

Appendix 1

Ready for marriage?

(see *The Marriage Book*, Appendix 1)

- **The sharing test**

Do I want to share the rest of my life with my partner?

- **The character test**

Do I regard my partner as being kind?

- **The strength test**

Does our love give me energy and strength, or does it drain me?

- **The respect test**

Do I respect my partner?

- **The habit test**

Do I accept my partner as they are now (bad habits and all)?

- **The quarrel test**

Are we able to admit our mistakes, apologize, and forgive each other?

- **The interest test**

Do we have interests in common as a foundation for friendship?

- **The time test**

Have we weathered all the seasons and a variety of situations together?

These tests have been adapted from *I Married You* by Walter Trobisch (VP, 1973).





If you are unable to answer yes to the questions above, we suggest you discuss your feelings with someone other than your partner.

Appendix 2

Ephesians 5:21–33

²¹Submit to one another out of reverence for Christ. ²²Wives, submit yourselves to your own husbands as you do to the Lord. ²³For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Saviour. ²⁴Now as the church submits to Christ, so also wives should submit to their husbands in everything. ²⁵Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶to make her holy, cleansing her by the washing with water through the word, ²⁷and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. ²⁸In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ²⁹After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church—³⁰for we are members of his body. ³¹For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” ³²This is a profound mystery—but I am talking about Christ and the church. ³³However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

1. The context of the whole passage is: “Submit to one another out of reverence for Christ” (Ephesians 5:21). (Submitting is the opposite of lording it over or seeking to control another. Marriage is designed to be a relationship of mutual giving as we seek to serve each other and to put each other’s needs ahead of our own.)
2. Compare the duties of husband and wife (more is written to the husband owing to the prevailing culture in which a husband had total rights over his household):
 - the husband’s duty: “Husbands, love your wives, just as Christ loved the church and gave himself up for her. . . husbands ought to love their wives as their own bodies.” (Ephesians 5:25,28)
 - the wife’s duty: “Wives, submit yourselves to your own husbands as you do to the Lord” (Ephesians 5:22)

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3. "Head" does not necessarily mean leader. St. Paul could be emphasizing the close connection between husband and wife in marriage. They cannot act independently of each other any longer.
 4. Servant-leadership means taking responsibility rather than leaving the issue to our husband or wife: we should take the initiative rather than taking control.
 5. The whole passage is set in the context of seeking God's will rather than seeking to impose our own will: "Find out what pleases the Lord. . . understand what the Lord's will is" (Ephesians 5:10,17).



Appendix 3

The marriage vows

The priest/minister says to the bridegroom:

[Name], will you take [Name] to be your wife? Will you love her, comfort her, honor and protect her, and, forsaking all others, be faithful to her as long as you both shall live?

He answers: I will.

The priest/minister says to the bride:

[Name], will you take [Name] to be your husband? Will you love him, comfort him, honor and protect him, and, forsaking all others, be faithful to him as long as you both shall live?

She answers: I will.

The bridegroom takes the bride's right hand in his, and says:

I, [Name], take you, [Name], to be my wife, to have and to hold from this day forward, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, till death us do part, according to God's holy law, and this is my solemn vow.

The bride takes the bridegroom's right hand in hers, and says:

I, [Name], take you, [Name], to be my husband, to have and to hold from this day forward, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, till death us do part, according to God's holy law, and this is my solemn vow.

The bridegroom places the ring on the fourth finger of the bride's left hand and, holding it there, says:

[Name], I give you this ring as a sign of our marriage. With my body I honor you, all that I am I give to you, and all that I have I share with you, within the love of God, Father, Son, and Holy Spirit.

The bride places a ring on the fourth finger of the bridegroom's left hand and, holding it there, says:

[Name], I give you this ring (or, if only one ring is used: I receive this ring) as a sign of our marriage. With my body I honor you, all that I am I give to you, and all that I have I share with you, within the love of God, Father, Son, and Holy Spirit.

Appendix 4

Creating a budget



(see also *The Marriage Book*, Appendix 3: "Working out a budget")

Money management tips from CAP:

Create a budget

Agree on a budget together—and stick to it. It might sound simple, but this is the easiest way to keep track of how much money you have and exactly what you're spending it on.

Save, save, save!

Even if you can only afford to save a small amount each month, eventually it all adds up. Having a savings pot you can dip into when facing unexpected costs could be a lifesaver. What about planning ahead for specific things like Christmas or vacations?

Do your research

If you've been with the same energy supplier for over a year, the chances are you're paying more than you need to. By researching the different options available, you can find the cheapest deal that suits your individual needs.

Pay with cash

Pay with cash instead of card. By handing over physical money, you can stay aware of what you're buying. This also means that when the money's gone, it's gone, which might make you think twice about that thing you "really need".

If you want to find out more about Christians Against Poverty, visit us at capuk.org.
To book on to a CAP Money Course in your area visit capmoneycourse.org.

Monthly Budget Planner

Average monthly income (work out annual amount)

Joint salaries		\$
Other sources of income		\$
Total (1)	\$	\$ (monthly)

Fixed regular expenditure (work out annual amount)

		Actual	Budget
Rent/mortgage		\$	\$
Tax		\$	\$
Utilities (gas, electricity, water)		\$	\$
Insurance		\$	\$
Loan repayment		\$	\$
Travel		\$	\$
Car - tax, insurance		\$	\$
Charitable giving		\$	\$
Other		\$	\$
Total (2)	\$	\$ (monthly)	\$ (monthly)

Flexible "essential" expenditure (estimate annual amount)

Household (food, pharmacy, etc.)		\$	\$
Clothes / shoes		\$	\$
Car maintenance		\$	\$
Telephone		\$	\$
Other		\$	\$
Total (3)	\$	\$ (monthly)	\$ (monthly)

Flexible "non-essential" expenditure (estimate annual amount)

Entertainment / hospitality		\$	\$
Presents		\$	\$
Sport / leisure		\$	\$
Vacations		\$	\$
Eating out		\$	\$
Other		\$	\$
Total (4)	\$	\$ (monthly)	\$ (monthly)

Monthly sum for savings/emergencies

Total (5)		\$	\$
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Add together total monthly expenditure

(2, 3, 4, 5)		\$	\$
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Compare to total monthly income (1)

		\$	\$
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Appendix 5

Suggested readings for a marriage service

Psalms 19; 84; 85; 91; 121; 139:1–18

Ecclesiastes 4:9–12

Song of Solomon 2:10–13; 8:6–7

Isaiah 40:25–31

John 2:1–11

John 15:1–4, 9–17

1 Corinthians 13:1–8(a)

Ephesians 3:14–21

Ephesians 5:21–33

Philippians 2:1–11

Philippians 4:4–9

Colossians 3:12–17

1 John 4:7–16

Appendix 6

Recommended books

The Five Love Languages by Gary Chapman (Moody Press, Northfield Publishing, 2015)

The Other Side of Love: Handling Anger in a Godly Way by Gary Chapman (Moody Press, Northfield Publishing, 1999)

Boundaries in Marriage by Dr. Henry Cloud and Dr. John Townsend (Zondervan, 2002)

Rules of Engagement: How to Plan a Successful Wedding/How to Build a Marriage that Lasts by Richard and Katharine Hill (Lion Hudson Plc, 2009)

Created for Connection by Dr. Sue Johnson with Kenneth Sanderfer (Little, Brown US, 2016)

The Meaning of Marriage by Timothy Keller with Kathy Keller (Hodder & Stoughton, 2011)

The Marriage Book by Nicky and Sila Lee (Alpha International, 2009)

The Mystery of Marriage by Mike Mason (Multnomah, 2005)

Loving Against the Odds by Rob Parsons (Hodder & Stoughton, 2010)

The Sixty Minute Marriage by Rob Parsons (Hodder & Stoughton, 2009)

A Celebration of Sex by Douglas Rosenau (Thomas Nelson, 2002)

Seasons of Sex & Intimacy by Emma Waring (Hullo Creative, 2018)

