

2026 CHURCH OF NIGERIA BIBLE STUDY OUTLINE
THEME: THE REIGN OF GOD: MARRIAGE AND CHRISTIAN LIFESTYLE
Hebrews 13:4 "Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge".

FOREWORD

"Grace and Peace from God the Father and our Lord Jesus Christ, who gave Himself for our sins, that He might deliver us from this present evil age, according to the will of our God and Father, to whom be glory forever and ever. Amen" (Galatians 1:3-5).

We give immense thanks to God for His faithfulness in preserving His Church through the Power of His Word over the ages, especially through the systematic study of God's Word in our congregational Bible Study using the Church of Nigeria Bible Study Outline.

Our last year's Bible Study theme, "The Reign of God: Children and The Kingdom of God," taken from Matthew 19:14, was deeply engaging and transformational. It touches on the core of our ministry and mission, particularly the often neglected, the Children. The various issues, challenges, and factors considered were very impactful to our understanding of the Kingdom of God and our role as agents of God's kingdom on earth. Again, Jesus' recognition and ministering to the children becomes a model of humility in service for our ministry and missions in the Church of God. We must make room for the downtrodden, less privileged, the weak, the voiceless, and vulnerable people in our congregations, as 1 Corinthians 12:23 puts it, "And those *members* of the body which we think to be less honorable, on these we bestow greater honor..."

The Theme of our Bible Study this year is "The Reign of God: Marriage and Christian livelihood." The reign of God is both a present reality and a future hope, shaping every aspect of Christian life, including marriage and livelihood. In marriage, the reign of God calls couples to embody love, mutual submission, and covenant faithfulness (Ephesians 5:21-33). The Christian Marriage is a reflection of Christ's relationship with the Church—sacrificial, life-giving, and rooted in grace. The reign of God challenges believers to see their vocations and livelihood not just as means of income, but as platforms for stewardship, compassion, and kingdom witness (Colossians 3:23-24). Our relationship with God should transform our marriage and daily work into arenas where heaven meets earth, and the values of God's kingdom in faithfulness, humility, and hope are manifested daily.

This Bible study outline will be a great resource in understanding the mind of God for Marriage and Stewardship in livelihood. It will help us to stand strong in righteousness despite the pervasive moral decadence in our World. We commend this Bible Study Outline to the entire people of God in the Church of Nigeria and beyond.



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We greatly appreciate the good work of the Liturgy and Spirituality Committee under the chairmanship of the Rt. Rev'd Dr. Foluso Olugbenga Babatunji. God bless you all.

The LORD be with you.

Most Rev'd Henry C. Ndukuba MA, BD, MA(Ed), DD
Archbishop, Metropolitan, and Primate of All Nigeria
Church of Nigeria (Anglican Communion)
Trinity Sunday, 2025.



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INTRODUCTION

The early Church faced doctrinal challenges and controversies, including issues related to marriage and Christian living. The Corinthian Christians sought guidance from Apostle Paul on topics such as marrying unbelievers, celibacy, and divorce. Paul addressed these issues in 1 Corinthians 6:15-20 and 7:1-16, emphasizing the importance of upholding marriage as a divine institution, advocating for mutual understanding in marital life, and discouraging divorce.

In today's Christendom, we continue to grapple with doctrinal vices related to marriage, such as homosexuality, lesbianism, gender violence, and divorce. Unfortunately, these topics are often avoided in Christian gatherings.

The Bible places significant emphasis on Christian marriage, using it as a figurative expression of God's union with His people in both the Old and New Testaments. This serves as the inspiration for the theme of this year's outline: "THE REIGN OF GOD: MARRIAGE AND CHRISTIAN LIFESTYLE," with Hebrews 13:4 as the driving text.

The outline covers eleven sub-themes and fifty-two topics, starting with the Concepts of Marriage and delving into various aspects such as gender-based violence, courtship discussions, sustaining Christian marriage, household responsibilities, and the challenges of divorce. It concludes with the Marriage supper of the Lamb.

Acknowledgments are extended to the resource persons led by Ven Charles O Fakiyesi for their contributions to the production and editing of the outline. Gratitude is also expressed to virtual professional consultants, team leaders, provincial coordinators, and all consulting fathers in God for their dedicated efforts. May God bless them and reward their labor of love in His vineyard.

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STUDY 1

SECOND SUNDAY AFTER CHRISTMAS JANUARY 4 2026

THEME: The Reign Of God: Marriage And Christian Lifestyle

SUB-THEME: The Concept of Marriage 1

TOPIC: Universal concepts of Marriage

TEXT: Gen 2:24, Josh 11:1-5

AIMS:

- i. to discuss the various universal conceptions of marriage,*
- ii. to explore these universal conceptions in biblical contexts and*
- iii. to relate the concepts with our contemporary relationships as Christians.*

INTRODUCTION

We welcome every user of this manual into the New Year 2026. It is our prayer that the Lord Almighty will renew the joy in all marital and pre-marital lives in Jesus name. As we start this year with the concept of earthly marriage, we shall be alive as we end it with the Marriage supper of the Lamb in Jesus name.

Universal concept simply means the ideas and notions that exist or operate everywhere or under all conditions which almost everyone can relate to, but do not mean the same to everyone. The economists perceive marriage as a partnership with the purpose of joint production and joint consumption in trade. Politically, marriage is the union between two or more countries or political parties coming together to share the same ideologies. However, the socio-Anthropological concept is the most popular perspective at any mention of the word marriage. Therefore, sociologists and anthropologists (people who study human nature) define marriage as a universal institution that is basically meant to satisfy the physical, psychological, social, cultural, and economic needs of men and women. It permits men and women to establish a stable relationship with each other in order to form a family.

STUDY GUIDE

1. Mention and define some universal concepts of marriage in relation to our introduction and from the following biblical contexts? Gen 2:23-24; Josh 11:1-5; Jer 3:18; Ezek 27:16-17;
2. In the context of Amos 3:3, discuss the pivotal role of compromise and collaboration in maintaining unity within any relationship.
3. Explain from life experiences how some Christians do compromise their faith with ungodly relationships? 1Cor 5:1-2
4. What is the biblical caution for Christians in any relationships? 2 Cor 6:14-17.

CONCLUSION: Relationship leads to fusion that may have positive or negative and godly or ungodly impacts on our Christian Lifestyle. Therefore, as we are starting a new year, let us always be careful of the relationships we might find ourselves as we



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navigate our Christian pilgrimage on earth.

FOOD FOR THOUGHT: Beware of relationship; because there will always be godly and ungodly ones.

MEMORY VERSE: Amos 3:3 "Can two walk together, except they agree?"

STUDY 2 1ST SUNDAY AFTER EPIPHANY JANUARY 11 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: The Concept of Marriage 2

TOPIC: The Institution of Marriage

TEXT: Gen 2:18-25

AIMS:

- i. to reveal God as the initiator of marriage in the Bible and*
- ii. to enlighten us on the instituted covenant of marriage.*

INTRODUCTION

Today is the first Sunday in Epiphany, meaning; the revelation of Christ to the unbelievers. As we continue in Christendom, may God continuously make us the gospel light to shine amidst the darkness of the world in Jesus name.

Marriage is an institution that admits man and woman to family life. It is a stable relationship in which a man and a woman are socially permitted to live together without losing their status in the community. Marriage is not merely concerned with the couple; rather it affects the whole society and future generations. According to our biblical passage today, God established marriage in the beginning. He instituted it in the Garden of Eden with Adam and Eve. The first marriage was based on a covenant consisting of three things: **leaving, cleaving, and becoming one flesh.** (Genesis 2:24).

STUDY GUIDE

1. In your personal view, how can you define Marriage as an Institution, and is there any contrary opinion as to who instituted marriage apart from God Almighty?
2. According to our Bible passage, give reasons why God instituted Marriage in the Garden of Eden. (Gen 2:18-25)
3. Mention the three contents of Marriage in Gen 2:24 and analyse them with biblical examples. Gen 12:5; 24:58-67; Luk 1:5-6, 59-63.
4. In a challenging world of hustles and bustles, how effective are the three contents of leaving, cleaving and becoming one flesh in marriages? Explain with life experiences.

CONCLUSION: Marriage is a sacred institution that involves two people of opposite gender becoming one. As Christians, it is most expedient for us to always remember



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the contents of the covenant in our marriage, so as to be just and faithful to the sacredness of the covenant.

FOOD FOR THOUGHT: The most sacred mathematics is that of one plus one equal to one in marriage.

MEMORY VERSE: Gen 2:18 "And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him".

STUDY 3

2ND SUNDAY AFTER EPIPHANY JANUARY 18 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: The Concept of Marriage 3

TOPIC: Types of marriage in the Bible

TEXT: Gen 2:24; 1Kings 11:1-11

AIMS:

- i. to do a concise exploration of the various marriages as recorded in the Bible,*
- ii. to analyse these marriages and*
- iii. to discuss their positive or negative implications on human society.*

INTRODUCTION

The standard of marriage was instituted in Genesis 2:24 between a man, (husband) leaving his family of origin, and cleaving with a woman, (his wife) to become one; this is monogamy. However, we have various types of polygyny marriages in the Bible: Lamech in Gen 4:19; Esau in Gen 26:34-35; Gideon had many wives in Judges 8:30. There is also marriage to slaves or maids known as Property marriage in Gen 16:3-5; 30:3-5, 9-10 and marriage to multitude of women in 1Kings 11:1-3. There are other examples in the Bible, but the basic question is, how peaceful or chaotic is any marriage outside the one instituted by God? This and other pertinent questions shall be discussed in our guides today.

STUDY GUIDE

1. According to our introduction, mention three types of marriages as recorded in the Bible and analyse them in contemporary contexts.
2. Read Gen 16:3-5 and 1Sam 1:1-6 and analyse the bane of polygyny.

3. What was the effect of polygyny or marrying many wives of Solomon in our text today? 1Kings 11:4
4. Why do men marry more than one wife in our contemporary society? Discuss within the context of this study.

CONCLUSION: Many reasons had always been given by Christians and non-Christians for marrying more than one wife. However, there can never be any other marriage that can give peace than the type instituted by God at creation of a man and a woman. As Christians and pilgrims of heaven, we should always advocate this to strengthen the faith of believers.

FOOD FOR THOUGHT: No matter the love from a man, he can never love two women equally.

MEMORY VERSE: 1 Kings 11: 4 “For it came to pass, when Solomon was old, that his wives turned away his heart after other gods; and his heart was not perfect with Jehovah his God, as was the heart of David his father”.

STUDY 4

3RD SUNDAY AFTER EPIPHANY JANUARY 25 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: The Concept of Marriage 4

TOPIC: Biblical perspectives of ungodly union/Marriage

TEXT: Rom 1:16-32

AIMS:

- i. to expose some abominable unions in the Bible,*
- ii. to expose revisionists' ideology on marriage and*
- iii. to study God's injunctions and punishments on abominable doctrines.*

INTRODUCTION

Ungodly marriage simply means marriage ordinance that runs contrary to God's or biblical injunction. According to Study one this year, (The Universal concept of Marriage), marriage is universally accepted to be a relationship between man and woman or male and female or husband and wife. However, our contemporary society is filled with various revisionist ideologies. A revisionist is any advocate of doctrines, theories, or practices that depart from established authority or doctrine. Some of their doctrines are the LGBTQ: Lesbianism: marriage between two females; Gay: marriage between two males; Bisexual: sexually or romantically attracted to both men and women; Transgender: those who changed their natural gender to another

form like male to female and female to male; Questioning or Queer: those who are in the process of determining their sexual orientation or gender identity. Other form of abominable union/marriage is bestiality: marriage relationship between human and animal. Our Bible passage today exposes us to the context of these abominable ideologies that run contrary to God's marriage ordinance in the Bible and our study guide will beam more light to them.

STUDY GUIDE

1. From the Introduction, define a revisionist and some of their ungodly concepts of marriage.
2. Critically study Rom 1:20-23, 25; Jude 1:10-11 and analyse the bases for revisionists' doctrines as well as God's Punishment on them. Compare with Lev 20:13; Rom 1:26, 28.
3. Mention some other abominable unions or relationships in the Bible and God's injunction concerning them. Lev 18:22-24; De 27:21.
4. How should Christians respond to ungodly union?

CONCLUSION: There will always be revisionists who will always try to suppress the truth of God's standard in the Bible. However, our joy as Christians is in the fact that over the ages, they had never prevailed over biblical truths. Therefore, we must always be cautious never to fall prey of their teachings; else, we plunge our Christian virtues in eternal damnation.

FOOD FOR THOUGHT: No amount of Revisionists' ideologies had ever suppressed the truth in the Bible, and they can never.

MEMORY VERSE: Rom 1:18 "For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness."

STUDY 5

SEPTUAGESIMA SUNDAY FEBRUARY 1 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Christian marriage 1

TOPIC: Monogamy: The Nature of Christian marriage

TEXT: Gen 1:27; Matt 19:3-11

AIMS:

- i. to study the basis of Christian marriage,*
- ii. to expose adultery and fornication as the most potent danger in Christian marriage and*
- iii. to torch-light the antidote for divorce in a Christian marriage.*

INTRODUCTION



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Today makes it seventy days before Easter; may God make our marital Lifestyle to be a godly example to unbelievers in Jesus name.

Christian Marriage is based on the principle of monogamy, which is the practice of marrying or state of being married to one person at a time. The two persons must definitely be two opposite sex; that is, male and female. (Gen 1:27; 2:23-24; Matt 19:4) This Christian standard as ordained by God and corroborated by our Lord Jesus Christ and other biblical passages on marriage cannot be compromised. However, there are factors that always ignite ungodly habits against monogamy in Christian marriages. Our study guides shall allow for more life experiences on these.

STUDY GUIDE

1. In the context of our introduction, define monogamy and give biblical examples. Gen 2:23-24; 24:67; Luk 1:13.
2. From life experiences and with biblical analysis on Gen 25:21; 26:34-35; 27:46; and Luk 1:5-7, 59-65, how can you justify monogamy as the best type of marriage?
3. Why is adultery or fornication a dangerous phenomenon in Christian marriage? Prov 6:32; 22:14; 23:27. Expatiate with Judg 16:1, 4, 18-21.
4. According to Matt 19:9, Jesus said, "And I say unto you, whosoever shall put away (divorce) his wife, except it be for fornication, and shall marry another, committeth adultery: and whoso marrieth her which is put away doth commit adultery." (KJV). As a Christian, what do you think is the antidote of divorce? Pro 5:18-19; 1Cor 6:18; 7:2-5; Heb 13:4.

CONCLUSION: The Christian Lifestyle entails godliness and obedient to biblical rules and commandments. Based on these principles, the best form of marriage among humankind is Christian marriage (monogamy) that embraces God's ordinance and is devoid of ungodly acts.

FOOD FOR THOUGHT: The best love is one that can never be shared.

MEMORY VERSE: Matt 19:5-6 “For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh? Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder”.

STUDY 6

SEXAGESIMA SUNDAY FEBRUARY 8 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Christian marriage 2

TOPIC: From Courtship to Publishing the Banns

TEXT:

AIMS:

- i. to expose the biblical context of Courtship and its importance and*
- ii. to expound the significance of marriage banns.*

INTRODUCTION

INTRODUCTION
Sexagesima means sixty Sunday before Easter; as we look forward to Lenten season, may God revive our family and marriages towards all righteousness in Jesus name. Courtship is the period between engagement and marriage. It is far different from

Dating. In dating, the man and the woman often have no commitment to marry each other and they refer to themselves as boyfriend and girlfriend; whereas, in Courtship, they both have been betrothed or espoused to each other in agreement and commitment to get married with each other. Therefore, they refer to themselves as fiancé and fiancé; then, after marriage, they call themselves spouse. Our Bible passages today, exposed us to the period of courtship known as betrothal or espoused between Mary and Joseph (Matt 1:18a). However, we see the betrothal of Jacob and David being forestalled through deceit by Laban and King Saul respectively. To prevent these and any other impediment against a betrothed marriage, a marriage bann is published and publicly announced. An example of a marriage bann as copied from the marriage ordinance in our Anglican Book of Common Prayer is as follows:

I hereby publish the banns of marriage between N ... of this Parish or ... Parish living at ... and N... of this Parish or ... Parish living at...If any of you know any just reason in law why these persons may not marry each other, you are to declare it now. This is the first; or second; or third (as the case may be) time of asking. In response to the banns, if an impediment to the marriage is alleged, the marriage may not hold, and if not, it is established. By this act, no 'Laban' or 'King Saul' can play foul on the couple.

STUDY GUIDE

1. Critically study Gen 29:18-28; 1Sam 18:25-27; 25:44; 2Sam 3:14 and justify the importance of publishing of Bann before marriage.
2. Differentiate between courtship and dating; boyfriend and girlfriend; fiancé and fiance with reference to contemporary experiences.
3. Carefully analyse Deut 7:2-4; 1Cor 7:10-15; 2Cor 6:14 and discuss why it is better to research very well before entering into marriage.
4. How effective is the observance of courtship period in our contemporary society? Discuss in line with internet or online engagements.

CONCLUSION: The period of courtship is very important in marriage for serious research into the personality of the espoused. Those who seek your hand in marriage may be generous, rich, well-trained, handsome, and industrious. However, unless they are children of God by faith in Jesus Christ, you must not make them husbands and wives. It is better to break the courtship than break the marriage. (2 Corinthians 6:14).

FOOD FOR THOUGHT: Check the espoused very well so as to cherish the spouse.

MEMORY VERSE: Matt 1:18a "Now the birth of Jesus Christ was on this wise: When as his mother Mary was espoused to Joseph."

STUDY 7

QUINQUAGESIMA SUNDAY

FEBRUARY 15 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Christian marriage 3

TOPIC: The Marriage ceremony

TEXT: Ruth 4:1-17

AIMS:



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- i. to analyse the marriage of Boaz and Ruth as a biblical example of marriage ceremony,
- ii. to expound on the important aspects of marriage ceremony in a Christian setting and
- iii. to caution on expensive marriage ceremony.

INTRODUCTION

Sexagesima means sixty days before Easter. As we prepare to enter into the Lenten season, may we receive grace to be renewed towards all righteousness in Jesus name.

In every human race, there is always the tradition and custom of doing things including marriage. Our Bible passage today reveals a precursor for marriage proceedings in Christendom in the Levirate tradition and customary law that decrees that a widow should marry her dead husband's kinsman (brother). Boaz was a kinsman to Elimelech, Naomi's husband, who had died with her (Naomi's) two sons including Ruth's husband (Rut 2). Boaz was a respectful man that takes care of the poor. He displayed grace towards Ruth, a very humble and hardworking daughter-in-law of Naomi (Rut 3) and thereafter paid her redemption bride price before marrying her according to the custom, tradition and law of Israel at the time. (Rut 4:7-12)

STUDY GUIDE

1. How do you understand the Levirate marriage tradition and custom as revealed in the Bible via our introduction? Give a narration of the marriage custom in your locality.
2. Discuss the concept and possible challenges of bride price in our contemporary traditions and relate it with the bride-price, acceptance and marriage from Ruth 4:7-13.
3. In Church of Nigeria Anglican Communion liturgy on Holy matrimony, there is this section:
The priest then invites and says to the parent: As N and N enter a new life together; will you their parents give them your blessings in the presence of this congregation?
The Parents pray for the Couple: May God bless you both in Jesus name. Amen. Discuss this in the context of Ruth 4:11.
4. As Christians, should we incur financial debts because of marriage ceremony? Discuss in light of the expenses in contemporary Christian marriages. 1Cor 14:33, 40; Phil 4:5.

CONCLUSION: Marriage tradition varies from one custom to the other. However, as Christians, we must be careful never to start a new marital home with debts that was incurred during marriage ceremony. We should do all things modestly and moderately.

FOOD FOR THOUGHT: No ceremony is worth the stress of indebtedness including marriage.

MEMORY VERSE: Phil 4:5 “Let your moderation be known unto all men. The Lord is at hand”.



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STUDY 8

1ST SUNDAY IN LENT

FEBRUARY 22 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Transformational Response on Gender Based Violence (GBV) Session 4

TOPIC: Impact of Gender Based Violence on Victims and Survivors

TEXT: 2 Samuel 13:1-21

AIMS:

- i. to explore the concept of gender-based violence using scripture,*
- ii. to explain the contributing effects of social, cultural and parental factors to GBV within the biblical context,*
- iii. to discuss the negative impact of GBV drawing examples from the Bible,*
- iv. to discuss the biblical recommendations of recovering from GBV and*
- v. to highlight the role of the church in mitigating the factors causing GBV*

INTRODUCTION

We welcome all Christian believers into this year's period of penitence and sober reflection which is globally known as Lenten season. The first three Sundays in last year's (2025) Lent were devoted to a very important sub-theme: Transformational Response on Gender Based Violence (GBV) and we studied Sessions 1-3 then. This year again as directed, we shall be studying the last four sessions (4-7).

We shall start today by discussing on the impact of Gender Based Violence on Victims and Survivors. The word 'impact' has to do with result, outcome, and effect. In this study we shall be looking at the negative impact or result of Gender-based Violence (GBV) on its victims/survivors. In our text, the story of Tamar and Amnon shows us the outcome and impact of GBV, which we will be diving into properly. In this study, we will consider the impact of GBV at 3levels: Psychological (mind), Emotional (feelings) and Physical (body).

STUDY GUIDE

1. Discuss the Psychological, Emotional and Physical impact of GBV in the light of the story in our text; 2Samuel 13:11-20.

2. Discuss the impact of GBV on the following;

Family

Society

Church

The victim/survivor

3. In the light of this Scriptures 2 Samuel 13:22-29, Gen 34:1-4, 25-29 can family and Nation be affected by GBV? Discuss.

4. In your opinion how can we be of help to the victims of GBV? In relation to John 13:34.

CONCLUSION: Gender-based Violence is a very serious issue that inflicted psychological pains into families, societies, churches and nation at large, and has



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left a lasting impact which we have discovered in this study and also a way to help the victims.

MEMORY VERSE: 1John 3:16 "This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters".

Call to Action: Stand up to help the weak around around you.

STUDY 9

2ND SUNDAY IN LENT MARCH 1 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Transformational Response on Gender Based Violence (GBV) Session 5

TOPIC: Healing / Recovery for the wounded

TEXT: 2Samuel 13:12-20

AIMS:

- i. to explore the concept of gender-based violence using scripture,*
- ii. to explain the contributing effects of social, cultural and parental factors to GBV within the biblical context,*
- iii. to discuss the negative impact of GBV drawing examples from the Bible,*
- iv. to discuss the biblical recommendations of recovering from GBV and*
- v. to highlight the role of the church in mitigating the factors causing GBV*

INTRODUCTION

Gender-based violence (GBV) inflicts long-lasting Psychological effects on its victim. Survivors of GBV suffer from fear, panic, bitterness, timidity, loneliness, anger, depression, and etcetera.

This study aims at helping the survivors of GBV to heal from the afflictions and pains sustained by their molesters. The Bible made us to understand that there is a balm in Gilead. Jeremiah 46:11. The fastest and surest way to recover is by the word of God and love shown to survivors from brethren.

STUDY GUIDE

1. Read 2Sam 13-21 and discuss the trauma and emotional stress Tamar encountered. What are the signs that show an individual is a victim of GBV?
2. How can we administer healing to the souls of the wounded as a church? Jer. 33:6; Psalm 147:3; Pro 17:22; Isaiah 41:10.
3. Read Col. 3: 8-10, 13; Romans 12:17; Psalm 42:6-8; 2Tim. 1:7. Discuss the vital steps in recovering from pain, fear, and depression.
4. Discuss how pouring one's heart before God in prayers can help in the healing process? Psalm 143:1-12, Psalm 119:25-28

CONCLUSION: Recovering from Gender-based violence (GBV) isn't automatic, especially when victims face difficulty expressing their experiences, which they



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suffered in the hands of their molesters, especially close relations. The body of Christ must vigilantly support those who have endured violence, guiding them prayerfully through the healing process using the word of God; drawing inspiration from figures like Joseph, Stephen, and Jesus, who overcame violence through forgiveness and love. It is a collective duty to help victims bounce back, liberating them from depression and pain associated with GBV.

MEMORY VERSE: Psalm 147:3 "He healeth the broken heart and bindeth up their wounds".

Call to Action: Assist victims of violence around you to full recovery.

STUDY 10

3RD SUNDAY IN LENT

MARCH 8 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Transformational Response on Gender Based Violence (GBV) Session 6

TOPIC: Strategies for combating gender based violence 1: The Role of the Church

TEXT: Proverbs 31:8-9

AIMS:

- i. to explore the concept of gender-based violence using scripture,*
- ii. to explain the contributing effects of social, cultural and parental factors to GBV within the biblical context,*
- iii. to discuss the negative impact of GBV drawing examples from the Bible,*
- iv. to discuss the biblical recommendations of recovering from GBV and*
- v. to highlight the role of the church in mitigating the factors causing GBV*

INTRODUCTION

Gender-based violence is a global issue transcending geographic and cultural boundaries, impacting millions – especially women and girls; with profound social, psychological, and economic consequences. The Church plays a paramount role in addressing this pervasive problem. Various forms of violence thrive in unequal power dynamics, perpetuating cycles of suffering. Leveraging the moral influence and extensive reach of the Church is crucial to effect positive change. With its teachings of love, compassion, and justice, the Church serves as a source of solace and guidance, uniquely positioned to combat gender-based violence.

This study explores strategies for the Church to actively promote a climate of respect, equality, and support, addressing this deeply rooted issue.

STUDY GUIDE

1. Raising Awareness within the Church: How can the biblical principle of carrying each other's burdens be applied to raising awareness and supporting victims of



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gender-based violence within the church? Gal 6:2

2. Education and Empowerment: How can the church encourage individuals to speak up and empower others to prevent and address gender-based violence? Proverbs 31:8-9

3. Creating Safe Spaces: How can the church draw inspirations from the biblical concept of God as our refuge and strength to create safe spaces for victims? Psalms 46:1.

4. Advocating for Justice: How can the church align with the biblical call to act justly, love and mercy in advocating for justice for survivors/victims of gender-based violence? Mic. 6:8

5. Collaboration and Outreach: How does the analogy of the church as one body with many parts guide us in collaborating with others and reaching out to address gender-based violence effectively? 1Corinthians 12:12-27.

CONCLUSION: The Church has a pivotal role to play in the fight against gender-based violence. The urgency of this issue cannot be overstated, as it continues to plague societies around the world. By harnessing its moral authority, educational resources, and community networks, the Church can actively engage in efforts to prevent and respond to gender-based violence by providing survivors with a safe haven, offering support and counselling, and advocating for changes in societal attitudes and structures that perpetuate violence.

CALL FOR ACTION/FOOD FOR THOUGHT: "we must not only heal the wounds but also dismantle the structures that enable it."

MEMORY VERSE: Proverb 31:9 "Open your mouth, judge righteously, And plead the cause of the poor and needy".

STUDY 11 4TH SUNDAY IN LENT (MOTHERING SUNDAY) MARCH 15 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Transformational Response on Gender Based Violence (GBV) Session 7

TOPIC: Strategies for combating Gender-based violence 2 [The role of the community]

TEXT: 1Corinthians 12:12-27

AIMS:

- i. to explore the concept of gender-based violence using scripture,*
- ii. to explain the contributing effects of social, cultural and parental factors to GBV within the biblical context,*
- iii. to discuss the negative impact of GBV drawing examples from the Bible,*
- iv. to discuss the biblical recommendations of recovering from GBV and*
- v. to highlight the role of the church in mitigating the factors causing GBV*

INTRODUCTION

As we celebrate all our mothers today, may God almighty grant them peace and joy in their marital homes in Jesus name.

Gender-based violence is a deeply entrenched issue, with alarming prevalence, affecting approximately 1 in 3 women globally – according to World Health



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Organization (WHO). Communities, as fundamental societal units, hold a pivotal role in addressing this problem. Positioned ideally, they can create a supportive environment fostering awareness, prevention, and response to GBV. Understanding the community's role through various dimensions, this Bible study aims to explore strategies grounded in biblical principles of love, compassion, and justice that communities can employ to combat gender-based violence effectively.

STUDY GUIDE

1. Awareness and Education: How can the pursuit of wisdom, as suggested in Proverbs, be linked to raising awareness and educating the community about gender-based violence? Proverbs 4:7
2. Support and Empowerment: How does the biblical principle of carrying each other's burdens relate to providing support and empowerment for those affected by gender-based violence within the community? Gal 6:2
3. Creating Safe Spaces: How can the biblical concept of God as our refuge and strength inspire the creation of safe spaces for victims of gender-based violence within the community?

Psalms 46:1

4. Advocacy and Justice: How can the biblical call to speak up for those who cannot speak for themselves, guide the community in advocating for justice? Prov. 31:8-9
5. Collaboration and Outreach: How does the analogy of the church as one body with many parts in 1 Corinthians 12:12-27 guide us in collaborating with other organizations and reaching out to the wider community to address gender-based violence effectively?

CONCLUSION: Remember, it is within the collective strength of our communities that we can shatter the chains of gender-based violence, creating a world where respect, equality, and love prevail.

MEMORY VERSE: Psalm 46:1 "God is our refuge and strength, A very present help in trouble".



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STUDY 12

5TH SUNDAY IN LENT

MARCH 22 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: God's Injunction concerning Marriage 1

TOPIC: Building a God-centred marriage and lifestyle

TEXT: Eph 5:21-31

AIMS:

- i. to understand the biblical foundation of a godly marriage and lifestyle,*
- ii. to explore the benefits of honouring marriage and the consequences of neglecting it and*
- iii. to discuss how a godly marriage and lifestyle can contribute to advancing God's kingdom.*

INTRODUCTION

Building a God-centred marriage and lifestyle means making God the foundation of every decision, seeking His wisdom, practicing sacrificial love, and reflecting Christ's holiness in marriage, character, parenting, work, and community. Our Bible passage today laid emphasis on how husband and wife should relate in a God-centred home. When we are committed to building a God-centred lifestyle in our marriage, we shine our light as Christian families for others to glorify God through us.

STUDY GUIDE

1. Expatiate on God-centred marriage and lifestyle in the context of our Bible passage today. (Eph 5:21-31)
2. Examine the biblical insights about Building a God-centred Marriage and lifestyle according to Eph 4:31-32; 5:22-25; Col 3:20-23.
3. Analyse Gen 18:6-10; 21:1-2; Prov 14:1 and Acts 5:1-11 and discuss the benefits of God-centred marriage and the consequences of ignoring it?
4. Who is Priscilla and Aquila in Acts 18:24-26 and explain how a God-centred marriage and lifestyle can contribute to uplifting God's kingdom on earth? Matt 5:16; Rom 16:3-5.

CONCLUSION: A God-centred marriage and lifestyle is not just a personal commitment but a powerful testimony that reflects Christ's love and draws others to Him. By prioritizing faith, love, and integrity in our homes and relationships especially with our workers, we become vessels through which God's glory is revealed, impacting lives and advancing His kingdom.

FOOD FOR THOUGHT: A Christ-centred marriage builds faith, love, and godly legacy.

MEMORY VERSE: Rom 16:3-4 "Greet Priscilla and Aquila, my fellow workers in Christ Jesus, who risked their own necks for my life, to whom not only I give thanks, but also all the churches of the Gentiles".



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STUDY 13

PALM SUNDAY

MARCH 29 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: God's Injunction concerning Marriage 2

TOPIC: Faith-based Marital Lifestyle

TEXT: Prov 24:3-6, Matt 6:25-34.

AIMS:

- i. to highlight the importance of honouring and trusting God while managing household responsibilities and*
- ii. to study the biblical principles of balancing faith, family, and finances in Christian marriage.*

INTRODUCTION

Today is an important day in Christendom; the commemoration of the triumphal entry of Jesus Christ into the city of Jerusalem. As we celebrate, may God continue to reign in our lives as well as in our marital Lifestyles in Jesus' name. Christian Lifestyle in marriage involves balancing spiritual devotion, family responsibilities, and financial stewardship under God's guidance. Our Bible passages expose wisdom and understanding as the foundation for a strong household and urge believers to trust God in their daily needs. When couples align their priorities with God's will, they experience peace, stability, and divine provision.

STUDY GUIDE

1. How can faith, family, and finances be balanced in Christian marriage? Discuss from life experiences.
2. What do the following Bible passages: Eccl 4:9-12; Matt 6:25-34; Phil 4:19 and Col 3:23-24 teach us about managing faith, family, and finances?
3. Enumerate the benefits of managing faith, family, and finances well, and the dangers of imbalance. Prov 21:5; Mal 3:10-11; Luk 14:28-30; 1Tim 5:8.
4. As we celebrate the proclamation of Jesus' kingship today, discuss how Christian couples can demonstrate God's reign in their lives by prioritizing faith, family, and finances. Prov 3:9-10 (Compare with Matt 21:1-3, 8); Col 3:17; 1Pet 4:11.

CONCLUSION: A Christ-centred marriage thrives when faith, family, and finances are managed with wisdom and trust in God. When Christian couples live by biblical principles, they become testimonies of God's provision and faithfulness.

FOOD FOR THOUGHT: 'Wisdom builds a home; faith sustains it.'



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MEMORY VERSE: Matt 6:33 "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

STUDY 14

EASTER SUNDAY

APRIL 5 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: God's Injunction concerning Marriage 3

TOPIC: Sacrificial Love

TEXT: 1Cor 13:1 –7

AIMS:

i. to understand the biblical principles of love and sacrifice as the cornerstone of a godly marriage and

ii. to explore practical ways to reflect Christ-like love and sacrificial living within the marital relationship.

INTRODUCTION

Sacrificial love is exemplifying selfless actions and putting the needs of others before one's own. Since marriage is a sacred covenant designed by God to reflect His love for humanity, therefore, love and sacrifice are the essential elements that bind a husband and wife together in unity and purpose. Our Bible passage today x-rays some biblical principles of love and sacrifice in Christendom. This study will help couples understand how to embody these principles in their relationship, fostering peace, growth, and God's glory in their union.

STUDY GUIDE

1. In the context of our study, define sacrificial love and how can we apply the principle of love in 1Cor 13:1-3 to a Christian marital Lifestyle? Compare 1Pet 4:8
2. Can a husband assist the wife in the kitchen and can a wife assist the husband in cleaning his office even when there are staffs to do these? Discuss in the context of the practical ways in which couples can demonstrate love and sacrifice in marriage. Eccl 4:9 – 12; Col 3:18 – 19.
3. Discuss ways in which harshness can be avoided or prevented in marriage. 1Cor 13:4-7; Eph 4:31-32; 1 Pet 3:1-9.
4. Discuss fully the roles of husband and wife in expressing love and sacrifice Eph 5:22 – 25; Col 3:18-21 and compare it with the love of Christ for mankind in 1Jhn 4:9-10

CONCLUSION: When married partners embody the principles of love and sacrifice, their marriage becomes a testimony of God's grace and love. Let us commit to loving and serving one another as Christ loved and gave Himself for us through His



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death on the cross to redeem us from sin and reconcile us to God as well as conquering death to give us victory over death.

FOOD FOR THOUGHT: A successful marriage requires undying commitment and selfless love at the centre of it all.

MEMORY VERSE: 1Pet 4:8 "And above all things have fervent love for one another, for love will cover a multitude of sins."



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STUDY 15

1ST SUNDAY AFTER EASTER

APRIL 12 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Vital discussions in courtship- 1

TOPIC: The importance of Christian courtship

TEXT: Psa 37:3-5; Prov 3:5-7

AIMS:

- i. to expound the concept of courtship in Christian marriage planning,*
- ii. to analyse the areas of concentrations during the period and*
- iii. to discuss the spiritual values to adopt in courtship.*

INTRODUCTION

The Bible passages today encourage us to always commit our ways into the hand of God for proper and successful ending. With this, we would realise the importance of courtship in marriage planning. Courtship is a period of relationship between a man and a woman in which they seek to determine if it is God's will for them to marry each other. During courtship, intending couples are more exposed to each other's backgrounds and are accustomed to each other's habits. It is a period for alignment of purposes, sharing thoughts, feelings, aspirations, dreams, beliefs, ideals and values in order to test each other's maturity, character and personality and to determine whether or not the couple really love each other and are seriously ready for marriage. However, it is very important to note that Christian courtship is totally different from dating which is factored on selfish goals of having fun and enjoying romantic attachments; rather, Christian courtship thrives on godliness, holiness, transparency and honesty through engagement in joint prayer, Bible study and church services together to strengthen their faith.

STUDY GUIDE

1. In line with our Bible passages, explain courtship and its importance to Christian marriage.
2. What are the main purposes and focus in Christian courtship?
3. Diligently study Rom 12:9-12 in line with the introduction and differentiate godly courtship from lustful dating.
4. If the couple discovered they are not compatible during courtship and then ended their marriage plans; does that mean they have failed? Discuss in the context of Rom 5:1-5 and 2Cor 12:8-10.

CONCLUSION: Since Christian courtship is a journey that allows couple to make decisions of faith, love, commitment to each other and commitment to God; it is therefore necessary to thread the path in ways that will bring honour and glory to the name of God and to entire Christendom.

FOOD FOR THOUGHT: It is better to discover yourself before marriage than after marriage.

MEMORY VERSE: Psa 37:5 "Commit your way to the LORD, Trust also in Him, And He shall bring it to pass".



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STUDY 16

2ND SUNDAY AFTER EASTER

APRIL 19 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Vital discussions in courtship 2

TOPIC: Why marriage?

TEXT: Ruth 1:1-17;

AIMS:

- i. to critically discuss the basis for marriage between a man and a woman and*
- ii. to examine the bases for marital contracts in our contemporary society.*

INTRODUCTION

Why marriage? Do you need a wife or a girlfriend or you need dating? Why can't we just be friends? Why do you want to marry me? Can't you find another person to marry? These are the pertinent questions that intending couples need to ask themselves before finally agreeing to enter the marriage process. The answer to these questions doesn't need to be complex, but it should highlight what makes marriage a good idea for both of them. The Bible passage today exposed us to an extreme love of Ruth to her husband, and thereafter extended to her husband's family, even after death. The affirmation of Ruth is a course for consideration as important basis for marital union.

STUDY GUIDE

1. How can you describe the love of Ruth to her late husband according to our Bible passage today and why do you think Ruth agreed to marry him while he was alive?
2. In the context of our Bible text, distinguish the passion and love of Ruth and Orpah to their husband and the family and compare with the biblical injunction in 1Cor 7:39.
3. Though nobody prays for such situation as that of Ruth and Orpah, however, is it possible to see such love as that of Ruth in our contemporary society? Discuss with life experiences and what you think or view as the bases for contemporary marriage union.
4. Compare Ruth 4:9-10 with Matt 1:5-16 and discuss the reward for Ruth's passionate love for her late husband.

CONCLUSION: An intending couple should be able to ask themselves their personal views on marriage and their aim in marrying each other or what they hope to achieve as husband and wife. If the answer cannot justify the affirmation of Ruth in Ruth 1:16-17, then the marriage contract does not worth it; otherwise, it had already collapsed before the beginning.

FOOD FOR THOUGHT: Any reason short of Ruth 1:16-17 is never enough for



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marriage.

MEMORY VERSE: Ruth 1:16-17 "But Ruth said: "entreat me not to leave you, or to turn back from following after you; for wherever you go, I will go; and wherever you lodge, I will lodge; your people shall be my people, and your God, my God. Where you die, I will die, and there will I be buried. The LORD do so to me, and more also, If anything but death parts you and me."

STUDY 17

3RD SUNDAY AFTER EASTER

APRIL 26 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Vital discussions in courtship 3

TOPIC: Financial Implication

TEXT: Prov 24:27; Luk 14:26-30

AIMS:

- i. to study the importance of financial discussions before marriage and*
- ii. to analyse unnecessary expenses in marriage preparation and planning.*

INTRODUCTION

There had been justification from various researches that financial constraints and money matters are first on the list of reasons for divorce. Therefore, discussing it before marriage is never an aberration but of utmost importance. In Luk 14:26-30, our Lord Jesus Christ gave a clear injunction to anyone who will be His disciple to consider the cost before concluding their decisions. We can relate this as a clear message to any intending couple that they should not begin their preparation until they count the cost. Our study guide today will expatiate more on this, including the issue of joint financial account in marriage.

STUDY GUIDE

1. In the context of our Bible passage, why are financial obligations so important in pre- marital discussions and planning and mention some important areas of financial obligation before and after wedding.
2. Mention some of the unnecessary finances in marriage planning that always lead to contention and conflicts after marriage?
3. Compare Eccl 10:19 and 1Tim 6:9 and discuss the important of money in any marriage relationship as well as the bane for inordinate quest for it.
4. Discuss the contexts of dowry in Gen 24:51-54, 59-61 and Gen 29:18-28 and Compare with the various means of collecting dowry in our contemporary society?

CONCLUSION: Marriage demands lots of financial responsibilities from both the intending couples. Therefore, they must resolve their financial responsibilities; prioritise their importance and how to meet those responsibilities as well as to



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screen out the unnecessary ones.

FOOD FOR THOUGHT: Am I ready to bear the cost and can I bear the cost?

MEMORY VERSE: Luk 14:28 "For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it."

STUDY 18

4TH SUNDAY AFTER EASTER

MAY 3 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Vital discussions in courtship 4

TOPIC: Personal preference

TEXT: Phil 2:1-11

AIMS:

- i. to study some of the areas of personal preference between intending couples,*
- ii. to study Jesus' example of preference before His exaltation and*
- iii. to discuss ways of blending couples' preferences towards a lovely marriage.*

INTRODUCTION

How do you want us to relate with our families? What is your best food, your type of dressing and political affiliation? These are questions to be discussed and amicably answered in Christian courtship. As humans, we are bound to have our personal preferences especially when it comes to choices of food, clothing and compatible views on various issues like relationship with extended family members, relationship with friends, views on various tribes, their colour, social class, sexual orientation, gender identity, denomination, political party and views on general lifestyle. Our Bible passage today reveals to us the preference of our Lord Jesus Christ in redeeming mankind to God over His godly status with God. This is a very good example to us as Christians and intending couples that whatever are our preferences and no matter how important such preferences are; should be subjected to the love that binds intending couples together.

STUDY GUIDE

1. Mention the various areas of personal preference in human Lifestyle and discuss the importance of discussing them before marriage.
2. According to our Bible passage today, what do you think should be Jesus' preference and what did He prefer to do and why? Jhn 1:1, 14; Rom 15:3; Phil 2:6-8.
3. As human, we are bound to have preferences. What are the biblical bases for our



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preferences? Matt 7:12; Rom 15:2-3; 1Cor 13:4-5; Phil 4:4-5.

4. Expatiate on Phil 2:3-5 and discuss how such injunction will assist in building lovely understanding in marriages.

CONCLUSION: No matter how good and favourable their preferences may be, intending couples should discuss amicably how to allow love for each other to take pre-eminence over such preferences. When this happens, there will be mutual understanding and respect for each other's preference without hurting one another in their marital Lifestyle.

FOOD FOR THOUGHT: Weigh your preference and balance with that of your partner.

MEMORY VERSE: Phil 2:4 "Let each of you look out not only for his own interests, but also for the interests of others".

STUDY 19 5TH SUNDAY AFTER EASTER (ROGATION SUNDAY) MAY 10 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Vital discussions in courtship 5

TOPIC: Plan for incoming Children

TEXT: Gen 2:18; Psa 127; Mk 10:7-9

AIMS:

- i. to deepen our knowledge on the basis for Christian marriage,*
- ii. to study the importance of discussion on children before marriage and*
- iii. to discuss the place of children in Christian marriage*

INTRODUCTION

Do you want children in our marriage? How many do you want? What is your preference for male or female children? These are some of the questions that need to be diligently treated with prayer and Christian understanding of the concept of love and help meet as the basis for Christian marriage before entering into marriage. The issue of children in marriage had become one of the major bane to happiness and lasting Christian marriages. Our Bible passages today open our eyes to the fact that, the source of all break-through including the fruit of the womb is God and that Christian marriage is based on mutual love and help meet. However, the importance of children should not be under-estimated.

STUDY GUIDE

1. From the concept of the introduction, why is discussion on children so important during courtship?



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2. In the context of Gen 1:26-29; 2:18 and Psa 127:3 Discuss the basis for Christian marriage and the position of Child or children in marriage.
3. From experience, how has delay in fruit of the womb or closed womb in marriage leads to love lost or total separation in Christian marriages? Gen 30:1-2; 1Sam 1:4-8.
4. How can Christian couple enjoy their marriage during delay in child-birth or even when there is no child in the marriage? Luk 1:5-7; 2Cor 12:8-10; Phil 4:4-7.

CONCLUSION: Children are very important as the fruit of marriage, however, the better understanding of love for each other and the concept of help meet for each-other as the basis of marriage before entering into marriage will make the couples endure any delay in child bearing after their marriage.

FOOD FOR THOUGHT: Your understanding of children as complement to marriage will solidify your marriage in love and mutual relationship.

MEMORY VERSE: Psa 127:3 “Behold, children are a heritage from the LORD, The fruit of the womb is a reward”.

STUDY 20

SUNDAY AFTER ASCENSION

MAY 17 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Vital discussions in courtship 6

TOPIC: Religion and cultural practices

TEXT: Deut 7:1-6

AIMS:

- i. to study the importance of discussing religious and cultural affiliation of intending couple,*
- ii. to expose the dangers in a Christian's marriage with unbelievers and*
- iii. to discuss the biblical stand on cross-cultural and cross-religious marriage.*

INTRODUCTION

Since the religious and cultural affiliation of intending couple is very important to each of them, therefore, it is necessary to engage in premarital conversations about it, especially if the couple are not from the same religious and cultural background. Therefore, such questions like: are you a Christian? If not, then are you ready to allow me to practice my faith, are not absurd in courtship discussion. Our Bible passage today clearly reveal God's injunction when it comes to cross-religion or cross-cultural marriages. Christians should be very sure that their intending marriage will not affect



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their Christian faith or Lifestyle negatively. It is better to sort it out than to manage it after the marriage.

STUDY GUIDE

1. Why is it important to discuss the issue of religion before marriage? Discuss in the context of Gen 31:26-37; 35:1-4; 1Cor 7:12-15.
2. From life experiences, how had cross-cultural or cross-religious relationship affect marriages especially as Christians?
3. In the context of our Bible passage today (Deut 7:1-6), what should be the Christian's stand concerning culture and religion before marriage? Ex 34:15-16; 2Cor 6:14-18.
4. What is the impact of entering into marriage with ungodly partner? 1King 11:1-6; 1Cor 7:12-13, 15.

CONCLUSION: Discussing religious and cultural affiliation before marriage is never an aberration but an essential requisite during courtship. The salvation of every Christian is more important than earthly marriage because there is no eternal gain in a marriage that cuts you off from the last marriage of the lamb.

FOOD FOR THOUGHT: If that marriage will take away your salvation, quit it at courtship.

MEMORY VERSE: 2Cor 6:14 "Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness"?

STUDY 21

PENTECOST SUNDAY

MAY 24 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Vital discussions in courtship 7

TOPIC: Conjugal Intimacy

TEXT: Deut 24:5; Prov 5:15-20

AIMS:

- i. to understand the importance of discussing conjugal intimacy in courtship,*
- ii. to discuss the value of intimacy and bane of denial in marital Lifestyle and*
- iii. to shed light on the possible dangers in lack of conjugal intimacy in marital Lifestyle.*



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INTRODUCTION

Conjugal intimacy simply means sexual relationship among Christian married couples. Even though it is an abominable and ungodly act during courtship; yet, intending couple should never shy away from discussing this topic and asking themselves when they will like to be having fun together; how they want it and when to avoid it especially for spiritual inclination. Discussing this before they finally marry will open their eyes to romantic relationship as the foundation for pleasure in marital life. The biblical injunctions in our texts today open our eyes to more value that discussion on conjugal intimacy adds to marital union.

STUDY GUIDE

1. Elucidate on the context of today's Bible passages (Deut 24:5 and Prov 5:15-20) in line with Gen 1:28a, and explain the importance of discussing conjugal intimacy before marriage.
2. Study Prov 5:15-18 again and relate it with 1Cor 7:2-3 and explain the dangers in avoiding discussing conjugal denial before marriage.
3. From life experience, why do you think some spouses deny themselves conjugal intimacy after their marriage? And discuss the effects on their marital lives.
4. In the context of 1Cor 7:4-5, how do you think discussing conjugal intimacy before marriage can balance the spiritual lives of intending couple with their marital obligations in intimacy?

CONCLUSION: conjugal intimacy is never a crime in marriage neither is it a bane to spiritual standard; rather, it is the fun and pleasure of the union. Therefore, for couples to openly discuss their expectations and desires regarding sex and intimacy is a crucial part of pre-marital conversations.

FOOD FOR THOUGHT: Discussing conjugal relationship in godly relationship before legal marriage is never a sin but the fun of godly union in marriage.

MEMORY VERSE: Deut 24:5 ""When a man has taken a new wife, he shall not go out to war or be charged with any business; he shall be free at home one year, and bring happiness to his wife whom he has taken".

STUDY 22

TRINITY SUNDAY

MAY 31 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Vital discussions in courtship 8

TOPIC: Household Responsibilities

TEXT: Gal 6:1-5



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AIMS:

- i. to remind us of the importance of help meet in marriage and*
- ii. to intimate intending couples on the necessity to bear with each other's burden.*

INTRODUCTION

The concept of help meet in Gen 2:18 is for the woman to help her husband in some things he cannot do without her. Similarly, by implication, the husband is also to help his wife in some things she cannot do without his assistance. Even though they are not of same gender, yet they must live to complement each other according to Gal 6:2. From this background, it is therefore necessary for intending couples to discuss how to share household chores before their marriage; this will make them set clear expectations for themselves. For example, who does the cooking; a house help or ourselves? How do we prepare breakfast before going to work; or do we eat in canteen during work? Who takes the children to school and how do we do it? These and many house chore questions are very important for basic pre-marital discussions.

STUDY GUIDE

1. Discuss the concept of help meet in Gen 2:18 and the relevance of discussing household responsibilities before marriage.
2. In the context of Gen 18:6-8, analyse some areas that the husband can assist his wife and also where the wife can assist the husband.
3. Why is it sometimes difficult for the husband to assist his wife in some household chores?
4. Discuss the joy that can be derived from help meet Lifestyle in a marital life.

CONCLUSION: Discussing Household responsibilities during courtship is never an understatement, but a marital path that prevents resentment after marriage.

FOOD FOR THOUGHT: 'How can I help you;' raises the future hope of marital help meets.

MEMORY VERSE: Gal 6:2 "Bear one another's burdens, and so fulfil the law of Christ".



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STUDY 23

1ST SUNDAY IN TRINITY

JUNE 7 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Factors for sustaining Christian Marriage 1

TOPIC: Couple's Knowledge of God

TEXT: Psalm 119:97-106

AIMS:

- i. to explain couple's knowledge of God and*
- ii. to study how a couple's knowledge of God will enhance the promotion of God's kingdom on earth.*

INTRODUCTION

The Christian Marriage is a tripartite relationship that involves one man, one woman and God unlike other marriages that can take different dimensions. That implies, each partner is expected to have the knowledge of God and His will in their marital relationship. In our Bible passage today, we can see the relevance of the knowledge of God and His word in a believer's life. Our Study Guides shall beam more light to the dangers of ignorance of God's knowledge in a Christian marital Lifestyle.

STUDY GUIDE

1. Explain your understanding of God's knowledge in a marital life and analyse its importance in the context of our Bible passage (Psa 119:97-106)
2. Mention and analyse the different ways Christian couples can gain the knowledge of God. Josh 1:8; Prov 3:5-7; Matt 18:19-20; Jam 5:16; Rev 1:3.
3. What is the danger of couples' ignorance of God's knowledge? Hos 4:6; Acts 5:1-10.
4. How can the couple's knowledge of God help in promoting the kingdom of God on earth? Acts 18:2, 24-26; 2Tim 2:15.

CONCLUSION: The Bible teaches that we should not lean on our own understanding or knowledge (Prov 3:5-7); rather, we should trust in God's guidance with all our heart by means of studying the scriptures and following His commands. Through this, He will direct our paths and guide us in all our decisions especially in our marital Lifestyle.

FOOD FOR THOUGHT: With God's knowledge, we shall sail through marital storms.

MEMORY VERSE: Prov. 3: 5-6 "Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him; And He shall direct your paths."



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STUDY 24**2ND SUNDAY IN TRINITY****JUNE 14 2026****THEME:** The Reign of God: Marriage and Christian Lifestyle**SUB-THEME:** Factors for sustaining Christian Marriage 2**TOPIC:** Sex and intimacy**TEXT:** 1Cor 7:1-6**AIMS:**

- i. to study the biblical contexts of sexual intimacy in Christian marriage,*
- ii. to emphasize the importance in strengthening the bond of marital relationship and*
- iii. to elucidate on how to balance the spiritual life with marital obligations.*

INTRODUCTION

Our topic today is a continuation of discussion on conjugal intimacy before marriage in study 21. Despite the fact that the issue of sexual intimacy had always been shyly ignored, yet it had been one of the bases for divorce and unexplained quarrels and disagreement in marriages. During a post marital counselling with a couple, it was discovered that the wife had never allowed any intimate relationship with the husband for almost a year after their wedding; with unjustified reasons. God's intention for a man and a woman in marriage is that, they should share everything including their bodies together as one entity. Our Bible passage today exposes us to the fact that the husband should fulfil his marital duty to his wife, and likewise the wife to her husband. They should never deprive each other except by mutual consent for a time after which they come together again so that Satan will not tempt you because of your lack of self-control.

STUDY GUIDE

1. How do you understand sexual intimacy in Christian Marriage and mention some of the importance among Christian couples and how they can strengthen marital relationships. 1Cor. 7: 2-5;
2. Read Prov 5:15-20; Heb 13:4; 1Cor 7:4-5 and analyse the godly principles for Christian couples.
3. Some people perceive the romancing or caressing of husband and wife is ungodly. Discuss this in the context of Songs of Solomon 1:2, 4, 13-16 and 2:5-6;
4. In your own view, how can sexual dissatisfaction or lack of conjugal intimacy endanger godly marital relationship? 1 Cor 7:1-2, 4-5

CONCLUSION: When it comes to conflicts between husbands and wives, research had shown that 90 per cent of them are directly or indirectly connected to sexual dissatisfaction on some level. Therefore, in Christian marriage, sexual intimacy is ordained by God and serves as an important reminder of a couple's one-flesh relationship. Therefore, it should be a regular part of legal and godly married life to be enjoyed by the couple so as to strengthen the bond of love.

FOOD FOR THOUGHT: Sexual intimacy is designed to bring God's glory including yours.



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MEMORY VERSE: 1Cor 7:3 “The husband should give to his wife her conjugal rights, and likewise the wife to her husband”.

STUDY 25

3RD SUNDAY IN TRINITY

JUNE 21 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Factors for sustaining Christian Marriage 3

TOPIC: The principle of Leave and Cleave

TEXT: Matt. 19:3-6 (KJV)

AIMS:

- i. to discuss the biblical concept and principles of leaving and cleaving in Marriage and*
- ii. to discuss those things that should be left for effective marriage relationship.*

INTRODUCTION:

The Greek word *kataleiqai* that is translated leave means ‘to wholly give up both father and mother for more intimacy in matrimonial union’; while the Greek word *proskoll-hyhsetai*, that is translated cleave means ‘shall be closely united or firmly cemented to his wife’. Therefore, the biblical principle of leave and cleave refers to the act of leaving one’s parents and forming a new bond with one’s spouse. Here, a new family is formed that focuses on the need to prioritize marriage over all other relationships and become an independent family unit in partnership with God’s honour. While the parent-child relationship is good but temporary, the husband-wife relationship is sacred, deeper and permanent in all ramifications of physical, emotional, intellectual, financial and social relationship. Apart from parents, there are other factors to leave in order to cleave and have genuine and godly relationship in marriage.

STUDY GUIDE

1. What is the biblical concept of leaving and cleaving in marriage according to our text? Matt. 19: 5
2. From life experiences, practically discuss the kind of people and things that Christian couples should leave for effective cleaving in marriage in the context of Gen 24:51, 58-61; Ruth 1:16-18.
3. How do you understand asunder in the context of Matt 19:6 and critically analyse and discuss factors for asunder in marriage.
4. How can we relate the principle of ‘leave and cleave’ to our relationship with God in Christendom? 2Cor 6:14-18

CONCLUSION

It is natural for infiltrations to penetrate into a Christian marriage. However, it is very important and crucial for the couple to reject such because they will put asunder into



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the marriage. Jesus affirmed God's original intent for marriage to be an indissoluble, faithful, and fruitful union. Therefore, what God had joined together, let no one put asunder.

FOOD FOR THOUGHT: To cleave to your spouse is to leave every agent of asunder.

MEMORY VERSE: Matt. 19: 5 "And God said, 'for this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh?" (KJV)

STUDY 26

4TH SUNDAY IN TRINITY

JUNE 28 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Factors for sustaining Christian Marriage 4

TOPIC: Effective Communication

TEXT: Est 5:1-8; 7:1-7.

AIMS:

- i. to understand the importance of effective Communication in Marriage and*
- ii. to uncover factors for Communication break in Marriage.*

INTRODUCTION

Communication is the act of sharing information between people or groups verbally, non-verbally or written. However, effective communications are interactions that build and sustain good relationship. As Communication is germane to any relationship, so it is to any successful marriage. It entails thinking aright, speaking with wisdom, listening, expressing gratitude, setting boundaries and practising empathy. Our Bible passage today exposed us to the wie thoughts and words of wisdom that paved way for effective communication between Esther and the King. Our study guide will beam more light on the importance of this topic.

STUDY GUIDE

1. How do you understand effective Communication in the context of our Bible passages today (Est 5:1-8; 7:1-7) and what is the biblical basis in Marriage? Prov. 15:1-2, 4; Eph. 4:15, 29; Col 4:6.
2. With reference to Prov 15:28; 16:23; 1Pet 3:8, 15, how important is our thoughts for effective communication? and how will phrases, words of appreciation and confession like 'Thank you' and 'I am sorry' enhance good relationship? Ps 37:30; Prov 15:1-2; 23, 28.
3. What are the consequences of wrong communication in marriage? Prov. 10:11, 14; 18:6-8.
4. Critically study Gen 3:1-7 and discuss the factors for communication break in marital relationship and how it can likely affect our relationship with God?



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CONCLUSION: Effective marital communication entails soul-to-soul, spirit-to-spirit, heart-to-heart, and body-to-body - to communicate in ways that bring greater depth, intimacy, and security to the Christian couple's life. When communication is difficult in a marriage, each spouse usually feels lonely in the relationship and many times they are unsure of what to do and are confused.

FOOD FOR THOUGHT: Communication guides love through the storms of misunderstanding in relationship.

MEMORY VERSE: Psa 37:30 "The mouth of the righteous utters wisdom, and his tongue speaks justice".

STUDY 27

5TH SUNDAY IN TRINITY

JULY 5 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Factors for sustaining Christian Marriage 5

TOPIC: Prayerfulness

TEXT: Matt. 18:18-20

AIMS:

*i. to expound the benefits of husband and wife praying together and
ii to discuss the factors that can promote or hinder effective prayer in marriage.*

INTRODUCTION

All marriages have their challenges because they are made up of two imperfect people, but if the two imperfect husband and wife will add the presence of a perfect God in the partnership, then they can experience unlimited possibilities by enjoying the blessings of God for their marriage. Praying together in marriage can help couples feel more connected spiritually, emotionally, and peacefully. It can also help couples prioritize issues, share struggles, and work towards a common goal.

STUDY GUIDE

1. In the context of our Bible passage and Gen 25:20-21; Judg 13:8-11, how do you understand prayerfulness and the benefits in a marital couple's life?
2. What are the factors for effective prayer in marital Lifestyle? Psa 24:3-5; Col 3:9; 1Tim 2:8 and what are the factors that can hinder effective prayer in marriage? Heb 13:4; 1John 5:17-18.
3. Despite contemporary busy schedules with many church activities, why is it



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important and very necessary that husband and wife must pray together on daily bases? Matt 26:41; Eph 6:11-12.

4. What is the possible effect of couple's or communal prayer on the society? 2Chron 7:14; Jam 5:13-15.

CONCLUSION: Praying together is important because it gives couples the opportunity to speak with God and thereafter make way to connect with the source of love, the author of creation, and the giver of good gifts as well as give victories in spiritual warfare.

FOOD FOR THOUGHT: Praying together is the basis for joyful and victorious marital Lifestyle.

MEMORY VERSE: Matt. 18:19 "Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by my Father in heaven."

STUDY 28

6TH SUNDAY IN TRINITY

JULY 12 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Factors for sustaining Christian Marriage 6

TOPIC: Financial Trust

TEXT: Matt 5:33-37

AIMS:

- i. to discuss the concept and bases for financial trust,*
- ii. to how Christian couples can be financially guided by biblical principles and*
- iii. to expose some factors for financial tension in Christian marriages.*

INTRODUCTION

Trust simply means firm belief in someone to be truthful, reliable and loyal. Moreover, financial trust within marital circle is the belief in each other that whatever one does or says in terms of money and other financial activities is true, reliable and with all loyalty. It is based on open communication and seeking God's guidance in the management of resources. Our Bible passage today opens our eyes to some biblical



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principles that can easily lead to trust including finance in Christian marital homes.

STUDY GUIDE

1. From the introduction, define financial trust in and its bases in Christian marriage.
2. In the context of our Bible passage (Matt 5:33-37), mention some biblical principles for financial trust with references to Amos 3:3; Col 3:17-19; Luk 12:15; 1Cor 4:1-2.
3. Lack of financial resources can lead to financial distrust in marital homes. How can we boost our financial resources? Prov 3:9-10; Luk 6:38; 14:13-14.
4. Lack of openness to couple's income and secrecy is one of the major factors for disharmony and financial tension in marriages. Discuss in line with other factors from life experience.

CONCLUSION: Issues on finance can trigger a great deal of tension in marriage, especially when your spouse is not on the same page with you and God. However, financial trust in a marital life will build a strong Christian home.

FOOD FOR THOUGHT: Plan and execute financial responsibilities with godly principles for peace in marital Lifestyle.

MEMORY VERSE: Matt 5:37 "But let your Yes be Yes, and your No, No; for whatever is more than these is from the evil one".

STUDY 29

7TH SUNDAY IN TRINITY

JULY 19 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Factors for sustaining Christian Marriage 7

TOPIC: Friendship

TEXT: Eccle 4:8-12

AIMS:

- i. to expound the biblical bases for friendship in Christian marriage and*
- ii. to discover some benefits of friendship in marriage and making your spouse the best friend.*

INTRODUCTION

Friendship between couples means they are well versed in each other's likes, dislikes, personality quirks, hopes and dreams. Friendship is a vital and core part of a healthy



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and strong marriage, and can help couples build a strong and lasting relationship. It can help couples navigate challenges, communicate well, and feel emotionally close. Developing friendship in marriage implies encouraging true partnership and receiving truth that are vital for long-term success. Faith and friendship are bedrock of healthy marriage, mutual respect, showing admiration and appreciation and sharing each other's burdens.

STUDY GUIDE

1. In the context of the introduction, define friendship in Marriage and what it implies.
2. From our Bible passage (Eccl. 4:9-12), analyse the importance of friendship in Marriage.
3. Some benefits of friendship in Marriage (especially in Christian Marriage) include: emotional intimacy, respect, resilience, healthy communication, trust, knowing and caring for each other; discuss in the contexts of Eph 4:31-32; 5:21-22, 28-29; Col 3:12 -13.
4. According to Prov 28:25, Eccl 5:10 and 1Tim 6:10, mention and explain some factors that can destroy friendship in a Christian home.

CONCLUSION: The beauty of having friendship in marriage is that it naturally bolsters communication, and trust that enhances continuous marital partnership.

FOOD FOR THOUGHT: In loneliness one is easily conquered but togetherness they verily conquer.

MEMORY VERSE: Eccl 4:12 "And though a man might prevail against one who is alone, two will withstand him. A threefold cord is not quickly broken".

STUDY 30

8TH SUNDAY IN TRINITY

JULY 26 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Factors for sustaining Christian Marriage 8

TOPIC: Joint Parenting

TEXT: 1Sam 1:20-28



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AIMS:

- i. to expose the concepts of joint parenting from biblical contexts,*
- ii. to study how to implement biblical principles as a model in parenting*
- iii. to discuss effects of parental vices on the children of our society*

INTRODUCTION

Parenting is one of God's most important callings with children being gifts and blessing from God (Psalm 127:3-5). The fundamental goal for Christian parents is for them to be in agreement on how to guide their children to a saving faith in Christ and to set them on a path to maturity, bringing them to the full measure of his glory (Eph. 4:13). Therefore, parenting as a Christian involves setting positive examples for children and instilling in them Godly values and morals that will require some level of discipline in love. This will guide them on the path of righteousness and thereafter create an environment for their growth in the love and knowledge of God.

STUDY GUIDE

1. Describe your personal understanding of Christian parenting and the importance according to our introduction?
2. Analyse the ways parents should jointly bring up their children in godly manner in the context of 1Sam 1:20-28 and Luk 2:40-46.
3. Since children easily learn from their parents, how can parents impact their children negatively in the context of Gal 5:19-21?
4. How can I implement biblical principles of parenting in my daily life by becoming a model to my children? Deut 6:1-2,7; Prov 22:6; Rom 12:1-2; Gal 5:22-26.

CONCLUSION: Parents are stewards of the children God had entrusted to them, which means more than just caring for their physical needs. Teaching children to rely on God's guidance and to seek His will in all things through parental mentoring and modelling will enable them to develop personal relationships with God.

FOOD FOR THOUGHT: The Christian's primary witness to the world is Godly parent.

MEMORY VERSE: 1Sam 1:23 "Elkanah her husband said to her, "Do what seems best to you, wait until you have weaned him; only, may the LORD establish his word." So the woman remained and nursed her son, until she weaned him".

STUDY 31

9TH SUNDAY IN TRINITY

AUGUST 2 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB THEME: Factors for sustaining Christian Marriage 9

TOPIC: Openness in Marriage



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TEXT: Luk 1:57-66

AIMS:

- i. to expound the Biblical concept of openness in marriage and*
- ii. to discuss the effect of openness in marriage.*

INTRODUCTION

Openness in marriage is essential for building trust, understanding, and a strong emotional connection with your spouse. Openness in marriage also means being honest, vulnerable, and willing to communicate openly about your thoughts, feelings and experiences. It is one of the factors for a successful and long-lasting marriage as it strengthens the bond between husband and wife. Our Bible text exposed us to the bond between Zechariah and his wife Elizabeth in the naming of their Child. Openness in marriage guides the home against unnecessary external influence, negative surprises, mistrust and suspicion. This study will therefore x-ray the Biblical concept of openness in marriage and its benefits.

STUDY GUIDE

1. What do you understand by openness in marriage? Discuss in the context of the introduction and the relationship between Zechariah, his wife and his family.
2. What is God's stand on openness in marriage from these following Bible references: Gen 2:25; Mk 10:8-9; 1Pet 3:8-9.
3. Critically compare Judg 13:2-13 with Luk 1:60-64 and discuss in practical terms, areas couples need to be opened to themselves and the benefits of openness in marriage.
4. What are the effects of lack of openness in marriage? Discuss with life experience.

CONCLUSION: Every Christian couple need openness in their marriage by speaking honestly and openly with each other. They must be willing to make their marriage work as openness is needed to seal the cracks in the wall to prevent the invasion of the enemy.

FOOD FOR THOUGHT: Openness birth love and trust. Therefore, be open to your spouse.

MEMORY VERSE: Gen 2:25 "And they were both naked, the man and his wife, and were not ashamed".



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STUDY 32**10TH SUNDAY IN TRINITY****AUGUST 9 2026****THEME:** The Reign of God: Marriage and Christian Lifestyle**SUB-THEME:** Household Responsibilities- 1**TOPIC:** Don't be a dictator**TEXT:** Matt 7:1-5.**AIMS:**

- i. to study the humble art of involvement in household responsibilities and*
- ii. to teach the bane of dictatorship in marital responsibilities.*

INTRODUCTION

We ended the study on Courtship in study 22 with vital discussions on the importance of intending couples helping each other in household works in their marital Lifestyle. For the next seven studies beginning from today, we shall be studying various household responsibilities by marriage couples.

Husbands and wives are obliged to some duties at home. Nevertheless, they might sometimes lag in such responsibilities. At such period, the spouse should avoid nagging, insulting, mocking and casting aspersion on each other. Couples must avoid statements like: 'Can't you see that the sitting room is filthy? Why are you just preparing the food? Don't you know you will take the children to school? You must make sure you take the children to school as early as possible tomorrow;' All these should be abominable statements in a Christian marital home. Instead, let couples accept responsibilities for each other's deficit in household responsibilities and explain the reasons for their assisting role in such situation, instead of blaming or dictating to each other.

STUDY GUIDE

1. Expatiate on the Bible passage today as related to our topic; 'Don't be a dictator'.
2. As a husband, I came back from work and saw the parlour, littered with market products; what can I do to impart more love into my wife? As a wife, I noticed my husband had not gone to bring the children from school, what can I do to add to our joy? Discuss in line with Eph 4:1-3.
3. Analyse some of the ways couples had or can easily destroy lovely relationship through dictatorship in household responsibilities. Prov 15:1b, 28b; Matt 7:2;
4. How best should a Christian couple relate on the issues of household responsibilities? Col 3:12-15.

CONCLUSION: Couple must be prayerful and relate with each other in godly manners so as to be humble in explaining roles to each other instead of blaming or dictating to each other.

FOOD FOR THOUGHT: Godliness with love bears the fruits of humility and togetherness in marital relationship. Crave for it.

MEMORY VERSE: Col 3:13 "bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do".



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STUDY 33

11TH SUNDAY IN TRINITY

AUGUST 16 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Household Responsibilities- 2

TOPIC: Prioritize Responsibilities

TEXT: Eph 5:15-17

AIMS:

- i. to study the concept of prioritising in household responsibility in biblical context,*
- ii. to discuss the importance and*
- iii. the position of prayer in the list of priority in a Christian home.*

INTRODUCTION

Prioritising of household responsibilities simply means to focus on the most important work to be done at a particular time. As married couples, it is appropriate to discuss things like: how many times should laundry be done in a week; can the floor be washed before going to work? Should I go to the market before going to pick the children from their school after closing time? Which one comes first, children school fees or the Estate association contributions? Should I go to the saloon before preparing our dinner or dinner before going to the saloon? All these are examples of the principle of prioritising in household responsibilities. Our Bible passage today teaches us to always walk with wisdom and never allow foolishness to take over our responsibilities.

STUDY GUIDE

1. Expatiate on Eph 5:15 in the context of our topic today.
2. Examine Esther 4:13-16 and Mk 1:35-38 and discuss the position of prayer on the priority list in a Christian home.
3. Give some examples of prioritising household responsibilities in a Christian home and the importance.
4. Critically view and discuss misplacement of priority in household responsibilities and the possible negative effects on the Christian home.

CONCLUSION: The best way to achieve success and effectiveness in household responsibilities is to make duty list and prioritise them in the order of importance.

FOOD FOR THOUGHT: Be wise in not doing the last before the first.

MEMORY VERSE: Eph 5:15 “See then that you walk circumspectly, not as fools but as wise”.



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STUDY 34**12TH SUNDAY IN TRINITY****AUGUST 23 2026****THEME:** The Reign of God: Marriage and Christian Lifestyle**SUB-THEME:** Household Responsibilities- 3**TOPIC:** Discuss and agree on areas of personal interest**TEXT:** Matt 7:12**AIMS:**

- i. to study the importance of mutual agreement on how to run household responsibilities and*
- ii. to discuss some areas of interests of husband and wife in household responsibilities.*

INTRODUCTION

The principle of moral reciprocity by our Lord Jesus Christ in Matt 7:12 suggest that we should respect the opinions of other people. In handling household responsibilities in a help meet manner, it is very important to sit down together and make a list of the chores that each person absolutely likes and dislikes or hates doing because what one despises may be the other's delight; and this may make them switch tasks. They must take pleasure in questions like: Will you do the laundry while I do the cleaning of the floor? Can it be convenient for you to help me drop the kids in their school while on your way to work? Can we employ a cleaner to be assisting in the monthly cleaning of our apartment or we do it together? All these point to the fact of the couple giving respect to each other's opinions on these matters. However, when there is disagreement on who or how or when to do things, both of them should find a fun way to compromise getting the task done either by taking turns, hiring external labour or jokingly flipping a coin to allot it.

STUDY GUIDE

1. Briefly explain the concept of discussing and agreeing on areas of personal interests by married couples in attending to their household responsibilities.
2. Discuss how couples can respect the interest of each other in household responsibilities in the context of Matt 7:12; Rom 13:10 and Eph 5:33.
3. Child care is a major part of parental responsibility in Christian homes. Discuss in the context of mutual agreement between Elkanah and his wife Hannah in 1Sam



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1:21-23.

4. Give examples of husband's and wife's areas of interests in responding to household responsibilities and how such personal interests can be aligned for peace and joy in the family? Discuss from life experience.

CONCLUSION: Christian couples should always derive fun in respecting the interest of each other when it comes to choosing and attending to household responsibilities.

FOOD FOR THOUGHT: What is convenient for the husband may not be for the wife.

MEMORY VERSE: Matt 7:12 “Therefore, whatever you want men to do to you, do also to them, for this is the Law and the Prophets”.

STUDY 35

13TH SUNDAY IN TRINITY

AUGUST 30 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Household Responsibilities- 4

TOPIC: Be considerate:

TEXT: 1Pet 3:1, 7-11

AIMS:

- i. to study biblical contexts for couple's considerate attitudes in marital responsibilities,
- ii. to study factors responsible for disagreement in household responsibilities and
- iii. to discuss the best way couples can complement each other in times of inconvenience in their household duties

INTRODUCTION

Husband and wife having consideration for one another in their duty is an essential attitude towards sharing of household responsibilities. This is about Flexibility in supporting each other on the choice of duty. For example, the wife had agreed to be responsible for the toiletries, however, procurement is delayed because of salary delay; at this point, the wife husband should improvise. The husband is responsible for payment of school fees, yet there is financial challenge that is delaying, the wife can also come in to assist. This means, there should be flexibility in the readiness to assume the duty of each other whenever the need arises. The Bible today encourages wives to respect their husbands and that husbands should live with their wives in a way that reflects intelligence and compassion, treating them with respect and dignity.

STUDY GUIDE

1. In the context of our introduction and reference to Rom 15:1; 1Pet 3:8, discuss the concept of how husband and wife should be considerate with each other in

household responsibilities.

2. Mention some virtues of consideration in a couple's Lifestyle. Gal 6:1-2; Eph 5:25, 28, 33; Col 3:12-13, 16-18.

3. What are the factors for disagreement in household responsibilities among couples? Prov 6:16-18; 16:27; Jam 3:6.

4. How best can couples empathise and complement each other in times of inconvenience in their household duties? Col 4:6; 29; 1Thess 5:11; Heb 10:24.

CONCLUSION: The couple must consider themselves and empathise with each other when it is not convenient to attend to each other's commitment in their household responsibility.

FOOD FOR THOUGHT: Assisting each other in times of weakness reveals couples as epitome of united Christian family.

MEMORY VERSE: 1Pet 3:8 "Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous."

STUDY 36

14TH SUNDAY IN TRINITY

SEPTEMBER 6 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Household Responsibilities- 5

TOPIC: Discuss the right time

TEXT: 1Chr 12:32 Sons of Issachar

AIMS:

- i. to study the significance of timing in household responsibilities,*
- ii. to discuss the expected reaction of couples to failure in meeting expected timing and*
- iii. to expose the basis for couples' plan and time fixing for their household responsibilities.*

INTRODUCTION

The Christian couple needs the grace to discern like the sons of Issachar who understand how to do the right things at the right time. As human, we might not be perfect sometimes in our plans. For instance, a wife had scheduled to fix the sitting room drapes, however, the scheduled weekend was earmarked for an emergency in her work place; no matter how short the notice, the information had to be properly passed across to her husband on the new development. As husband, if you're going to be working late, have an outing to attend or lots of errands to run, let your spouse know. In this way, they won't get irritated when their share of the work is not done. It is normal to have weeks where you're both too busy to take care of the housework,



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just make sure it gets done the following week. If your spouse keeps putting off their tasks until "next week," then sit them down and find out why they're being so reluctant.

STUDY GUIDE

1. How significant should marital couples take the matter of timing in household responsibilities? Discuss in light of Gen 18:10; 21:1-2.
2. How should spouses react to suspense or change in the timing of their household duties? Discuss in the contexts of Prov 19:21; Isa 55:8; Act 5:39.
3. What is the solution when a spouse is confused on matter of prioritising and change in timing? Psa 37:5; Prov 16:3; Matt 6:25; 1Pet 5:7.
4. What should be the basis for Christian couples while planning or giving times for their responsibilities at home? Job 14:15; Ps 57:2; 138:18; Phil 1:6.

CONCLUSION: Christian couples should always place the plans and timing of their household responsibilities before God; who will guide them in the right path at the right time. Only God's guidance never fails.

FOOD FOR THOUGHT: When God is in the timing, the deeds shall be perfect.

MEMORY VERSE: Psa 37:5 “Commit thy way unto Jehovah; Trust also in him, and he will bring it to pass”.

STUDY 37 15TH SUNDAY IN TRINITY SEPTEMBER 13 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Household Responsibilities- 6

TOPIC: Avoid monitoring

TEXT: Phil 2:2-4

AIMS:

- i. to expose monitoring attitude from biblical context,*
- ii. to discuss reasons for nagging and complain during household duties and*
- iii. to study the biblical injunction for peaceful relationship in marital couple's duties at home.*

INTRODUCTION

There's nothing worse than when a spouse complains about the way their partner has done something; it is not only rude, but it is discouraging. Allow your spouse to complete their share of the housework in their own way and space; because breathing down their neck while they work is only going to annoy them, especially if you're dictating how things should be done. As the old saying goes, "If you want

something done right, then do it yourself!" If you want the bed made a certain way or laundry on a certain setting, then assign it as one of your own tasks. Simply avoid monitoring your spouse, instead, take care of the things that matter most to you. Our Bible passage entreats us to relate with each other in the most humble manner even when attending to our duties at home.

STUDY GUIDE

1. How can you explain monitoring in the context of household responsibilities as expounded in the introduction and the Bible text? (Phil 2:3-4)
2. What should be the attitude of couples when their spouse is on duty at home? Eph 4:31; 1Pet 2:1
3. Why do some spouses nag or complain over their spouse's duty at home? Prov 11:2a; 13:10a; 28:25a.
4. What is the biblical injunction for couples' peaceful co-existence in terms of attending to their household chores? Rom 12:10; Gal 5:26; Eph 5:21; Phil 2:3-4.

CONCLUSION: The moment a spouse starts comparing themselves, they start seeing their mistakes. Let couples learn to accommodate each other in the ways they go about their household chores. By this, they will leave together in harmony and enjoy their stewardship in peace.

FOOD FOR THOUGHT: Self-appraisal begets Pride which is the bedrock of monitoring attitude in marriage. Beware of self-praise.

MEMORY VERSE: Phil 2:3 "Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves".

STUDY 38

16TH SUNDAY IN TRINITY

SEPTEMBER 20 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Household Responsibilities- 7

TOPIC: Show appreciation

TEXT: Eph 4:32

AIMS:

- i. to expound the biblical context on how couples can appreciate themselves,*
- ii. to discuss the practical ways couples can appreciate each other while on household duties and*
- iii. to expound on the importance of appreciating God as a bride in Christ's Church.*



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INTRODUCTION

Our Bible text today emphasised on being kind to one another, tender-hearted, forgiving one another, even as God hath forgiven us for Christ's sake. This reveals that kindness and tender-heartedness are practical steps toward showing appreciation. An unexpected act of kindness can affirm someone's value and positively impact their day. As humans, we do not only respond to appreciation, we crave it. When your spouse does their share of the work, be sure to thank them for a job well done. Sure, they're expected to do the work, but letting them know that you appreciate their effort will make them feel good and motivate them to keep it up.

STUDY GUIDE

1. *Sure, couples are expected to do their work, but letting them know that they appreciate themselves will make them feel good and motivate them to keep it up.*
Exound and discuss more on this in line with our introduction.
2. Critically study Ruth 2:8-11 and expatiate on the nature and importance of appreciation in a marital Lifestyle.
3. How can couples show appreciation to themselves while on household duties? Col 3:19; Eph 5:33
4. As a Christian and a bride in the church of Christ, how often should we appreciate God in our lives and if we do, how did God responds? Psa 67:5-7; Eph 5:20; Col 3:17; 1Thess 5:18

CONCLUSION: Appreciation is very germane in household duties by marital couples. The best way husbands and wives can show appreciation to each other is by caring for each other's physical and spiritual needs and by speaking well and expressing their affections to each other. These will impart joy in them as they perform their household responsibilities.

FOOD FOR THOUGHT: Remember, a little praise goes a long way and does great exploits!

MEMORY VERSE: Eph 4:32 "And be ye kind to one another, tender hearted, forgiving one another, even as God for Christ's sake hath forgiven you".

STUDY 39

17TH SUNDAY IN TRINITY

SEPTEMBER 27 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Divorce: A major challenge to Christian marriage 1



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TOPIC: The concept of divorce

TEXT: Matt 19:1-11

AIMS:

- i. to study the concept of divorce in relation to biblical injunction,*
- ii. to expose the gravity of adultery in a marital Lifestyle and*
- iii. to establish the biblical injunction and antidote to divorce.*

INTRODUCTION

Divorce usually entails the cancelling or reorganising of the legal duties and responsibilities of marriage, thus dissolving the bonds of matrimony between a married couple under the rule of law of the particular country or state. It can be said to be a legal dissolution of a marriage by a court or other competent body. However, Jesus' injunction negates divorce in marriage and upheld the ideal of permanent marriage, making clear that divorce is equivalent to adultery in breaking the oneness of marriage. Initiating divorce or marrying a divorced person produces adultery. (Matt 19:9). In the beginning there was no divorce and no polygyny. The first polygyny was the race of Cain (Ge 4:19).

STUDY GUIDE

1. Define divorce and the biblical injunction concerning it in Mal 2:13-16, Matt 19:4-9.
2. Why is adultery so grievous as to warrant divorce? Lev 20:10; Prov 5:1-6 compare with Judg 16:4-5;
3. Discuss treachery and God's injunction to it in the context of Deut 21:1 and Mal 2:13-16 and relate with gender violence in marriages especially with women as victims.
4. What is the antidote of divorce? Psa 19:8; Eph 5:25-26; Rom 12:9-10.

CONCLUSION: Treachery is the basis for hardness of heart in any relationship. As Christian couples, we must apply the antidote of genuine love for each other by obeying all the covenanted laws of God and abiding by them in order to neutralise the poison of divorce in our marital life.

FOOD FOR THOUGHT: The poison of marriage is divorce and the antidote of divorce is genuine love for God and for spouse.

MEMORY VERSE: Mal 2:16 "For the LORD God of Israel says That He hates divorce, For it covers one's garment with violence," Says the LORD of hosts. "Therefore take heed to your spirit that you do not deal treacherously."



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STUDY 40**18TH SUNDAY IN TRINITY****OCTOBER 4 2026****THEME:** The Reign of God: Marriage and Christian Lifestyle**SUB-THEME:** Divorce: A major challenge to Christian marriage 2**TOPIC:** Some causes of divorce 1- Criticism**TEXT:** Matt 7:1-5**AIMS:**

- i. to do a critical study of the negative impact of criticisms on Christian marriage,*
- ii. to elucidate on some areas couples do blame themselves and*
- iii. to expound the importance of praying together instead of shifting blames.*

INTRODUCTION

Criticism is an expression of disapproval of a person, something or a person's action, reaction and expression. Simply put, it is an act of finding fault in anything or any action. Most times, couples tend to criticise themselves by faulting each other in their respective actions, attitudes or misfortunes. Our Lord Jesus Christ warned against judging ourselves in today's text. This boils down to criticising ourselves especially in negative manners. The devil is always prowling to devour happiness in Christian marriages. Therefore, Christian couples should rather face the common enemy instead of criticising, blaming or faulting themselves.

STUDY GUIDE

1. In your own understanding, how can you explain criticism in the context of marital relationship?
2. Critically read Gen 3:11-13; 16:1-6 and expatiate on how couples easily shift blames to themselves in their relationship.
3. Read Luk 6:37; Rom 2:1; 14:3-4,10,13 and elucidate on the danger of criticising one another on the choice or preference for food, clothing or type of dressing especially when these do not contradict our faith in Christ.
4. Some couples blame their misfortunes on partner's background or tradition. Critically discuss this in the context of Luk 6:37 and what is the solution to criticism or fault finding in marriage? Matt 18:18-20; 1Pet 5:7-9.

CONCLUSION: Couples who are used to seeing their partner's mistakes and weaknesses will always describe themselves as unhappily married. The more fault couples find in themselves, the more the sadness in their marriage.

FOOD FOR THOUGHT: Say No to criticism!! Because, the more the fault, the more the sadness!

MEMORY VERSE: Matt 7:1 "Judge not, that ye be not judged".



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STUDY 41

19TH SUNDAY IN TRINITY

OCTOBER 11 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Divorce: A major challenge to Christian marriage 3

TOPIC: Some causes of divorce 2- Contempt

TEXT: 2Sam 6:17-23

AIMS:

- i. to do a concise study of contempt in biblical and contemporary perspectives,*
- ii. to analyse the repercussions of contemptuous Lifestyle in Christian marriage and*
- iii. to elucidate the antidote to contemptuous Lifestyle.*

INTRODUCTION

Contempt is putting yourself above your partner. It is the feeling that a person or a thing is worthless or beneath consideration. Contempt is a very dangerous factor that easily crushes marriages. It is an act of making one's spouse feels small, unimportant or unqualified in some way. A typical sign of contemptuous attitude is by name-calling, swearing, belittling, demeaning comments, mocking, and eye-rolling to get your way or prove a point. Our Bible text reveals how Michal, the daughter of King Saul and queen to David, did not see any good in the victory of bringing the Ark of the covenant back to Israel and the joyful dance of victory in the presence of God. Rather, she was contemptuous and mocked David's act of praise. Our study guide shall beam more on the repercussion of her contemptuousness.

STUDY GUIDE

1. Define contempt in a Christian marriage in biblical and contemporary perspectives? Expatiate in the context of Neh 4:1-3
2. According to our text (2Sam 6:17-23) analyse the contemptuous attitude of Michal and the repercussion and then mention other areas of barrenness apart from fruit of the womb in an unhappy marriage.
3. Mention some of the contemptuous words (foul languages) and attitudes that can ruin the joy in a Christian marriage.
4. What are the antidotes of contemptuous Lifestyle in a marital home? Ps 19:14; Eph 4:29; 5:33; Jam 3:1-2.

CONCLUSION: A contemptuous marriage partner is a silent murderer, who will not only murder love and dignity in the marriage, but at last murder peace and joy in his or her life. Therefore, instead of contempt, let couples learn and cultivate the habit of honouring each other with dignity and surely their marriage will be enjoyed till death parts them.

FOOD FOR THOUGHT: Enjoy a long lasting marriage by treating your spouse with honour and dignity.



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MEMORY VERSE: Eph 4:29 "Let no corrupt speech proceed out of your mouth, but such as is good for edifying as the need may be, that it may give grace to them that hear".

STUDY 42

20TH SUNDAY IN TRINITY

OCTOBER 18 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Happy marriage with a virtuous wife 1

TOPIC: Concept and contexts of a virtuous wife

TEXT: Prov 31:10-29

AIMS:

- i. to analyse the concepts of a virtuous wife in biblical context and*
- ii. to illustrate a happy marriage in the context of a virtuous wife.*

INTRODUCTION

The primary gain of marriage is happiness in the union of two people coming together to be one. That means; happiness depends upon the virtues that the wife and husband exhibit towards themselves. For the next five weeks, we shall be discussing how a virtuous wife can be the prime basis for a happy marriage. Virtuous simply means to be noble and excellent in all things. A virtuous wife therefore means a wife that is filled with confidence, compassion, patience, courage and wisdom without any traits of rudeness, pride and arrogance. Our text today extols the character of a virtuous wife and priced her more than rubies (precious stones with many colours). Let us not be in a hurry because the next sub-theme shall be based on virtuous husband.

STUDY GUIDE

1. From the introduction, "the primary evidence of a successful godly marriage is happiness." Discuss in the context of a virtuous wife in Est 5:1-3; Prov 12:4; 31:10-12.
2. Analyse the attributes of a virtuous wife according to Prov 31:13-27. Considering the busy schedules of some wives in our contemporary society, how can all these attributes be feasible in marital home?
3. Critically study Prov 31:26-28 and discuss the joy of a virtuous wife in relation to her children and husband. From your experience, what do some children call their mothers and why?
4. From your experience, what are some of the complaints by some contemporary young wives concerning the duties of a virtuous wife as analysed in Prov 31:13-25.

CONCLUSION: As happiness is primary in a godly marriage, the wife should strive as much as possible to exhibit the biblical virtues appertaining to her in order to achieve the desired joy and happiness in her marital home.



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FOOD FOR THOUGHT: Wherever you find a virtuous wife, surely, happiness shall fill the marital home.

MEMORY VERSE: Prov 31:10 "Who can find a virtuous woman? for her price is far above rubies".

STUDY 43

21ST SUNDAY IN TRINITY

OCTOBER 25 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Happy marriage with a virtuous wife 2

TOPIC: Attitude of a virtuous wife 1- Humble obedience.

TEXT: Gen 18:1-12; 21:1-7

AIMS:

- i. to discuss a humble wife with total obedience and*
- ii. to expound the reward for humility and obedience.*

INTRODUCTION

It takes a humble wife to obey her husband in good things at any circumstance, either favourable or unfavourable. It was a very hot afternoon ("...in the heat of the day..." Gen 18:1) and Abraham derived pleasure in entertaining the angelic visitors, despite the fact that he had never met them. However, despite the old age of Sarah, (Gen 18:11) and without complaining, hesitating or disgruntled attitude, she hastily obeyed her husband's command to prepare the cake for the visitors to enjoy themselves. Our study guide shall expose us to the reward from this virtuous attitude.

STUDY GUIDE

1. Define a humble wife and how the humility of a wife can attract happiness into her marital home. Eph 5:22-23.
2. In your own way, briefly expatiate on the attitude of Sarah to her husband's command in Gen 18:6-8 and compare with Prov 21:9.
3. From life experience, what are the likely possible excuses to have been given by Sarah against her husband's command in the context of Gen 18:1, 6?
4. What is the reward of the humble obedience of Sarah? Gen 18:9-10; 21:1-3, 6-7 compare with Jam 4:6

CONCLUSION: Humility is a key path to obedience because it gives peaceful heart in relationship with others.



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FOOD FOR THOUGHT: It takes total humility for a wife to obey her husband's godly command.

MEMORY VERSE: Eph 5:22-23 "Wives, submit yourselves unto your own husbands, as unto the Lord, for the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body".

STUDY 44 22ND SUNDAY IN TRINITY (ALL SAINTS' DAY) NOVEMBER 1 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Happy marriage with a virtuous wife 3

TOPIC: Attitude of a virtuous wife 2- Temperance

TEXT: Est 4:1-17

AIMS:

- i. to expound temperance in biblical context,*
- ii. to analyse the temperance of Esther and the spiritual benefit and*
- iii. to discuss how a wife's temperance can bring happiness to her marital home.*

INTRODUCTION

The Bible defines temperance as emotional restraint or self-control. In our Bible text today, we can see

The wrath of Mordecai in all his attitudes towards the culture of Shushan and towards Esther (Est 4:1-2, 7-8, 13-14). However, we can see the humble approach of Esther in Est 4:10-11, 15-16. She never replied Mordecai's rash requests and threat (Est 4:13-14); rather, she humbly made a request for joint intercession. How do we react to situations especially in our marital homes especially when the situation seems hash an unpalatable? This and others shall be discussed as we go into the study guides.

STUDY GUIDE

1. Define temperance and analyse the temperance of Esther in our text today.
2. Analyse and discuss the wrath of Mordecai as we can find in the text and the possible consequence of his command and demand to Esther in the context of Est 4:11.
3. How can wives demonstrate Esther's type of temperance in her home? Discuss



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with possible experience and in the context of Luk 1:59-64.

4. What is the physical and spiritual reward of Esther's approach in Est 4:15-17? Compare Est 5:1-3; 6:1-5, 10-11.

CONCLUSION: A wife with temperance may look foolish or stupid sometimes, yet she knows what she is doing in controlling her anger or attitude in a tensed situation. The end result will always be victorious happiness over wrath, anger and destructive attitudes.

FOOD FOR THOUGHT: A wife who can control her attitude and emotion will surely command her home.

MEMORY VERSE: Est 4:17 "So Mordecai went his way, and did according to all that Esther had commanded him".

STUDY 45

23RD SUNDAY IN TRINITY

NOVEMBER 8 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Happy marriage with a virtuous wife 4

TOPIC: Attitude of a virtuous wife 3- Discernment.

TEXT: Est 4:10-11; 5:1-8; 7:1-10

AIMS:

- i. to expose discernment in the context of dangerous situation,*
- ii. to examine the attitude of Esther and her discernment prowess and*
- iii. to analyse the importance of discernment to marital happiness.*

INTRODUCTION

Discernment is the ability to see the positive and negative sides of a proposed action, speech and attitude before acting, speaking and reacting. A discerning person will see danger and avoid it without being victimised. Esther knew the wrong time to see the king and the right time to see him as well as the steps to take in demanding for her petitions. Our study guides will beam more light on how her discerning prowess pave way for her victory.

STUDY GUIDE

1. Define discernment and give example of life situations where discernment is



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needed.

2. Analyse the discernment prowess of Esther as found in our texts today, (Est 4:10-11; 5:1-8; 7:1-10) and from your experience give reasons why discernment is germane to marital happiness.
3. Compare Esther's approach in Est 5:8 and Rom 12:20 and discuss the relevance of feeding an enemy in other to achieve victory with reference to 1Sam 30:11-18.
4. Read Est 5:1, 8 and Est 6:1-3 and discern the effect of Esther's reaction in to Mordecai's rage in Est 4:13-16 and the lessons for wives.

CONCLUSION: Esther's ability to discern the steps and right time to see the king paved way for favour which must have been imparted spiritually through the three days prayer. Moreover, her discerning prowess to know what and when to demand from the king paved way for her victory over Haman. As Christians, we need the spirit of discernment in other to know the right thing to do and at the right time as well as the right way to do it especially in our marital home.

FOOD FOR THOUGHT: The discerning wife enjoys her husband and marriage till end.

MEMORY VERSE: Est 4:11 "All the king's servants and the people of the king's provinces know that any man or woman who goes into the inner court to the king, who has not been called, he has but one law: put all to death, except the one to whom the king holds out the golden scepter, that he may live. Yet I myself have not been called to go in to the king these thirty days."

STUDY 46

2ND SUNDAY BEFORE ADVENT

NOVEMBER 15 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Happy marriage with a virtuous wife 5

TOPIC: Attitude of a virtuous wife 4- Courage

TEXT: 2Kings 4:18-37; Prov 31:10, 25-26

AIMS:

- i. to study the concept of courage in a virtuous woman,*
- ii. to analyse the biblical context in the life of the Shunamite woman and*
- iii. to clarify between courageous wife and confrontational wife.*

INTRODUCTION

A courageous woman takes a very good stand for what they believe and what they stand for through their voice, action and investments. They make use of impactful opportunities to set people free, to safe situations and to face challenges without



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succumbing to challenging pressures no matter how unpopular their actions may be. In our texts today, we see the Shunamite woman riding on the storm of her only son's death and yet by faith, told her husband and even the servant of the prophet that "it is well" (2King 4:23b, 26b) Prov 31:10 and 25 further open our eyes to the fact that a virtuous woman possess strength and honour to give happiness to her home.

STUDY GUIDE

1. From the Introduction and texts, (2Kings 4:18-37; Prov 31:10, 25-26) analyse courage as a virtue to be possessed by a godly wife.
2. Compare 1Sam 1:21-23 and Est 1:9-12 and differentiate between a courageous wife and a confrontational wife and how they ended either with joy or sadness.
3. Study Ex 2:3-9 and analyse how courageous attitude can set free when facing dangerous challenges.
4. Critically study 2King 4:18-23, 26 and Jam 1:2-3 and discuss how a virtuous wife can bring happiness to their families in challenging and stormy situations.

CONCLUSION: As virtuous as courage may be as a factor to overcome challenges through a godly wife, yet, care must be taken that virtue of courage is never mistaken for the vice of confrontation and affront to a husband's command and godly guides in a Christian home.

FOOD FOR THOUGHT: A wife's courage should not be an affront to her husband, but an ability to confront challenges with Prayer and Faith in Christ.

MEMORY VERSE: 2Kings 4:26 "Please run now to meet her, and say to her, 'Is it well with you? Is it well with your husband? Is it well with the child?'" And she answered, "It is well."

STUDY 47

SUNDAY BEFORE ADVENT

NOVEMBER 22 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Happy marriage with a virtuous Husband 1

TOPIC: Concept of a virtuous husband in Biblical context

TEXT: Col 3:19

AIMS:

- i. to expatiate on the biblical concept of a virtuous husband,*
- ii. to discuss the potential of a virtuous husband in imparting happiness in a marriage and*
- iii. to expose bitterness and its danger to happy marriage.*



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INTRODUCTION

The concept of a virtuous husband is embedded in a pure love for the wife. He loves his wife like he loves himself. He loves eating, drinking, sleeping and playing with his wife as part of self-care. The Amplified version of Colossians 3:19 placed much emphasis on this concept when Apostle Paul instructed husbands to: "... love your wives [with an affectionate, sympathetic, selfless love that always seeks the best for them] and do not be embittered or resentful towards them [because of the responsibilities of marriage]. Our study guide shall open our eyes more on this concept.

STUDY GUIDE

1. How do you understand a virtuous husband as key factor in a happy marriage? Discuss in the context of 1Sam 1:8 and Col 3:19.
2. How can eating, drinking and doing many things with one's wife impart joy in their marriage? Why are some men finding it difficult to do things together with their wives?
3. From life experience and examples, define a bitter husband and how his bitterness can quench the fire of love in a marriage. 1Sam 25:4-10,14,18, 23-25,36-38
4. Expatiate on Col 3:19 (Amplified version in the introduction) and how the virtues mentioned can quench the fire of bitterness in a marriage. Compare Eph 4:31-32; 5:28.

CONCLUSION: It is very important to note that bitterness should be very far and of course taken as an abomination from a virtuous husband who takes impartation of joy and happiness in his marriage as priority. Wherever there is bitterness, there can never be affection, sympathy, love and happiness. As husband, flee bitter attitudes and enjoy happiness in your marriage.

FOOD FOR THOUGHT: Do away with bitterness and happiness will naturally enter into that marriage.

MEMORY VERSE: Col 3:19 "Husbands, love your wives [with an affectionate, sympathetic, selfless love that always seeks the best for them] and do not be embittered or resentful toward them [because of the responsibilities of marriage].

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Happy marriage with a virtuous Husband 2

TOPIC: Attitude of a virtuous husband 1- Affectionate

TEXT: Eph 5:25-29

AIMS:

- i. to expose affection in marital and biblical context,*
- ii. to discuss how a husband can defend his wife in times of external pressures and*
- iii. to study the place of our trust and faith while defending our wives.*

INTRODUCTION

Affectionate simply means indicating or expressing selfless love, warm interest and deep attachment to one's wife by embracing her in all her virtues and weaknesses. This can be by tender fondling, cracking jokes, refreshing the memory of interesting past occurrences, occasionally assisting in the kitchen, laundry and shopping. A Christian husband should love his wife as he does himself, sympathise with her in her shortfalls and weakness and should always protect her from all harms and dangers (Eph. 5:25–29). He should do his best to "nurture and cherish" his wife in the love of Christ as he would do to his own flesh and tend to her spiritual, emotional, intellectual, and physical needs (Eph. 5:29).

STUDY GUIDE

1. Define affectionate in your understanding and expatiate on these key words: selfless love, tender fondling, embracing, nurture and cherish in the context of the introduction.
2. According to Matt 19:5, discuss a husband's selfless love amidst pressures from relatives and neighbourhoods.
3. "For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church" (Eph 5:29) Expatiate and discuss this statement in the context of how a husband should sympathise with her wife and defend her in times of danger and weakness.
4. Read Gen 12:10-20; 20:11-17 and discuss where to place our trust and faith in our attempts to defend our wives and family.

CONCLUSION: As husbands, we must always see our wives as the most significant part of our own body; by this, it would be very easy to empathise with her in all circumstances. However, we must never shift our faith and trust from the Almighty God to mundane things in attempts to defend and support our wives and family.

FOOD FOR THOUGHT: Genuine affection is in accepting our wives as ourselves.

MEMORY VERSE: Eph 5:28-29 "So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church".



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STUDY 49**2ND SUNDAY IN ADVENT****DECEMBER 6 2026****THEME:** The Reign of God: Marriage and Christian Lifestyle**SUB-THEME:** Happy marriage with a virtuous Husband 3**TOPIC:** Attitude of a virtuous husband 2- Respect**TEXT:** 1Pet 3:7**AIMS:**

- i. to expose the concept of a husband's respect for his wife with life experiences,*
- ii. to discuss in details how husbands can adequately respect their wives and*
- iii. the impact of respect in a happy marriage.*

INTRODUCTION

Respect in the context of our topic simply means a feeling of deep admiration of a husband towards his wife's abilities, qualities, or achievements. Our text today instructs husbands to honourably acknowledge the potentials of their wives; see them as partner in progress, even though they may be weak in nature but possessing the same grace as the husband in life partnership. Biblical description of the wife as a weaker vessel does not mean that the wife is less important, but implies that the husband being the first to be created by God, naturally assumes the position of headship in the family. Therefore, the husband should never see his wife as a slave, but as God-chosen assistant in all areas of his life.

STUDY GUIDE

1. Elucidate with life experience and with reference to the introduction how respect is a husband's virtue for a happy marriage.
2. How can you describe a husband's respect for his wife in the context of Gen 16:5-6; 1Sam 1:22-23; Matt 1:19 and how can disrespect hinder prayer according to 1Pet 3:7b.
3. The Bible refers to the wife as a 'weaker vessel' (1Pet 3:7). How do you understand this in the context of Gen 2:18, 21-14; Eph 5:23.
4. As a godly husband, share some of the achievements, virtues or good qualities of your wife with us in this Bible study and how can the private and public acknowledgment of our wives' virtues impart happiness in our homes? Let the question be directed to the wife as well and discuss.

CONCLUSION: The wife is the natural help meet of the husband and they share the same grace in marital partnership. Therefore, even though the man may senior his wife by age and in other qualities, it is important that the husband respect the wife by appraising and extolling her virtues both publicly and privately. However, this should never be abused by the wife in disrespecting her husband.

FOOD FOR THOUGHT: True respect involves the humility of a husband in honouring and appreciating his wife.

MEMORY VERSE: 1Pet 3:7 "Likewise, ye husbands dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being



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heirs together of the grace of life; that your prayers be not hindered".

STUDY 50

3RD SUNDAY IN ADVENT

DECEMBER 13 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Happy marriage with a virtuous Husband 4

TOPIC: Attitude of a virtuous husband 3- Meekness

TEXT: Col 3:12-13, 19

AIMS:

- i. to analyse meekness in family, biblical and contemporary context,*
- ii. to analyse the danger of bullying in a Christian home and*
- iii. to study the attitude of a wife in the life of a meek husband.*

INTRODUCTION

Meekness can be defined as a quiet and gentle attitude whereby a person is willing to accept and submit to the good will and good desire of someone else without resistance. It is an attitude of heart that will never make a husband to impose his opinion on his wife. A meek husband will never be violent, will never raise his voice nor resentful in his reactions towards his wife. Our Bible text encourage us (even as husbands) to live our lives as elect of God in meekness. This study shall further expose to us the impact of meekness in husband-wife relationship.

STUDY GUIDE

1. Analyse the meaning of meekness in the context of our text and introduction with life examples of a husband's meekness.
2. Critically discuss the meekness of Joseph in Matt 1:18-20, 24-25 and expound on some likely challenging surprise from a wife and how a meek husband should react.
3. Using the example of Michal in 2Sam 6:20-22, mention some wives' attitudes that can daunt the meekness in a husband and how can a wife encourage her husband in meekness? 1Tim 2:12; 1Pet 3:1.
4. As a Christian, should a husband bully his wife or children? How can the continuous bullying of a husband affect his marital relationship, his home and his spiritual Lifestyle? Discuss with life experience.

CONCLUSION: The meekness of a husband is never a weakness but a virtue that will easily win his entire family to his side. A meek husband will not only be admirable in his family, but will be a shining example of family leadership to his entire neighbourhood. As husbands, it is therefore imperative to cultivate and develop the virtue of meekness.

FOOD FOR THOUGHT: Meekness is never weakness but a weapon to win your family to yourself.

MEMORY VERSE: Col 3:19 "Husbands, love your wives, and be not bitter against



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them".

STUDY 51

4TH SUNDAY IN ADVENT

DECEMBER 20 2026

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Marriage supper of the Lamb 1

TOPIC: Biblical Concept of the Marriage supper of the Lamb

TEXT: Matt 25:1-13; Rev 19:5-9

AIMS:

- i. to study the concept of the marriage supper of the Lamb in the context of marriage in Jesus' time,*
- ii. to use the context to interpret the vision of John concerning the marriage supper of the Lamb and*
- iii. to expose those who will participate in the marriage supper of the Lamb and those who will not.*

INTRODUCTION

The concept of the marriage supper of the lamb is better understood in light of the three stages of the wedding customs Jesus' time. Firstly, the betrothal when the father of the bridegroom paid the dowry. Secondly, is the wedding night when the bride and her maidens holding their lamps will wait for the bridegroom to come at night to take his bride to his father's house and thirdly is the marriage supper itself, which might go on for days, as illustrated by the wedding at Cana in John 2:1-2. In John's vision of the marriage supper of the lamb, the betrothal period was the sending of Jesus Christ as the Lamb of God and bridegroom to the world; to pay the bride price for all believers (the Church) with his blood on Calvary. The wedding night is the rapture of believers when Jesus Christ will come to take his bride (the believers in Him as the saviour of the world) and the marriage supper is for Christ and His Church with His father in their heavenly kingdom. It is the period between the rapture and the second coming (during the tribulation on earth).

STUDY GUIDE

1. Who is the Lamb according to Rev 19:11-14? Compare Joh 1:1-2, 29, 36; 1Joh 5:7; and how can you explain the marriage supper of the Lamb in the context of our Bible passage today? (Matt 25:1-13; Rev 19:5-9)
2. Read Eph 5:25-27 and discuss the marriage of Christ and His Church as well as the bride price that Jesus paid. Acts 20:28; 1Pet 1:18-19; Rev 5:9.
3. According to Rev 19:7, 9, when is the marriage of the Lamb and the marriage



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supper of the Lamb? Discuss in the context of Matt 24:36; 25:6; 1Thess 4:15-17. 4. Who shall be qualified to be in the marriage supper of the Lamb and who are those to be disqualified? Discuss in the context of Matt 25:6-13; Jhn 3:16; Rom 6:8; Rev 21:7-8.

CONCLUSION: As we prepare for the celebration of the birth of our Lord Jesus Christ, (Christmas), let us continuously remember that He is the Word of God and the Lamb of God; and that only those members of His earthly Church who accepted Him as their Lord and saviour; who continuously watch against sinful Lifestyle; who confessed the faith and keep the gospel light burning through unfeigned loyalty to His worship till the end of their lives; will be qualified as His Brides at His last marriage supper.

FOOD FOR THOUGHT: Be qualified by remaining in the Faith and in the path of righteousness till the end.

MEMORY VERSE: Rev 19:7 "Let us be glad and rejoice, and give honour to him: for the marriage of the Lamb is come, and his wife hath made herself ready".

**STUDY 52
2026**

SUNDAY AFTER CHRISTMAS

DECEMBER 27

THEME: The Reign of God: Marriage and Christian Lifestyle

SUB-THEME: Marriage supper of the Lamb 2

TOPIC: Qualifications for participants.

TEXT: Rev 7:9-17

AIMS:

*i. to expose the qualifications for participants in the marriage supper of the Lamb,
ii. to discuss the importance of watchfulness as we await the coming of the bridegroom and
iii. to expose the benefits to be enjoyed at the marriage supper of the Lamb.*

INTRODUCTION

Let us start this study by asking ourselves that: if I am a successful marital partner here on earth, will I be qualified as the bride of Christ if He comes today? This world is actually a temporary place and surely we are bound to round up our journey one day as year 2025 is winding down. Our Bible passage today exposed us to the fact that; only those whose robes had been washed in the blood of the Lamb and pure in righteousness shall be qualified for the marriage supper of the Lamb. How can this be and what will be our benefits for participating in the marriage supper of the Lamb? All these shall be expatiated in our study guides.

STUDY GUIDE

1. Critically study Rev 7:14 and expatiate on the qualifications for participating in the marriage supper of the Lamb.



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2. Study Rev 22:14; Heb 10:19-24 and discuss how we can keep our garment pure till the coming of the Bridegroom.
3. What is the warning for Christians concerning the coming marriage supper of the Lamb? Discuss in the context of Matt 24:42; Rev 16:15.
4. Describe the aura or the benefits to be enjoyed at the marriage supper of the Lamb according to Rev 7:15-17; 21:3-4.

CONCLUSION: We thank God for the end of this vital Theme on marriage and Christian Lifestyle. As we are seeing the end of this year, may we live to enjoy more years in the faith in the land of the living. Let this mind be in us as we enter into the New Year 2027, that one day, we shall end our earthly marital lives and journeys. Let us therefore flee from all unrighteousness, apathy to the faith and all apostasy so as to reign eternally with God as purified brides of our Lord and saviour Jesus Christ; the Lamb of God. We wish you all, Happy New year in advance.

FOOD FOR THOUGHT: To be qualified for the last marriage supper of the Lamb, are your garments pure and white as snow?

MEMORY VERSE: Rev 7:14-15 "...And he said to me, these are they which came out of great tribulation, and have washed their robes, and made them white in the blood of the Lamb. Therefore are they before the throne of God, and serve him day and night in his temple: and he that sitteth on the throne shall dwell among them".



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