off?

- Teach the couple calming methods
- Teach the couple the CLEAR rules
- Teach them a calming prayer
- Give each person the CDFU number

Assume that couples do not know calming methods. You need to teach them how to react peacefully when they feel violent.



RESOURCES

Share more options individually



- 1) Share the CDFU hotline.** It is free to call and will give men and women mental and emotional support. They speak Rukiga and can help when they feel violent or hurt.

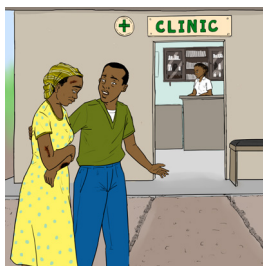
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- 2) Encourage each person to discuss their feelings and experiences with someone close.** Abuse also manifests itself inside us. Help them identify someone they feel close to and who they can talk to often about how they are feeling and what is happening in their life.



- 3) If you are not near next time there is conflict, who can she go to to stay safe.** Her safety is the most important thing, help identify a friend, relative or trusted community person she can go to in a time of need. Do not encourage her to face a violent person, instead she should seek safety, you could help save her life.



- 4) Do not hesitate to take her to receive medical help.** Many women die from violence their partners cause then. She can suffer and even die if you do not take her to receive medical help from a professional. Know where the closest clinics and medics are in your village.

