

He who finds a wife finds a good thing
And obtains favor from the LORD. NASB
PRVB. 18:22

Dedication

To: Christal

My Beloved Daughter

*May you grow up to be a good thing
to your God, Church, and Family!*

I love you always.

How to Become a
Good Thing

*A Christian Woman's Guide to
Becoming and Choosing the Love of
Her Life*

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Introduction

The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him." Genesis 2:18 (NIV).

Lowell Thomas tell a story about a man who tried to create a perfect wife.

This information comes, as you might expect, from a divorce court. The would-be creator of the ideal mate was a psychologist and psychoanalyst. He was fifty-two, thirty years older than the wife whom he sought to endow with all perfections for matrimony.

In a Los Angeles court it was told how the psychologist, Doctor Negri, molded the young woman's mind and guided her thoughts, to make her the perfect wife. Then he married her—

and once the wedding ring got on the finger the psychoanalysis didn't seem to work so well. The scientific doctor stated that the perfect wife refused to wash the dishes. She would not sweep the house. Often the doctor had to take care of the baby. The wife charged that the psychoanalyzing doctor was not so perfect as a husband. She declared that although he made ten thousand dollars a year, he gave her only twenty-five cents a day for spending money.

That was what happened to the marriage of the psychoanalyzing psychologist and the perfect wife that he created. The doctor explained the reason. He said that when he started out on the miracle he made just one mistake—he forgot to psychoanalyze himself.

I am neither psychoanalysis nor a psychologist with the miracle of the

perfect wife in mind. By no means is this book written with the perfect wife in mind. However, we will explore the idea of a future wife preparing herself to be a good thing to God, herself, church and in God's timing her husband and family. With this idea in mind, "What is a good thing?" The good thing that I would like to address in this book is wife. If "wife" is the good thing than what is a wife? The bible defines what a wife is, "a helper suitable for him." We see from God's word that a woman's primary role is to help. If a woman is not a helper suitable for him when she marries than can she be a good thing? This define of wife seem to be very practical. What do men need help with? Well prayerfully you will know the answer to this question before you finish this book.

This book is written for all the eligible Christian women in the church, who have chosen to obey God's word in daily living and in choosing a mate. I want to offer a biblical point of view on how a Christian woman can become a good thing to her God, herself, her church, and in God's timing, her husband and family.

Some of the things I say in this book may be bitter to the taste. I apologize in advance if some people find my comments offensive. I pray that if you find the concepts bittersweet, you can still, like lemonade, find them thirst quenching. If you find the book useful and relevant, please recommend it to another Christian woman.

Chapter 1

A Woman's Faith

"YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.' "This is the great and foremost commandment. "The second is like it, 'YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.' "On these two commandments depend the whole Law and the Prophets." Matt. 22:37-40

An old Scotsman operated a little row-boat for transporting passengers. One day a passenger noticed that the good old man had carved on one oar the word "Faith," and on the other oar the word "Works." Curiosity led him to ask the meaning of this. The old man, being a well-balanced Christian and glad of the opportunity for testimony, said, "I will show you."

So saying, he dropped one oar and

plied the other called Works, and they just went around in circles. Then he dropped that oar and began to ply the oar called Faith, and the little boat just went around in circles again—this time the other way around, but still in a circle.

After this demonstration the old man picked up Faith and Works and plying both oars together, sped swiftly over the water, explaining to his inquiring passenger, “You see, that is the way it is in the Christian life. Dead works without faith are useless, and “faith without works is dead” also, getting you nowhere. But faith and works pulling together make for safety, progress, and blessing.”

A Faith That Informs

Some Christians are going around in circles because they do not have a faith that informs them how to live a

well-balanced Christian life. Your faith must work or balance you spiritually, emotionally, socially, intellectually, and physically. Many Christians may seem spiritually mature and be emotionally a child. This will be evident in the choices they make in love relationships. Some Christians may seem spiritually mature and have no social graces. This will be evident because they can not get along with the people in or outside of the church. Some Christians may know the bible intellectually and it will have no spiritual impact on their lives. Some Christians may seem spiritual and it have know effect on how they eat, sleep, sex or anything that they do with their bodies physically. A Christian whom faith is not all consuming may want to test themselves to make sure they are in the faith.

Your faith must work for you emotionally. Your faith should teach you how to feel about yourself, men, fam-

ily, church, and your community. Your faith must work for you intellectually. Your faith should teach you how to live holy. Faith should teach you to develop a practical Christian world view. Your faith must work for you physically. Faith should teach you how to take care of your body. Your faith must work for you socially. Faith should give you a sense of fellowship and belonging to the church as the family of God. Your faith should teach you spiritually. Faith should teach you to discover your spiritual gifts. You should be given an opportunity practically apply your spiritual gift to the body of Christ which is the church. The Christian faith is an all consuming faith. It should consume all areas of your life. God want your heart, mind, and soul.

God wants your heart, mind, and soul so you can love your neighbor as yourself. You must learn to love yourself because that is a prerequisite to

you loving your neighbor. For some God want to change the way you think about yourself, feel about yourself, and the way you live with yourself before He can get you to love your neighbor for Him. If you do not love yourself you can have a problem with loving your neighbor. Your neighbor can be a future husband, family, church member, people in your community, and people in the world that one day will need God's love through you. Before you can truly love your neighbor you must love God and yourself with ever thing you have to feel with, think with, and live with.

You can not know how to love a future husband if you do not know how to love God and yourself first. For many who read this book God want to change the way you feel about men, think about men and the way you have given yourself to men. Undoubtedly many of you have loved men the

way you should only love God. Many women have chosen in the past to love bad boys, ruff necks, and thugs with all their heart, mind, and soul. If God leaves you the way you are you will continue to make wrong choices when it comes to men. God wants you with a loving, kind, Godly man. This kind of man of some of you will be an acquired taste. This is why God will have to change the way you feel, think, and live.

You will not know how to love yourself, future husband, family, church, or community purely without giving God all your heart, mind, and life. How can you come to love God this way? You come to know God by developing these seven spiritual disciplines I will share with you in this chapter. These seven disciplines are reading, meditating upon, memorizing, studying scripture, listening to the preached Word, prayer, and personal worship.

The Seven Disciplines of A Christian Woman's Faith

“We can never expect to grow in spiritual confidence if we spend little or no time getting to know God through His Word. Thus, God’s Word must become an actual part of the devotional life.”
Dick Eastman

The Word is one of the most important tools God uses to transform a Christian’s life. He accomplishes this through renewing our minds. Romans 12:2 from the Amplified Bible says, “Do not be conformed to this world (this age), (*fashioned after and adapted to its external, superficial customs*), but be transformed (changed) by the (entire) renewal of your mind (by its new ideals and its new attitude), so that you

may prove (for yourselves) what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect (in His sight for you).”

You should strive to prove the will of God in all areas of your life. Knowing scripture can help you do this. The bible addresses issues concerning men, marriage, family, money, love, sex, gender roles, respect, self-image, health and fitness, faith, beauty and fashion, career, success, and relationships. By knowing and obeying God’s Word, you will be able to transform yourself from the external superficial customs of our society .

In order to do this, you must let the word of God change your perception of the world and your perception on how you are living your life.

Discipline #1: Reading The Word

Your word is a lamp to my feet, and a light for my path. *Psalm 119:105*

The first step toward becoming a good thing is taking the time to read the word of God. I suggest that those young in the faith start out reading the book of Matthew or John in the New Testament or the book of Psalms or Proverbs in the Old Testament. Strive to read one chapter a day, which should take you on average of fifteen to twenty minutes.

Those more mature in the faith should develop the discipline of reading through the bible in one year, which would require reading four to five chapters a day. An average reader can accomplish this in thirty to sixty minutes a day. Instructional bibles

such as *The Bible in a Year* and programs on the web can help you in this endeavor. A newer translation of the bible can help you get through the more difficult books and chapters with greater understanding.

Please note that I am not talking about reading a devotional book. I am not saying that devotional books aren't beneficial in any way. But when you read them you are limited to the insights of the author. The best devotional or any Christian book that gets you to meditate on God's word can and will be a blessing to you. However, when you read God's Word only, you are unlimited to the Holy Spirit's insights. It is amazing how the Holy Spirit leads you through the reading of God's word to the answers to your questions and problems.

Discipline #2: Meditating On The Word

I will meditate on YOUR precepts, and
contemplate YOUR ways. *Ps. 119:15*

Meditating is receiving a Word from the Holy Spirit is simply thinking about its meaning. It is very empowering to think about what God says. Here is an example of how a young lady was meditating on God's word.

I was in my office one day trying to get some work done for the kingdom of God. I received a phone call from a young lady, Deidra, who wanted to speak to a pastor. She was in tears and desperate. Deidra confessed that she was struggling with drug addiction, had lost her job, and Child Protective Services had just removed her children from their home. She was on proba-

tion for crimes she had committed while under the influence of drugs. In fact, Deidra had used drugs only a few days before our conversation.

I asked her point blank, "Are you under the influence of drugs now?" I was praying under my breath, "Lord give me wisdom for I do not know what I am doing." She replied that she was not. Deidra sought the help of a pastor because she didn't want to fall under the control of drugs anymore.

Deidra was contemplating turning herself in the following Monday for a crime she did not commit. Because she had previously had problems with the law, she didn't think anyone would believe she was innocent. She had mentioned earlier in our conversation that she was saved, so I asked, "What did God tell you to do?" She felt God

was instructing her to turn herself over to the police. When I asked how she knew that, she referred to Deuteronomy 1:16-17 (New American Standard).

It reads:

'...Hear the cases between your fellow countrymen, and judge righteously between a man and his fellow countryman, or the alien who is with him. *You shall not show partiality in judgment; you shall hear the small and the great alike. You shall not fear man, for the judgment is God's.* The case that is too hard for you, you shall bring to me, and I will hear it.'

This woman had a warrant out for her arrest. She could run from the law.

Which is clearly wrong. Or her could trust God to deliver because this time she was innocent. God wanted me to remind her of what He had told her through His word. God was telling her to not fear man. God was saying through His word to her that He would be the righteous judge who would deliver him. God had personally answered her prayers. She would have to believe that God come do want He said in His word. She needed to meditate on it, so she could say as Job did: "Thy words have upholden him that was falling, and thou hast strengthened the feeble knees." *Job 4:4*

Discipline #3: Memorizing The Word

Thy word have I hid in mine heart, that I might not sin against thee. *Psalms 119:11*

The next discipline in this process is to memorize God's Word. You do this so that you can more easily recall relevant scripture in times of need. Deidra needed God's word in her heart so that she could call on it during her time of doubt and temptation. Jesus had God's word in His heart when Satan tried to tempt Him.

Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "*It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'*" Then the devil took him to the holy city and had him

stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: " "He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone." Jesus answered him, "*It is also written: 'Do not put the Lord your God to the test'*". Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. "All this I will give you," he said, "if you will bow down and worship me." Jesus said to him, "*Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'*" Then the devil left him, and angels came and attended him. *Matt. 4:1-11*

If Jesus memorizes the Word, how

much more should we?

Discipline #4: Studying The Word

Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth. *2 Timothy 2:15*

Webster dictionary defines the word "study" as: "to apply oneself to an act or the process of applying the mind to acquire knowledge or understanding as by reading, investigation or state of mental absorption." When you are reading, meditating, and memorizing God's Word you are already studying it. However there is one part of the definition, as defined by Webster, that is missing: investigation. So, then, how do you investigate God's Word? You

can and should investigate God's Word by learning to use research tools like the following.

Matthew Henry's Exhaustive Commentary

Originally written in 1706, Matthew Henry's six volume complete commentary provides an exhaustive look at every verse in the Bible.

Nave's Topical Bible Nave's

Topics were originally produced by Orville J. Nave, A.M., D.D., L.L.D. while serving as a Chaplin in the United States Army. He referred to this work as "the result of fourteen years of delightful and untiring study of the Word of God." Nave's topics were originally published in the early 1900's, and con-

sists of 20,000+ topics and subtopics, and 100,000 references to the Scriptures.

Strong's Greek and Hebrew Concordances

The Strong's Exhaustive Concordance is the most complete, easy-to-use, and understandable concordance for studying the original languages of the Bible. Combining the text of the King James Bible with the power of the Greek and Hebrew Lexicons, any student or pastor can gain a clear understanding of the Word to enrich their study.

Interlinear Bibles

Gives you the Greek or Hebrew (the original language of the Bible) texts side by side with the English text.

✍ Lexicons

Used for word studies from the Greek or Hebrew.

✍ Parallel Bible

Offers different translation of the bible side by side.

As you use these tools to study Bible passages, you will learn how to rightly divide the word of truth. God tells us in Isaiah 28:9-10, “Whom shall God teach to knowledge, and whom shall He make to understand doctrine? For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little and there a little.”

Discipline #5: The Preached Word

For since in the wisdom of God the world through its wisdom did not know Him, God was pleased through the foolishness of what was preached to save those who believe. *1 Corinthians 1:21*

So then faith cometh by hearing, and hearing by the word of God. *Romans 10: 17 KJV*

The preached word can help lead people to Christ, and help Christians grow in the faith. You should be sure to hear the preached word regularly. If you are not at a church that promotes God's Word, you need to find another church home. Church pastors should specifically be involved in something known as "exposition." Ray

C. Stedman, in his article *On Expository Preaching*, explains the meaning of this term:

Exposition is preaching that derives its content from the Scripture directly, seeking to discover its divinely intended meaning, to observe its effect upon those who first received it, and to apply it to those who seek its guidance in the present. It consists of deep insight into and understanding of the thoughts of God, powerfully presented in direct personal application to contemporary needs and problems.

It is definitely not a dreary, rambling, shallow verse-by-verse commentary, as many imagine. Nor is it a dry-as-dust presentation of academic biblical truth, but a vigorous, captivating analysis of reality, flowing from the

mind of Christ by means of the Spirit and the preacher into the daily lives and circumstances of twentieth century people.

Your pastor should be immersing himself in the Word of God. In the same way you are reading, meditating, memorizing and studying should be the habit of your pastor. If you have your pastor's sermon memorized. There is cause for concern that you are not attending a church that preaches the Word. If your pastor preaches for an hour without referencing any scripture. You need to question whether or not you are being properly fed the Word of God. Some pastors do preach expository sermons from memory. But this is different from repeating the same sermon week after week, or not referencing any bible

verses throughout the message. God should speak to you through His preached word each Sunday. One of the ways you know you are at the right church is God speaks to you personally through the preached Word.

Discipline #6: Prayer

Praying Privately

Then He returned to His disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter. "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak." *Matthew 26:40-41*

"Prayer is the contact of a living soul with God. In prayer, God stoops to kiss man, to bless man, and to aid in ev-

ery tithing that God can devise or man can need.” E.M. Bounds

Prayer is just as important to having a victorious Christian life as is absorbing the Word of God. Spend time each day praying and studying God’s word, even if it’s just five or ten minutes a day. The important thing is to get started and establish the habit of prayer. Then later, if God leads, you can work up to one hour a day. Some prayer warriors believe in one hour of prayer alone, not including the bible study! Sometimes you will not know how to pray until you have studied God’s word. Other times you will not be able to study until you pray. Regardless, your prayer time should be strictly devoted to that activity and it should be private. Jesus said of prayer:

“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.” *Matthew 6:5-6*

It may be as difficult for single women with no children to find a private place as it is for those who are married and/or have children. But you want there to be a special place in your home where you go to pray, somewhere with no distractions. It should be a quiet place where you can steal away each day to be with the Father.

In my home I have a prayer closet. This is literally a clothes closet without clothing in it. I have scriptures posted on the walls so when I pray I can also stand on God's word. Let me be clear: finding a *place* to pray is not more important than the fact *that you pray*. Jesus said, "Keep watching and praying that you may not enter into temptation..." Matthew 26:41

Praying In Faith

He replied, "Because you have so little faith. I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you." But this kind does not go out except by prayer and fasting. *Matthew 17:20—21*

“Prayer has obtained things that seemed impossible and out of reach. It has won victories over fire, air, earth and water. Prayer opened the Red Sea. Prayer brought water from the rock and bread from Heaven. Prayer made the sun stand still. Prayer brought fire from the sky. Prayer has healed the sick. Prayer has raised the dead. Prayer has procured the conversion of countless souls.” Bishop J. C. Ryle

How do you pray in faith? That’s a good question. I think the more you study the word of God the more you believe in God. Bishop J. C. Ryle in the above quote shows us examples of prayers that were answered through people’s faith. God builds our faith through the Holy Spirit ,the Word of God, and our own experiences.

Though I believe God for much greater things (e.g. the publishing of this book), I try to pray about even the smaller things. I want to share my own testimony about pray here.

The day after Christmas, I went to Sam's Club in search of an atomic clock. These unique clocks set themselves with radio signals broadcast by the U.S. Atomic Clock, one of the world's most accurate timekeeping devices located outside of Boulder, Colorado. I had my eye on the Skyscan Atomic Clock with the outdoor wireless temperature transmitter, so that I could know not only the time but also the outdoor and indoor temperatures. (Nice huh!? Maybe not to you ladies. But, gadgets tend to be a man thing. Perhaps you're at least able to relate to the fact that I was

excited to go shopping.)

Before I went into the store I prayed to find this clock. I had never been to this particular Sam's so I did not know where to look first. Like most men, I didn't ask anyone where the clock was. I just began to hunt for it, in the predatory way that we men tend to do. I looked all over this store and could not find this atomic clock. I gave up the hunt after about thirty minutes. I went in search of other items on my list and inadvertently took another guy's cart because I was preoccupied. The gentleman whose cart I accidentally ran off with called out to me to get my attention and point out my error. When I looked into the cart I had, I noticed the Sky Scan Atomic Clock with the Outdoor wireless temperature transmitter! He apparently

was intending to purchase the same item. I asked him where he had found it and he pointed me in the right direction. I grabbed the last one on the shelf.

Now *this* was an answer to prayer, and it showed me that God listens even to the small prayers. Knowing this, I can then have faith that He can answer the bigger ones. But if you don't pray to the Father and allow Him to answer your prayer, then you will have a hard time growing your faith.

Hebrews 11:6 reads, "And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him."

Praying Persistently and Patiently

Then Jesus told his disciples a parable to show them that they should always pray and not give up. *Luke 18:1*

In order to seek God, you must pray persistently, and then wait for an answer. For me, the hardest part of prayer is the waiting. It is often said that God answers all prayers. Sometimes God says yes. Sometimes God says no. But sometimes He tells us to wait.

Raymond L. Johnson, a personal friend and fellow church member, worked for an airline. He was laid off in the aftermath of the September 11th attacks. In an e-mail to our pastor he wrote this letter.

To: Sr. Pastor E.K. Bailey

Pastor, I've been unemployed since the end of February and while I've waited and worked on God's behalf for his blessing. I have turned to the Word to gain peace in the midst of my storm. I recognize "my storm" is very small and insignificant compared to "your storm", however I felt led to explore the experience in writing so that others may learn from it. One day during my quiet time, I wondered how some of the major characters in the Bible handled waiting. Furthermore, what does the Bible say about waiting?"

As Raymond endured months of unemployment he was lead to write ten principles of waiting. These insights came to Raymond while he was waiting for God to move on his behalf. It is

titled, God's Waiting Room".

God's Waiting Room

1. Wait – God measures time in eternity and His measure for success is faithfulness. Wait with an expectant faith. Wait patiently. Wait is a verb. Wait on God's Counsel.
2. Watch – Watch for God with your heart and not your eyes.
3. Walk – Don't run! Don't be in a hurry.
4. Work – Do God's work. Don't be under employed or unemployed in ministry to God's people during your time of need. God makes you more sensitive to the need of other during

your wait time.

5. Will – Control yours will. Yield to God's will.

6. Weather – You must weather the storm. This trial shall pass away.

7. Withstand – You must have unwavering confidence that God hasn't lost sight of you.

8. Worry not – Worrying shows a lack of confidence in God.

9. Weighting – Make sure to "weight on God." Take your burdens to the Lord and leave them.

10. Win – Christ has already promised the victory. Habakkuk 2:2-3

You cannot have faith if you give up on the prayers you prayed. You can't be persistent without believing or without waiting. After all, if you didn't have to wait, there would be no need to ask persistently. You must, as Raymond says, "Have an unwavering confidence that God hasn't lost sight of you." Habakkuk 2:2-3 NLT says, "Slowly, steadily, surely, the time approaches when the vision will be fulfilled. If it seems slow, wait patiently, for it will surely take place. It will not be delayed."

God did answer Raymond's prayers. He found a job with another airline. Praise God! If God did it for Raymond, He can do it for you.

"Then Jesus told his disciples a parable to show them that they should always pray and not give up." *Luke 18:1*

Pray In Jesus Name

You may ask me for anything in my name, and I will do it. *John 14:14*

An old man living on a gentleman's estate in England was accustomed to using the wealthy baron's private walk when going to a nearby chapel. The man was in poor health and is saved him considerable time by taking this convenient route. Unfortunately, an unkind neighbor informed the baron of this repeated transgression and the baron began watching for the transgressor. One day when the infirm man was walking to the house of God, he nearly bumped in the baron just as he entered his private path. "What right have you to be on this path?" asked the baron. "No right at all, sir," the elderly saint answered. "But I thought you

wouldn't mind if an old man who has lived on your estate so many years used your private path to walk to God's house, especially as it's so much farther the other way." "Give me your walking stick!" the baron said sternly. The trembling saint gave the man his stick, not knowing what to expect. To his surprise, the well-dressed gentlemen, with a kind smile, handed him his own walking stick, beautifully adorned with his family crest in solid gold. "Here, my good man," said the baron in a gentle voice. "If anyone asks you again what right you have in walking this way, show them his crest and tell them I gave it to you!"

This is a great story about the power of the right name. If I wanted to get into the White House to visit the president I would need the crest or an invitation from George Bush. If I wanted

to see a Cowboy game with out paying I would need a crest or invitation from Jerry Jones. If I mention Bill Gates you would think Microsoft or computer. If I mention Michael Jordan you would think basketball. If I mention Jesus Christ you should think God the Father and Jesus Christ is the only way to get to God. Therefore, if you would like answered prayer you will have to pray in Jesus name.

In the preface of a small little book by The Women of Destiny, entitled, "Do You Know Jesus." The women asked: I ask, do you know Jesus? In all sincerity and concern, this question is not one to be ignored or tossed to the side. Jesus is the answer to all that you desire. His is peace in the midst of turmoil. He is life in the midst of sorrow. His is victory in the mist of battle. He is life in the mist of death. Jesus is the greatest news for mankind today.

Jesus is more than man, yet, His is all that man can ever hope to be. Jesus is alive, so now like never before, is the time to come to an understanding of why His life so readily shapes and determines your own.

Jesus says of Himself, "I am the way and the truth and the life. No one comes to the Father except through me." John 14:6

So like the old man and the baron, it is with Jesus, who has given us the privilege and power to use His name. Jesus name is the fulfillment of all these Old Testament names of God. Loren Jacobs of the Congregation Shema Yisrael give us great insights into the names of God. The Congregation Shema Yisrael is a congregation of Jews and Gentiles worshipping the Messiah of Israel, Yeshua HaMashiach

(Jesus Christ), in the context of Jewish lifestyle and identity.

Many know that the potency of prayer has subdued the strength of fire, bridled raging lions, hurled anarchy to rest, extinguished wars, assuaged diseases, propelled frauds, rescued cities from destruction, stayed the sun in its course –and is always and all sufficient panoply. Robert G. Lee

Discipline #7: Worship

Adoration of God

As we enter into the worship of God, I would first like to define worship as a whole lifestyle. However, here we will address the adoration of God in the context of the church service. Our

worship of God in the context of the church service should be a reflection of worship in heaven. The angels in heaven are worshiping God continuously. Isaiah gives us some *insights into worship in Isaiah 6:1-6*.

In the year of King Uzziah's death I saw the Lord sitting on a throne, lofty and exalted, with the train of His robe filling the temple. Seraphim stood above Him, each having six wings: with two he covered his face, and with two he covered his feet, and with two he flew. And one called out to another and said, "Holy, Holy, Holy, is the LORD of hosts, The whole earth is full of His glory." And the foundations of the thresholds trembled at the voice of him who called out, while the temple was filling with smoke. Then I said, "Woe is me, for I am ruined! Because I am a man of unclean lips, And I live among a people of unclean

lips; For my eyes have seen the King, the LORD of hosts.” Then one of the seraphim flew to me with a burning coal in his hand, which he had taken from the altar with tongs. He touched my mouth with it and said, “Behold, this has touched your lips; and your iniquity is taken away and your sin is forgiven.”⁸ Then I heard the voice of the Lord, saying, “Whom shall I send, and who will go for Us?” Then I said, “Here am I. Send me!” NASB

True worship in the context of the church service should give you insight into who God is which is Holy. You should also get a true view of who you are which is unholy. In true worship you will have confess and forgiveness of sins. In true worship people will be commission to service God in ministry. If you during the worship service are

not lifted to heaven. You may be in the wrong church. If you belong to a church filled with self righteous people. This may be a sign that true worship may not be taking place. If you belong to a church and no one is being saved. True worship may not be taking place. If you belong to a church and people are not being called by the power of the Holy Spirit to Christian service . True worship may not be taking place. If the heart of your church is not to move members to ministry. True worship may not be taking place. If you, during the worship service do not receive instructions from God. You may not be involved in worship. True worship leads you into the character, confession and commission (or instructions) of God. You should if you are to become a good thing to a man be involved in a church that wor-

ship.

Worship Through Service

Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ. *1 Peter 4:10-11*

Service to God is a part of worship. When true worship takes place people will have a passion to serve God. Are you involved in the service of God? Do you know how God has gifted you spiritually? If not take a look of the following spiritual gifts. Ask God to show you and give you an opportunity to worship in service to Him.

Also, this list is not a complete listing of the gifts. This is only meant to give you an idea of what your gift(s) may be. Spiritual gift test should be done in your local church. However, knowing your spiritual gift(s) will dictate what you should be doing in your service to God. You should be actively involved in a local church in order to use your spiritual gift(s) in service to the local body of Christ.

Administration Gifts

Administration

The Spirit enables certain Christians to understand the goals of a given segment of the Church's ministry and to direct that area effectively, keeping the Church on course. See Act 15:12-21.

Leadership

Some Christians know how to motivate, direct and inspire God's people in such a way that they voluntarily and harmoniously work together to do the Church's work effectively. See Hebrews 13:7, Judegs 3:10, Exodus 18:13-16.

Communication Gifts

Evangelist

The Holy Spirit may gift some people with the ability to share the Gospel to unbelievers in such a way that the unbeliever becomes a disciple of the Lord Jesus. See Acts 8:26-40.

Missionary

A Christian may be skilled at ministering their spiritual gifts in a second culture or second community. See **1**

Corinthians 9:19-23

Music

Some of us praise God through various forms of music and enhance the worship experience of the local congregation. See 1 Corinthians 14:26, Mark 14:26.

Pastor

Those who are called to pastor assume responsibility for the spiritual welfare of a group of believers. See 1 Peter 5:1-11.

Prophet

Prophets are able to interpret and apply God's revelation in a given situation. See 1 Corinthians 14:1-5, 1 Corinthians 14:30-33, 1 Corinthians 14:37-40.

Teacher

The Spirit may give someone a talent to communicate the truths of God's Word so that others can learn. See Hebrews 5:12-14.

Mercy Gifts

Comfort

There are those children of God who are well-equipped to stand beside fellow Christians in need and bring comfort, counsel and encouragement so they feel helped. See Acts 11:23-24, Acts 14:21-22.

Hospitality

Others open their homes willingly and offer lodging, food, and fellowship cheerfully to other people. See **Genesis 18:1-15**.

Intercession

A Christian may have a knack for praying for extended periods of time with great positive effect for the building of the Kingdom. See 1 Thessalonians 3:10-13, 1 Timothy 2:1-2.

Mercy

The Spirit may put it on some hearts to feel exceptional empathy and compassion for those who are suffering so that they devote large amounts of time and energy to alleviate it. See Luke 10:30-38.

Craftsmanship

Another gift is one where Christians to use their hands and minds to build up the Kingdom through artistic, creative means. See Exodus 28:3-4.

Wisdom Gifts

Discernment

Discernment allows Christians to know with assurance whether some behavior is of God or of Satan. See Acts 5:3-6, Acts 16:16-18.

Knowledge

Some followers are able to understand in an exceptional way the great truths of God's Word and make them relevant to specific situations in the church. See Ephesians 3:14-19.

Wisdom

Certain people may have an exceptional understanding of God's will and work as it relates to the living of life. See James 3:13-17

Worship In Giving

Giving financially is a part of worship. I will not spend a lot of time talking about your giving. However, you should know what God requests in the area. In this area of money God's word does address giving as a service to God. Mal. 3:8-12 says:

*"Will a man rob God? Yet you have robbed me.
"But you ask, 'How do we rob you?'
"In tithes and offerings. You are under a curse-the whole nation of you-because you are robbing me. Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the LORD Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it. I will prevent pests from devouring your crops, and the*

vines in your fields will not cast their fruit," says the LORD Almighty. "Then all the nations will call you blessed, for yours will be a delightful land," says the LORD Almighty.

Mal.3:8-12 is the only place in the bible where it challenge the believes to try or test him in this area of money. God says if you try God in this area than He will "throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it." The King James bible says "prove me now herewith, saith the LORD of hosts, if **I will not open you the windows of heaven, and pour you out a blessing**, that there shall not be room enough to receive it.

However if you are not obedience in this area of your life God says He will not rebuke the devourer from you. You will always have money problem.

When you don't give to God you are living under a curse. God's word says in Mal. 2:2 that God can than curse your blessing. Therefore you can be living in your dream house paying twice as much to be there. You can be driving a new car but having to pay a large note and high insurance to drive it. You could be in a new house, with new appliances, a new car, and something is always broke down. When you a cured by God in this area your bill will have babies (big families). You could never be able to feel secure or financial supported if God has cursed your household revenue. **You should learn to get your financial support needs met by giving to God and reaping the benefits of security from God.** You will never feel financially supported or secure leaving God out of the money. God says try Me

and see want I pour out blessing that you will not have room to receive.

Molding Into A Good Thing

In order to be a good thing to yourself and to your future mate focus on the spiritual first. Practice these seven disciplines and God will change and mold you into the image of Himself. God will also at the same time will teach you how to make the right decisions that will lead you into His will for your life.

Chapter 2

A Woman's Feelings (Emotions)

Charles P. De Santo in his book, *Love and Sex Are Not Enough* says, "Studies have shown that couples who are most likely to have a successful marriage are those who were emotionally mature and satisfied as singles. Most recall a happy childhood and had parents who were happily married."

Those of us from dysfunctional families (what I refer to as "fatal" families), however, may not have developed the emotional maturity necessary for marriage. If we don't address the problems that arise because of our

family issues, we jeopardize the health of any future relationships.

Dr. Neil Warren explains in his book , *Two Dates Or Less*, “In 75 to 80 percent of all marriages that eventually end in divorce or separation, at least one of the partners suffers from an emotional health deficiency.” Thirty-one percent of men and twenty-seven percent of women cited emotional problems as the primary cause of their divorce, according to the Janus Report. Dr. Warren advises that each of us is to develop ourselves emotionally in order to be a good thing to our future mates. “In fact”, he says, “many people are so wounded emotionally that they need to do a lot of work before they even think of getting married.”

Women need to have unpacked their

emotional baggage in order to be a good thing to themselves and their future mates. Issues like low self-esteem, jealousy, rage, self-centeredness, bitterness, addiction to drama, and the like should be behind you.

Let's look at two of the most common types of emotional issues, their causes, how it impacts relationships, and what we can do to eliminate them.

Self-Centeredness

Being self-centered is a natural result of being born into sin. When we were children, our mothers never had to teach us how to be selfish with our toys during playtime. We knew how to do that without even trying. She had to teach us to share.

Those who grew up not understanding the importance of thinking of others became spoiled and self-centered. These people are used to having things their way, at the expense of others.

Marriage is about sharing and caring for one another. Each person must be able to reciprocate love in this relationship. In Chapter Five of my book, *How To Choose A Worthy Mate*, I define marriage as:

A divine covenant or contract among God, a man, and a woman for the purpose of helping the man and woman fulfill divine callings, grow spiritually, reciprocate love, and provide sexual fulfillment. In this healthy environment, procreation and teaching

offspring takes place.

A self-centered person cannot do any of these things. The woman is too busy thinking about herself to help her mate fulfill his calling. The man is too concerned with his own pleasure to be a satisfying lover. This woman is unlikely to be a good mother because she won't give her child the attention he or she needs. The man is focused on his financial earnings so he asks his fiancée to sign a prenuptial agreement "just in case".

People who are this self-absorbed need to be left alone with their own unholy trinity, "Me, Myself, and I."

In John C. Maxwell's book, "The 17 Indisputable Laws of Teamwork", he challenge leaders to name one significant accomplishment that was a result of only one person's effort. They

were at a loss. A successful, long-lasting marriage, certainly a significant accomplishment, requires teamwork.

Overcoming Self-Centeredness

The way you overcome self-centeredness is to devolve a closer walk with God. In chapter one entitled, "A Woman's Faith" we talked about the seven disciplines of a Christian woman's faith. Applying these disciplines to your life will enable you to turn a self-centered life into a Christ-centered life. A Christ-centered life will enable you to overcome centeredness. Re-read the seven disciplines of chapter one.

Lack of Self-Worth

We have all known the woman who has fallen for the "loser": he's a thug,

alcoholic, drug addict, Casanova, woman-beater, ego maniac, or any combination of these. Yet somehow she believes their relationship has a future. Here is a letter written to the "Ebony Advisor" in a recent issue of *Ebony Magazine*.

I am 28 and strongly in love with a young man who is two years younger. He paints cars for a living. There isn't anything I wouldn't do for this man. We have known each other for about 2-1/2 years and we have even tried to live together. I recently bought a new home and I am looking forward to him being there with me, whether or not he pays any bills. I just feel happy whenever he's around. When he's at my place I fix his lunch, do his laundry, cook and clean the house - the whole nine yards. He only tells me

he loves me when we're making love, and that's it. He just has one big problem that I don't approve of: He snorts cocaine about four times a week. I am really trying to work with him because everybody else just turns their backs to him, and I would really hate to see a good man like him just go to waste. Should I continue to let this man tell me he's going to quit using drugs and using me for the things I do for him, which is a lot, or just forget about him and find myself some one who is willing to do 50/50 is a relationship? K.E., Beaufort, S.C.

Now, it is obvious to all of us that this woman is confused. She has chosen someone who has issues to numerous to mention, but she seems to think she can "fix" him. To a man who wants to take advantage of this kind of woman,

she is a good thing. To a godly man, however, she is not attractive. She clearly does not understand her worth. She probably did not come from an emotionally healthy, Christ-centered home. I'd be willing to bet that her father didn't set a positive example as a husband. If "K.E." did not see her father loving his wife as Christ loved the church (Ephesians 5:25-26) and giving Himself up for her, she wouldn't have any frame of reference for how she should be treated, or what she should expect in the way of a romantic relationship.

Clearly, she does not know the man should provide for the household. The Bible says in 1 Timothy 5:8, "But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever."

Because she is emotionally unbalanced she does not see the danger of being in a relationship with a substance abuser.

There are several consequences to having low self-worth. One of them is insecurity.

An insecure woman is typically one or more of the following:

- √ controlling
- √ never happy with her appearance
- √ susceptible to eating disorders, drug and/or alcohol abuse
- √ likely to have an affair to get attention
- √ ineffective at communicating
- √ depressed
- √ suspicious that her men is more attracted to other women
- √ rarely content

It should be no surprise that she cannot maintain a healthy relationship. In fact, these women may have been involved in a number of detrimental, emotionally draining relationships with men who meant them no good. After time, the sister becomes bitter and mistrustful. My twelve years in the Singles ministry at my church has exposed me to women who are still holding grudges against former loves. They don't believe that decent men exist, so they approach each relationship expecting to be treated as poorly as the last.

If by chance this woman happens to meet a godly man, he ends up "paying" for the sins of the past man. He gets worn down and moves on because he can never win.

Even worse, her fellowship with the

Lord is jeopardized. By holding on to an unforgiving attitude, she is assuring that God will hold her accountable for her sins as well. The Lord says in his word, "For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins." (Matthew 6:14-15). With fellowship compromised, her prayers go unanswered (including the one asking Him for a husband).

Overcoming Poor Self-Worth

How do you begin to value who you are? First, you must understand who you are in Christ. I call this "Christ-esteem" and it is the only way to develop

healthy self-esteem.

Know that God created you. David writes in Psalms 139:13-16: "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be." Isn't this idea mindboggling? God made each of us specifically, with care and with His perfect craftsmanship. He knew what we would look like, whom we would become, the challenges we would face and the victories we would claim.

If the Creator of the universe created us, shouldn't we behave like daughters and sons of the King?

Ephesians 2:10 says, "For we are God's workmanship, created in Christ Jesus to do good works..." If you have a problem with who you are then you need to figure out if your issue is with the choices you've made or with the way God created you. If you don't like the choices you've made, you have the power, through Christ, to make different ones. If you don't like the way God created you, you need to understand that He made you the way He did for a reason: He has a divine purpose in mind for you. What a privilege! What a glorious responsibility!

Genesis 1: 27-28 also says that we

are created in the image of God. So, if you do not see yourself the way God sees you then you have some work to do. Meditate upon these things so you can change your self-perception.

Second, you need examine your life choices, particularly those whom you've chosen as significant others, and figure out why you are motivated to make them. Ask yourself: "Why do I choose to love the people I do?" This process may take you back to your family dynamic and potentially some difficult issues. But with honest, time and a willingness to change, you can begin to unravel the knot known as self-worth. Pick-up a copy of my book, *How To Choose A Worthy Mate* to help you with this process.

God is calling you to be a good thing, not only to yourself, but also to a com-

mitted Christian man.

Overcoming Bitterness

I mentioned earlier that bitterness is one of the insidious consequences of poor self-worth. Since it is clear that we cannot move forward until we let go of the past, I wanted to offer you a “How To” on forgiveness.

Julia A. Boyd, author of “Girlfriend To Girlfriend, Everyday Wisdom and Affirmations from the Sister Circle,” has this to say about “Forgiveness:”

...Holding a grudge takes a lot of emotional energy which is generally not to our benefit. When we hold a grudge, we’re holding a hurtful part of the past that keeps us from being fully in the present. When we give ourselves permission to be forgiving, we free up

energy, and that energy allows us to get on with our lives.

Allison Kitchen wrote an article in *Vibrant Life* entitled "Forgiveness: A Key to Better Health." She offered this perspective.

Psychologists now say that those who forgive operate from a position of strength in terms of physical and mental health as unforgiveness exacts its heavy toll. As secular researchers probe this spiritual law they continue to find that the cost of unforgiveness may simply be too high to pay.

Psychologist Dan Shoultz assessed, "Because of this reality, unforgiveness and its psychological baggage of hostility and bitterness can put people at risk for mental illness such as depres-

sion and anxiety—not to mention stress disorders and related physical ailments.”

Shoultz identifies Five Steps of Forgiveness (followed in italics by my comments):

1. Recognize the true depth of an injury.

“When people try to forgive without going through this stage, they minimize the injury,” Shoultz says. “Forgiveness by minimization or overlooking is not true forgiveness.”

Sisters, acknowledge the pain and loss that may be bottled up inside of you. Recognize that those close to you: fathers, mothers, brothers, sisters, may have disappointed or harmed you in a way that still affects you.

2. Grieve over your losses.

“Often people are afraid to touch their pain, but he believes actually feeling the depth of the sadness and pain is the only way to keep it from continuing to dominate life by simmering below the surface.”

Some sisters have lost or never learned grieving skills. One of the reasons for this may be the tendency in the Christian community to frown upon it. Some Christians believe that grieving is a sign of faithlessness. But that idea is not biblically founded. John 11:35 states, “Jesus wept.” He cried when Lazaurus died, which shows that He was mourning.

Christians should grieve, but in 1 Thessalonians 4:13, we see that we should not grieve as those who have

no hope. Our grief should be distinctly different from non-believers.

Be open to the process. Even though Christ will heal your pain you still need to feel it. "The Lord is close to those who are of a broken heart and saves such as are crushed with sorrow for sin and are humbly and thoroughly penitent." (Psalm 34:18 Amplified Bible) God allows pain so you can come to know Him better in the midst of it.

3. Examine perceptions you have created about the world because of the injury.

"Often people make broad sweeping judgments about life, particularly after a major injury," Shoultz says. "These often faulty core beliefs can keep them bound in unhealthy patterns."

What broad, sweeping judgments have you made, particularly against men? A common one is "Men are dogs." You are now blinded by your hatred for the gender but you still pursue these "dogs". One of the consequences of our sinful flesh is that we can be drawn to the very thing we hate. "I do not understand what I do. For what I want to do I do not do, but what I hate I do." (Romans 7:15)

Shoultz says, "Together, these first stages may take several months, particularly if the injury is a serious one. It's a mistake," he says, "to assume that forgiveness is a one-time event, hinging on a single choice. Often it's a series of choices and steps, and sometimes it takes a while for the heart to catch up with the head."

I believe it is both a one-time choice

and a process. You can decide today to forgive those who have hurt you. But you may also need to confess those recurring moments where a hateful or unforgiving thought takes root in your heart. Those are the moments where God goes to work in changing your heart.

4. Learn empathy skills.

Shoultz says, "In order to follow through with genuine forgiveness, people must be able to identify with the perpetrator on a human level. They, too, respond out of their own problems, pain and fears, which lead them to the hurtful choices they make. Many psychologists say this step is perhaps the most critical in terms of generating genuine forgiveness."

Many of the men who have hurt you

in your pass are man who feel powerless hurt you. They did not have a personal relationship with God therefore they begin to feel irrelevant. A man who feel irrelevant is the greatest hurt a man feels.

Dr. Joy Browne says in her book, "It's A Jungle Out There Jane," says, "When guys feel powerless, they feel awful. Often they'll do anything to literally get back on top. Men who go to prostitutes are often trying to rekindle that sense of biological superiority....It's a way for a man who may be feeling an attack of the irrelevant to feel important again...."

Many times a man who is a "player" is a man who feels irrelevant. He played you. Yes, he hurt you. You give that man the best years of your life. Because of the bitterness in side of you, you have on empathy. Yet, God has

you at a place where you need to forgive to live. Can you now have empathy for these irrelevant powerless men? Thier becoming a "player" is unknowingly saying to society, "I am powerless to accomplish anything outside of the bedroom." By you not being willing to forgive you are unknowing saying to society, "I am powerless to move on inside of the bedroom." The way you move on inside the bedroom is to ask God to forgive you of your sexual sins, forgive those who hurt you, live holy, and marry holy before you re-open the bedroom.

5. Challenge prevalent myths about forgiveness.

Shoultz says he tries to help people realize they can forgive and maintain

their integrity. “Forgiveness doesn’t mean relationships must be completely restored or that a person won’t feel angry about a sinful offense.”

It is especially important to understand that forgiveness and restoration are not the same. Forgiving someone is something you alone can do. But restoring a relationship requires the offender to confess, apologize and repent from his behavior.

Re-entering a relationship without that crucial step is dangerous, emotionally and perhaps even physically.

You need to see a character change in a person before you restore a relationship, and only God can change a person’s character. That process may happen instantly, but more than likely it takes months or years. Do not, for the sake of forgiveness, put yourself or your

loved ones in a situation where you can be harmed.

Also, do recognize that you can be righteously angry about any sinful offense committed against you. Ephesians 4:26 offers us sound instruction: "Be angry, and yet do not sin; do not let the sun go down on your anger." Notice that it does not say, "Do not be angry". Even Jesus became angered when sins were committed.

The Five Stages

Shoultz says these five stages lay the foundation for the final work of forgiveness. It involves several steps, such as recognizing that vengeance belongs to God. Realizing that holding on to anger will lead to further damage to yourself. Understanding how great

God's forgiveness for humanity is through Christ. Choosing to let go, interrupting destructive thoughts and putting productive ones in their place. Turning to others for help in the process and praying that God will give the strength and power to forgive.

Forgiveness takes commitment, focus, and dedication. No one who has ever walked the road will say it is easy. But in forgiveness, one exchanges anger, bitterness, hatred, depression, and perhaps health problems, for joy, peace, and freedom—not a bad trade by any standard.

My final comment in this chapter is to offer to all women and , collectively, an apology on behalf of men. This poem was written by Roderick Russell and expresses a sentiment that I and many other godly men share.

Every Man Apology

I never thought losing you would hurt
so bad

But being away from you made me
realize

You were the best thing I ever had

You lied down on your back for us

And endured excruciating pain

And because of that

Your very lost as our every gain

You give us beautiful children

In order that our lifeline may live on

But when we had you all we could see

Were the things we felt were wrong

Was it really your fault or was it that
man in the mirror?

It's amazing how seeing you with an-

other man

Helps us to see things clearer.

If I am to ever possess the capability
to live strong

I must analyze and come to realize

That there is a need to apologize

For disrespecting my very backbone

To make a long story short

Sister, you will forever be a part of my
heart

And I stand on the behalf of Every
Man today

And couldn't think of a better way to
ever say

"I apologize."

Will you forgive me?

Chapter 3

A Woman's Fellow

"Cinderella lied to us. There should be a Betty Ford Center where they deprogram you by putting you in an electric chair, play 'Some Day My Prince Will Come' and hit you and go 'Nobody's coming...' 'Nobody's coming...' 'Nobody's coming...'. "

Judy

Carter

Elizabeth Hilts says in her book published in 1999, "Prince Charming is a fairy tale creation. No, she's right because the fact of the matter is that even when you've found someone with whom to share your life, the simple truth is it's still your life. And it's up to you to make it the rich, reward-

ing extravaganza Uncle Walt Disney and the ancient storytellers led you to believe could be yours only if the right man would come along and wake you from your lifelong slumbers with a kiss.” Dr. Connell Cowan and Dr. Welvyn Kinder in their book, “Smart Women Foolish Choices, Finding The Right Men, Avoiding The Wrong Ones” say “Women tend to romanticize men. From Clark Gable to James Dean, from Frank Sinatra to Elvis Presley, from Tom Selleck to Burt Reynolds, (New school male celebrities: Brad Pitt, Taye Diggs, Tom Cruise, Denzel Washington, George Clooney, Morris Chestnut) male celebrities have been the object of female fantasies... Most men’s fantasies are sexual fantasies, and most women’s are “relationship” fantasies”...Men tend, as a result, to rehearse and fantasize about what

they will make happen, while women tend to rehearse and fantasize about things that will happen to them. And, most often, these fantasies about the future involve a man, romance, and love.

Whatta A Man

My man is smooth like Barry, and his
voice got bass
A body like Arnold with a Denzel
face
He's smart like a doctor with a real
good rap
And when he comes home he's re-
laxed with Pep
He always got a gift for me every
time I see him
A lot of snot-nosed ex-flames
couldn't be him

He never ran a corny line once to
me yet
So I give him stuff that he'll never for-
get
He keeps me on Cloud Nine just like
the Temps
He's not a fake wannabe tryin' to be
a pimp
He dresses like a dapper don, but
even in jeans
He's a God-sent original, the man of
my dreams
En Vogue (with Salt & Pepper)

Choosing A Man

Jawanza Kunjufu in his book, "The Power Passion and Pain of Black Love" says of choosing a mate: I believe there is a science to selecting a mate. Unfortunately, most Americans spend

more time choosing their cars, clothes, houses, colleges and majors than they do selecting a mate.

You must not only prepare yourself to be a good thing. ***You are to also prepare yourself to marry a worthy man that is a leader.*** “The good example of a woman who is a good thing is the Proverbs 31 woman. Proverbs 31:10 say she was a good thing of worth. However, this good thing of a woman was not just married to any man. The Proverbs 31:23 says, “Her husband is respected at the city gate, where he takes his seat among the elders of the land.” This man was a man of reputation, responsible, character, leadership; he had a good name (Prvb. 22:1), and was respected. This is the kind of man you should be preparing for in your singleness. Not a fool or a dream

(Prince Charming).

This means that you must give more time and right thought to the choice of a mate. I used that term right thought as appose to superficial thought. Many people give only superficial thought to the chose of a mate. Dr. Grace Cornish in her book, "10 Bad Choices That Ruin Black Women's Lives" says "Sociological studies support the theory that while black men chooses women by their degree of attractiveness, black women chooses men by their degree of status." This statement is true for most man. Jawanza Kunjufu quotes Robert Staples in his book the Power, Passion and Pain of Black Love:

"When he Roper organization asked Black and white men what qualities

are most admired in a woman, the black males ranked sex appeal fourth- white males rated it sixth. When Jet Magazine surveyed Black males in Chicago on the ten things they notice about women, they listed in this order: 1) face 2) legs 3) bust 4) eyes-hair 5) personality 6) dress and intelligence 7) smile 8) buttocks 9) walk 10) hands-feet-voice conversation-sincerity.

As you will noticed 9 of the 10 answers for the man has something to do with physical attraction or degree of attractiveness. Woman like man can be very superficial when it comes to choice of a mate. Many women choose men by their degree of status or money. Here is a line of superficial questions that Dr. Grace Cornish says that women ask other women about man. "Does he have money? What

does he do? Are there any initials attached to his name (i.e. Ph. D, M.D., C.E.O. or M.B.A.) How does he look? Is he tall, short, light-skinned; does he have a good body? What kind of car does he drive, what make, what model, what year?"

Doctors Cowan and Kinder says, "We find, so often, that the more intelligent and sophisticated the woman, the more self-defeating and foolish her choices and her patterns of behavior with romantic partners. We believe the foolish choices are triggered and perpetuated, in part, by modern, destructively inaccurate myths women believe about men today. More over, women's expectations regarding relationships have been exaggerated by the belief they can "have it all." It is our observation that smart women

still look for and find the perfect man—the Prince.”

Further In and Deeper Down

We must in the area of mate selection learn to go further in and deeper down in the thought process to choosing a mate. ***If we are left to choose a mate with our superficial thought process and our untrained subconscious preconceived notions about Prince Charming and of love we can and will keep making destructive choices for a mate.***

Harville Hendrix in *Getting the Love You Want* says, “It appears that each one of us is compulsively (or unconsciously) searching for a mate with a very particular *set of positive and negative personality traits.*”

Prepare yourselves emotionally to be with a man that is void of these negative character traits in a men: bad boys, pimps, thugs, playboys, players, bums, addicts, alcoholics, ego tripper, or weak man. Dr. Barbara De Angelis, in her book "Are You The One For Me? Knowing Who's Right and Avoiding Who's Wrong" list these fatal flaws to watch out for in a partner.

1. Addictions
2. Anger
3. Victim consciousness
4. Control freak
5. Sexual dysfunction
6. Hasn't grown up
7. Emotionally unavailable
8. Hasn't recovered from past relationships
9. Emotional damage from childhood

These character traits should disqualify him from being in the present of a good Godly woman. These character traits do disqualify him from being a Godly leader. In order for many of you to choose a good man, you will have to pray and asked God to help you acquire a taste for a good man. *A good man for many of you will be an acquired taste.*

Most women know intelligently that bad boys wouldn't make good husband. However, emotionally women fell for the bad boys all the time. Because of our culture many women have not had the proper example of what a true man is like. Many women did not have a proper example of a loving father treating them right. Nor did women have a proper example of marriage and family. Because of

the broke down of family in the culture women have acquire an emotionally discrimination again nice man. Many womengo for thug love every time.

Jawanza Kunjufu says in his book, "The dictionary defines nice as pleasant, satisfactory, agreeable and delightful. The Thesaurus defines nice as agreeable, amicable, congenial and friendly. The word nice presents quite a dilemma for most men and women. Every normal man or woman says that he or she is looking for a nice person. Yet when they find a person matching this description he/she is treated like an unwelcome guest on a honey moon. Men and women and the nice guys themselves all agree on one thing: nice people get no respect. No wonder they finish last. Be honest.

Where do nice people fit in with you?

BE HONEST, WHERE DO NICE GUYS FIT IN WITH YOU?

Why Bad Boys Don't Make Good Husband

My goal for writing this section is the same as one of the four reasons that Stephen Arterbunrn and Margaret Josepson had for writing their book, "Avoiding Mr. Wrong."

1) to give women the quickness and accuracy of discernment and keenness of insight the need to not become ensnared in hurtful relationships.

2) Also to give women who is in dead end relationships with bad boys the wherewithal to end these relation-

ships.

3) Also to teach women to pursue healthy relationships with nice Christian guys.

When my first book "Overcoming Fatal Attractions and Other Titanic Love Affairs" was released I was asked to be a part of Steve Brown's national syndicated drive time show. The subject that I was to address was, "Why Bad Boys Don't Make Good Husbands." To prepare for this show I look into God's word in Galatians 5:19-21. From this text I made a modern day representation or portrait if you will of the walking, talking men in this text. Since these were portraits of men who would not inherit the Kingdom of God, we could naturally conclude that a Christian woman should not be in a relationship with him (2 Cor. 6:14 & 1 Cor. 5:9-11) or

be open to being in relationship with him.

Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?

2 Cor. 6:14

I have written you in my letter not to associate with sexually immoral people— not at all meaning the people of this world who are immoral, or the greedy and swindlers, or idolaters. In that case you would have to leave this world. But now I am writing you that you must not associate with anyone who calls himself a brother but is sexually immoral or greedy, an idolater or a slanderer, a drunkard or a swindler. With such a man do not even eat.

1 Cor. 5:9-11

When you follow the desires of your sinful nature, your lives will produce these evil results: sexual immorality, impure thoughts, eagerness for lustful pleasure, idolatry, participation in demonic activities, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, divisions, the feeling that everyone is wrong except those in your own little group, envy, drunkenness, wild parties, and other kinds of sin. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

Gal. 5:19-21 NLT

Bad Boys

Mr. Playboy, Mr. Player, Mr. Dog

Mr. Playboy, Mr. Player, or Mr. Dog will fall under the description of a person of Gal. 5:19. The primary characteristics of this man's life style are sexual immorality, impure thoughts, and eagerness for lustful pleasure. These men are thinking of one thing. That one thing is sex. Many of each of these men characteristics bleed over into one another. However, I will try to make a distinction between the three.

Mr. Dog

Mr. Dog is only looking for a one night stand. One of his primary methods for making this happen in the clubs or at party is to get you under the influence

of alcohol or drugs. Mr. Dog looks for women who are easy. Alcohol or drugs make women easy. Mr. Dog doesn't like "to work for it." Mr. Dog will take you to McDonald's and expect to "get some." Mr. Dog wants to "hit it and quit it." Mr. Dog keeps a count of how many women he has been with. Mr. Dog will not spend his money on you. If Mr. Dog is rich or famous he will go though women like light goes though darkness.

Mr. Dog could also be a sex addict. Addictive sex is used to escape pain and problems. This means that the addict is mentally and emotionally detached from you when he has sex with you. This is why Mr. Dog refers to you as a body part or why he wants to "hit it." In the book, *Avoiding Mr. Wrong* the authors give these 6 signs

and symptoms of sexual addiction. This will help you to see the difference between sex and sexual addiction.

1. There is a preoccupation with all things sexual. Clues include pornography, incessant desire, constant sexual innuendo, and double entendres and sexual humor.
2. A cycle of withdrawn preoccupation, followed by excitement, acting out, and then despair and shame with the fear of getting caught.
3. Irritable and angry with more frequent episodes of rage.
4. Many acquaintances but no real friends.
5. Inappropriate sexual behaviors in the way they touch others through hugs and greetings.
6. Their eyes will wander and stare at each attractive woman they see.

Mr. Player

However, the more mature player will be up for playing "the game." Mr. Player's primary method is his words. Mr. Player is a private Mr. Charisma. Mr. Player has all the right word to say to weak and strong minded women. Any discerning women can see right though Mr. Player. However, even discerning women like to play when they get lonely. Therefore, game on for Mr. Player. Mr. Player will make you think you are the only woman in the world. Mr. Player will sent you flours, candy, and jewels. Mr. Player will take you to the fines places to eat. Mr. Player is a smooth operator. Mr. Player offers you a relationship. However, he is like Mr. Dog only looking to play "the game," "hit it and quit it." However, to him sex

is about control.

Mr. Player does not go for easy woman because he likes a challenge. Therefore, I have to warn practicing Christian (religions, or moral) women that you can be his primary prey. As a matter of fact Mr. Player may be a deacon, preacher, or community leader. He delights in getting you to compromise your spiritual and a religion believes mostly through sex. Once you compromise your believes he got you than or he is in control. And for the most part when he gets you to compromise he becomes God. What you do with your sex is all about worship. Will you as a young singles Christian woman remember that God says your body in the temple of the Holy Spirit and that you are to save sex for marriage? Some women do not like

to describe what they do sexual as sex. They call it "making love." Well as far as God is concerned you as a single person can not "make love" outside the bonds of marriage. Therefore even if you say you are in love outside the bonds of marriage and you choose to "make love" you are deceiving yourself. ***One of the devil's greatest tools to deceive single Christian women (or man) about the character of a man is through sex.*** Very few women can truly be deceived about the character of a man when they are not having sex with a man. When you have sex with a man outside the bonds of marriage you are giving up control. After you have given up control through sex he becomes the drug that you are addicted to. If he is really evil he

will play with you heart, mind, soul, time, and money all while seeing other women.

In the book, "Avoiding Mr. Wrong" they describe Mr. Player as "Mr. Wonder."

It is difficult to understand why some women are attracted to certain men who are severely sick. The problems these men carry are so obvious and so destructive that it amazes everyone, even you, if you are one of those women. Some men are just downright objectionable from the start, and anyone growing closer to them is obviously either sick themselves or easily deceived. In contrast to these glaringly bad men,

there are some men who seem easy to love—at least at first. It is easier to see how someone could be attracted to a guy who is suave, charming, romantic, and so utterly fascinating that he seems just too good to be true. That is exactly how you might describe...Mr. Wonderful, who turns out to be anything but wonderful.

“Everyone probably has known a Mr. Wonderful in their lifetime. He is such a good conversationalist, knowing something about just about everything; in the beginning he may even come across like a genius. He certainly sounds brilliant on most any topic that arises..... Whether he is truly more talented, smarter, more artistic, or more

anything is debatable, but he expresses a confidence that makes you believe it is true.” This is Mr. Player. If you come in contract with him run do not walk to the nears exit.

Mr. (G)angster or Mr. Thug

Mr. (G)angster or Mr. Thug will fall under the description of a person of Gal. 5:20 along with Mr. Controlling. The primary characteristics of this man’s life style are hostility, quarreling, jealousy, and outbursts of anger. Because of his anger trouble will seem to follow him all the days of his life.

Mr. (G)angster or Mr. Thug seems to go over will well in the Black or Hip Hop community. Women seem to love thugs. Ja Rule and Bobby Brown calls this “Thug Lovin.’ Trick Daddy is call-

ing for a “Thug Hoilday.” And from the grave Tupac Shakur tell us of a “Thugz Mansion” which is a thugz’s heaven because there is no heaven for a G (gangster).

However, what makes women fall for a G or a Thug? In “Avoiding Mr. Wrong” the authors ask this similar question. “Why do women fall for these men anyway? Surely, no one would intentionally choose someone who is so angry and, thus, a difficult person with whom to live. Here are some ideas the authors suggest follow by my own comments.

1. She may mistake his anger for strength.

This is one of the biggest misconceptions and probably why so many

women fall for thugs. Their mistake anger and out burst of anger as strength. Really this is a sign of weakness. This is a grow man or woman throwing temper tantrum. The bible says in Proverbs 22:24-25, "Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared."

2. She may be used to living with a father who is angry, whether passively or violently.

If you grow up with an angry father than anger for you will be an aphrodisiac. We all are for the most part reproducing the family in which we came. If you lived with an angry man in your childhood this anger become familiar or the norm for you. Whether

you know this or not when you think of home or what to go home you will go to an anger place. When you go home you go to the anger of thugs and Gs. They will make you feel alive and well, and that is why anger is an aphrodisiac for you.

3. She may have an old pile of inner anger herself and is looking to be able to vent in the relationship.

When a woman with a lot of anger who gets into the relationship with a man with a lot of anger this will be an explosive relationship. This I will call a lover and rival love hate relationship. They will battle with a passion and make love (make up sex) with a passion. This is one of the most addictive and unhealthy kind of relationship. The drug here is anger. This couple can

be describe as two addictive on the aphrodisiac of anger.

4. She may feel special to be the focus of so much of his energy and attention, especially if her father was a detached, uninvolved man.

The human psyche needs attention. Children some time act out to get their parents attention. Some woman feel like the emotionally out break of an anger man is a symbol of love. Anger is a powerful emotion but it should not be mistake for the emotion of love. The bible says in 1 Cor. 13:4-7 NIV, "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ***It is not rude,*** it is not self-seeking, ***it is not easily angered,*** it keeps no record of wrongs. Love does not delight in evil

but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.”

5. She may think that she deserves to be treated angrily or violently.

Sadly because of the pains in a women's pass sometimes she will believe that their deserve to be mistreated. This is for the most part is a subconscious emotion. However, the bible says that you are made in the image of God (Gen. 1:26). To be violent or to let yourself be mistrusted violently to me is to violate the image of God. You must for God's sake learn not to be a victim. Christian woman don't you think you are being obedience to God by staying in a relationship with a man who is being violence toward you or your children.

The Hop-Hip generation loves thugs. This is probably because of the image of successful G's in music video. The latest successful thug is a buff Hop-Hip superstar 50 cent who was reportedly cut from Columbia Records after he got shot nine times before his success on Eminem's record label. Cent, born Curtis Jackson, promoter say is the real deal — a muscle-bound former crack dealer. If you can stand the profanity, the morally bankrupt glorification of violence and all the gangsta clichés, this kind of man is for you.

Columbia Records figured that 50 was more trouble than he was worth, even though he showed promise with his first hit, the controversial "How to Rob," in 1999. You like Columbia Record must figured that this kind of man is more trouble than he is worth.

Cultivate peace first in the garden of your heart by removing the weeds of lust, hatred, greed, selfishness, and ***jealousy***. Then only you can manifest it externally. Then only, those who come in contact with you, will be benefited by your vibrations of peace and harmony. — Sivananda

Mr. Controlling

The primary characteristics of this man's life style along with Mr. Thug is hostility, quarreling, jealousy, and outbursts of anger (Gal. 5:20). However, Mr. Controlling specialize in jealousy whereas Mr. Thug specialize in Anger.

Jealousy- Green Eyed Brotha

Do You Tolerate OO7 Relationship?
"My name is Bond. James Bond."
Hearing these words in a coming at-

traction for a movie about to be released, we know what to expect. James Bond 007 is about to be released to save the world again. 007 is a spy. 007's (Mr. Controlling) vocation calls for him to get secret information about valuable military, political, scientific, and economic facts about the enemy. James Bond movies are always filled with danger, love, and technology. With James Bond 007 in mind, I ask you, "Are you in a 007 relationship?" A 007 relationship is a relationship where the jealous and possessive man spies on you in the relationship (1 Cor. 13:4c). Mr. Controlling seem like he is being brave like 007 but it is fear that drives him. 007 (Mr. Controlling) in the relationship because of the fear that drives him must know everything you do, every place you go, and every person you see,

and every secret you have. You must give Mr. Controlling (OO7) an account for every moment you are away from him. You must get permission from Mr. Controlling to go out, get a job, go to church, to see your friends, to see family, and even to see your own parents. Mr. Controlling constantly calls you at home and at work. He calls you on your beeper, e-mail, voice mail, call-notes, answering machine, instant messenger, palm pilot, web phone, cell phone, and in your favorite chat room to check up on you. Mr. Controlling has you program in his GPS (Global Positioning System) tracking your every move via satellite.

Since Mr. Controlling is always watching you, he will spot the guys or girls who are flirting with you and accuse you of flirting with them. Mr. Control-

ling will wrongly and repeatedly accuse you of seeing other guys or girls even when his spy efforts have not fostered any secret evidence against you. However, you are almost convinced that Mr. Controlling in your relationship is a double agent. You feel bonded. James Bonded. You are bonded to Mr. Controlling. Your relationship is always filled with danger, so-called love, and technology. Mr. Controlling is like Othello in Shakespeare's play "Othello" who falls under the sway of the green-eyed monster.

Mr. Charisma

Mr. Charisma makes a great first impression. Mr. Charisma is suave, charming, romantic, and utterly fascinating. He is a good conversationalist

and at times come off like a genius. He is a smooth operator. He is educated, outspoken, and a great dresser. He only has the best suits, custom shirts, silk ties, designer shoes that are always shiny. There is never a hair out of place, shirt pressed, and tie straight. He easy says exactly what you want to hear. Perhaps it is what you have longed to hear for years. He has a way of listening to what you say and using it against you to tell you what you want to hear. In the book avoiding Mr. Wrong it is said of Mr. Wonderful, "He can con (charm) the fuzz off a peach, is very smooth, and can talk his way of anything.

However, Mr. Charisma is too good to be true. Run don't walk from this man. In Gal. 5:19-21 Mr. Charisma is under

this description of a person who has, “*selfish ambition, divisions, the feeling that everyone is wrong ...*” Mr. Charisma is self-centered, self-absorbed, narcissistic, and grandiose.

Mr. Charisma impress people with his grandiose humanitarian ideas. He wants to save the world and he thinks he is God gift to the world. Sadly, Mr. Charisma can not save himself from his narcissism.

Mr. ME (Myself & I)

Mr. Charisma, Mr. Player, and Mr. ME (Myself & I) are alike. Mr. Charisma is a public Mr. Player. Mr. Charisma is Mr. Player to the tenth power. Mr. Charisma will play organizations like churches, banks, business, and your whole family. Everybody loves Mr. Charisma. Nobody can stand Mr. ME

(Myself & I) because he is so arrogant. In Gal. 5:19-21 Mr. ME (Myself & I) is under this description of a person who has, “selfish *ambition*, divisions, ***the feeling that everyone is wrong*** ...” Mr. ME (Myself & I) is always right in his own eyes. Mr. ME (Myself & I) is extremely vain and incredibly insensitive. Mr. ME (Myself & I) is as proud as a peacock. Mr. ME (Myself & I) will ascribe to the throne of the most high God. Mr. ME (Myself & I) wants to be worshiped and praise. Own a date Mr. ME (Myself & I) will do all of the talking and never ask you a question about you. Mr. ME (Myself & I) is so self driven that he is able to get Christian women to fall for the okey-doke. “A man’s got needs,” he will say. Mr. ME (Myself & I) thinks he is a great lover. If you should choose to compromise your Christian believes with him (Because you a

thinking a sista ready for the okey-doke.) You will quickly find out that Mr. ME (Maysel & I) in bed is notorious for being a one minute man. Afterwards Mr. ME (Myself & I) will think he has done something worth bragging about roll over get dressed and go home. Mr. ME (Myself & I) in the scheme of things will never figure out that God design sex to be mutual endeavor for married couple. Mr. ME (Myself & I) as the old folk use to say, "Will not buy the cow because he can get the milk for free." Mr. ME as the young folk say, "Will never buy the software when he can download for free." Mr ME (Myself & I) will not make a good husband but you will not have to worry about that because as long as you are having sex with him he will never ask you to marry him.

Mr. ME will never ask you how your day has been or does this feel good to you. Mr. ME has no consideration for nobody but him self. Mr. ME will never remember your birthday or any date that is important to you. Mr. ME can not care for you because he is to busy caring about himself. Mr. ME will never call when he says he will call. Mr. ME will break plans he had to be with you to go and fulfill selfish desires with his boys or a self perceive better event.

In the bible in 1 Peter 3:7 it tells a husband to live with his wife in an understanding way. Mr. ME could never live with a woman in an understanding way because he would make no effort to understand. Mr. ME is a selfish only child in men clothing.

Mr. ME along with the other mention

above are the most unlike God.

Live Forever

*Can you live forever? Marry the wrong spouse and every day will fell like an eternity. **Marry the right spouse and life will be a joyful and perhaps even a rich experience.*** This quote came from a chapter in a book entitled, "*The Millionaire Mind.*" In this chapter "Choice of Spouse" it discusses what **millionaire look for in a spouse (before they were millionaire)**. As Dr. Thomas J. Stanley was during his research most of those who were interview believed that their wives played an enormous role in their success. So much so that Dr. Stanley include a whole chapter to this matter. *Dr. Stanley's research shows that 92 percent of the millionaire households in America are com-*

posed of a married couple. These millionaire couples have less than one-third the divorce rate of nonmillionaire couples. Therefore, Dr. Stanley concludes that here is another factor (the choice of a mate is one of many facts) that distinguished the millionaire mind. Millionaires had the ability to choose the right mate for life.

The typical millionaire couple in America has been married for twenty-eight years. One in four have been married for thirty-eight years or more. Considering the divorce rate in contemporary America, millionaires as a group can teach us all something about finding the right mate for life.

Dr. Stanley states, "Millionaire, both men and women, tell me over and over again about their mates: He/she

is honest, responsible, loving, capable, and supportive.” *The big five attractive qualities that initially attracted millionaire to their mate was: **intelligent, sincere, cheerful, reliable, and affectionate.*** Here are some other qualities that were mention: encouraging, virtuous, ambitious, self-disciplined, secure, unselfish, well-mannered, physically attractive, down to earth, patient, understanding, has traditional values, and common interests. ***Dr. Stanley says that millionaire seem to have a uncanny ability to determine if a prospective spouse is unselfish, caring, and virtuous before they become emotionally involved, ant that accounts for the high frequency of full-term marriage in their group.***

Are You A Millionaire Maker

Dr. Stanley book in this chapter seem to be singing the praises of a virtuous woman. These millionaire men seem to be singing the praises of a virtuous wife. ***The question I would like to ask you sistahs is, “Are you a millionaire maker?”*** The King James Bible says in Proverbs 12:4, “A virtuous woman is a crown to her husband: but she that maketh ashamed is as rottenness in his bones.” Proverbs 31:10, “Who can find a virtuous woman? for her price is far above rubies.” *If you are going to be a millionaire maker you have to be attractive to a man who has the big eight qualities (intelligent, sincere, cheerful, reliable, affectionate, ambition, and potential) plus one. **He must have a personal relationship with Jesus Christ.** You also must be developing these same qualities to be a good thing to him.*

Qualities To Be & To Look For In A Brotha

- Honesty
- Intelligent
- Responsible
- Loving
- Capable
- Sincere
- Supportive
- Cheerful
- Reliable
- Affectionate
- Well Mannered
- Virtuous
- Physically Attractive
- Encouraging
- Unselfish
- Secure
- Ambition
- Potential

I believe that all truth is God's truth. Therefore I believe that non-Christian can get the benefits of God's truth if they apply this truth to their lives. As I look at the qualities of the character of the mate these millionaires choose, this list is a reflection of the fruit of the Spirit in Gal. 5:22-23 and the passage on love in 1 Cor. 13.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Galatians 5:22-23

Fruit of the Spirit:

- Love
- Joy
- Peace

- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. 1 Corinthians 13:4-7

Love is:

- **Patient**
- **Kind**

- **Admiration:** It does not envy.
- **Modest:** It does not boast.
- **Humble:** It is not proud.
- **Courtesy:** It is not rude.
- **Unselfish:** It is not self-seeking.
- **Cheerful:** It is not easily angered.
- **Supportive:** It keeps no record of wrongs.
- **Good:** Love does not delight in evil.
- **Honest:** But rejoices with the truth.
- **A Safe Haven:** It always protects.
- **Secure:** Always trusts.
- **Ambitious:** Always hopes.
- **Reliable:** Always perseveres.

The Difference Between Mr. Right and Mr. Wrong

Dr. Grace Cornish in her book, "10 Bad Choices That Ruin Black Woman's

Lives” these to useful word play to help you to choose the right man as a mate.

Mr. Right is:

Mr. Wrong is:

M Mature

R Respectful

R Real

I Interesting

G Generous

H Honest

T Trustworthy

M Manipulative

R Ridiculous

W Womanizing

R Raunchy

O Obnoxious

N Narcissistic

G Gloomy

A Man’ Ambition and Potential

Also, men we live in a time were many single women are more successful than many of the single men. Man that doesn’t mean that they didn’t need love. It certainly doesn’t mean they didn’t need your support. ***Those single***

women who are ego tripping over their own success leave them with the unholy trinity (Me, Myself & I). However, Dr. Stanley says in his book *“The Millionaire Mind,”* “Women who marry men who become millionaires are attracted to those who have more than the five big “attractive” qualities (intelligent, sincere, cheerful, reliable, and affectionate). They must also be ambitious and have high-income-earning potential. **For nearly four in five women who married millionaire before that were millionarie, “wealth before marriage” was not an important quality. Of course, these women married men who eventually became millionaires along with their wives.**” Men pray for ambition and that you live up to God’s potential for your life. **Successful women don’t marry a man who is not ambitious and does not**

have potential. In the King James Bible Gen. 2:18 says, "And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him." Rev. Roderick Wade Russell says, "The bible says that the woman is to be a help meet." (He pose the question.) Help meet want? Help him to meet the potential that God has placed in him." You are to be a help meet to the man you will marry. Potential says to a man if he doesn't need or is not willing to accept your help, or can't be helped (Bothas with any kind of addictions or compulsions can not be helped by you.), than he is not ready to be married. We can see from the millionaire mind the insight shared by Billy D. Williams' character in Mahogany, "Success is nothing without someone to share it with."

The Power to Make A Man

A woman who is an emotional good thing has the power to make a man who is ambitious and has potential. **When I say the power to make a man, I am talking about the power to inspirer. I am also taking about the abilities you have been given by God to help him (inspiration or perpetration) to reach the potential that God has put in him.** You as a woman **(a good thing)** have the power to inspirer a man. Dr. Strother Cambell in his book, *Making Marriage Christian*, says, "Few decisions in life are more important than the choice of a mate, for thereon hangs one's happiness, one's fortune, one's life. When a man goes courting, he enters upon an adventure that either makes or ruins him. Love is responsible for a multitude of life's trag-

edies as well as many of life's triumphs
... the pages of history are replete
with the names of wives who inspired
their husbands to mount the ladder
of success and fame."

Dr. Campbell expounds more:

There is little else that enobles life as does the love of a good man or a pure woman. It quickens the intellect, awakens ambition, and fortifies against temptation. Young man, if you would redouble your strength, see to it that your life is fortified by such a love!

If you would climb to the highest of which you are capable, choose a mate who will help and not hinder.

Successful Christian single women you have the ability to make *or inspirer* a man who is a Christian, ambitious and has potential. Are you willing?

Chapter 4

A Woman's Femininity

femininity

NOUN:

1. The quality of being effeminate: effeminacy, effeminateness, sissiness, unmanliness, womanishness. See GENDER. **2.** The quality or condition of being feminine: femaleness, feminineness, womanliness. See GENDER. **3.** Women in general: distaff, muliebrity, womanhood, womankind, womenfolk. See GENDER.

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FEMININITY

The words “feminine” and “femininity” are not used in the Bible. Modern feminism has cast “femininity” into political sphere of women’s rights, free-

doms and equality. Radical feminism often posits the superiority of the female as the epitome and center of reference for humanity, even projecting the female as a goddess, which has contributed to family breakdown and lesbianism. ***This chapter will consider “femininity” as referring to what it means to be a “female as God intended.”***

A spiritually maturing woman as God designs will develop divine character expressed femininely by a “imperishable quality of a gentle and quiet spirit” as 1 Peter 3:4 says “which is precious in the sight of God.” Femininity is not just the outer shell of a woman Peter says, “...let not your adornment be merely external-braiding the hair, and wearing gold jewelry, or putting

dresses.” A female as God intended is a woman who is preserved through the bearing of children; she continues in faith and love and sanctity with self-restraint (1 Tim. 2:15)

A female as God intended is a woman who is industrious, not idle. Prov. 31:13-20,27; 1 Tim. 5:10,13; Titus 2:5 She is engaged in homemaking - Prov. 31:15,27,28 She is Dignified - 1 Tim. 3:11 She is not engaged in gossip - 1 Tim. 3:11; Titus 2:3 She is not controlling, manipulating, dominating conversations and situations - 1 Tim. 2:12 The biblical design for this woman is she is not brash, boisterous, assertive, aggressive, pushy, bossy, contentious - Prov. 21:9,19 She will accompany her husband socially and other men regard her husband as fortunate to have a wife like her - Prov. 31:23.

This feminine woman in a marriage acts as a helpmate, helper, assistant, supportive, adaptive, encouraging, complete rather than compete, help husband to be all God desires - Gen. 2:18. She is Faithful to her husband - Exod. 20:14; Ruth 1:16; I Tim. 3:11 She is trustworthy - Prov. 31:11. She loves her husband - Titus 2:4 She respects her husband - Eph. 5:33; I Pet. 3:2. She admires her husband - SoS 2:3. She desires her husband - SoS 1:2,4; 2:5; 5:8. She seeks to meet husband's expectations, preferences, desires and needs - John 8:29; Matt. 17:5; SoS 7:9. She appreciates her husband; doesn't take for granted - Prov. 31:12. She femininity is encouraged by husband's praises - Prov. 31:28. Sexually a feminine woman is available to her husband I Cor. 7:3,5. She is to her husband seductive, sensual, coy, initiating - SoS

4:16; 7:11-13. A feminine woman learns to be available, a servant, to put aside selfishness, to love, nurture, give and protect, so she does not become a pushy, arrogant feminist seeking to dominate, rule and function as a "goddess." Fullness of "femininity" requires balanced attitude and function in foregoing areas. She is called woman with is opposite or corresponding to a man.

Dr. John A. O'Brien, share these timeless truths in a small book publish in 1948 entitled "Choosing a Partner for Marriage, What to Look For in a Mate" has this to say about femininity:

In general it can be said that the marriage of persons with

the maximum of congeniality in tastes, interests, outlook and culture has the best assurance of success and happiness.

There is, however, one field in which the emphasis should be upon the difference or dissimilarity instead of the likeness or similarity. ***That is in the matter of sex traits or characteristics. A normal man admires a woman who is thoroughly feminine.*** He finds himself attracted toward her while he shies away from the mannish woman. The girl who apes the manners of men, becomes a tomboy, perhaps thinking she thereby shows herself a good sport, makes a great mistake. Normal men experience an

inner revulsion to such masculine women... The marriage that gives the greatest assurance of success and happiness is the one which unites the virile man with the feminine woman in a union where the distinctive differences complement the deficiencies of each other and thus enable both to achieve a larger and fuller life.

Dr. O'Brien says, "A normal man admires a woman who is thoroughly feminine." ***This is a timeless truth that modern women must learn.***

Case Study: Women of Color

Many women of color have noticed the increase in the number of interra-

cial unions, particular those between Black men and White women. When men are asked why they prefer Caucasians, some reply that they perceive these women as more “feminine”. Obviously, this causes feelings of bitterness and betrayal among sisters. Let’s explore why this perception exists among some brothers.

Lynn Norment in an Ebony article on interracial relations gives these facts. According to the U.S. Census Bureau, in 1997 there were 311,000 interracial (Black-White) married couples, more than six times as many as in 1960. Of those, 201,000 were comprised of a Black husband and White wife, while there were 110,000 couples in which the husband was White and the wife Black. Some estimate that today 10 percent of married Black men have mates of another race. ***Norment says,***

“Black women are annoyed, to say the least, by Black men who say they favor White women because Black women are “not as feminine,” “too strong,” “too demanding,” or “sexually uptight.” If these reasons are legitimate in Black men’s minds, and I believe they are, then I encourage sisters to suspect their rebuttal and angry emotions and really listen to what is being said.

The reasons why some black men choose to date and marry outside their race may be found his God-given ego and need for admiration.

Historically, women of other culture were raised in a more secure environments than women of color. They were typically protected by their fathers emotionally, socially, and financially. This fundamental cultural difference has led women from sheltered

cultures to not only *be* protected, but also *feel* protected.

Therefore, when considering a choice for a mate, they are more willing to “go out on a limb” by choosing a partner who is ambitious, one who merely demonstrates the *potential* for financial and social success. More than likely their mothers provided a good model for how to encourage their men. It seems a woman from a sheltered cultural more naturally knows how to inspire a man. She understands that her ability to encourage is a key part of her femininity.

Many women of color, on the other hand, have historically been abandoned in many ways by the breakdown of the family, which was caused by racism and resulted in poverty. Many women of color grew up watching their mothers fend for themselves,

facing the world without a steady partner by her side. Therefore, women of color learned to assume the role of both father and mother within the family. Feminine virtues, a fundamental part of being a woman, were lost or pushed aside. There are plenty of women who have become so independent, so hard, so strong, that they don't know how to let a man in her life to take over that role.

One result of this dysfunction is a woman who emasculates a man by letting him know he is not needed. Suzanne Brogger is quoted in the book, "If Love Is A Game Those Are The Rules" says, "If a woman can only succeed by emulating men, I think it is a great loss and not a success. The aim is not only for a woman to succeed, but to keep her womanhood and let her womanhood influence society."

A sister named Denise had this to say: "Black men don't want us as mates because we are (too) independent..." Nick Chiles, a contributor to "Essence Magazine", wrote about Black women's dilemma in the November 2001 issue. "In my most depressed moments, I sometimes grow hopeless about the state of love in our community. Take (Women of color, who are) told from infancy that strong, authoritative, decisive and unyielding is the only way for (them) to be, then pair that ideal with (Black men, who are) struggling from day one with eggshell fragile egos, and – in a society that values Black men less than any other group – feelings of worthlessness, even despair. It's a coupling bound for conflict and pain."

Ready Made Man?

A second result of her culture is many women of color wants her man ready-made. Every accomplishment and material evidence of that accomplishment must already be in place for many women of color to even consider a man suitable for marriage.

Think about some of your female friends, ladies. How many women take note of a man's car, whether or not he owns a home, what kind of job he has, and what his shoes look like before she even thinks to take note of his personality and character?

Here is something many women must accept: No man will be ready-made (i.e. "perfect"), not spiritually, emotionally, financially, socially. If he was already all he needed to be, ladies, then there would be no need for you! God's plan is to bring a man and a

woman together so they can enhance each other's lives. A woman's role is to make a man be a better man, to bring out the best in him. He will come to you, lacking in the areas that you are strong, so that you can encourage him in those areas.

Michelle McKinney Hammond says in her book *Secrets of an Irresistible Woman*: "Mothers used to instruct their daughters, 'This one has potential. If you work with this one, you'll have a winner on your hands.' Well, that certainly doesn't happen anymore! Women today want their men to arrive camera-ready! But who said you were perfect? Don't think about changing or rearranging him. **Concentrate on inspiring him and empowering him to rise up and be all that God had ordained him to be.** Some women I know have initially passed

right by their husbands because he wasn't perfectly polished. You don't think all these successful men in the world started off that way, do you? Of course not! They climbed and climbed until they reached their goal. **And most likely some woman was right there beside him all the way. Now those women get to reap the rewards. And that reward is so much greater if he's a man of God."**

Ladies it is important to understand what we mean when we say to be patient enough to work with a man with potential and ambition. By no means am I telling you to settle for a troubled man. In Bill and Lynne Hybels , Fit To Be Tied: Making Marriage Last A Lifetime, they get a perfect example of what we are not talking about.

I THINK I'VE FOUND MR. RIGHT?

Recently a woman named Mary and a friend of hers approached us after a service at our church. Mary said, "I'm living with a man, and I know I shouldn't be. So I'm going to marry him . . . I think. There are a few problems, though.

My friend keeps telling me I shouldn't go through with the wedding, but I want to know what you think."

She proceeded to tell us of her boyfriend's drinking problem, his cocaine use, his frequent unemployment, his temper, and finally, his verbal and physical abuse toward her. She looked at us expectantly.¹

This young ladies thinks that this alcoholic, drug addicted, unemployed,

anger, violence, man has the potential to make a good mate. However, any one of those five things that is mention about him is reason enough to disqualify him as having any potential or ambition. A man show himself as having potential and ambition if he shows you regular evident in these six areas.

- Spiritual
- Emotional
- Social
- Physical
- Intellectual
- Financial

Is he a regular church and small group attendee? Does he have a ministry where he is using his spiritual gift(s)? Does he have a regular prayer life and is he a bible reader? Also how long has he been involved in these

spiritual things? The longer the better, if less than a year let him grow at least two years. We also suggest that you marry someone in your same spiritual grade. However, you make meet a man who is younger in the faith who show all these signs of spiritual potential. The young man in the above example only helped this young lady compromise her spiritual believes by living together.

This definition of potential and ambition works in all six areas. The young man in the example has problems with his temper and gets verbal and physical violence which would disqualify him as an emotional good choice. He has no emotional potential because of his drugs and alcohol abuse. A person addicted to anything can not be emotionally imitated with anyone

on a regular basis. A young man who is frequently unemployed disqualifies him financially. There is no potential for this man to provide or help provide for his wife or children because he cannot keep a job. What about his intellect? Drugs addiction and excess alcohol kills brain cells. Thereby this physical abuse to himself is destroying his intellect. Now if he had the rest of his life together and was in school (college; graduate; doctoral; or successful entrepreneur), then he would be showing potential and ambition. Make sure that your future mate at least has most of these areas covered and in the areas that are not covered he is showing potential and ambition in those areas. ***Remember you can not change a man. However if a man wants to change (if he shows regular evidence of change) you can help***

him to change.

It's important not to overlook these very two necessary qualities in a man: ambition and potential. The character Portia in Terry McMillan's book *Disappearing Acts* is like many moderately successful Black women today who make the mistake of bypassing good men because their package is not quite "finished." Portia explains to her friend Zora: "Honey, if he don't have at least two major credit cards, a modern car, a one-bedroom apartment, and a college degree, I say leave his ... alone - he ain't going nowhere in life..." Zora: "You make me sick sometimes, you know that, Portia? I'll tell you this much. He's a hardworking man, which is more than I can say for some of 'em I've met, and for me it means he's got potential."

Portia: “Potential is for the future, honey. We’re talking about right now.”

A feminine woman will be compassionate to a man’s plight and will get behind him to support his efforts to realize success instead of rejecting him because he isn’t already successful.

How to Treat a Man

A woman who softens herself, who doesn’t try to prove that she’s stronger than her man, who has figured out that demanding what she wants is not as fruitful as positively encouraging her man to give it to her is the epitome of feminine. Her actions will almost certainly ensure her man’s success. Her patience, kindness, admiration,

modesty, humility, courtesy, selflessness, cheerful attitude, support, honesty, and reliability are indispensable. She will stand by him (in areas they need to face together), stand behind him (in areas where he is strong), and stand in front of him (in areas where she is strong) to help him grow.

A feminine woman surrounds and fortifies her man with love. As 1 Corinthians 13:4 – 8 says, “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.”

This is the way you must treat a man of God who has potential.

I know what some of you are thinking. “Why do I have to “soften” myself for a man?” “Why can’t men get tougher, harder?” “I want a strong man anyway!” I don’t respect men who can’t “handle” a strong woman! It seems like you are asking me to be something I’m not! It seems like you are asking me to turn myself into some docile man?!!

First of all I am not asking you to “soften” yourself for a man. I as a man am telling you what a man is like. A man is like a woman to be the way God created her to be. God created women to be not men. The average woman has 40% less muscle mass. This means she was created to be “softer” physically as well as emotionally. The bible says to husbands and potential husbands, “You husbands in the same way, live with your wives in an understanding

way, as with (1 Thess 4:4) someone weaker (or softer), since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered. 1 Peter 3:7 (Eph 5:25; Col 3:19) You can literally say here that if a man doesn't treat a woman like a woman his prayer will not be answered. That is why your femininity or womanhood is so important to God. Therefore, don't "soften" yourself for a man. Be who God created you to be "women."

Also, if I was writing this book to men I would let the men know that every woman wants a man to be a man. One of the biggest lies that the devil has told our society has to do with the feminization of man and the masculinization of women. In our culture the woman wants to be the man and the men what to be the women. Many

women have abandoned our children and families for careers, wars, and day care. Some women have abandoned their feminine form to body build to look like men. There was a show about female body builder who say that man will not asked them out. Men do not asked women out who remind them of man.

There are many men in of culture who do not what to work. A real man works and does not live off his mama or woman. These weak men are players, pimps, and prisses. Many men grow up in a single parent home and have no contract with their fathers. Thereby they do not know how to be a man. Because of this absent of the male in the home many women say that what a strong man when they themselves do not know what a strong man is. A strong man is not a man

who knows how to handle a strong woman. ***A strong man does not want the drama that comes along with a woman who feels she like a breast needs to be handled.*** One young lady told me that I couldn't handle her. She was right because I am not looking for a breast, I want a soft feminine woman. The strong biblical man knows the different between trying to handle a woman and living with her in an understanding way. Strong men are not the man who is loud or known for his out burst of rage. He is not a thug, is not into thug love, and is not pickling for a thug holiday. A strong man knows how to keep his cool. ***What most women think of as being strong is weak.*** A strong man wants a woman to be a woman and not a woman who is as hard as he is. Therefore if you want a real strong ck

man you will need to master your own femininity.

Frank Pittman speaking of femininity and masculinity once said, "Our ability to fall in love requires enough comfort with our masculinity to join it with someone's femininity and feel enhanced. . . . If our mother made us feel secure and proud in our masculinity, then we want to find that again in our wife. If we are really comfortable with our mother, we can even marry a woman who is a friend rather than an adversary, and form a true partnership."

A good biblical example of a feminine woman is Sarah. Her femininity fed her husband's ego. First Peter 3:5-6 reads:

For this is the way the holy women of the past who put their hope in God

used to make themselves beautiful. They were submissive to their own husbands, like Sarah, who obeyed Abraham and called him her master. You are her daughters if you do what is right and do not give way to fear.

The Male Ego

The American Heritage® Dictionary of the English Language: Fourth Edition. 2000 defines ego as:

e-gos

1. The self, especially as distinct from the world and other selves.

To truly stroke someone ego is to tell them who God has created them to be distinct from the world and others. A good example of it is in Peter's Confession of Christ in Mark 8:26-28.

Jesus went out, along with His disciples,

to the villages of Caesarea Philippi; and on the way He questioned His disciples, saying to them, "Who do people say that I am?" They told Him, saying, "John the Baptist; and others say Elijah; but others, one of the prophets." And He continued by questioning them, "But who do you say that I am?" Peter answered and said to Him, "You are the Christ."

*Jesus asked his disciples who do people say I am. They said "John the Baptist," "Elijah," and "one of the prophets." This did nothing for Jesus Christ's ego (or the self of Jesus.) Through these men were great man, Jesus was not just another great prophet. When Peter said, "You are the Christ." Peter was recognizing Jesus' self, especially as distinct from the world and others. **God put godly feminine women (for the most part) on***

this earth to help godly men recognize who they are in Christ.

A Man's Ego

A man is capable of doing great good through Christ Jesus our Lord, or the most evil of works. It is the spiritual condition of a man's ego that points him in the direction he will take in life.

A woman who has a negative view of a man's ego has likely spent too much time with men who were not under God's influence.

Men and women display different emotional behavior and have different emotional needs. Therefore, please understand that men will not act like women. A man's emotions are linked to his ego. When a woman understands this, she will go a long way toward understanding him and what motivates him.

A man's ego deflates easily. In order to motivate your man to fulfill his God-given potential and further the kingdom of God, you must learn how to boost his ego. Mastering this will help him reach new heights of success.

In his book *What Men Won't Tell You But Women Need to Know*, Bob Berkowitz says:

Ego is not a dirty word. But it is a misunderstood word. The term is a label for the control mechanism that keeps our personalities balanced between the most primitive requirement of the psyche (sex being one of them) and the demands of the social and physical world around us. It gives us a sense of who we are. To put it more exactly, my ego tells me who "I am, where "I" am, why "I" am."

A Man's Need for Praise

Dr. Willard Harley, Jr. lists "admiration" as one of men's ego needs in his book *His Needs, Her Needs: Building An Affair-proof Marriage*. A man who is admired, praised, and respected is a man who feels loved. This simple fact has profound implications for women, once they understand it.

The average man does not receive frequent praise in our culture. And as we discussed before, women in unprotected cultures, as a general rule, are not used to giving praise and encouragement. Thus, it must become a learned behavior. Ask God to show you how to demonstrate admiration for your man. A good place to start is paying attention to the many ways you offer God praise.

It lifts me up when someone says something positive about what I do or who

I am. I'm sure I am no different from any other man in this area. When I am praised on a specific task, I want to do more of that task. Tell me I'm a good writer, and I'll write all day. Let me know you were touched or impacted by something I said and I'll want to run my mouth until I go hoarse. Ladies, I hope you see how this trait can benefit you. Admire a man for a godly act and he will want to be a better, Godly man. Let him know you think the world of him for taking out the trash and he will take out the trash more. Godly women should know the power of praise.

Remember ladies this must be a sincere praises and not just throwing out meaningless compliments. Remember from the above statement on, "*To truly stroke someone ego (This is the power of praise.) is to tell them who*

God has created them to be distinct from the world and others. A good example of it is in Peter's Confession of Christ in Mark 8:26-28."

The Male Ego – In the Bedroom

Obviously, the bedroom is one of the most important places for a woman to awaken masculinity in the man's ego. Laura Doyle, author of *The Surrendered Wife* (which is a must-read, by the way), writes in chapter 20:

... When a wife relinquishes control of when, how, and where sex happens, she is free to focus on receiving and being vulnerable. ***In response to this, the man's masculinity awakens and he feels more inclined to be tender and generous with his wife.*** The more attention he gives her, the more likely she will feel grateful and satisfied. If she expresses this gratitude, the man feels appreciated and is likely to give even more.

Women's Sexuality

Ladies you may find yourself struggling with one or more sexual issues. With the misconceptions about the beauty and the sacredness of sex (between married people only), previous incidents of sexual abuse or assault, or even the bad memory of an unskilled partner may have you somewhat hesitant to open yourself up to your husband? This is something that most women won't even find out about their internal struggles with their sexuality until they are in marriage. However, if you are aware that there are unaddressed sexual issues, you need to take care of them before you get married. Only through a healthy attitude toward sex can you be a feminine and fulfilling wife to your husband. ***Your sexuality is a part of your femininity. If you can't be sexual you can't***

be feminine.

Oprah aired a show called "Cristina Ferrare On Women's Unspoken Secret". On this show, women discussed seven common sexual issues that plagued women. If you know or suspect that you may be dealing with one or more of these issues, it is imperative that you seek help. Also, experts have estimate that up to 40 million married women suffer from a loss of sexual desire with is equal to losing her femininity.

7 Sexual Issues To Be Worked Through Before and During Marriage

1. Psychological Issues

If you are depressed, the first thing that's going to go is your urge for sex, and that can be from stress and anxiety. Also, a researcher tells us that 23%

of women have been sexual abused and this will affect your sexuality. There are other psychological issues such as body image. If a woman thinks she is too fat, too thin, women won't feel like they are sexy. Psychological if you have these issues you will feel like you don't need sex. Therefore, you will not want it.

2. Drama (Couple trouble).

If your relationship is not good outside the bedroom, it's not going to get good inside the bedroom. That's a big problem because sex becomes a power issue. The man wants it this many times; and she don't. The woman is mad at him. She will not have sex with him.

3. Medication

Fifteen million women in America are on the pill and often that can diminish libido. So you're taking something so you can have sex but ironically you feel less lusty. Some depression medications have this same effect. So then you're taking something so you can feel better emotionally and you feel less lusty as well.

4. Diseases

All the chronic diseases, and when you get auto-immune diseases, it lowers libido: diabetes, cancer, etc. If you are dealing with a life treating chronic disease such as cancer your libido will be decrease.

5. Treatment for Diseases

If a woman has had surgery, if she has

had chemotherapy, or hysterectomy your libido will be decrease. This will change your reaction, your sense of who you are, your body image and if you want to have sex.

6. Pain.

Fifteen percent of women have discomfort when they have sex, and if it hurts, you don't want to do it. If you remember the hurt, you remember you don't want it.

7. Men

30 million men have some sort of erectile dysfunction, and they have the same factors as women do. They have the psychological issues, they have the physical factors, and what do they do when they don't want it? 'Honey, it's OK. I don't need it anyway.' If a

woman is sexual and her husband is not this will destroy her femininity.

A Healthy Sexual Relationship: Procreation, Recreation, Sanctification

I have heard it said by a biblical sexpert say that sex is meant for procreation, recreation, and sanctification. This is the primary recreational activity that men desire from their wives. Accommodating him in this way helps him withstand sexual temptation from outside sources.

Patrick M. Morley writes in his book, *What Husbands Wish Their Wives Knew About Men*, "Sex is the number one thing husbands would like more of in a marriage." (This book is another must-read for women who are preparing for marriage.)

There are, of course, other parts of recreational companionship. Sex, while

it is the most important to men, is not the only component.

Requirement Of Femininity

Femininity is very important to manhood. A man needs a woman who can make him feel like a man in every way. This is not accomplished by being mannish. This is accomplished by being the woman God created you to be. Be discerning, inspiring, empowering, sexual (in marriage), and healing (facing issues that effect your femininity). Susan Brownmiller say this of femininity, "A requirement of femininity is that a woman devote her life to love—to mother love, to romantic love, to religious love, to amorphous, undifferentiated caring."

Ch 5

A Woman's Face, Figure, and Fashion Choices (Appearance)

Dr. John A. O'Brien, author of a little publication entitled, "Choosing a Partner for Marriage, What to Look For in a Mate (1948) has this to say about a woman's appearance:

God created man and woman with two distinct physical and psychological natures. It is these distinctive differences which constitute the peculiar charm and special attraction of the one for the other. They should be respected and emphasized.

A Physically Good Thing: Flesh of My

Flesh

If the woman is going to be a good thing to a man physically he must be attracted to her in the flesh (Gen 2:23). Therefore she takes good care of herself physically. Many Christian women take the first part of 1 Peter 3:3 out of context. The writer says, "Your adornment must not be merely external braiding the hair, wearing gold jewelry, or putting on dresses..." This bible verse is describing what we call in our culture a "hootie." A hootie spends most of her time, money, shrewd and cunning efforts on how she looks. Dr. Walter A. Maier says, "...beauty in itself, detached from all ideals of morality and intelligence, is never exalt in the Divine Word." In the *New King James Version* of the bible, Proverbs 11:22 says, "As a ring of gold in a

swine's snout, So is a beautiful woman who lacks discretion." Discretion means taste, judgment, or decree. "Hootie's" don't have any moral judgment and are not decree in what they wear. They will wear anything, which is usually next to nothing, especially on Friday nites, Saturday nites, and Sunday morning at church when they are in search for a man. A "hootie" adornment is only external. Hootie are like the Corinthian women in new testament times who appeared in the assembly without the head-covering were actually putting themselves on the low level of the temple prostitutes. The prostitutes wore their hair very short, and they did not wear a head-covering in public. Their hairstyle and manner announced to others just what they were and what they were offering. However, a Christian woman must

be different. I like the way the *World-wide English* NT Bible's translation of 1 Peter 3:3, "You should not be fine on the outside only. Some women make their hair nice. They wear gold things. They have fine clothes." This verse is not saying that a Christian woman should not look good physically. With this translation you can easily see what the text is saying. This verse is saying a Christian woman should look good on the inside and outside. Dr Mairer says, "The fatal attachments of beauty without a corresponding inner attraction are plainly outlined in some of the tragedies of scripture."

However, the Christian woman would be a good thing to her future mate if she would take care of herself physically. Christian single women should develop the habits of taking care of

themselves physically, proper grooming and staying in shape. This practice should begin as a single woman and should follow you into marriage. I say this because some married people tend to let themselves go physically. Their attitude is, "I've got you now." As if they were only doing the thing they did for themselves physically to get a mate. May that never be! Take care of yourself for yourself. You will not be fit to love someone else if you cannot take care of yourself. The Bible says, "... "YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF. (Matt. 22:39)."

If you don't know how to love yourself you will not be able to love your neighbor. If you can't love your neighbor you will never be a good thing to a Godly Christian man.

Christian women should, eat right, get

proper sleep, get your hair done, learn the science of make-up, wear your ornaments, wear modest appeal, take a bubble bath, and get your nails and toes done. If you can afford it, go to the spa once or twice a month. Love yourself. Start a love affair with yourself that later your future husband can be apart of. If a man can't love you like you've learned to love yourself, kick that brother to the curb. The way a person treats himself or herself (if they are not ego tripping) is a good indicator of how they will treat you. In other words, you can't be a good thing to a man (or a woman) until you become a good thing to yourself.

Become a good thing to yourself by exercising, as well. There have been studies done on a woman's shape and health. In a study in the Jan 1999 edi-

tion of *Psychology Today*, it says: “In simplest terms, says Gangestad, waist-hip ratio is an honest indicator of health. Studies have shown that hour-glass-shaped women are less likely than other women to get diabetes and cardiac disease. They are also most likely to bear children, as hips take their shape at puberty from the feminizing hormone estrogen.” So girlfriend, you should work to keep your girlish figure. The National Center for Health Statistics reports that more than one-half (54.3 percent) of Americans are obese, with Black women comprising the most overweight segment of the U.S. population, followed by Hispanic women. “In 1998, the average clothes size for Black women was 18; today (2000) it is a size 20,”

The Bible says of Esther, “Now the young lady was beautiful of form and

face (Esther 2:7).” We know that Esther was a godly woman. You can be the godly woman God has called you to be in your entire (inside and outside) splendor.

Dr. Willard Harley Jr. in his book, *“His Needs, Her Needs: Building an Affair-proof Marriage,”* list “He Needs a Good-looking Wife-An Attractive Spouse,” as one of a man’s needs. This listing is in chapter 8 of his book. A beautiful and godly woman is what every single (or married) godly man (any man) wants. This to him would be a good thing. The bible says, “the woman is the glory of the man (1 Cor 11:7b NASB).”

The Glory of Man

What does this really mean? I am see-

ing a young lady. I was showing my prayer partner who this young lady was so he could put a face with the name. He said something about her that made me feel good. He said that she was a very attractive young woman and that I have good taste in women. Sometimes I am out of touch with reality. I see a beautiful (to me) woman and think that it is a secret. I think that I am the only one who can see her beauty. However, this young lady is beautiful inside and out. But his comments made me feel good. I took her beauty personally. I ask my self why? I did not have anything to do with any of her beauty inside or out. Than I begin to think maybe this is what the bible mean when it saids that the woman is the gorily of the man. Maybe this is what Dr. Haley means to say about an attractive spouse.

Dr. Ron Elmore in his book, "How to Love a Black Man" in a section "Pay Attention to the Visuals He Does" says:

Style, color, grace, sensuality, and beauty mean much to black men. Remember he's a descendant of African cultures for whom visual presentation is itself a language that communicates on deep levels. Beauty speaks loudly. Black men respond enthusiastically to its voice... ***He is most motivated to pursue the inner beauty of the woman whose outer aesthetics have already captured his attention.*** I don't mean you have to be Whitney Houston or Naomi Campbell. I do mean you should give yourself the best

possible care and let your outside appearance complement all the good inside you... Commit yourself to giving serious attention to your weight and fitness, hair, skin, and attire. These don't make you're your beauty-they enhance it. But caution is in order here. Living you life before the mirror, preening and primping nonstop, is not the answer. That makes for bondage, not beauty... Black men's eyes are their most sensitive sex organs. Make love to his eyes. That's truly safe sex!

Crown of Creation

It will help you to remember that God

has made woman as the crown and climax of all creation. This is why you are the glory of man. As you examine your life are you glorious? Be a good thing to yourself physical so that you can be your future husband crown of creation. That the being of this chapter I talked about starting a love affair with your self. Make sure you treat yourself like a queen. Set the standard of the way you want to be treated by the way you treat yourself. Let your future husband join with you later. If he can not treat you better or like the way you treat your self let him go.

Queenisha Renae Sutton had this to say about self-love from the novel by Debra Phillips, "The High Price of a Good Man.

First of all, just for the record, I

love me some me.... See, that's what's wrong with a lot of folks nowadays. Specially my ebony sistahs on the prowl. The ones that be looking for the elusive "good black man." Sistahs be tripping. Keep trying to love everybody else more than they love themselves. But not this amazon sistah. "If you can't find somebody else to love you," my mama always told me, "then you have to love your... self."

Mama should know because she and God have a close and personal relationship, and because of this, God has blessed her with infinite wisdom. "First, you have to love yourself, and others will follow."

Treat your self means you have clean nails, clean hair, clean skin, clean and colorful clothes, and smell magnificent. Discipline yourself to do this for yourself. This will also be a good thing for your future mate. But it goes further than the way you treat your own physical self. When two people come together in marriage cleanliness of body and environment is very important.

Clean Body and Environment

You must be a good thing to your home environment. Environment has to do with the hygiene of cleanliness of self as well the environment were you live. One writer put it this way address hygiene issues.

Let's get real—no one loves to be around a dirty diva or playa. This means clean nails, clean hair, clean skin and clean clothes, and a smell like a bed of roses. But good hygiene doesn't end with the body—your living quarters are expected to be up to par as well.

“Sure, he'll step over the garbage in the kitchen to get to the bedroom,” Dr. Young quips. ***“But he's not looking for a long-lasting relationship because the dirty house indicates what she really thinks of herself, and that he can't expect to be nurtured by that individual.”*** Women are also turned off by a man who lives in a pigsty... Not only is poor

hygiene a strong sexual turn-off, but it is often construed as a direct reflection of a person's state of mind. Your potential mate isn't just looking at how well you dress and how clean you are, they're watching your children, too—crusty nose, filthy knees, day-old clothes, wild hair, etc., all day, every day, is disturbing.

Not only are you to crown yourself. Once again you must crown the creation of the environment where you live. You want to be a good thing to a mate. Be a good thing to yourself and home.

Ch 6

A Woman's (Mental) Fitness

If you would be a good thing to a mate in marriage you must make sure you are a mental good thing. Would does it mean to be a mental good thing. To be a mental good thing means that your mind is right for marriage.

The reason that I am writing this section is to bring a greater awareness of mental health. Mental health is difference form emotional health. Mental health in some case can be a spiritual chemical imbalance. The bible gives examples of a spiritual chemical problem. In Mark 5:1-8 there is an example of this problem with a demon pos-

essed man. It reads as following.

They went across the lake to the region of the Gerasenes. When Jesus got out of the boat, a man with an evil spirit came from the tombs to meet him. This man lived in the tombs, and no one could bind him any more, not even with a chain. For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him. Night and day among the tombs and in the hills he would cry out and cut himself with stones.

When he saw Jesus from a distance, he ran and fell on his knees in front of him. He shouted at the top of his voice, "What do you want with me, Jesus, Son of the Most High God? Swear to God that you won't torture

me!” For Jesus had said to him, “Come out of this man, you evil spirit!” **Mark 5:1-8**

In this text we see a man who is tortured by an evil spirit. This evil spirit influenced this man to do some bizarre, eerie and creepy behavior. This man lived among the tombs. This man had super human strength. This man could not sleep. This man talked to himself. This man cut himself. Some people who have a spiritual chemical imbalance will choose to live on the streets homeless. They wander the streets all night because they can not sleep. You will noted them talking to themselves. With these kinds of behaviors you can truly say that there is a chemical imbalance in the brain. However, when you noted someone with super human strength and cutting themselves trying

to commit suicide this could be a spiritual chemical imbalance.

The bible does not tell us how this man came to be demon possessed. However, he could have opened himself up to the demonic world through witchcraft. We do see in Daniel 4:33 that the Most High God issued a spiritual chemical imbalance on N e b u c h a d a n e z z a r . Nebuchadnezzar than takes on some of the some bizarre, eerie and creepy behavior.

Immediately what had been said about Nebuchadnezzar was fulfilled. He was driven away from people and ate grass like cattle. His body was drenched with the dew of heaven until his hair grew like the feathers of an eagle and his nails like the claws of a

bird. **Daniel 4:33**

Mental health can also be a self imposed chemical imbalance. Someone with a self-imposed chemical imbalance is someone who is additive to legal prescription drugs, non-legal drugs, or alcohol. You under the influence of drugs or alcohol do some bizarre, eerie and creepy behavior. A woman with a self-imposed chemical imbalance can not be a good thing to a man. If you are dealing with a self-imposed chemical imbalance you need to get help and be healed long before you get marry.

Mental health can also be a factor when you are in a very stressful time of your life. When you "loose it" emotional this will effort your mental health. When you come to an emotional wits

end and under the influence of stress you do some bizarre, eerie and creepy behavior. This would be an emotional chemical imbalance.

Mental health has to do with psychological (physical) chemical imbalance as well. A psychological chemical imbalance is a physical problem. This would be consider a physical problem because part of the brain are not producing the chemicals that are need for a person to be balance mentally. Therefore because of the influence of the missing chemical in the brain you will do some bizarre, eerie and creepy behavior. We have because more enlighten in this area. With the right combination of managed medicines you will be influence to more normal behaviors.

You may be asking what does all this have to do with being a good thing? Your mental health is a good indicator on whether you can be a good thing to a man in marriage. In Dr. Neil Clark Warren's book, *Finding the Love of Your Life*, he says:

A great marriage requires two healthy people, and the time to get healthy is before you get married . . . What I'm particularly concerned about here is the emotional and mental health of the two people considering a lifelong partnership. This kind of wellbeing contributes significantly to marital strength and happiness. In fact, when a couple is not healthy, they will inevitably damage, and maybe even destroy, their marriage.³

The Code of Canon Law has this same

concern in Canon 1095 which deals with matrimonial consent in the Catholic Church:

Canon 1095 - The following are incapable of contracting marriage:

1. those who lack the sufficient use of reason;

2. those who suffer from grave lack of discretion of judgment concerning essential matrimonial rights and duties which are to be mutually given and accepted;

3. those who, because of causes of a psychological nature, are unable to assume the essential obligations of marriage.⁴

I was once marriage to a person who

had a psychological chemical imbalance call Bipolar Disorder. I believe that God gives you no experience unless he wants to use it as ministry. I would like to highlight this problem as a pastor. Maybe you can be comforted in getting the help you need if you are dealing with any of the four chemical imbalances. You are not alone. I would suggest you not marriage if you have anyone of the above chemical imbalance. Before you get marriage you have to become balance.

Psychological Chemical Imbalance

Needless to say you could not be a good thing to a man if you have an unmanaged psychological chemical imbalance. Most people think that this

is a mental problem; however this is a physical problem (as noted above) with the brain. People who have these kinds of issues before they can be a good thing to someone else they will have to develop self discipline in self care. The National Mental Health Association states that there are 54 million individuals with mental disorders. ***Most chemical imbalances cannot be cure and have to be managed.***

Take Bipolar Disorder for instance. My x-wife has bipolar disorder. Bipolar disorder affects an estimated 1 percent to 5 percent of adults in the United States. Evidence indicates that differences in the chemical messengers between nerve cells in the brain (neurotransmitters) occur in people who have bipolar disorder. Bipolar disorder tends to run in families. More than two-thirds of people with the ill-

ness have at least one close relative who has experienced either bipolar disorder or major depression. Researchers are attempting to identify genes that may make people susceptible to bipolar disorder. It often begins in adolescence or early adulthood and may persist for life. Its causes are elusive, and there is no cure. But it can be managed. Left untreated, the condition usually worsens. The flares of bipolar disorder may last for weeks or months, causing great disturbances in the lives of the affected person, friends and family.

Signs and Symptoms

Bipolar disorder is characterized by an alternating pattern of emotional highs (mania) and lows (depression). The intensity of the signs and symptoms varies. Bipolar disorder can range from a

mild to a severe condition.

For many, the manic signs and symptoms include:

- Feelings of euphoria, extreme optimism and inflated self-esteem
- Rapid speech, racing thoughts, agitation and increased physical activity
- Poor judgment and recklessness
- Difficulty sleeping
- Tendency to be easily distracted
- Extreme irritability

In the depression phase, signs and symptoms include:

- Persistent feelings of sadness, anxiety, guilt or hopelessness
- Disturbances in sleep and appetite
- Fatigue and loss of interest in your daily activities
- Difficulty in concentrating

- Recurring thoughts of suicide

People with bipolar disorder often don't recognize how impaired they are and how greatly the disorder is affecting their lives and the lives of others. Friends, family and primary care physicians are important in recognizing possible signs of bipolar disorder and urging the person to seek professional help.

Treatment

Medication and psychotherapy are the main treatments. Occasionally, electroconvulsive (shock) therapy (ECT) also is used.

- **Medication.** Most people with bipolar disorder take medication to regulate their moods. Lithium has been

widely used as a mood stabilizer. Another drug widely used as a mood regulator is the antiseizure medication, valproic acid (Depakote). Sometimes, antidepressant medications also are used to treat bipolar disorder. These may include paroxetine (Paxil), fluoxetine (Prozac), sertraline (Zoloft) and bupropion (Wellbutrin). You may need to take medications for 4 to 6 weeks before they reach their full effect.

- **Psychotherapy.** This approach often is used with medication. Your therapist will help you detect patterns leading up to episodes of bipolar disorder, trying to identify triggers for the episodes. These patterns might include your use of medications or anything that happens to you physically or emotionally. Psychotherapy helps provide strategies for managing stress and

coping with uncertainties. This, along with basic education about the nature of the disorder, helps you understand why you may well need to keep taking medication over many years.

- **ECT.** This form of treatment mainly is used for episodes of major depression associated with suicidal tendencies or when using medication has proven to be ineffective. In this therapy, electrodes are taped to your head. Then, while you're anesthetized and after you've received a muscle relaxant, a small amount of electrical current is passed through your brain for less than a second. This current produces a brain seizure, but because of the muscle relaxant your body remains calm. ECT profoundly affects brain metabolism and blood flow to various areas of the brain. But how that correlates to easing depression remains un-

known. ECT works quickly — usually showing a response after several treatments, generally within the first week — and significantly lowers the risks of untreated depression, including suicide.

Self-Care

Bipolar disorder isn't an illness that you can treat on your own. But you can do some things for yourself that will bolster your treatment program:

- **Take your medications.** Even if you're feeling well, resist the temptation not to take your medications. If you stop, you may again encounter signs and symptoms of bipolar disorder.
- **Pay attention to warning signs.** You and your therapist may have identified a pattern to your episodes of bipolar disorder and what triggers them.

Call your doctor if you feel you're facing an episode. Involve family members or friends in watching for warning signs.

- **Avoid drugs and alcohol.** Drugs, especially stimulants including diet drugs, and alcohol may be part of what triggers episodes of bipolar disorder.

- **Check first before taking other medications.** Call the doctor who's treating you for bipolar disorder before you take medications prescribed by another doctor. Sometimes other medications trigger episodes of bipolar disorder or may interact with medications you're taking for bipolar disorder.

Coping Strategies

Self-help organizations have become

potent allies for people who are coping with mental illness or who care about someone with such an illness. For bipolar disorder or other mental illnesses, self-help groups include the National Mental Health Association (NMHA) and National Alliance for the Mentally Ill (NAMI).

The NMHA is based in Washington, D.C., and has 340 affiliates in the United States. The group educates the public and policy makers about mental health issues. The association's online resources include discussion groups and screening for depression.

The NAMI provides support and education to people with severe mental illness and their families. Founded in 1979, the group has more than 1,200 state and local chapters. The chapters rely on volunteers, most of whom

have had mental illness in their families.

When you have an unmanaged chemical imbalance you will not be able to be a good thing to a man. If this is your issue I want to encourage you to be under the care of a psychiatrist. You will under the care of a psychiatrist have to discipline yourself (self-care management) into the right mind daily. Christian didn't have to be afraid or uninformed about these issues. You will always have to work (self-care) and discipline yourself into being in your right mind. Put God first in your life and He will help you. Luke 8:35 says, "When they came to Jesus, they found the man (who once was not in his right mind).... sitting at Jesus' feet, dressed and in his **right mind**... I would like to one day write a book on this

subject but until then here are some places where you can get additional resources.

Additional Resources

National Depressive and Manic-Depressive Association

National Mental Health Association

National Alliance for the Mentally Ill

National Institute of Mental Health

And the peace of God, which transcends all understanding, will guard your hearts and your ***minds*** in Christ Jesus. Philippians 4:7

Ch 7

A Woman's Friendships

A Social Good Thing

Dr. Neil Clark Warren says in his book "Two Dates of Less" says, "Find somebody to love who is a lot like you, and it will be like money in the bank for your long-term relationship... over the long haul, shared values and interests provide a stable environment for raising children and pursuing each partner's life goals."

The Principle of Companionship: The Ministry of Present

com·pan·ion·ships *noun* someone to relate to

1. relationship of friends: the company of friends and the relationship that exists between them

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 closed up the place with flesh. Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man. 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." For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. The man and his wife were both naked, and they felt no shame. Gen 2:21-25

Friendship

Contrary to popular thought on relationships, friendship should be a very important element of a relationship. Men and women alike can never seem to see their friend of the opposite sex as a future mate. Yet, they will share all of their intimate thoughts, feelings, attitudes, plans, dreams and all of their free time together in some social activities with that kind of friend of the opposite sex. Then this will happen. They will find someone they are interested in for a relationship and drop the friendship. In the relationship, they will not share themselves, as an effort to make a good impression on the other person. Because they are playing this game, (The Dating Game) they cannot share their intimate

thoughts, feelings, attitudes, plans, and dreams. They end up getting married and finding out that they have to continue playing the role in the marriage that they played during courtship. It is then that they figure out that they have nothing in common. ***It can be a very sobering feeling when you realize that you are marry to someone that you know that if you were not marry that you would not be friends.***

I experience this kind of heartbreak personally. While my ex-wife and I were dating she was interest in all the things I was interest in. We seem to have everything in common. She would want to have bible study with me, go to church with me, do ministry with me, pray with me, share her most intimate thoughts, feeling, attitudes,

plans, and dreams. She cooked for me, clean my apartment, iron my clothing, organize my closets, and she dressed for me. She would wear sexy dresses in private just for me. These were not the kind of dresses she would wear in public. She was in the dating stage she was very feminine and she stroked my male ego. Doing the date stage of our relationship she show me that she could sexually fulfill me, be an attractive spouse, give me domestic support, and admire me.

Now I know I should not have let a single woman in my life like this. Hind sight is 20/20. I wrote a book out this experience entitled, "Overcoming Fatal Attractions and Other Titanic Love Affairs." She was a single woman acting like my wife and this was sinful and deceitful. I will never let a woman

in my life like this until she is my wife. However, after she did this job on me I asked her to marry me. By the end of our marriage she did not do any of these things. That is what makes the dating game so deceitful. Women and men alike will do thing for the one they want to love. *In the pursued for a relationship they give up who they really are to become what they think or know the pursued wants.* Naturally the pursued will respond if you have become what they are looking for in a mate. They will get married and than things change. The pursuit stops. You come to the realization that this person is not who they claimed to be doing the dating process. ***You begin to realize that the person I am marriage to would not even be my friend if we were not married.*** I pray you can know what a sad, sad, sad, statement that

is for a husband or wife to say this about their mate.

Dr. Henry Cloud & Dr. John Townsend in their book, *Work Boundaries In Dating*, chapter seven is given to this topic, "Don't Fall in Love with Someone You Wouldn't Be Friends With." This is a part of Dr. Cloud and Stephanie conversation about two men Dennis and Ryan in her life.

"Sounds like to me that you feel you are 'in love' with Ryan, but have a lot more of a real relationship with Dennis... In short, she would fall in love with men that she would not choose as friends. She would go for men who did not share her spiritual commitment, her values, her depth of communication, her interests, and may other aspect of her life. There would just be this attrac-

tion that she did not have the ability to justify in any rational sense. The attractions was strong, but unfulfilling, and then she would have to have all her other needs met by a Dennis in her life. ***Friendship, communications, and good times “just hanging out” were always outside the scope of who she was having romantic feelings for.***

Female Companionship

Female recreational companionship is what most men want. A man must be able to find a woman that is attractive to him as a friend and as a woman. For men to experience marriage at its most delightful degree, recreational companionship must be apart of their marriage. A man must have a woman who can be his friend.

Dr. Melvyn Kinder and Dr. Connell Cowan in their book, *Husbands and Wives, Exploding Marital Myths/ Deeping Love and Desires* says, **“In general, men and women who are about to marry know very little about how to sustain a marriage. They understand that the feeling of love is an essential marital adhesive, but often don’t realize that love, in the absence of friendship, is only a hormonal illusion.”** I used the word “friend” for the Christian as someone you have natural and super natural social common interests. What is it that you do recreational in your free time to have fun? What is it that you like to do? What are some social events that you would like to attend without a date? What social events that you go to with your girls or your boys, your church group, just to have fun? What is it that you

do all alone or without a date to have fun? ***These should be the social common interest that men like to have with their wives.*** What is it that you like to do in your supper natural social interests? A supper natural social interest is what you like to do in church. Do you like going to church on Sunday morning, Sunday night, Wednesday night, Single's events, Marriage couple events, Christian Education classes, or a specialized ministry? These are the social events that you should have in common with your mate.

The dating date is not a good way to get to know a person naturally. In the dating game people will do certain activities just to be with the other person? In the words of an old Prince Song they will say, "I don't care where

we go. I don't care what we do. I don't care pretty baby. Take me with you."

If you do not know what you like to do then you need to as Ben Young says in his book "The 10 Commandment of Date," Commandment One: Thou Shalt Get A Life.

People who are living the un-life have one thing in common: they have put their lives on hold. They have become so consumed with finding someone to meet their needs and give them a sense of significance that real living has taken a backseat. Some un-lifers just withdraw completely and give up. They have convinced themselves that life isn't pursued with any sort of passion without a partner. Whether they are obsessed with finding The One or they have given up, these are the

ones who have contracted the fatal disease of the un-life.

Wait To Exhale

Terry McMillan's *Waiting to Exhale* mesmerized its readers with vivid descriptions of what a black woman wants in her man, and how hard it is to find it. Women loved it; men were not so thrilled. I am a man and I was not so thrilled by the way it portrays women. You should not live your life like the whiny, privileged women of Forest Whitaker's annoying film of "Waiting to Exhale" (1995). These women were victims of the un-life. They just sit around, shooting off their mouths while adjusting their makeup. They exhale when they should have been holding their breath to the death. When ever a single woman is

looking to breathe in the arms of a man she has just met is a victim of the un-life. That man turned out to be not worthy of her breath.

However Christian singles women should be breathing. If you are going to be a good thing to yourself and a future husband you have to exhale right now. You must have a life! You must know what you like. Do not depend on a man or “the one” to get a life. ***If you have accepted Jesus Christ and you Lord and Savior you already have “the one.”*** Jesus died so that you may live. Jesus said in John 10:10, “The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.” You must befriend yourself and in the will of God, and the timing of God, find a male friend to share your life with. You

can than breathe together.

Befriending Your Self

For those of you who are apart of a mega church it would be easier for you to get a life by being involve in your single ministry. You do not have to be at ever event. You should only be at those events that interest you. Once you have define the interest that you have do as the Nike commercial says just do it. Have fun doing what you like to do and I will almost guarantee that it will make you more approachable to the Christian men who are involved in the same interest. ***Do not; let me repeat do not be involved in interest that you do not love to do in an attempt to meet a man. This is deceptive and a real friendship cannot be built on deceit.*** It is the deception

of the dating game. You will do anytime including those things that you do not enjoy to be with a man. This man will love you for liking to do the things that he enjoys doing and will want to spend more time with you. Many single women will do whatever to get a man. After the dating game is over and marriage begins she will do nothing. The man wonder what happen why did she change. For most marriage couples they did not really get to know each. This is painfully evident only after they are marriage. ***Some people wake up the morning after only to find that they are marriage to someone they would not be friends with.*** I think the best way to get to really know someone is to notice what they are interested before you meet them. If you do not know who you are and what you like to do singleness should be for

you a time of self-discover. Get a life. Try new things. Make those things that you like to do apart of your life. Once you have discovered who you are and want you like to do you will be ready to be a good thing to a man friend just like you.

Know Thy Self-Socially

It is important to know yourself spiritually but you must also know yourself socially. In mega churches you may be able to get a know yourself social and spiritually in this same setting. In a mega church the spiritual and social you could meet up in one setting. I recommend that singles be involved in a mega church with an active singles ministry. Singles in smaller churches tend to be more socially and spiritually isolated. There is something

about being around other people your
some age that can help you keep the
faith. If you surround yourself with
some serious single brothers and sisters
in Christ it will be easier to live for Him.
However, it is important to know your-
self so you can find someone with your
same common interest. ***Friendship in
a marriage is very important as stated
earlier.*** Friendship in the sense that the
person you chose to love should be
able to communicate with you like a
friend. You should have some com-
mon interests if you what to experi-
ence life in marriage at its finest hour.
How well do you know yourself? In a
book entitled, "50 Ways To Meet Your
Lover" it says:

You don't have to live in a city and go
to parties every night in order to meet
someone. Sometimes it takes being

alone for a while to really know what you are looking for in a relationship. The most important consideration is to nourish yourself, and that often means a period of solitude. Instead of fearing time alone, welcome it. Friends had Janet, "You'll never meet a man if you're living out in the woods in a log cabin." Yet her priority was not to meet a man but to nurture her soul. She ended up doing both.

How well do you have a life? With the following list in mind make it a goal for you to get a life. Get involve in life! If you suffer from the un-life make it a goal to be involved in three new activities this year. Pick three activities from this list and get involved in life.

Back To Life

acrobatics, bicycling, computer programming, **dining** out, **acting**, **board games**, **concerts**, diving, antique collecting, bobsledding, **cooking**, drawing, archery, bowling, cricket, engraving, art collecting, boxing, corquet, falconry, archery, bridge, crossword puzzles, fencing, auto customizing, camping, curling, field events, badminton, canoeing, dancing, fishing, ballet, checkers, debating, flying, baseball, chess, deck tennis, **football**, **basketball**, coin collecting, decortating, gardening, iceboating, metalwork, puppeteering, golf, ice-skating, model building, puzzles, ham radio, jai alai, mountain climbing, quilting, handball, jogging, moviegoing, racquetball, hang gliding, judo, needlework, rafting, hiking, karate, operas, reading, hockey, kayaking, painting, roller-skating, horseshoe, back riding, knitting, pall-mall, rowing, horseshoe, pitching, lacrosse, playgoing, safaris, hot rodding, lawn bowling, poetry, sailing, hunting, lawn, tennis, polo, sewing, soccer, tobogganing, windsurfing, shooting, softball, toymaking, woodworking, shot

putting, spearfishing, track events, wrestling, shuffleboard, stamp collecting, trapping, **writing, singing,** storytelling, trapshooting, yachting, skateboarding, surfing, traveling, skeet shooting, swimming, volleyball, skiing, table tennis, walking, skin diving, taxidermy, water polo, skydiving, television, weaving, snowmobiling, tennis, and weight lifting.

Marriage: A City of Brotherly Love

In my first book, "How to Choose a Worthy Mate and Find True Love," I describe five elements of true love. One of those elements of love is friendship.

'So again I say, contrary to popular belief friendship with the opposite sex in relationships is a very important element of love. Marriage is meant to be the most intimate relationship of all relationships. One can only establish an

intimate marriage relationship through a intimate friendship with a mate.

An article that appeared in the May 1995 edition of McCall's magazine was entitled "The Choice of a Lifetime." In this article, the author shares her choice for phileo love:

I listened to girlfriends saying "Oh, look at that hunk. Look at those buns," as I watched them fall for fellows who were cute and flashy, which is what the culture says you are supposed to like-and then I would look at Shearwood. He's no Rudolph Valentino. But when I thought about what I wanted out of life ten years down the road, there was Shearwood-intelligent, gentle, generous, caring-and I knew he was the man for me. Even if he didn't have cute buns. I told myself that I would be marrying my

best friend, which was true.

To fulfill the purpose of marriage and family to its most delightful degree you must choose to have this element of phileo love in your relationship. You should choose to marry a friend to share the rest of your life with because of the permanency of marriage and family. Marry a friend of the opposite sex who shares your intimate thoughts, feelings, and attitudes. He or she must also be willing to pursue all your plans and dreams as well as you being willing to pursue your mate's. When marriage is a friendship, life can be a fun adventure together.'

If you want to be a good thing to your future mate do not play the dating game. ***Make sure you be who you are***

and marriage a friend just like you. In an article entitled, "Creating Intimacy and Friendship in Marriage" written by Debra Evans states:

When you hear the word *companion*, what does the term signify to you? Given the dictionary's definition of a companion as "somebody who accompanies you, spends time with you, or is a friend," do you currently see you and your husband companionably drawing together or separately drifting apart? Author Sheldon Vanauken warns:

There is such a thing as a creeping separateness. What do young people who are freshly married do? They can't rest when they're apart. They want to be together all the time. But they develop separate interests, especially if

they have separate jobs and some separate friends. So they drift apart. Pretty soon they have little in common except, maybe, the children. So the stage is set for one of them to fall in love with someone else. Later they'll say the reason for the divorce was that he/she fell in love with someone else, but it wasn't that at all. It was because they let themselves grow apart.

In Genesis 2:18, we hear these words echo across the centuries, still vitally relevant to our relationships today: "The LORD God said, 'It is not good for the man to be alone. I will make a helper suitable for him.'" Consider that the Hebrew word for helper is *ezer* — remarkably, the same word used in Psalm 118:7: "The LORD is with me; he is my helper (*ezer*)." Keeping this idea in mind reinforces the essential role we play within our sacred partnership. The

blessing of friendship and tenderness in marriage honors this unchanging truth: ***A wife's loving companionship was designed by God to meet her husband's number one relationship need.***

"50 Ways To Find Your Lover" says to singles:

Having similar backgrounds, environments, ancestry, and cultures and sharing common thoughts, feelings, imagining, and dreams can bring natural compatibility to a relationship, romantic or otherwise... "Couples are

swept away by the romantic notion of love." Involve yourself in group activities and focus more on creating long-term friendships than on finding a hus-

band or a wife. Go to the places your interest lead you and you will find like-minded and -hearted friends.

A husband should be a life long friend who can see the true beauty of you as a women. I would like to end this book with a peom that celarates the true beauty of a woman. May God bless you to filfill all your dreams for life and family!

The Beauty of a Woman

*The beauty of a woman, isn't in the
clothes she wears,
the figure that she carries, or the way
she combs her hair.*

*The beauty of a woman, must be
seen from in her eyes,
Because that's the doorway to her
heart, the place where love resides.
The beauty of a woman, isn't in a*

facial mole,

*but true beauty in a woman, is re-
flected by her soul.*

*It's the caring that she cares to give,
the passion that she shows.*

*And the beauty of a woman, with
passing years, only grows.*

Another Good Thing

There is another good thing that I pray will happen. That good thing would be for those of you who have read this and do not have a personal relationship with God would come to know God in a personal way. Follow these four step into a personal relationship with God.

1. Realize that you are a sinner. No matter how good a life we try to live, we still fall miserably short of being a good person. That is because we are all sinners. We all fall short of God's desire for us to be holy. The Bible says, "No one is good—not even one" (Romans 3:10 NLT). This is because we can not become who we are supposed to be without Jesus Christ.

2. Recognize that Jesus Christ died on the cross for you. The Bible tells us, "But God showed His great love for us by sending Christ to die for us while were still sinners" (Romans 5:8 NLT). This is the Good News, that God loves us so

much that He sent His only Son to die in our place when we least deserved it.

3. Repent of your sin. The Bible tells us to “repent and be converted” (Acts 3:19 NKJV). The word repent means to change our direction in life. Instead of running from God, we can run toward Him.

4. Receive Jesus Christ into your life. Becoming a Christian is not merely believing some creed or going to church on Sunday. It is having God through Christ take residence in your life and heart. Jesus said, “I am the way and the truth and the life. No one comes to the Father (God) except through me.” (John 14:6)

If you would like to have a personal relationship with God through Christ, simply pray this prayer and mean it in your heart.

Dear Lord Jesus, I know I am a sinner. I believe you died for my sins. Right now, I turn from my sins and open the door of my heart and life. I confess you as my personal Lord and Savior. Thank you for saving me. Amen.

A Note from the Author

To: The Church and Senior Pastors

U. S. Census

The number of households in 2000 nearly 5 in 10 (51 million households) are maintained by unmarried men and women. The number of unmarried adults in the United States as of March 2001 is as following: 51 million had never been married. 21 million were currently divorced. 14 million were widowed. With this in mind we must as a church become more aware of the singles in our churches and minister to their needs.

Marriage and Family

Many churches and pastors have become great at ministering and reaching married couples and families. However since George Barna tells us that 94% of Senior Pastors are married. For most pastors and churches the singles in their church is an after thought. Some pastors and congregates think that all God has called singles to do is to get married. Most pastors know this is not true because of the high divorce rate in the church. For most singles marriage is not the answer. Marriage has no healing power. The answer is the healing that needs to take place before singles, divorcees, and some widowed need to go through before marriage or remarriage. When this takes place in singles lives we can have better marriages.

How To Become A Good Thing

Singles need pastoring in the area of roles of man and woman in family. One of the ways you can minister to singles in your church in this area is to sponsor a How To Become A Good Thing seminar. God has given me a heart and passion for singles. I would love to come to your church and minister to your singles with this seminar.

For information about classes, seminars, resources or any council I can offer please e-mail me at meaton11367@yahoo.com.

ABOUT THE AUTHOR



Michael Eaton is a Speaker and Author of *How To Be Blessed As A Christian Single* (Spring 2004), *How To Became A Good Thing* (Summer 2004), *How To Choose A Worthy Mate and Find True Love* (Fall 2003) and *Overcoming Fatal Attraction* (Fall 2000).

Michael is single and has a daughter, Christal, and lives in Colorado Springs, Colorado.