BECOMING ONE
A guide for faith leaders
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

Couples Guide Page

Couples Guide Home Practice Page

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

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.

3) 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.
# TABLE OF CONTENTS

**Session:** Introduction

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**Communication:** Session 1  
**Communication:** Session 2  
**Communication:** Session 3  
**Communication:** Session 4

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**Finance:** Session 1  
**Finance:** Session 2  
**Finance:** Session 3

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**Sex:** Session 1  
**Sex:** Session 2  
**Sex:** Session 3

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**Respect:** Session 1  
**Respect:** Session 2

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**Session:** Final Ceremony

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**Resources for Faith Leaders**

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**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
- Group Talk
- Teaching
- Storytelling
- In-Class Activity
- Home Practice
- Writing Space
- Woman's Page
- Man's Page
THEMES

Communication

Finance

Sex

Respect
### 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?
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*
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?*
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.

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
**GOAL**

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

**TOOLS**

Couples Guide Page 9-10

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**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.

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Do NOT permit blessings or hurts that reinforce harmful gender roles like obedience only for the woman.
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.
We promise to... By...
COMMUNICATION

Building understanding and love
COMMUNICATION SESSION 1 TIMELINE

1. Biblical principles
   BIBLICAL EXPLORATION
   - 5 min

2. Best actions
   GROUP DISCUSSION
   - 5 min

3. Communicating our feelings
   STORYTELLING
   - 15 min

4. CLEAR rules
   TEACHING
   - 15 min

5. Revisit blessings
   HOME PRACTICE
   - 15 min

SUGGESTED TIME

30 min 15 min 15 min 15 min 15 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.
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

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

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.
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?
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.
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

APPRECIATE

RESPECT
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.
Communication Session 1

REVISIT BLESSINGS

CLEAR RULES
COMMUNICATION SESSION 2 TIMELINE

1. Share back home practice
   GROUP DISCUSSION
   - 15 min

2. Don't talk when...
   STORYTELLING
   - 25 min

3. Calming methods
   TEACHING
   - 20 min

4. If... then...
   IN-CLASS ACTIVITY
   - 20 min

5. Having a hard conversation
   HOME PRACTICE
   - 10 min
SHARE BACK HOME
PRACTICE
Group discussion | 15 min

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...
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?
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?
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 breathe 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.*

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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.
Communication Session 2

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

---

- [Image of a person speaking]
- [Image of a person cooking]
- [Image of a person drinking]

---

- [Blank circle]
- [Blank circle]
- [Blank circle]
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

1. **BREATHE IN**
   Hand on belly, breathe in through the nose, feel the belly expand

2. **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.
Communication Session 2

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 I see that he is upset about work...

then

I will relax outside until he calms down.
If we start shouting... then I will take a break to breathe

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

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...
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.
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.
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.
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

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 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
   SUGGESTED TIME: 10 min

2. Growing in love
   STORYTELLING
   SUGGESTED TIME: 20 min

3. Making any time quality time
   GROUP DISCUSSION
   SUGGESTED TIME: 10 min

4. Let's talk!
   IN-CLASS ACTIVITY
   SUGGESTED TIME: 20 min

5. Quality time
   HOME PRACTICE
   SUGGESTED TIME: 10 min

6. Summary & connect to vows
   IN-CLASS ACTIVITY
   SUGGESTED TIME: 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
Couple's Guide Page 44

TOOLS

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...
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?
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?
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.
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

---

---

---
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?
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.
Communication Session 4

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:

<table>
<thead>
<tr>
<th>We promise to...</th>
<th>By...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Love and help each other succeed</td>
<td>Responding to each other's first moves with encouragement.</td>
</tr>
</tbody>
</table>
**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.

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?

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

14 Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. 15 I have set you 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.

Decision making is based on gifts and character, not gender

*Romans 12:3*

3 For 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*

3 Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, 4 not 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?
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.
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?
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?
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?
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
FINANCE SESSION 1

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

TOOLS
Couple’s Guide Pages 57-58

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

<table>
<thead>
<tr>
<th>SOURCE OF INCOME</th>
<th>AMOUNT PER MONTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Selling fruit and vegetables</td>
<td></td>
</tr>
</tbody>
</table>

**TOTAL INCOME PER MONTH**
## INCOME & EXPENSES

### EXPENSES

<table>
<thead>
<tr>
<th>EXPENSE</th>
<th>COST PER MONTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food</td>
<td></td>
</tr>
<tr>
<td>Transportation</td>
<td></td>
</tr>
<tr>
<td>Agriculture</td>
<td></td>
</tr>
<tr>
<td>Alcohol</td>
<td></td>
</tr>
</tbody>
</table>

**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...
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.
### INSTRUCTIONS (continued)

**4) Talk** about the following questions:

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>What did Jesus declare himself to be in verse 13?</td>
<td>Answer: Jesus declared himself 'Teacher' and 'Lord' - names that showed that he was a Leader.</td>
</tr>
<tr>
<td>At that time and culture, whose job was it to wash feet? By washing the disciples' feet, who did Jesus put himself with?</td>
<td><strong>Answer:</strong> In that time, the female Servant was the one who washed feet, so Jesus was identifying with a female Servant.</td>
</tr>
<tr>
<td>Why was Peter surprised when Jesus came to wash Peter's feet in verse 8?</td>
<td><strong>Answer:</strong> 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.</td>
</tr>
</tbody>
</table>
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.
Jesus modeled servant and leader for both male and female. Therefore both **MALE** and **FEMALE** are **SERVANTS** and **LEADERS** in the home.
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:
LEADERSHIP IN THE HOME

Write down Leader actions you want to try in the home.
SERVANTHOOD IN THE HOME

Write down Servant actions you want to try in the home.
GOAL
Couples learn how they can each contribute to the financial partnership in the home to make it more equal.

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.

TOOLS
- Video: Finance Session 2
- Couples Guide Page 64

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

<table>
<thead>
<tr>
<th>Who is doing this now?</th>
<th>Cooking the family meals</th>
<th>Earning money</th>
</tr>
</thead>
<tbody>
<tr>
<td>Who wants to do this in the future?</td>
<td>Managing the family budget</td>
<td>Preparing children for school</td>
</tr>
<tr>
<td>Taking care of the animals</td>
<td>Cleaning the house</td>
<td>Buying food for the family</td>
</tr>
<tr>
<td>Washing the clothes</td>
<td>Fetching water</td>
<td>Doing banking transactions</td>
</tr>
<tr>
<td>Repairing the home</td>
<td>Shopping for home needs</td>
<td>Fetching firewood</td>
</tr>
</tbody>
</table>
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
   SUGGESTED TIME: 10 min

2. Changing
   STORYTELLING
   SUGGESTED TIME: 20 min

3. Making money
   GROUP DISCUSSION
   SUGGESTED TIME: 15 min

4. Testimony from community
   GROUP DISCUSSION
   SUGGESTED TIME: 15 min

5. Shared goals
   IN-CLASS ACTIVITY
   SUGGESTED TIME: 10 min

6. Goal box
   HOME PRACTICE
   SUGGESTED TIME: 10 min

7. Summary & connect to vows
   IN-CLASS ACTIVITY
   SUGGESTED TIME: 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.
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.
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?
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 Nbakooza first and make a decision with her when any of his relatives ask for money.

Nbakooza 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. Nbakooza 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.
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.
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?

How will you save or sacrifice so you can meet your 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.
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.
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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:

<table>
<thead>
<tr>
<th>We promise to...</th>
<th>By...</th>
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<tbody>
<tr>
<td>Love and help each other succeed</td>
<td>Working together and saving money together for our goals</td>
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</table>
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.
Being male and being female is sacred, delightful, and worthy of celebration

*Genesis 1:28, 31a*

28 God blessed them... 31a 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.
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 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.
SEX SESSION 1

LOVE IMAGES

His eyes are...

like...

His hair is...

like...

His lips are...

like...

His arms are...

like...

His body is...

like...

His legs are...

like...
Her eyes are... like...

Her hair is... like...

Her lips are... like...

Her breasts are... like...

Her body is... like...

Her legs are... like...
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
Circle a part on the body where you experience 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...
Sex Session 2

MUTUAL SUBMISSION

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

— 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 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. 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.
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.
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.
When night fell, Arinaitwe, desiring to have his sexual needs met, would force his wife to have sex with him. After such a 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?**
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."
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?
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
#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?**

<table>
<thead>
<tr>
<th>1</th>
<th>When your partner surprises you with a compliment, like &quot;You are so kind and caring.&quot;</th>
<th>When your partner joins you when you go to the market</th>
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<tr>
<td>2</td>
<td>When your partner gives you a big hug</td>
<td>When your partner does something nice and surprising for you</td>
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<td>3</td>
<td>When your partner helps you with a task</td>
<td>When your partner surprises you with a gift</td>
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<td>4</td>
<td>When you hold hands with your partner</td>
<td>When you are spending time with your partner, even if you aren’t really doing anything</td>
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<td>When your partner tells you, &quot;I’m proud of you&quot;</td>
<td>When your partner puts their arms around you when you are in public</td>
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<td>6</td>
<td>When your partner gives you a little gift that shows your love for each other</td>
<td>When you get to spend uninterrupted relaxing time with your partner</td>
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<td>7</td>
<td>When you are able to be around your partner in the same place</td>
<td>When your partner does nice things for you instead of just talking about doing nice things</td>
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<td>8</td>
<td>When your partner tells you, &quot;I love you&quot;</td>
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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
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.

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

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.

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.
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
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.
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.

Bazaar’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 Bazaar not be interested in sex?
Should Namukisa take it personally that Bazaar is not interested in sex?
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?**
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?
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:

<table>
<thead>
<tr>
<th>We promise to...</th>
<th>By...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Love and help each other succeed</td>
<td>Loving each other in our love language</td>
</tr>
</tbody>
</table>

Sex Session 3
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 pleasing 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
   SUGGESTED TIME: 15 min

2. Types of violence
   TEACHING
   SUGGESTED TIME: 15 min

3. Losing respect
   STORYTELLING
   SUGGESTED TIME: 15 min

4. Change the Story
   GROUP DISCUSSION
   SUGGESTED TIME: 20 min

5. Respect Plan
   IN-CLASS ACTIVITY
   SUGGESTED TIME: 15 min

6. Practice Respect
   AT HOME PRACTICE
   SUGGESTED TIME: 10 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.
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.
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.
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?

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

6) 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.**
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?!
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?
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.
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
Respect Session 1

LOSING RESPECT

1. A woman is cooking in a pot while a man stands nearby.
2. The man is speaking to himself and gesturing.
3. The woman is looking at the man with a concerned look.
4. Several people are looking at the man and the woman, with some looking at the pot as well.

The scene suggests a moment of conflict or tension regarding 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.
John is angry at Paula because the food isn't ready.

What type of violence is this?

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

What type of violence is this?
RESPECT SESSION 1

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.

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.

What type of violence is this?

Change the story.
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 Session 1

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.
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
   10 min

2. Anger and respect
   STORYTELLING
   20 min

3. The anger switch
   IN-CLASS ACTIVITY
   15 min

4. What I really want
   TEACHING
   35 min

5. Practice controlling anger
   HOME PRACTICE
   10 min

6. Reflection & Plan for final ceremony
   GROUP DISCUSSION
   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.
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's yelling and beating?
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. 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?**
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?
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?
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

Respect Session 2

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 instigating 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.
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.
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.
Respect Session 2

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

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
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
## 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

LEARN THE SECRETS TO A SUCCESSFUL RELATIONSHIP
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

1. Open the File Manager.

2. Click on the "All files" option.

3. Access the "SanDisk SD card".

4. Locate the "Becoming One" folder.
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.

MOBILIZING COUPLES

Which couples could I invite?  What benefits could I talk about?

---

**Invitation**

**Team membership cards**
# Scheduling Sessions

<table>
<thead>
<tr>
<th>Which days and times would be most convenient for me and for couples?</th>
<th>Where will I hold each session? Who will I need to contact to organize the locations?</th>
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## Preparing for Sessions

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<th>When will I prepare in advance for each session? (Day, time...)</th>
<th>Where can I prepare for each session that is quiet and without distraction?</th>
<th>What materials do I need to organize for each session? (Signs, markers..)</th>
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MY BECOMING ONE PLAN

🔗 CALENDAR

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

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🔗 NOTES

...
What is Gender Based Violence?

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<tr>
<th>PHYSICAL</th>
<th>BOXING, SLAPPING, BURNING</th>
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<tr>
<td>SEXUAL</td>
<td>HARASSMENT, GROPING, FORCED SEX</td>
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<tr>
<td>EMOTIONAL</td>
<td>VERBAL ABUSE, YELLING OR SWEARING, ISOLATING, HUMILIATING, OR THREATENING BEHAVIOR</td>
</tr>
<tr>
<td>ECONOMICAL</td>
<td>WITHHOLDING MONEY OR FOOD, NOT ALLOWING PARTNER TO WORK</td>
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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

<table>
<thead>
<tr>
<th>COMMON BELIEF</th>
<th>RIGHT RESPONSE</th>
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</table>
| 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

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

A woman is a whore if she initiates sex

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

RIGHT RESPONSE

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.

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.”

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.
<table>
<thead>
<tr>
<th>COMMON BELIEF</th>
<th>RIGHT RESPONSE</th>
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<tbody>
<tr>
<td>Women can't be leaders. It is only men who have leadership gifts.</td>
<td>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 &quot;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....&quot;</td>
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<tr>
<td>All money belongs to the man.</td>
<td>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.”</td>
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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?
Responding to Violence

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.
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.

0800 200600

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.