



Sam Adeyemi Coaching Programme  
-Course Series-  
(Level 01)

# Marital Success

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# CHAPTER ONE

## ONE MAN, ONE WOMAN

**"God took only one rib from Adam, not two or four, and with it, He created only one woman. This makes it clear that God's philosophy for marriage is "One Man, One Woman"**

**Marriage was instituted by God to meet our needs for companionship, procreation and sexual pleasure. It is worthy of note that God instituted marriage before Adam and Eve disobeyed Him and sin entered the world. We have a glimpse of marriage as God intended in the first two chapters of the Bible.**

**God created man, put him in the garden and gave him work to do. It is necessary for us to discover God's assignment for our lives. It provides a sense of meaning and direction in all areas of life, including marriage.**

**Then, somewhere along the line, God said that man needed someone in his class to help him.**

**God caused Adam to sleep and took a rib out of Adam with which He created the woman. Though the man was created directly from dust, the woman was refined because she came out of the man's body. No doubt, God deliberately created the woman to be very beautiful. In fact, God may have allowed Adam to name all the animals before sighting the woman because God knew that Adam would have been distracted otherwise.**

**God took only one rib from Adam, not two or four, and with it, He created only one woman. This makes it clear that God's philosophy for marriage is "One Man, One Woman".**

**Since the husband is the head of the woman, we must admit that God has provided only one body for one head. No doubt, promiscuity causes confusion. God has designed a man to have sexual relations with only his wife**

# CHAPTER TWO

## MARITAL PASSION

**"The first time Adam sighted Eve, he exclaimed, "This is now bone of my bones and flesh of my flesh..."<sup>2</sup> I believe that God has designed godly passion between a man and a woman who are meant for each other".**

**God created the first man, Adam, took a rib from him and developed it into a woman whom He gave to Adam for wife.<sup>1</sup>**

**Please note, dear reader, that the rib cage serves as a source of protection for the heart. In like manner, a woman can be a source of protection to her husband. She can be a source of hidden strength.**

**The fact that the rib is also under the man's arm suggests that the woman should be protected and provided for by her husband.**

**The first time Adam sighted Eve, he exclaimed, "This is now bone of my bones and flesh of my flesh..."<sup>2</sup> I believe that God has designed godly passion between a man and a woman who are meant for each other. It should be such that they should miss each other, and think about each other a lot.**

**Adam did not only recognize Eve as the flesh of his flesh, but also as the bone of his bones. This means that Adam did not only recognize her physically, his recognition also affected his spirit and soul. Anyone who assesses a woman only by the shape of her body or by her looks is courting trouble.**

**“Charm is deceitful and beauty is passing, but a woman who fears the Lord, she shall be praised.”<sup>3</sup>**

**We must seek for beauty of character in our marriage partners.**

### **Sex in Marriage**

**Now, God says,**

**“Therefore shall a man leave his father and his mother and be joined to his wife, and they shall become one flesh.”<sup>4</sup>**

**No doubt, to ‘be joined’ refers to relations. We must understand that sex is not just a physical affair; it is also a spiritual affair. That is why sex outside marriage is devastating, not only to our bodies but much more to our spiritual lives.**

**Only humans meet face to face in sexual relations. This establishes the need for openness, trust, faith and love. This is only possible in marriage. A wholesome and romantic relationship with our spouse will protect us from illicit affairs outside marriage.**

# CHAPTER THREE

## THE HUSBAND'S RESPONSIBILITY

**"To succeed in our relationship with women, especially our wives, every man should seek knowledge about women generally. Then we must seek to understand our own wives".**

**"Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered."**<sup>1</sup>

**To succeed in our relationship with women, especially our wives, every man should seek knowledge about women generally. Then we must seek to understand our own wives.**

**Being like the weaker vessel does not make a woman inferior to her husband. It only means she is fragile and delicate. A woman assesses people and situations mostly by her intuition while a man thrives on logic. A woman has more verbal power while a man has more physical power. A woman is conscious about security in her marriage and finances while the man is essentially concerned about his achievements. Beyond these and other peculiar characteristics of women, we must seek to understand our own wives. We must understand their backgrounds, temperaments, personalities, their strengths and weaknesses. We must encourage them to release their potentials while we help them to overcome their weaknesses. It is important that we do not discourage them by comparing them to other women.**

**As a successful husband, you must seek to meet the following needs that your wife has:**

**1. Companionship – Be her best friend. If she can talk to you, she will not have to gossip with others.**

**2. Compassion – She is emotional and compassionate. Show her some emotion and hug her.**

**3. Romance – Notice that she prefers romantic films to action films. Treat her like a queen; not only on her birthday but every day.**

**4. Affection – She needs to be touched frequently. Also, use your words to affirm and lift her.**

**5. Passion – She wants to be chased. Do it just like you did before you got married. It keeps the fire burning.**

**Doing these things does not make a husband weak. There are only two types of weak husbands – the domineering husband, and the dominated husband. We can love our wives while maintaining our position of leadership.**

# CHAPTER FOUR

## THE WIFE'S RESPONSIBILITY

**“Submitting to our husbands does not make us inferior to them. God has established a divine order in the home just as He has done in the church and government. God has given the man the leadership role in a marriage relationship.”**

**“Wives, submit to your own husbands, as to the Lord.”<sup>1</sup>**

**Submitting to our husbands does not make us inferior to them. God has established a divine order in the home just as He has done in the church and government. God has given the man the leadership role in a marriage relationship.**

**Submission is not essentially a physical act. It is an attitude of the heart. There is power in submission. Submission causes a flow of authority to the submissive. Also, submission brings protection and security. A submissive woman has tremendous influence with her husband.**

**Apostle Peter counsels, “Wives, likewise, be submissive to your own husbands, that even if some do not obey the word, they, without a word, may be won by the conduct of their wives, when they observe your chaste conduct accompanied by fear.”<sup>2</sup>**

**This passage of scripture encourages that where our husbands do not yet know God personally, our submission will bring them to God faster than our sermons. There is power in submission.**

**Of course, it is easier for us to submit to God than to submit to our husbands. However, submitting to our husbands is in effect submitting to God. When we submit to our husbands, God's power and blessings will flow into our lives.**

**Our submission also acts as training for our children as they watch us handle conflicts with maturity. As submissive women, we must not argue with our husbands in public. We must communicate our feelings with wisdom.**

**The scripture says, "Do not let your adornment be merely outward-arranging the hair, wearing gold, or putting on fine apparel- rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God."<sup>3</sup>**

# CHAPTER FIVE

## A WORD FOR SINGLES

**“As singles, we should enjoy our current status and take time to develop ourselves. It is necessary to cultivate our relationship with God. We should take time to find our life assignments.”**

The first man, Adam, spent a short time unmarried before God gave him a wife. I believe that Adam spent this period learning. He had to learn about God and cultivate an intimate relationship with Him. Adam had to discover himself - his feelings, his temperament and body. He also had so much to learn about his environment. And more importantly, Adam had to learn about the devil. Eve was deceived by the devil because she did not recognize him.<sup>1</sup>

As singles, we should enjoy our current status and take time to develop ourselves. It is necessary to cultivate our relationship with God. We should take time to find our life assignments. We should develop spiritually, emotionally, psychologically, physically and financially. We must prepare to be assets to our life partners and not liabilities.

Now, here is some advice for the single man or woman who is preparing for marriage:

1. Do not be in a rush to marry. Wait for God's timing for you as a person.

- 2. Do not marry someone who does not have a personal relationship with God. The fear of God is the greatest restraining factor in any marriage.**
- 3. Do not confuse love with sex. Premarital sex will harm rather than help your relationship with your spouse and with God.**
- 4. Do not marry in a wave of sexual desire.**
- 5. Do not marry to solve your problems.**
- 6. Do not marry for status or popularity.**
- 7. Do not expect marriage to make you happy. Marriage comes with its own challenges. Learn and apply the secrets of happiness from God's Word - the Bible.**
- 8. Do not marry someone who is extremely jealous - he or she will always be suspicious of you.**
- 9. Do not marry someone who promises to change after marriage.**
- 10. Do not marry someone who expects you to meet impossible standards.**

**Dear friend, God will give you fulfillment and success in marriage.**

## **NOTES**

### **CHAPTER TWO**

- 1. Genesis 2:21-22**
- 2. Genesis 2:23**
- 3. Proverbs 31:30**
- 4. Genesis 2:24**

### **CHAPTER THREE**

- 1. 1 Peter 3:7**

### **CHAPTER FOUR**

- 1. Ephesians 5:22**
- 2. 1 Peter 3:1-2**
- 3. 1 Peter 3:3-4**

### **CHAPTER FIVE**

- 1. Genesis 3:1-6**

## Let's Relate!



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## **ABOUT SAM ADEYEMI**

Sam Adeyemi is unarguably Nigeria's No 1 success coach and one of the country's leading experts on personal development and self mastery. Thousands of lives have been transformed through his inside-out coaching programme.

Out of frustration over what looked like a complex financial problem, Adeyemi once contrived plans to get out of the country and be gone for good. By God's divine arrangement, however, all those plans fell over. In less than 15 years, having accepted God's verdict, Adeyemi has been able to build a motivational outfit- Success Power International with influences that cut across the globe. Of note is the fact that only few personal brands in this country have been able to command such an across-the-board influence laced with integrity that appeal to secular and non-secular audiences as Sam has been able to do. Quite a number of young professionals long to acquire the stability that has accompanied his organizations; businessmen are desirous of how to integrate the values he teaches and practices in running their enterprises and, of course, many youngsters see him as their role model.

**Adeyemi is a Civil Engineer by training but by election he has been a motivational speaker reaching out weekly to millions of people through his radio and television broadcasts tagged Success Power.**

**Sam Adeyemi is also the presiding pastor of Daystar Christian Centre, Ikeja, Lagos State Nigeria, a purpose-driven mega church of above 20,000 that many pastors want to model their ministries after.**

**He is married to Nike and they are blessed with three lovely kids.**

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