

Marriage 101
Hey! What's
This All
About????



A Bible Study For
Your Heart!

E-Book By Cindy Rushton

Marriage 101:

Hey! What's This All About ???

E-Book...



You make life bearable

By Cindy Rushton

• **Marriage 101: Hey! What's This All About????**

By: Cindy Rushton

• Published in the United States of America by:

Rushton Family Ministries

• 1225 Christy Lane

Tuscumbia, Alabama 35674

• [Http://www.CindyRushton.com](http://www.CindyRushton.com)

<http://www.CindysDesktop.com>

• <Http://www.HomeschoolBlogger.com/CindyRushton>

<Http://www.Mom2MomDiscussion.com>

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Published in the United States of America

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• Graphics Throughout the Book by Graphic Garden, DJ Inkers, Creating Keepsakes, Journaling Genie, and Hallmark Scrapbook Studio

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Time for Tea Reprint Book for Volume 3
Time for Tea Reprint Book for Volume 4
Time for Tea Reprint Book for Volume 5
Time for Tea Reprint Book for Volume 6
Time for Tea Reprint book for Volume 7
Who? Me? A Virtuous Woman???

YES! YOU! A Vessel God CAN Use!

PLUS! Lots More Coming Soon!!!
Stay Tuned!

In Loving Dedication...



To my best friend...
lover...
protector...
provider...
leader...
teacher...
mate...
co-heir...
fix-it man...
my knight in shining armor...
my beloved Harold.

Thanks for taking me on the last 16 (now 20+!) years of our adventure together and KEEPING me. How about another 100 years living happily ever after???

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Welcome!



Preface...



It all began as Cindy sat in a Ladies' Retreat as a nineteen-year-old newlywed. For the first time in her life, she was taught what the Bible had to say about godly womanhood. Sure, she never missed a church service from the time she was 2-years-old. Sure, she was brought up in a Christian home. But, these things were never specifically taught. Actually, if we are honest, these topics are not the ones that give warm fuzzies, thus they have been and still are avoided by many ministers and Bible teachers.

- During that retreat, Cindy sat in prayer thanking God for teaching truth to her early in her marriage. As she sat in prayer, the rest of the world going on around her, God whispered His call to Cindy, *"Will you purpose to get to know what I have to say about womanhood? Will you teach it?"* You know her answer...the rest is history!

The Hidden Woman of the Heart Bible Study Series is the result of Cindy's quest to seek for real answers and an accurate picture of what God wants in a godly woman. Cindy has spent her entire marriage digging into the Word for God's plan for godly womanhood. After all of these years, her own study and notes are finally available for others to join her in this journey through Scripture. This study, *Marriage 101: Hey! What's This All About???* is excerpted from the full study for those of you wanting to "dip" into the study. It is originally only a section in the complete study. Just as the full Bible Study, it is written in the typical "Cindy Rushton Style," this study will feel as though you have Cindy sitting there beside you with her Bible and Prayer Journal open pouring into you from the depths of her heart.

If there is one study that will change your life for the better, we, at Rushton Family Ministries, believe that this is THE ONE. So, buckle up. Take your time. God has many treasures in store for you during this study.

The Staff at Rushton Family Ministries

Marriage 101: Hey! What's This All About??



WHAT did YOU think marriage was ALL about??? WHY do we even have marriage?? In our society, in this day, of all of the areas of womanhood that we really need to address, this is probably the most vital area. The attacks mount from all directions.

If you are like me, growing up in school, you were probably encouraged to seek a career path. All studies and training worked toward that path, leaving a void in the area of marriage preparation. But, that is not all. It is not just what was NOT taught, it was the general prejudice against marriage and making a career of being a godly helpmeet.

Oh! There is more, much more. As I settled into my role as a godly wife and mother, there were some pretty crude remarks and attitudes toward my choice. One was in outrage that I would not work outside of my home during the years I was nursing and caring for my little ones. It cut to the core of my heart as the person, whom I do not even remember, asked a question that I will never forget, "How can you stand to leach off of your husband?" Others insinuated a great waste of ability and talent through their comments and questions. Others asked questions such as, "What do you do for a living?" and "What do you do all day?" that may have been very harmless, but the reaction to my answer was always heartbreaking, as if it was never enough.

If these seem as though I have merely taken offense when the comments, questions, and attitudes were not meant to offend me, there are other subtle arrows that have also flown my way. My parents divorced only 2 years before I actually married. My mother and I have always been best buddies. As her friend and daughter, I saw the loneliness...the crushing blow of her heart bursting into pieces... the journey through disillusion, anger and bitterness. I saw her weeping on her bed for hours while I stood by completely helpless to make it any better. I know that she did not want for her heartache to affect my marriage, but it just did.

You can imagine the concern she had for my life after the pain and heartache that she was still dealing with even the day of my wedding (and well into my marriage). It sure was not intended to undermine the foundation of my marriage, but it did...in big and little ways.

There are so many other things that our enemy used along the way in his attempt to keep us from building a good foundation in our marriage. How about you? Do you have your story as well? Take a minute to write it out...

• What have been some of the things that have affected your view of marriage? What are some of the prevailing attitudes you have seen firsthand?

Yes. We have all been affected by the plots and schemes of our enemy. We may have never given him credit for the battle he has waged and in many cases successfully won, but he is the culprit behind much of the shambles and ancient ruins that are left behind many lives.

I have great news about how God had a plan from the beginning to rebuild on the ancient ruins that had been laid for generations. In my family, He chose to begin with ME, so my family would have a new legacy. Well, really so my family would survive to be a family! A family that could step up to a great calling for our Lord.

Regardless of where you have come from...regardless of which lies have been bombarding you... regardless of the pain and devastation that has affected your view of marriage, God wants to use you too my dear friend! All of the arrows that have been flying your way have been a strategic plan to thwart the awesome plan of God. But, beloved, we are stepping up to the call, learning the plan, developing a strategy, and going forward for the prize before us.

Is it worth it? Yes! The intimacy is worth it. The oneness is worth it. The strength is worth it. The legacy is more than worth it. So, won't you join me? You will find the help and encouragement that you have been looking for!



Going Back to God's Design...



Wondering what this "marriage thing" is all about? Why marriage? Why CAN'T we live our own lives...do what works for us...whose business is it anyway? Would God really care about marriage? Does He care about how we live in relationship with one another? Can't He just fix things if we mess up and it just does not work out? What on earth does God have in mind for us to BE??

Let's dig into the Bible and let God teach us Himself. There is no other way to truly see the beauty in His design for the marriage relationship or the hard-hitting truth of God's expectations for man and woman. Let's go back to Genesis. We are going to look at the very first marriage covenant.

- The very first marriage. The very first marriage ceremony.

Turn to Genesis 2: 18-25.

I absolutely LOVE this passage. For background, you may want to begin with verse 7 where we see that God is in the process of Creation. He has created all we see before us today: night and day, the heavens and earth, the land and seas, the animals, and man. As we begin verse 18, we see **why God designed marriage, what He commands regarding the union, and some practical applications for building an awesome marriage.** Let's dig in and look very close at this passage...

- In verse 18, we see a problem that developed for Adam. Now, imagine for a bit that God has created the world, there was NO sin in this world. If that did not seem more than perfect, God also prepared and freely gave Adam a garden, with all that he could ever need provided for him right there in the garden. Oh! There was more! God, Himself walked in the garden with Adam. Can you imagine the intimacy? The perfection? Well, except as God looked at all He had created,
- He noticed one more need! What is it? Oh, as you record your answer, spice it up!

• Yep! You read right! Any translation will do! It was NOT GOOD! NOT SUFFICIENT! NOT SATISFACTORY! (Isn't this good?) Not good that man be alone!

• Take a moment for this to sink in...

• The first reason Scripture records for the institution of marriage is plain and simply that without marriage man and woman are lonely. Marriage is first and foremost instituted for intimacy, companionship, unity. But how do you get that? Let's continue with that verse! God's answer to the loneliness for man was to create his very own help meet for him. Look up the words *Help* and *Meet* and copy the definitions below...

• *Help:*

• *Meet:*

What is a Help Meet?

Help in its verb form means...

"to aid or supply that which the individual cannot provide for himself... conveying the idea of aiding someone in need...help, protect, or aid, succor or fence about...helper"

Noah Webster's 1828 Dictionary defines *helper* as...

"one who helps (gives assistance, strength, promotes, delivers from difficulties or distress, advances a purpose, relief, to contribute strength or means,) aids or assists, furnishes or administers a remedy, one who supplies with anything wanted."

Meet is from the Hebrew word meaning...

"opposite...part opposite, counterpart, other side...according to opposite of him, meaning that she will complement and correspond to him, she is to be equal to and adequate for the man...means to surround (Jeremiah 31:22...revolve around, surround or border about on every side), protect, to relieve, to bring deliverance, to join together, to encourage, to lend strength, to assist, to help in time of need, adapts to, help out of prison."

God's plan was to provide a help meet for the man! To provide what is needed or lacking! One who is fit for him! One who is suitable for him! One who is adapted for him! One who is compatible to him. One who is complementary to him! His very own companion! What are some ways that a godly woman can serve as a helpmeet for her man?

What are some practical things that YOU do for your man that no other person or thing can do?
Which roles do you fill in his life?

You are absolutely priceless! Do you really know how priceless you are? Beloved, you are priceless!

ONLY you can fill the role of helping your husband. Only YOU are created by God to completely minister to the heart of your husband. Only YOU can meet his deepest needs. Thinking about your husband and his greatest needs, which needs do you meet?



Over a cup of coffee: ask your husband what his greatest needs are. Ask which he takes for granted...which he really feels as though he cannot live without. Ask him specific ways that you can better meet his needs. Jot the ideas down below.

Isn't this beautiful? Do you know how special you are? You are created to be that special helpmeet for your husband! You are the other half of your husband—his completer! You are the only one in the whole world created to meet and satisfy your husband's every need. Take a peek at the following verses. Below each list in the blanks some of the things that you can do to minister to your husband, to fill your role as his helpmeet...

- 1 Peter 3...

- Jeremiah 21: 22...

- Ephesians 5:33...

- Proverbs 31: 10-31...

- 1 Corinthians 11: 1-16...

- 1 Timothy 2: 9-15...

- Titus 2: 3-5...

- Esther 1: 20...

- Psalms 128: 3...

You are very, very precious! Can you see how special you are to God? He uses you as His special vessel to minister to your husband. He uses you to meet your husband's deepest needs. Your husband needs the very best YOU! All you have must be poured into him.

Nothing ministers to a man quite like the little things a woman, HIS WOMAN, does for him: encourages him, reverences him above all others, notices him, regards him and his opinions, preferences, and wishes, honors him, prefers him (to hobbies, your job, your ministry, your parents, your girl-friends, and even your children), venerates him, esteems him, defers to him, praises him, honors him, affirms him as a man and leader, admires him, responds to him, challenges him spiritually and intellectually, relieves him, prizes him, and serves him. Tough things, but things that make a difference in whether a marriage is sizzling, mediocre, or a failure.

You are vital to your man! You are the one that he depends upon to be his *prayer warrior*. You are his greatest *cheerleader*. You are his *best friend*, his *lover*, his *co-heir*. You are the one he depends upon to *keep his home* and make it home-sweet-home. You are his *faithful follower*. He depends upon you to be YOU. You bring him the satisfaction that he cannot find the rest of the world over.

Now, don't get me wrong, even with a spouse, we cannot find complete satisfaction, that soul satisfaction. This is because God wants to be our soul satisfaction. He created us with that vacuum that cannot be filled by anything or anyone else. But beloved, He also created us with a specific need for companionship. He knows of our need for a companion. He knows that we need our spouse during those lonely times. He has designed marriage as His means for you to have that special relationship that satisfies. He has designed marriage as His means for ministering to you. Marriage...between man and woman...one man and one woman in a marriage relationship.



Bone of My Bones, Flesh of My Flesh...



• God designed marriage. As He saw the void in Adam's life, He knew the immediate solution. But, how did He bring it to be? Again, let's go back to Genesis.

• Look at verses 19-20...

• Is this not a HOOT???. Can you imagine the scene here? Really get into this story! Go back in time....

• Now...

• Think of you and your spouse... What did God do to bring you and your spouse to the realization of the void that resulted outside of the marriage union?

• For Adam, the story is rather hilarious! Write it in your own words...

• What was your story?



Do you know your *husband's story*? (If not, this is a great research project over a cup of coffee!)

I have to tell you that MY story began as long as I can remember. As a little girl, I remember our long trips to Texas to see my grandparents. Now, this was BEFORE car seat-belt laws... I remember sitting on my knees in the seat, looking out the back window at the BIG TEXAS skies, dreaming about what MY husband would be like one day!

As I began dating (more on that in a minute!), I remember time and time again that those I dated simply did not match up to MY girlhood dreams! (I am POSITIVE that I did not match up to theirs either! ☺) I was not being an unpleasant idealist, but they just did not match up!

I remember going to my pastor in desperation as a 17-year-old over the fact that I was about in despair looking high and low for my prince to come! (Can you just imagine how he must have laughed??) I poured out my heart about my desire to be a godly wife and mother, and about my disappointment in the options out there. I remember his exhortation as if it were yesterday. He exhorted me to be faithful to God and that I could REST knowing that God had a very good plan for me. He challenged me to wait patiently because although he (Harold) may not come across my path that day or the next or even the next week or next month...that he COULD come across my path any day or week or month... AND HE DID!

Oh! Beloved! I was so in need of him! My heart was so empty and lonely without him. The moment my eyes met his, I KNEW! Each moment I was with him, I KNEW again and again! I was finally complete! The rest is history...our history.

Well, I did not tell you HIS story. The long and short of it is that at the same exact time God was working in Harold's life to show him his need for a help meet for him. Our lives were so very parallel that at times we both just giggle over the sovereign work of God to bring together this covenant relationship. EVEN as we have been married, there have been times that our hearts were not ONE. Yet, even then God was working in both of our hearts to keep us together and bring us deeper into the intimacy that He designed for us to be enjoy.

Marriage is nothing short of a miracle! Marriage results from the hand of God at work in two separate lives. Separate lives that He mysteriously intertwines as one. A Covenant. Well, that is in the next two verses...



It's a Covenant Thing...



Back to verses 21-22.

Here we see our Lord "cutting covenant." Stay with me here, this is probably one of the most crucial teachings in this whole book. Crucial? Yes, I think so because there is such a battle in the area of marriage.

Roughly 80% of all court cases in our day feature a marriage dissolving. 50% of all marriages in our culture result in divorce. 60% of all marriages in the church break their vows as they end in divorce. The result is brokenness, ancient ruins, and true forfeiture of the BEST God has to offer by His design!

Just in case you are not familiar with Old Testament covenant, there are a few things that you need to know about covenant if you are to realize the sacredness of the marriage relationship.

First, is that one of the very names of God means covenant. He, our Lord, is a *Covenant God*. What does that mean? It means that He is His Word. If He did not keep His Word, we have absolutely no hope! Without His never-ending, eternal commitment to His Word, there is no hope for today or eternity. You may take for granted some of the things in your life that give you peace as a result of His Word, but for a moment list some of them. List the things that you BELIEVE, things that you KNOW, simply because God says so...

Can you imagine if He "bailed out?" If He just quit? If He did not stick to His Word? What would we have then?

We have hope for everything in life and eternity simply because God is our Covenant God and as our Covenant God, He cannot lie, bail out, quit, or change His mind. He sticks completely to His commitments. In fact, if we were to look at the whole Bible, we are introduced through the whole plan of History to God as a Covenant God. There are examples all throughout History of God's commitment to mankind as He made covenants that included all people throughout history (then and now).

An example of covenant can, of course, be found here in this passage as God instituted His commitment to be the Author and Finisher of marriage, as well as many others in the Bible. You may also remember the covenant that God "cut" for Abraham, committing Himself to His promises for Abraham ETERNALLY. Another covenant that you may be (or should be!) familiar with is the covenant that was "cut" when Jesus' blood was shed to seal God's covenant, committing Himself to the promise of eternal life for ALL who simply believe in the name of Jesus Christ. If the next little bit does not FIRE you up and EXCITE you, little else can!

Look at the passage and answer the next few questions...think about what they mean. (You may want to think about the other two covenants mentioned here to see principles of Covenant.)

What "part" did Adam play? What did he "do" while the covenant was being made?

Did God provide ALL that Adam needed? Completely? Faithfully?

Was Adam pleased with the one God provided?

Did Adam and Eve have regrets for "waiting" or for "only" having the "first one?"

Did God prove Himself as trustworthy? How?