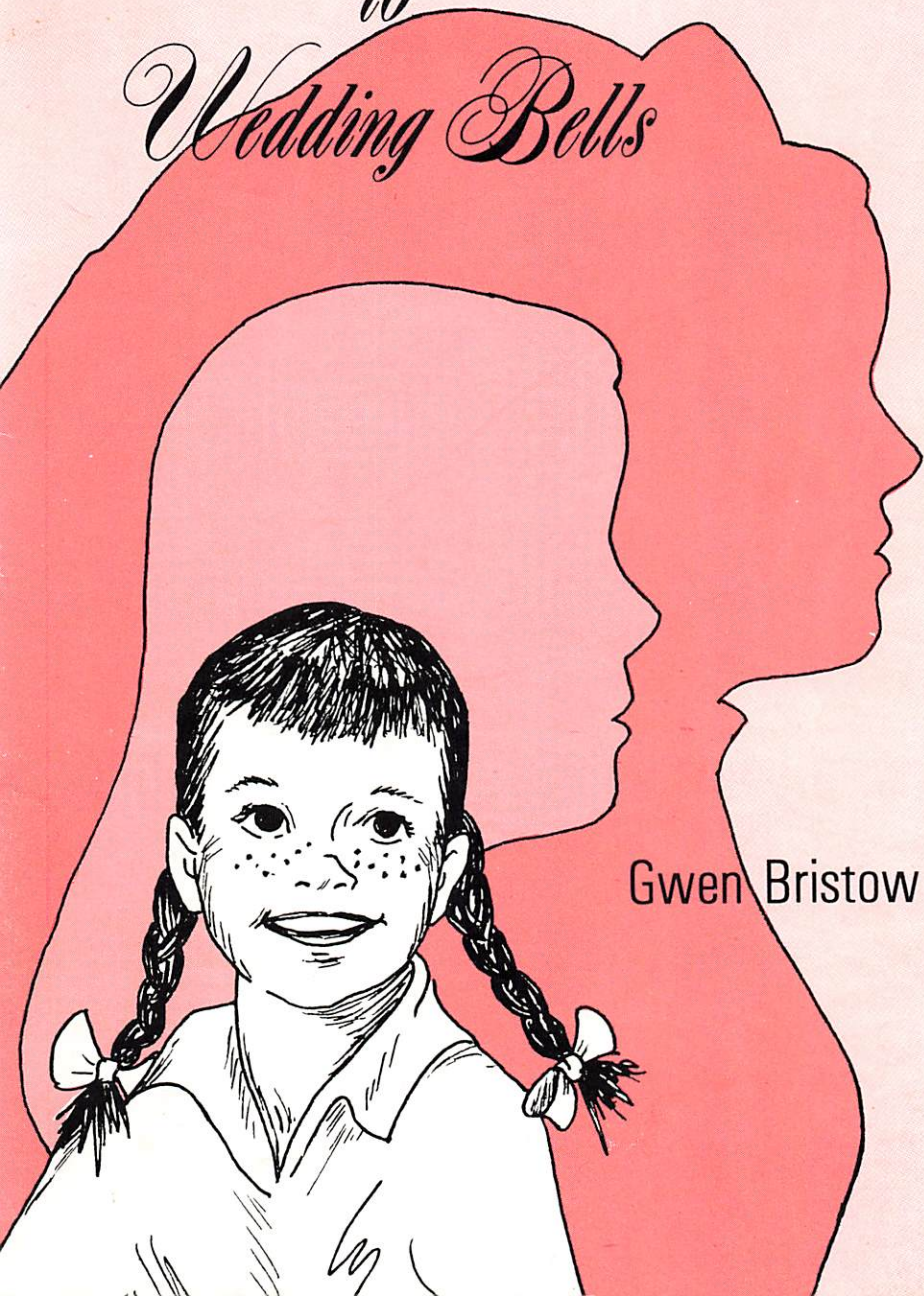


From Pigtails

to

Wedding Bells



Gwen Bristow

*From Pigtails
to
Wedding Bells*

GWEN BRISTOW

QUALITY  PUBLICATIONS

P.O. BOX 1060 ABILENE, TEXAS 79604

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DEDICATION

This booklet is dedicated to my wonderful husband, Benny B. Bristow, and to our children, who I pray will also enjoy happy Christian marriages.

It is also dedicated to those Christian friends and the First Girl's Class at Block and Hardy Streets' Church of Christ, El Dorado, Arkansas, who have been a never ending source of encouragement in the preparation of this work.

Finally, it is dedicated to brother and sister P. D. Wilmeth, who have been a strong Christian influence throughout the years.

*With much much
love & prayers that
your marriage and
your children's marriage
will be beautiful!!
Your Mom
8/3/78*

INTRODUCTION

From Pigtails to Wedding Bells was originally written for presentation to a class for young women to share ideas and problems concerning dating and all its aspects. It is the author's belief that the Bible has often been overlooked as a source for educating young women in preparing themselves for marriage.

The series of lessons contained in this booklet are designed to counsel teen-age girls, stimulating their thoughts and actions as they prepare for the future. Although many years might pass before these teen-agers should go before the altar, now is the time for them to prepare for that day.

Beginning with Eve in the Garden, it has been shown that women have been successful in raising or lowering moral standards. Man can stand strong and firm, but the woman determines his moral pace. It behooves every thoughtful girl therefore to accept the responsibility of preparing to be a moral Christian wife.

It is my humble prayer and hope that teen-agers will accept life seriously, to enjoy themselves for the joys of a successful Christian marriage.

Gwen Bristow



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1. The first part of the document is a list of names and titles, including the names of the authors and the titles of their works. This list is organized in a tabular format with columns for the author's name, the title of the work, and the date of publication. The names are listed in alphabetical order, and the titles are listed in the order in which they were published. The dates are listed in the order in which they were published.

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A Lovely Girl

We often hear others speak of someone being pretty. "Do others think I'm pretty?" we often ask ourselves. One of the nicest compliments one girl can receive from another is to be told that she is pretty. If it is true that we females are more prone to criticism, then it is indeed a compliment to be praised by one of our own sex. It has been said that if we can please our closest friends, then it is certain we can please the opposite sex.

Through the medium of television, magazine advertisements, and commercials of all types, we are constantly bombarded with advice on how to become more physically attractive. While it is perfectly all right to wish to be physically attractive, there are many other elements which make up our personality which are just as vitally important.

Some of the great women of the Bible whom God chose to play dramatic roles, such as Esther, Sarah, and Rebekah, were beautiful in heart as well as in the flesh. The picture of the ideal woman as portrayed in the Book of Proverbs should serve as a lesson to us as we aim for "prettiness."

One author has expressed it this way, "a good woman's love for beauty will be expressed in everything she does." This would include her taste and modesty in clothing as well as the lines, colors, and textures she chooses. A woman will also be discreet in her make-up and hair style.

One fact which we need to keep in constant remembrance is that some girls and women are more blessed with outstanding physical features than others; therefore, each of us should make an effort to emphasize those physical attributes which are the loveliest. It would be foolish to worry ourselves into trying to be something that we

are not. Rather, we should improve our appearance to the best of our ability. Many girls spend entirely too much time and money on their physical appearance, and pay no heed to the development of their minds and personalities. If we are to be truly "pretty" we must control this temptation, lest beauty becomes vanity.

It is trite but true that the loveliest of women are often those who spend the least amount of time worrying about "how they look." We must strive to improve the "beauty within" and worry less about the "beauty without."

TEMPLE OF GOD

In the 6th chapter of 1st Corinthians, the 19th verse, we are told that our body is the temple of the Holy Spirit; and, later on in 2nd Corinthians, in the 6th chapter, 16th verse, we are told that Christians are the temple of the Living God. If God lives in our bodies, then it is of utmost importance that we keep His temple pure. One of the great duties of the Christian woman is to keep out of her heart and life anything against the character of God. Do you consider your body a temple? It seems that many girls do not. Those girls and women who abuse their bodies by drinking, smoking, and keeping irregular hours are violating the law of God, and are not properly preparing themselves for a future role as wife and mother. Proper care of our bodies will make any of us more attractive.

LET'S TAKE CARE

While cosmetics may enhance your looks and improve your appearance, it is far more important that you have a healthy body. Only good health can impart a true glow to your complexion and a luster to your hair and eyes. In order to enjoy good health it is important that you eat properly. While hamburgers, hot dogs and pizza are nice for a change, they do not supply the minerals and vitamins our bodies require for the long pull. Many young women who desire lovely figures, good posture, a lovely smile and lustrous hair pay no attention to what they eat and are often dismayed that in spite of all the cosmetics they use, they never seem to achieve good looks. You might try surprising your Mother by eating some of those foods you have often refused.

Allow yourself plenty of sleep. Sleep requirements vary from individual to individual. Some seem to require less than others.

Whether you require 5 hours or 10 hours a night, you should gear yourself to your own personal needs. A tired body makes a tired mind, and a tired mind often leads to sloppy grooming. By taking time for sleep, relaxation and recreation, you will find it easier to properly take care of your body. The simple habits of regular bathing, teeth cleaning, shampooing, etc., combined with proper eating habits, will reduce many of the teen-age problems such as acne, blackheads, headaches, and weight problems. Of course, if you have serious overweight or underweight problems or any other physical ailment, you should consult your physician. It is always cheaper in the long-run.

Finally, don't hesitate to talk to your parents if you are having a physical problem, as they are really just as concerned about your health as are you.

GROOMING

Being well-groomed takes daily care. As our body is the Temple of God, it should be kept scrupulously clean. Science has provided us with a multitude of products in the cosmetics field which enable any girl or woman to look attractive and be nice to be around.

Choose your clothing with care. There are very few people who can wear every type of clothing to advantage. Experience will prove to you those items of clothing in which you are comfortable and present a neat and attractive appearance. Dressing well does not mean dressing expensively. Clothes that are properly cleaned and pressed will look more attractive than the most expensive clothes which have been allowed to become soiled and rumbled.

Your attire should be modest and becoming to your figure and personality. Those girls who make a habit of exposing themselves in indecent clothing may win a lot of attention from boys - but they usually lose the respect of these same boys! One fact which a young woman so often overlooks is that one of her greatest assets is the "mystery of womanhood." What is not seen, but is only suggested, is much more appealing than what is displayed.

Apply your cosmetics sparingly, and try to appear natural. If you were to study those girls who have been selected 'Miss America' for the past several years, you would find that the natural appearing girls, those with the well-rounded personalities together with their good looks, inevitably won out over their competitors.

A young, healthy girl should require a minimum of cosmetics and it must be remembered that these aids to beauty are often harmful

to your complexion. Wait until you are older and have more need of cosmetics before you apply them with a liberal hand.

Your hair is often the crowning glory of your beauty. Many girls affect a hair style today which looks like an explosion in a mattress factory! First of all, your hair should be kept clean and shining. Select a hair style which is becoming to the shape of your face and which looks natural. If you cannot seem to come up with the "right" hair style for you, check with a professional hair stylist and let her try her artistic hand. Usually experimenting at home or in the presence of other girls will enable you to select a hair style that is becoming to you. Stay away from hair color changes, as they have a detrimental effect on your hair and the natural oils. It is not necessarily true that "blondes have more fun than other girls."

Don't fall into the pit of "fashion fads." The length of your skirt must be determined by the appearance of your knees and legs. Not very many girls have very pretty knees, and while hemlines which are too long are to be avoided, a hemline which is too short is just as ridiculous.

What you wear is often determined by the occasion. Just as you would not dream of wearing Bermuda shorts to a social, you must also avoid overdressing. If you ever stand before your closet wondering which dress to select, you will be right 99 times out of 100 if you choose the simple dress. Here are a few short rules: (1) Clothes to be worn around the home should be those that are easily laundered and simple and trim looking. Good habits of dressing at home will determine the clothes which you will wear outside the home. Once you are married, it is important that you look neat and well-groomed to your husband and children. Going sloppy at home may mean later a disenchanting marriage partner. (2) For spectator sport occasions it is usually a good rule to wear tailored clothes and flat heels. If you are going somewhere after the sporting event you can always take a pair of heels with you. For sports participation, you will of course be guided in your choice of wearing apparel by the sport to be engaged in, such as horseback riding, skiing, etc. If you are traveling, once again simplicity is the keynote. Skirts and blouses, mix and match sweaters, you will find can be dressed up by the proper use of costume jewelry or scarves. You will feel more at ease traveling in comfortable clothes.

You will always want to be well dressed when you attend church services. Here you must avoid anything which is too informal or anything which is too dressy. Voluminous veils, fussy hats, glitter, low cut dresses, sport sandals and socks are not correct items for church wear. You will always be correctly dressed in church if

you stick to tailored suits and dresses. A good rule to keep in mind with regard to what to wear to church is this - dress as you would if you were going to a special event with your best boyfriend. We can hardly afford to spend less time on our appearance for God than we do for our appearance with our friends.

Finally, for social events such as banquets and parties, our clothing styles should once again be dictated by the two words 'modesty' and 'simplicity'. One should avoid low cut dresses and tight-fitting garments. "Whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart." (Matthew 5:28). Our bodies were made for the enjoyment of our marriage partners and not for the public's view.

If you will apply the rules laid down in this chapter for good health and good grooming, then you will have the pleasure of hearing others say about you, "she's pretty"!

STUDENT QUESTIONS - LESSON I

1. What is the real test of being pretty?
2. Name some attractive women of the Bible and tell in what books of the Bible they appear.
3. What is modesty and how can it be attained?
4. How does a good woman show her love for beauty?
5. Why is it wrong to worry about the imperfections of nature? What can be done to correct some of these imperfections?
6. What is the Temple of the Holy Spirit?
7. What brings dishonor upon the Temple of the Holy Spirit?
8. List some rules for maintaining good health and good looks.
9. List as many requirements as you can for what constitutes a well-groomed Christian girl.

TEACHER'S SUGGESTIONS

Pay a call on some of your local department stores and check with the manager concerning the possibility of a teen-age style show. If this is not practical the class may want to put on its own style show and invite guests. Clothes are very important to teen-agers - be helpful and suggestive about clothes.

Charts listing clothes which complement blondes, brunettes, red heads, etc., and cosmetic guides can be very helpful.

In addition, a chart of hair styles according to face shapes is also very useful.

Much of this information can be gathered from a good home economics book, which can be obtained from any school library.

Urge the class to bring in pictures from magazines and newspapers which suggest to them good grooming. Assist each girl in preparing her own personal beauty chart in notebook form, showing grooming and clothing secrets which display her in the most favorable light.

Finally, pictures cut from pattern books and catalogs which illustrate modesty in teen-age clothing for different occasions are a must. Since teen-agers attend many social functions it is necessary for them to feel well-groomed. A good teacher's influence will enable them to follow sound advice, rather than "trying to follow the crowd."

A Winning Personality

In the preceding chapter we discussed at length the outward appearance of the Christian girl. It is now time for us to discuss the personality or inner appearance of the Christian girl.

While beauty and fashion are certainly important, they must be kept in proper perspective. Charm, grace, intelligence, and wit are even more important in the final analysis. A person is always best remembered by others not for her physical beauty, but for the qualities of personality which sets her apart from the others. The most priceless gift you can give is the lasting memory of being kind and Christlike. The best way to assess your personality traits is to view yourself as though you were facing yourself for the first time. This means that we must swallow our pride and try to look at ourselves honestly, and as others see us. Remember, 'swallowing your pride will never give you indigestion.' If you are not happy with yourself then you can be sure that others are not happy with you either, and it is time to rebuild your personality. "For as he (she) thinketh in his heart, so is he" (Proverbs 23:7). Your innermost thoughts will direct your actions, and it is necessary to govern your thoughts accordingly.

The single most important lesson for each teen-ager to learn is what constitutes "popularity." Surface popularity can be achieved by going along with the crowd, even though you may not agree with what the crowd is doing. This is the safe way - it is also the wrong way! Very few worthwhile things in life were ever achieved by a group. Man's most wondrous inventions, his greatest philosophies, and his finest works have always been produced by outstanding individuals. Never be afraid to just "be yourself"!

The first rule in determining whether or not your actions will be acceptable in the eyes of God is to see if the actions are acceptable in your own eyes. If there is any doubt or question in your mind, then the action is probably wrong. The second rule you must always keep in mind, with regard to popularity, is that you must be strong. Often you will be ridiculed for failure to "go along" and it takes a strong faith in yourself and your principles to sustain you at times like this.

This is particularly true when those whom you like and respect are urging upon you a course of action about which you have some doubts. None of us likes to be ridiculed or argued with by our friends and companions. In extreme cases you might even be faced with disassociation from those whom you felt to be your friends, because you would not participate in some contemplated action. To be able to say no is one of the hardest things any human being must learn. It is also one of the most valuable things that he can learn.

God has endowed us with a freedom of choice. How we exercise this freedom often determines success or failure. I know of no better philosophy in this regard than that contained in the Book of Matthew, 6th chapter, 33rd verse, "But seek ye first the Kingdom of God and His Righteousness, and all these things shall be added unto you."

Magic slippers for a good personality cannot be bought. It will take time, work, patience, prayer, and a lot of study from God's word. Here are a few suggestions for your consideration in developing a pleasing personality:

(a) Learn to love. It is always easy for us to love those who love us. But the real test is to learn to love those who are not caught up in our private world. If you fill your life so completely with love for others, you will have no time to love only yourself. Loving others will necessitate your being busy with things to do, and undesirable personality traits will be shut out. We must learn to tolerate the faults of others as gently as possible always remembering that a heart filled with love is not likely to find fault. All normal young women desire to be loved, and one should never be ashamed of this desire. By giving your love now to your parents, family, and friends, you are preparing for the love you will have for your husband.

(b) Dale Carnegie has given a bit of advice which has become famous, "Never mind what you want - learn what the other fellow wants; take pains to satisfy those wants, and in turn your desires will be filled." Many teen-agers never cease talking about

themselves, and make a terrible mistake of not sharing ideas and dreams with even their own families - much less their fellow teenagers. Love for your family will result in an always open channel of communication between you and them. Nothing is sadder than a daughter and parents who are unable to talk meaningfully, one to the other. You as a teen-ager can learn much about the answers to your problems by being interested in others, both young and old, and in keeping your mouth closed so that your ears can absorb some wisdom.

(c) Sincerity. A good sense of humor is a marvelous asset to any personality, but sincerity is even more important. If we become frivolous and silly, we will not be looked upon with a great deal of respect by others. Truth goes hand in hand with sincerity, and keeping truth inviolate may often be painful. But if it is done tactfully and humbly, where it concerns others, you will be called blessed. Always keep your promises, and in later life you will never be a promise-breaker in the bonds of matrimony. Being sincere in all things will keep doubt or mistrust away from your door.

(d) Cheerfulness. A laugh is worth a hundred groans in any market! If you are happy within, then you will radiate your happiness to others around you. Remember, disposition is catching! By trying to look at the bright side of life, the shades of discouragement, worry and sorrow fall from your shoulders. There will be times when troubles will upset you and you will wonder how you can possibly smile - and here is where your sense of perspective must take over. The sky is blue ten times for each day when the sky is overcast. The old adage, "Laugh and the world laughs with you - cry, and you cry alone," is a truism which the sooner you learn - the better! If you wear a smile, you will have many friends; wear a scowl, and you will have only wrinkles.

(e) Christian Witnessing. Have you ever thought that if you consciously strove to live a Christian life that you could have the sweetest personality ever desired by any person? In Romans 8:28 we read that "all things work together for good to them that love God, to them who are the called, according to His purpose." A regular study of God's word, the Holy Bible, can unfold to you many of the do's and don'ts of life. No personality can be called well-rounded unless it reaches out and influences the lives of others. That person whose interests and desires are bounded by his five senses will have nothing left for the Lord. He on the other hand who possesses an "upward reach" can be an example, often leading someone to Christ. We never know when something which we unconsciously do or say might have a profound effect upon another human being. Fathers

and Mothers who have small children are particularly aware of this, as they notice their children imitating many of the things which they see around the home. This desire to imitate extends on into later life, as one teen-ager will often do the same things done by another teen-ager whom he likes and wants to emulate. It is obvious that if the admired person is doing wrong, then he is unconsciously leading his admirer into the same error.

Young women are a light to others. Kindness and humility will preserve Christ in your daily life and will make others want to follow your example.

If you think you are beaten, you are;
If you think you dare not, you don't.
If you'd like to win, but think you can't,
It's almost a cinch you won't.
Life's battles don't always go
*To the stronger or faster women,
But soon or late the woman who wins
Is the one who thinks she can.

STUDENT QUESTIONS - LESSON II

1. What is personality? Give some good rules for developing a Christian personality.
2. What pitfalls are there in striving to become popular?
3. What strong test must a Christian face in his relationships with "the crowd"?
4. How can you show love and concern for others?
5. Give the Christian aim for having a pleasing personality.
6. List some ways in which you can show your interest in others.

TEACHER' SUGGESTIONS

It might be well for a reputable lecturer or teacher to speak on the development of a Christian personality. Urge your class to invite other teen-agers from neighboring congregations. Following the lecture, urge the class to discuss personality problems they face at school and at home.

Following these panel discussions, have class hostesses serve refreshments to the rest of the class.

*Women is substituted for men in this poem. - The Author.

Dating

Dating between the sexes is the first step of a delightful adventure into the adult world. For the first time a girl finds and builds a new type of friendship. In one way it is the most important step towards marriage, because from those whom you date will eventually be selected a husband. Courtship then is the opportunity for you to enjoy the company of God's main creation - man.

Fortunate indeed is the young girl whose home life and Christian training have prepared her for this delightful adventure. Armed with the lessons which she has learned in keeping her mind and body sweet and fresh and with the firm foundation of living at home as a launching pad her horizons seem limitless.

Dating should be "fun." While it involves responsibility, it is primarily a time to be thoroughly enjoyed and eagerly looked forward to. The rules which apply in your conduct toward others apply equally in your conduct toward those whom you date. If you're fun to be with you will never lack for dates, because as we stressed earlier, a winning personality is the single most important asset any girl can possess. Any boy enjoys the company of an attractive well-groomed girl with a bubbling personality. It is a sense of comfort to the young man to know that the girl whom he is dating has a firm foundation of love and understanding at home.

There will be many occasions once you have embarked upon dating and courtship, when you will find yourself alone with your date. It has often been said that "a boy will go as far as a girl will allow him to." It is perfectly natural that you will find stirring within yourself a physical attraction. Most boys will always respect a girl who sets a high moral tone early in their relationship and will

never infringe upon her principles. In most cases the boy is governed by his respect for the girl. Occasionally you will be faced with a boy who because of a lack of morals or poor upbringing may try to take advantage of you. Usually this type of boy makes his intentions known early, so that you can usually avoid more than one date with him. It is a joyful discovery for a young girl to find that her manners and principles have a profound influence upon the character of the boy whom she is dating. Young women can often teach their escorts a lesson in manners, order, patience, and neatness, so always keep your manners and etiquette in good repair.

There are some girls who seem to think that the more dates they have, the more popular they will be. This attitude often leads them into playing fast and loose with the affections of their boyfriends. They consequently "break up" and "go steady" with first one boy and then another. They are not in love with anything but love itself, or rather their idea of love. Remember that courtship is not intended to be a mockery. Nothing is as unappealing as a "flirt." A girl who trifles with the affections of one or more boys soon finds herself sitting by a telephone that doesn't ring. No man likes to be hunted or constantly phoned by a girl who is trying to win his affections. A boy must feel that he is the hunter, and if there is anything to your personality he will want to get to know you better. Chasing boys only underlines the lack of confidence which you have in yourself. Here are some suggestions for those of you who are just beginning to date:

(1) Accept dates which will be at public gatherings such as church parties or school activities such as sports, class picnics, and other day-time affairs. Meet your date at these functions and enjoy yourself to the fullest, but when it is time to go - leave with your parents or an adult chaperone. This will enable you to take your first steps in the dating world with good adult advice available at hand.

(2) Do not accept blind dates, even when recommended by a good friend. If you are attractive, you will be asked by boys whom you know well and in whom you have confidence. There is nothing more miserable than for a young girl to be thrown on a "blind" date with some boy who is boorish and ungentlemanly and with whom she has nothing in common. In short, select your date and in that way you can date boys whose standards are up to the high goals which you have set.

(3) Make sure that you know your intended date well. Do not mistake a casual acquaintanceship with knowing a person well. Often an attractive boy who appears to be a gentleman is actually

putting up a front, and you may find that he is not what you thought him to be. You can avoid embarrassment by making sure that you date only boys with whom you will feel secure. By all means don't be afraid that if you refuse a couple of offers for dates that you are going to be accused of "being too particular. The word will get around to the other boys and they will consider it an honor when you consent to go out with them.

(4) Accept dates only with boys near your own age, whose interests are similar to your own. Far too many young girls go out with boys considerably older than they, who attempt to take advantage of the girls' lack of experience. An older, more mature boy can sometimes make you feel awkward and self-conscious and in order to "show him," you can be led into doing things which you know are not right. You will find that if you date a boy who has common interests, which could be music, sports, school activities, or hobbies, you will never be at a loss for things to do and talk about; furthermore, your parents will probably look upon him with favor and allow you a greater degree of freedom than if you were dating a boy of whom they did not entirely approve.

I cannot overemphasize here the importance of choosing someone to date whose background and whose religion and home life are similar to your own. You can avoid a lot of unnecessary heartache by restricting your dating to those who have had a Christian background. If you find that there are very few boys asking you for dates who meet the high standards you have set, then it would be advisable for you to meet Christian boys at Christian youth rallies, area-wide young people's meetings, camps, and Christian schools. Don't be afraid to get out of "your crowd." Sometimes this can be the smartest thing you ever did. Never be afraid to make new friends as long as you know these friends share a common heritage and background with you. You would be better off never having a date than constantly dating someone who is not right for you.

And now for a little advice to those older teen-agers who have already been dating for some time:

(1) First, reexamine yourself and see if you are still setting your sights upward. Are you beginning to lower your standards? Do you do things now which you would not have dreamed of doing a short time before? Are you allowing the less principled persons in your group to set the tone of your dates? If the answer to any or all of these is yes, then perhaps you had better sit down and have a talk with yourself, your family, and/or your minister, and get yourself straightened out before you go any further.

(2) Don't rush into "going steady." If you are to make a wise

selection of a man with whom you will spend the rest of your life, then it behooves you to date often. Even though a person has the same background and many of the same likes as you, each person is an individual with his own traits and characteristics. Too often, out of a need for security, young girls begin going steady with one boy at a ridiculously early age. You will only rob yourself of your young years and lose a valuable part of learning about others. Once you have selected your mate and have settled down, you may wish later that you had cultivated the friendship of a greater number of boys and had not tied yourself down to one person at an early age.

You may learn a lot about one person, but this is no substitute for variety in your dates. Broaden your circle of male friends and you will avoid the greatest temptation that besets a young woman who goes steady - becoming too emotionally involved. Too often a young girl will allow a young boy with whom she has been going steady to take liberties which she would not dream of in other circumstances. "Playing house" can be a very dangerous game for the teen-ager. Remember, you have an awful lot to learn before you are ready to choose the one with whom you will spend the rest of your life. Don't cheat yourself!

(1) Don't think your parents are "sticks in the mud" or "old fashioned" because they do not always approve of every boy whom you date. Remember they have had a lot more experience with the human race than you have and are often able to spot major character flaws in some boys long before they would become apparent to you. Remember always that your parents love you and want only the best for you. Their concern for your happiness is always uppermost in their minds and they are not being vindictive when they sometimes disapprove of some of your dates. This is where it is vitally important that communication between parents and daughters, which we mentioned earlier, must be allowed to function. Never be afraid or ashamed to talk to your mother or father about a dating problem. Chances are they faced the same problem themselves and would feel honored to give you advice.

Respect your parents' wishes with regard to the time you are to arrive home from your dates. Furthermore, you should make sure that you go to places on dates which you know your parents would approve of. You are not kidding anyone but yourself if you allow yourself to be taken any place where the atmosphere is not wholesome. Remember that in dishonoring yourself, you also dishonor your parents. Take them into your confidence and let them know what you do on your dates, where you have been and where you are

going. To know where you are and who you are with is a duty of the parent, and it is your obligation not to rob them of that duty.

PETTING

I mentioned earlier that the first faint stirrings of sexual awareness result in all young boys and girls desiring to experiment with this wonderful new world. This is natural and you should never be ashamed of the love which you might feel for a boy. If you are not particularly attracted to a boy, although you may enjoy his company, it might be easy for you to accept a casual kiss or caress without it leading to anything further. The real problem comes however when you are strongly attracted to a boy. What might begin as a goodnight kiss or casual caress could lead to what is referred to as "heavy necking."

Because you are young and healthy, and may think you're "in love," it is easy for your physical desires and emotions to get the better of your common sense. This is where the standards of conduct which we discussed earlier come into play. If you truly love this boy then you will want to save yourself for a possible future wedding. If you find later that what you thought was love was only a physical attraction, and you allow yourself to let your emotions sweep you away, you will have lost the most precious gift which you can bring to your love! And this is the real problem - knowing the difference between the simple physical attraction and real love. There is only one way you can know the real difference, and this is through dating a number of boys for some time before you finally find the one you cannot live without.

If you are strongly physically attracted to one of the boys whom you date, a good way to prevent either of your emotions from running wild is to avoid long periods alone where your desires make a prisoner of your will. Go out with other couples and limit yourself in your physical contacts with that boy. It isn't wrong to be desired or to desire, but you must learn to control your emotions and thereby to control his. Later, in marriage, you will have the fulfillment of these desires.

You can help the boy to whom you are strongly attracted to be a gentleman by never allowing his desires to become too great. Take care with your choice of clothing, and the friends with whom you go out. Select movies and other entertainment that are light and gay and are not likely to cause either of you to become emotional. One of the ways that you will learn whether or not this is the right boy for you will be how he reacts to your attempts to preserve your modesty and your principles. If he sulks, pleads, and acts childish,

then you have the first warning sign that his attraction to you is physical only. Remember that there is a lot more to marriage than physical attraction, and that while it is necessary - it is only one of the adhesives which hold a marriage together.

One of life's oldest tragedies is the girl who has allowed the boy to fulfill his desires and who then finds herself without his respect. Without respect, there can be no true love. By watching your dating habits and the places where you go together, your relationship with a boy will take on that wonderful ingredient of tenderness and respect which is so necessary to true love. Allowing your passions to get the better of you, by parking and heavy petting, can result in several very unattractive things:

(1) The premarital sex relations which defy the Will of God. Our hospitals and convalescent homes throughout the nation are filled with unwed teen-age mothers. Babies born to these mothers usually must be put up for adoption and enter life with a blot which is a cross for them to carry the rest of their lives. Remember that sex is only a means to an end, and not an end in itself. It is the highest expression of love between two people, and not merely a physical act of self-indulgence.

(2) Emotional stress and worry brought on by a feeling of guilt. Psychiatric Wards are filled with young girls who can no longer face themselves or their families because they have allowed their passions to get the better of them. Shame is a hard thing to blot out.

(3) A sense of guilt may grow slowly, after you have become married to someone else. You will want to tell your husband of your indiscretion and, yet, you may fear by doing so you will lose him.

This could lead to an eventual mental breakdown which could ruin the lives of you, your husband, and any children which you may have had.

(4) Finally, and most important, it may cause you to lose your soul and the soul of some other person. Letting the body rule the mind only brings Eternal destruction. "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh, shall of the flesh reap corruption; but he that soweth to the Spirit, shall of the Spirit reap Everlasting Life" (Galatians 6:7-8). Remember again, your body is the Temple of God. Revere it, to keep it clean and pure. The following is a pledge which will do each of you good to read daily:

**** Upon my Christian honor I will -
Look upon courtship as a sacred experience . . .**

****Christian Girl's Problems - Williams p. 50.**

Keep myself clean for the boy whom I expect to marry . . .
Not permit boys to become familiar with my body . . .
Never let down the bars and engage in petting . . .
Treasure my kisses for the boy I marry . . .
Never engage in any sex experience before marriage . . .
Pal with boys but not become common with them . . .
For love is the foundation of home building . . .

STUDENT QUESTIONS - LESSON III

1. What is the object of dating?
2. What are some of the benefits of dating?
3. How can Christian girls help influence young men to become better gentlemen?
4. Why should courtship never be carried on in a frivolous manner?
5. Why is it wrong to flirt?
6. Should a Christian girl accept blind dates? Why?
7. List some personal requirements which must be had by those whom you date.
8. What are some of the disadvantages of going steady?
9. What is petting? What are its effects?
10. List 5 do's and don'ts for Christian dating.

TEACHER' SUGGESTIONS

Show filmstrips with recordings on "dating" by Family Filmstrips or others.

Have a "dating problem" box in which members of the class can drop questions. Discuss these questions and answers in the class, without identifying the source.

Teach good reading habits by making use of the "Barbie, Ken, Midge" coloring books for bulletin board display.

Building A Hope Chest

Every girl looks ahead to the day when she will "leave mother and father and cleave to her own husband," and begin living in her own home surrounded by all the beautiful things she has chosen for her gracious living. And by the time you are of age to date, then it is time to begin thoughtfully planning and starting your hope chest for future use.

Making and collecting items for the hope chest are personal experiences that each of you will enjoy. The hope chest will thoroughly reveal your very own taste and personality, so each item should be carefully planned to have a special meaning and usefulness. Through your teen years it is probable that close friends or members of your own family will wish to help provide gift items to be put away into the hope chest. And what a fine way to beautify your own future home with their help!

Young ladies are wise to save a portion of their allowances or spending money to buy something special for future use. During the January White Sales throughout our land, good buys can be found on many household linens. Remember that percale sheets and pillowcases are more luxurious and lighter in weight, but muslin is preferred when cost is a factor. With the current emphasis on smartness for bathrooms or dressing rooms, there are many beautiful and interesting accessories that can be bought without great expense. And there will come a time when you will be appreciative for having them on hand. It is so easy to spend all of your money and later never have anything to show for it. Why not use some of it to buy something practical for your future home!

Please remember, girls, your hope chest should not become a collection of your hobby such as salt and pepper shakers, cups and

saucers, or ceramic animals, etc. But it is to contain articles that a family can use.

In the early teen years you should learn how to embroider and crochet lovely and serviceable items. Our dime stores, variety stores, and hobby shops are bountifully supplied with inexpensive articles that you can do with your own hands. (Those days you feel blue and depressed - get busy and make something. You'll lose your blues in a hurry and also be doing something useful).

Pretty pillowcases, tea towels, aprons, colorful pot holders, placemats, and even clothespin bags can be made without much trouble and cost. Use mother's leftover material scraps and start cutting some squares or other patterns to make pretty quilt tops. You will truly find much satisfaction and pride in each handmade article. Paint-by-number pictures and plaques can be valuable assets to beautify the walls in your future house. Colorful corduroy, gingham or satin throw pillows can add a lot of charm to any room; patterns for these pillows can be found in any pattern book. Cross-stitching can be used to give a special touch to an inexpensive tablecloth and napkin set. These are only a few ideas for you to start with.

Later you will be more skilled to do other advanced handwork. China painting, Mosaic tile work, plaster of paris painting, and hooked rug work not only are fascinating for older teens, but can be worked into excellent household articles.

Every woman, young or old, likes to see and set a pretty table, and she would be proud to own a lovely embroidered cutwork tablecloth and napkins. Why not make your own - to be used in your own home and later to be passed on as an heirloom to your children and their children. This type of project takes a lot of patience and work, but it will be worth it. During the summer months is an excellent time to work on such a project.

By the time young ladies are juniors and seniors in high school, their fancies have turned toward selecting china, pottery, and stainless or sterling flatware. These items can make lasting and practical birthday and graduation gifts, and also help give you a big head start on that future home. You will discover that there are many different patterns, periods and various designs in tableware, and your own personality will affect your choice. Do not make quick decisions, but the one that continues to attract you will be the right one for you. Make simplicity your key as you blend your silver, china, and glassware together. It will be a joyous experience as you pick matching mates for your table.

Now here are some suggestions about storing and arranging your items in the hope chest.

Wrap securely those articles that are breakable and never place heavier objects on top of them. Most all linens contain a starch content that will turn yellow after they are stored. Therefore, wash thoroughly all linens before putting them away.

A list or record showing the quantity, color and type of each item placed in the hope chest would be worthwhile and prove valuable when determining what items you need for a bridal shower later. Practice order and neatness so you will be proud to show off your hope chest at any time.

Girls, in Ephesians 6:5-8, we are taught that we must do everything as unto or for God. This means to do the very best work and planning that is possible. And when it's finished, you can know that it is good and have a greater appreciation for all the blessings of God. Remember the Worthy Woman recorded in Proverbs 31:10-31 and how diligently she worked with her own hands and perceived her merchandise was good.

STUDENT QUESTIONS - LESSON IV

1. When is an appropriate time to start your hope chest?
2. What is a hope chest?
3. List some items that should be a "must" in every hope chest.
4. What 2 things does the hope chest tell about its owner?
5. How soon should one start considering a pattern for silverware and china?
6. How can one come to a decision on a particular pattern?
7. What rule must we keep in mind as we undertake any task? (Ephesians 6:5-8).
8. Give the lesson we can learn from the Worthy Woman recorded in Proverbs 31.
9. What are the rules for storing and arranging items in the hope chest?

TEACHER'S SUGGESTIONS

Set aside one class time for each girl to work on an article for her hope chest.

Have class visit a "linen or home decorating department."

Suggest that each girl buy an inexpensive item afterwards - such as a pot holder, apron, or tea towels.

Go with senior girls to a china and silverware department to pick up brochures and see selections.

Suggest they save their allowance to purchase a piece of their chosen pattern.

(Most stores are happy for groups to see their merchandise, but a date should be set in advance.).

Planning A Christian Education

Thousands of American girls are yearly faced with a great decision. This decision will ultimately influence their entire lives and, possibly, their future happiness. This decision is, "what shall I do after graduation from high school?"

More and more young women everywhere are beginning to appreciate the value of higher education - not only to prepare themselves for a possible business career, but to prepare themselves as better homemakers, wives, and mothers. This chapter is dedicated to influencing YOU in choosing Christian education, at a Christian college.

It is unfortunate that many parents do not realize the tremendous difference that a Christian school can make in a young girl's life. Only 5% of our college students are being educated in Christian colleges today. Even when a young girl's home background has been outstanding and Christian influences have been strong, it is still necessary that she realize the importance of selecting a Christian institution of higher learning - once she has decided upon going to college. In most cases, you can convince your parents that this is the best thing for you.

A well-rounded education must improve the mind, develop the body, and sustain the soul. It is unfortunate that many State schools are interested only in the first two, the mind and the body, and pay little or no attention to the soul. The Scriptures teach "For what shall it profit a man, if he shall gain the whole world, and lose his own soul?" (Mark 8:36).

Daily scheduled Bible classes, college curriculum administered by Christians, and classes taught by Christian teachers, along with regular worship services, provide an enduring foundation on which

to build one's future life. In short, the Christian-principled institution puts "soul education" on the top shelf.

Students who have attended Christian schools return home dedicated not only to their particular job or career, but to a greater consecration to the Kingdom of God. A Christian school teaches not only how to make a living but, more important, how to live! A Christian college affords its students the opportunity of growing in grace and knowledge of the Lord Jesus Christ, and of strengthening the Christian congregations at their home places.

Education at a Christian school can help to remove some of the problems and temptations that one might find elsewhere: the consumption of alcoholic beverages, smoking, vulgar language, clubs that participate in immoral conduct, dancing and irreligious teachers who condemn and violate the Commandments of God.

Because young people's minds are very impressionable at this point in their lives, it is comforting for the parent to know that his son or daughter is being educated at a Christian-centered school of learning. The apostle Paul wrote, "Be not deceived: evil communications corrupt good manners." Moffatt translates this verse to read: "Make no mistake about this: bad company is the ruin of good character" (I Corinthians 15:33). It is a simple fact that living a Christian life will be easier when the majority of people around you are striving to be Christlike.

Attendance at a Christian college will play a great part in helping you develop socially, as well as spiritually. You will be encouraged to participate in clean, wholesome sports and recreation. Various clubs are open to each student with Christian teachers as sponsors. These are primarily service clubs which have in mind the needs of others and which schedule yearly important events for students and their dates, such as formal banquets, field trips, picnics, and other interesting activities.

This brings us back to one of the main purposes in this chapter. It is very possible that during your tenure at a Christian college, you will meet the person who will become your husband. The atmosphere at a Christian school will throw you in contact with young men of high ideals and good moral character, from whom you may choose. While Christian colleges do not push marriage, they do offer special classes, films, filmstrips, and lectures, to help prepare couples for marriage. In addition, these schools have very strict rules concerning dating. While some students may feel that this is unnecessary and ridiculous, this is to see that dating is kept wholesome, and to see that dating and marriage are kept on a sacred level.

A couple who have fallen in love in Christian surroundings,

enjoying Christian values, stand a much better chance of a long, happy married life than do those couples who have not had this advantage. It is no wonder that statistics show that graduates of Christian institutes of higher learning have a much smaller divorce rate than those from large State-owned or privately endowed institutions.

Finally, almost all Christian colleges today are fully accredited by their respective states and do an excellent job in preparing you for your career or profession. Truly, Christian colleges have come a long way in the last few years. Graduates of these schools are constantly making impressive records and obtaining honors in science, medicine, research, and other fields. While you may pay more money to receive a Christian education, you will continue to receive the benefits for years afterwards. Today, parents are fortunate in being able to choose from several Junior and Senior Christian colleges operating throughout the nation which will give their sons and daughters a superior environment in which to study, play, and prepare themselves for tomorrow.

STUDENT QUESTIONS - LESSON V

1. What great decision must every teen-ager make?
2. Why do only 5 per cent of our Christian youth attend Christian colleges?
3. List the values of a well-rounded education.
4. Give the advantages of Christian education.
5. What have statistics proven concerning those who attend Christian schools?
6. Why do Christian college statistics show only a small divorce record?
7. Are you planning a Christian education?

TEACHER'S SUGGESTIONS

Plan a class "college day" trip to your nearest Christian College. (Include all teen-agers.)

Order free brochures and catalogs from Christian colleges in the area and distribute them in each classroom.

Ask members of the class to write articles concerning Christian education and why they would want to attend a Christian school. Select an impartial judge to choose the best two, to be published in the church bulletin.

Choosing A Mate

In response to modern social pressures, approximately one-half of our nation's young women are marrying before they reach their 20th birthdays. From this half comes the largest number of broken marriages. The reasons for these broken marriages are many, but 3 seem to be particularly outstanding.

(1) Many young people feel an almost hysterical desire to become married, because they fear they will become bachelors or old maids.

(2) Christian congregations, both denominational and non-denominational, have not successfully infused into the parents and the young boys and girls the proper lessons concerning the sacredness of marriage.

(3) Because their parents have in many cases neglected or not known what they should have told their children about marriage, many young people choose their mates based on physical attraction only and do not take into account the many other factors which we have previously discussed as making up a well-rounded person.

It is to be hoped that all young people may find marriage partners. Marriage is the fulfillment of all that has gone before, to prepare you for the most fruitful years of your life; however, Early Marriage has the handicap of forcing many immature young people into making judgments and decisions of which they are not capable. Here it is well to mention that the ENVIRONMENT of the two young people concerned will often determine whether their marriage will fail or succeed. If both come from homes which have been places of joy, contentment, and Christian teaching, chances are that the marriage will have a much better chance of success. The main reason for this is that the capacity for love, both giving and receiving, is learned at an early age. Psychologists agree that these early lessons in love make it easier for a boy or girl to find someone with the right combination of personality traits and qualities for his or her mate. Therefore, if you have been fortunate enough to have

parents who have gotten along well together in their marriage, you will be better qualified to bring true love to your marriage. For this reason it is of extreme importance that you know your boyfriend's family and are acquainted with their home life.

It is important here to stress the fact that in spite of how well you may think you know your fiance, you must always keep in mind that you will discover new things about him all the time. No two people, regardless of how much they may be in love with one another, are completely alike; and each will have personality traits which sometimes irritate the other. If you can accept the minor irritations and inconveniences of your love, then you will be more able to accept the responsibilities of married life. Therefore, it is best to avoid short engagements; take your time, and get to know your intended as well as possible. Remember, once you have been joined together in marriage, you will be together for many years. Whether these years will be happy or sad depends to a large extent on how well you know one another.

"How will I know when I meet the right man?" is the most commonly asked question of any young girl who thinks she's in love. The answer is not simple - but perhaps one of the best ways of knowing is when you feel incomplete without the presence of the other person. Here, I am not talking about just physical attraction, but, again, the incompleteness of your entire personality without the other person.

Can you speak easily with your love? Are you able to tell each other your hopes and your problems? If you can, you will have taken a great step in promoting lasting understanding and respect between the two of you. You can learn what each of you wishes to make of his life. In short, this is where you define your standard of values. If you can do this you will have eliminated many future barriers.

The following are 7 ideals or standards that every Christian girl can follow in selecting a mate - before she ever accepts a ring as a token of engagement:

(1) **IS HE A CHRISTIAN?** Everything which has been said up to this point in regard to your courting and selection of a marriage partner boils down to this very important requirement. If both of you have been raised in Christian environments, your chances of having a happy Christian home are much greater. You will be serving the Lord, and your family will be united in love in Christ. In Romans 8:28 we read, "And we know that all things work together for good to them that love God, to them who are the Called, according to His purpose."

(2) **IS HE CLEAN PHYSICALLY?** As we discussed in an earlier chapter, good hygiene and proper grooming preserve the body as "the Temple of God." You cannot for long be proud of a "slouch" or "slob." A neat appearing man is a compliment to his wife, and a pleasure for others to be around.

(3) **IS HE CLEAN MORALLY?** A person's life is composed of his acts, his thoughts, and his speech; and you will know by the words that proceed from his lips whether his speech and thoughts are good or evil. If he seeks clean recreation and entertainment and is known by his associates as a fine person, then you can be sure that Christ is at work in his life. A person such as this will be able to withstand the temptations of evil characters, and all of the sins which go with them.

(4) **IS HE RESPECTED?** Fellow Christians and friends will be pleased with your choice if your mate is respected by others. It goes without saying that your parents will be happy and satisfied also, because they now know that they can trust you into his care for the remainder of your life. This is indeed a wonderful moment for them, as they see their hopes and dreams fulfilled. Their obvious happiness in your choice of mate will only increase your happiness at your coming wedding. Since respect of our fellow human beings is all important to our well-being, the good opinion of others concerning your mate to be will cause you to be happy in your selection. You will be eager to show him off and introduce him to strangers, and will be blissfully proud to be at his side at any and every occasion.

(5) **IS HE AMBITIOUS?** It is natural for all of us to want some of the material things in life. A nice well-furnished home, adequate food, and attractive clothes are important and desirable. This takes a provider who has a good job, with possibilities of future advancement. Your future mate should be interested in his work and in making a lovely home for himself and his family. There is no age limit on ambition for success.

(6) **IS HE INDUSTRIOUS?** Hard work and ambition go hand-in-hand. All the ambition in the world is worthless without the willpower to put it to good use. A truly industrious person stays with each task until it is completed, and performs each task to the fullest of his ability. He is not a loafer; he is interested in his work. Work done with little effort is liable to yield little results; therefore, you need a mate who desires to put forth much, in order to gain much in return.

(7) IS HE DEVOTED? No marriage can be truly successful unless there first comes a feeling of deep devotion, one for the other. The word devotion means "ardent love or strong affection." It results in an atmosphere which brings honesty, truthfulness, loyalty, and deep admiration. If your intended treats his own family with respect and kindness, it is very probable that he will bring the same attributes to your marriage, and make it complete. If he can show compassion for those less fortunate than himself, respect his elders, and give them due honor, he will very likely make you a very proud wife. Every woman longs to be reminded that she is loved, and to be treated "as a queen."

Yes, choosing a mate is a serious challenge. As a final admonition, I would recommend that before you become officially engaged you both sit down and carefully study a wedding ceremony. Read the vows carefully and if there are any doubts concerning your ability to fulfill these vows, then make amends or, if you must, end your plans and separate as friends. Marriage is too holy an institution to tolerate tragic mistakes. To be bound to someone unfit for you would be a tragic mistake.

Finally, remember that the 7 preceding standards which must be met by your future husband must also be fulfilled by you. Mrs. Gayle Oler, a worthy Christian wife and mother, once wrote: "What a challenge it is to become to the end of life more in love than when one stood before the marriage altar."

STUDENT QUESTIONS - LESSON VI

1. Why do statistics show a high rate of young marriage failures in our nation?
2. Should the engagement be long or short? Why?
3. What are some of the ways in which you can tell if he is truly in love?
4. Give the list of standards that every Christian girl should set for herself in selecting a mate.
5. Do your male friends meet these standards?
6. What is true devotion?

TEACHER'S SUGGESTIONS

Invite a young Christian man to speak to the class on his views concerning the standards for choosing a wife.

Have each girl write her own personal standards in the selection of a mate - to be sealed and opened on her engagement day.

The Engagement

Every young girl dreams of the day when the man she loves places on her third finger, left hand, a sparkling diamond, emblematic of his love. The diamond is a precious lasting gem; therefore, it is a perfect symbol that marriage should be precious and lasting. This ring signifies to the whole world that they are soon to be wed. It becomes a public pledge that they are promised to each other and will soon announce their wedding plans. At this point, a girl ceases to look back to bygone romances and looks towards the future that she will share with her fiance. In these coming weeks they will share the memories that will last a lifetime: their favorite song, those quiet walks in the rain or sunset, their favorite restaurant, or a secluded spot for picnics, away from the busy world. What a glorious feeling, as she admiringly shows of her new engagement ring to her friends and family. She's happy, and she wants the whole world to share in her happiness! Thus begins a wonderfully busy time for the bride-to-be. Once the official-announcement of the engagement is published in the local newspaper, a girl's calendar begins to fill with events in her honor. Each day is filled with excitement and wonderful things to do. The bride-to-be will have some private moments and chores to be taken care of. She will want to pack her personal belongings to go to her new home and she will want to purchase those necessary items that she did not receive as gifts in order to begin her housekeeping. A good recipe book and household hints book are worth a great deal for every young bride. This engagement period is not only one of fun and merriment but presents a time to make plans for the future. In the final days and weeks before the wedding, the bride and groom should sit down and discuss some of the important responsibilities which they will soon

be facing. Here are a few of the things which must be discussed and decided upon prior to the wedding ceremony:

(1) Depending on the financial situation of both individuals - that is, whether one or both are working and what type of salary they receive - provision should be made for a place in which to begin your married life after you return from the honeymoon trip. In some cases an apartment or duplex is just the thing, while for some others a small house can be afforded. Now is the proper time to get off on the best foot financially. Don't over-extend yourself by burdening your budget with living accommodations that are beyond your reach. Discuss frankly with your husband-to-be what you both feel would be in your best interests.

(2) God's Word tells us that when a couple marries they are to leave their families and cleve one to the other. It is not a good idea to begin your married life living with your family or in-laws. Getting adjusted is difficult enough and presents enough challenges without the extra burden of trying to live with other people who have their own problems to cope with. Don't rob yourself of the joy of beginning your own home, no matter how modest it may seem at first. Remember, a house does not make a home. How often you hear couples who have been married for many years make reference to the first apartment or small home in which they lived as being the most wonderful place that they stayed throughout their marriage.

(3) Don't be afraid to discuss finances. Statistics prove that poorly planned finances cause a high percentage of marriage troubles. A good budget, set up together, will enable each couple to see just where their money goes and how it can be most wisely spent. A typical budget should include church giving, rent or house notes, insurance, food, clothing, utilities, car expenses, and a savings program. Always remember to keep a small amount set aside for hospitalization expenses, as you never know when they may occur. A miscellaneous expense account should also be included to take care of such things as vacations, gifts, and entertainment. Don't make the mistake of burdening yourself with too many installment accounts and heavy monthly payments. If you can live within your income at the beginning, you will be able to live within your income at all times. Remember that many of the material things which you desire will be added unto you as time goes on.

(4) It is extremely important that you and your future husband discuss the possibility of a family. Every marriage is blessed and becomes richer when children arrive. It is vital that engaged couples talk with each other concerning when they want to begin their

family. Many young wives become pregnant very quickly after their marriage, and fail to allow themselves enough time for adjustment to married life. The coming of a baby introduces a whole new realm of responsibility into the home and many couples are just not prepared emotionally. The arrival of a new baby should bring joy - not regret and dismay. A child is the gift of God, and the highest blessing any marriage can enjoy. Both husband and wife should be willing to share this joyous event and grave responsibility.

(5) Both you and your future husband should now take time to have a premarital examination by your family doctors. In 37 of the 50 states of the United States, a complete physical examination is required for couples planning to be married; in 45 of the 50 states, couples are required to take blood tests for detection of possible venereal infection. Each couple should see their doctor at least 6 weeks prior to the wedding in order to correct anything of a physical nature that should be taken care of. In addition, you will find your physician a source of reassurance and wise counsel regarding the physical aspects of your marriage. He will also be able to inform the girl of her physical capabilities. If it appears that a girl might have a difficult time in having children, this should be made known to her and her husband to prevent possible future unhappiness. Most physicians can make available to the prospective bride and groom excellent books on sex in marriage.

(6) Now that you are engaged, get to know your future in-laws better. Both of you are now members of not one, but two families and it is important that if there are any underlying problems in either or both of the families involved, they should be discussed and worked out at this time. If the problem is of a serious nature then both the bride and groom-to-be should seek premarital counsel. Learning to love, understand, and appreciate your in-laws and their problems can make your marriage go much smoother. Incidentally, girls, your future mother-in-law undoubtedly knows a lot of things which her boy likes and dislikes - which can be of great benefit to you in your married life.

(7) Take time now to pray and thank God for your good fortune in having found one another. Now, more than ever, you need the blessing of the Lord. Wedlock is holy and sacred and you should get into the habit of praying to God for wisdom, understanding, patience, and lasting love. "Casting all your care upon Him; for He careth for you" (I Peter 5:7). God should be first in your married life. To remember that "His Will be done" is to make your marriage inseparable from God. The beautiful story of Ruth and Naomi, as chronicled in the Book of Ruth, contains this beautiful request:

“entreat me not to leave thee, nor to return from following after thee: for whither thou goest, I will go; and where thou lodgest, I will lodge: thy people shall be my people, and thy God my God” (Ruth 1:16).

STUDENT QUESTIONS - LESSON VII

1. What does your engagement ring signify to the world?
2. What are some of the responsibilities which you and your husband-to-be should now discuss?
3. What should determine where you live after the honeymoon?
4. Why is it necessary that a husband and wife should have their own home?
5. Discuss the budget and what items should be included in it.
6. Are finances important? Why?
7. Should engaged couples discuss their ideas on parenthood? Why?
8. Why is it important that both the boy and the girl have a pre-marital physical examination?
9. Discuss the role of the in-laws in marriage. What steps should the young couple take to insure harmonious relations with their in-laws?
10. Discuss the role of prayer and God in your marriage.

TEACHER'S SUGGESTIONS

1. Have the girls plan a typical young couple's budget, to be placed in their personal class notebooks.
2. Have a Christian Registered Nurse lecture to the older teens on Intimate Hygiene and Problems Peculiar to Marriage.

Planning a Wedding

"Dearly Beloved, we are gathered together to unite this man and woman in holy wedlock" - and so go the precious moments that will turn this girl into a bride, a help-meet, a wife . . . and bind her to one faithful love. All those weeks of careful planning, the many problems that had to be solved, and all of the many conflicts and frustrations are about to pay off; for this is the big day . . . the most important thing in any girl's life. She will be her happiest because she knows there is love in the air, God at her side, and that her marriage will be made on Earth and in Heaven. She realizes too that "a real marriage service isn't printed or read but lies in the years of service to one another long after the bridal boquet has faded and the wedding band is deeply worn."

When the honeymoon passes away, she knows that the hour of routine married life is about to begin and she must earnestly try to prepare herself to be a devoted Christian wife. What preparation and planning did it take to make this moment of time come to pass? It took many hours and weeks of getting ready during the engagement period to make this event reflect romance, religious solemnity, and a beautiful atmosphere. Certainly there were days of disappointments and a "where do I go from here" feeling, but there were many blissful thrills that made it all worthwhile.

Planning a wedding should be an enjoyable experience. While most of the wedding ceremony arrangements are left up to the bride and her family, the groom should be kept informed and consulted. Since the financial burden of the wedding falls upon the girl's family, they should sit down and discuss the type of wedding ceremony which fits in with their financial situation. It is a good idea to

include the groom in these discussions also. Here are some of the things which the bride and her family need to decide:

1. TYPE OF WEDDING

Shall it be formal, semi-formal, or informal, in nature? Here again, family finances will be the determining factor. No Christian girl would wish her family to unnecessarily burden itself financially in holding a wedding that was beyond their means. A safe precaution is to set a particular sum that can be comfortably spent, and keep within its bounds. It is the **ATMOSPHERE** of the wedding, rather than the amount of money which has gone into it, which will determine its true beauty. In addition, the financial situation with regard to the groom and any wedding attendants should be taken into consideration so that they will not be burdened unduly. There are many fine books on the market which tell a girl and her family how to organize and plan a wedding. These books contain valuable information on what is appropriate for the different types of weddings, and a book such as this can help make the right decision for all concerned.

2. TIME AND PLACE

There are three most favored times for the wedding ceremony. These times are high noon, four o'clock in the afternoon, and eight o'clock in the evening. An hour convenient to all concerned should be first considered. Often, where you are going on your honeymoon and the travel arrangements that must be made will have a part in dictating the best hour for the wedding ceremony. You want to arrive at the site of your first honeymoon night rested and refreshed, and not worn out from hours of travel. Even the most well-planned wedding is something of a strain to both the boy and the girl, and you should therefore select a wedding time which will allow you to reach your honeymoon destination within a reasonable time. As to the location of the wedding ceremony, a church wedding is the most popular; but many beautiful garden outdoor ceremonies can also be done. Finally, there is the home of the bride itself which is sometimes chosen as the wedding site.

3. WEDDING OFFICIATION AND MUSIC

The bride and the groom should talk to the minister concerning the date of the wedding, the time of the wedding, and the type of ceremony to be performed. Such individual desires as a double ring ceremony or a repeat vow ceremony have a lot to do in determining the role of the minister in the ceremony. Occasionally a couple will

write their own ceremony and vows which, of course, engraves a lasting impression upon the couple and the wedding party. A wedding rehearsal should be held, usually the night before the ceremony, so that everyone knows what they are to do and where they are to be placed.

The couple should discuss the type of music they want for the ceremony. This is a matter of individual taste, but it should be properly scheduled for the wedding.

4. INVITATIONS

The bride and her family should now consult their printer and order invitations for the wedding. In addition to the invitations themselves, many weddings are followed by a reception and individual reception cards are required. A return address should be embossed on the outside of the envelope of the invitation so that those wishing to send gifts to the bride will know where they are to go. In most cases, the bride uses her family home address and any wedding gifts are displayed there. The invitations should be mailed out at least three weeks in advance. If the wedding is to be small and informal, handwritten notes on quality stationery are considered proper.

5. THE RECEPTION AND OTHER PARTIES

As I mentioned previously, girls who are planning their wedding generally plan a reception following. This can be given in a private home, at a club house, or at any facility which has a large room that will comfortably accommodate the wedding party. The degree of formality for the reception will be determined by the formality of the wedding itself. Also, the time of the wedding will have an effect upon the food and refreshments to be served at the reception. No matter whether it is to be large or small, formal or informal, the reception should be planned with gaiety in mind. It should be catered or administered by someone who will see that all of the wedding guests are served promptly and efficiently. Typical of the type of food and refreshments served at a reception are these: the bride's cake, mints, nuts, coffee, and fruit punch. Sometimes a dark fruitcake, called the groom's cake, is served and is usually given to the guests as a memento of the event.

The foregoing preparations, as stated earlier, are generally made by the bride, her family, and the groom, in concert. There are several things, however, which must be left to the bride alone. If the planned wedding ceremony is to be held in a church, at the bride's home, or even in a garden, the bride will more than likely have several wedding attendants. The attendants most often

chosen are intimate friends and members of the bride and groom's families. The degree of formality will determine the number of attendants which will be required; however, the majority of all wedding parties consist of a maid or matron of honor, two to four bridesmaids, a best man, and one usher for every twenty-five to fifty guests. It is the groom's responsibility to select the best man and he is generally the groom's father, brother, or closest friend. The bride's father often selects the ushers, if they are required, from his closest friends. The maid or matron of honor is generally the bride's sister, or one of her close friends. Since it is customary for the father to give away his daughter in marriage and walk with her down the aisle to the altar, he is of course included in the bridal party.

Once the attendants have been selected, it must be decided what their wearing apparel will be. Once again, the degree of formality of the wedding will determine the type of clothing to be worn. Since the attendants must rent or purchase clothes becoming to the occasion, the bride should select a style and color that will be appropriate for other events as well. The time of year at which the wedding is held will play a large part in determining the color and fabrics to be utilized by the attendants. All of the attendants and ushers should be acquainted with their duties at the wedding and the reception, if a reception is planned. They should all attend the rehearsal before the wedding, so they can be in their assigned places and perform their tasks with a minimum of effort. This will enable the wedding to proceed smoothly, and make it a much more pleasant memory for all concerned.

Next, the bride should work with the local florist in planning the decorations for her home, the church, or wherever the wedding is to be held. Professional florists are capable, experienced people who can suggest many helpful hints in making the wedding site a lovely place. Since you will have a determined a budget for the wedding, make sure that the florist knows how much money is to be allotted for decorations, to prevent any possible misunderstanding. Once he is given an amount with which to work, he can produce lovely effects to fit the price. Remember that the keyword here is imagination! A lot can be done with a small amount of money if the bride and the florist work together in harmony. The florist should also provide boutonnieres for the male members of the wedding party, bridal bouquets for the girl attendants, and corsages for the mothers of the bride and groom. In addition, the bride and the florist should select a bridal bouquet that will enhance her wedding dress. With the exception of the bridesmaids' bouquets, it is the custom for the

groom to pay for the foregoing floral items.

It is now time for the bride to think of herself. First of all, she must concentrate on her wedding dress as she wishes to appear as radiant as possible for her husband, her friends, and her family. The time and type of wedding will determine the gown or dress she chooses for herself. In keeping with the comments in an earlier chapter with regard to good grooming and modesty in dress, the bridal gown should be of a cut which is most flattering to the bride and its cost should be kept within reason. If the bride is one of several sisters in a family, it is possible that her family will want to spend more on the dress - and continue to pass it on as succeeding daughters marry. In some cases the bride, if she is a talented seamstress, may wish to make her own dress - and nothing can give a girl greater pleasure than this. You will be amazed at what you can do with a few yards of inexpensive fabric.

The style of the gown and the degree of formality in the wedding will serve as a guide in selecting a veil or headpiece. Whatever is chosen as a headpiece should flatter the bride's personality and enhance her hairstyle and the shape of her face. Shoes are usually white or are dyed to match the wedding gown, and the type and length of gloves worn will depend upon the style of the wedding gown. As soon as the gown has been finished and properly fitted, arrangements should be made with the photographer for personal pictures. Discuss with the photographer his fee, and plan to have him make pictures of the wedding and the reception - if a reception is planned. These pictures will provide lasting memories of your wedding, and you, your children, and your grandchildren will appreciate and cherish them for many, many years. Wedding picture albums are a 'must' for every couple.

Finally, the bride should be selecting items for her honeymoon trousseau. A complete new wardrobe is not necessary, but a few new items will add interest to any dress or suit. The location of the honeymoon will determine the type of clothes which the bride will select for her trousseau. Such factors as climate play a large part in your selection here. In addition, the recreation facilities offered at the honeymoon site will dictate your choice to some extent. Purchase the items for your trousseau with care, remembering that you will want to use them for many years. They should be practical and in good taste.

You are now ready to perform the final few items which will make your wedding plans complete, and these are things which you and your husband must do together.

First, the wedding ring must be purchased. If it is a single ring

ceremony, by the groom, or if it is a double ring ceremony by both the bride and the groom. The purchase of the wedding ring is always a happy moment for any couple. The bride's wedding ring should conform to the style and appearance of her engagement ring; however, a plain solid band is always in good taste for both the bride's ring or the groom's.

Second, you will enjoy planning together the site and cost of your honeymoon. Many married couples do not, unfortunately, have a honeymoon, and psychologists agree that this period of time to become acquainted and be alone together is something which should not be missed. You are away from the everyday pressures and interferences of daily life. Your honeymoon should be a time for relaxation, pleasure, and becoming more acquainted with this new life.

Since our world is filled with so many beautiful and exciting places to visit, some people are inclined to be overly extravagant in selecting a site for their honeymoon. Of course if you can afford it, any place which imparts an air of relaxation will be fine. However, if finances must be kept in mind, as is usually the case, many attractive places can be found right in your own backyard. Don't make the mistake of spending too much money on your honeymoon, leaving yourself strapped to pay bills and expenses upon your return. Good advices for places to go, within your budget, can be obtained from travel agencies and various state recreational centers.

Finally, the bride and groom must go together to buy and sign the wedding license. This is obtained at the county or parish court house, and most state laws require a waiting period of three days from the time of the purchase of the marriage certificate to the date of the wedding. Don't let this wait until the last minute.

And so, finally, it comes - your wedding day. If you have planned for it properly, it will be the most wonderful day of your life. You stand radiant before all who love and adore you, with the feeling that you have honestly earned this precious moment. You are serenely happy in the knowledge of the deep love between yourself and your husband-to-be. Long after the wedding and reception have passed, long after you have sped away to begin your life together, you will remember this day and all that it has meant. In your heart there should always be this hope and prayer: "God help me to be an ideal Christian wife."

AN IDEAL CHRISTIAN WIFE*

She delights in her husband, in his person, his character, his affection; to her he is not only the chief and foremost of mankind, but in her eyes, he is all in all. Her heart's love belongs to him and to him only.

She is glad to sink her individuality into his. She seeks no renown for herself; his honor is reflected upon her, and she rejoices in it. She will defend his name with her dying breath; safe enough is he where she can speak of him. His smiling gratitude is all the reward she seeks.

Even in her dress she thinks of him and considers nothing beautiful which is distasteful to him. He has many objects in life, some of which she does not quite understand; but she believes in them all, and anything she can do to promote them, she delights to perform. Such a wife, as a true spouse, realizes the model marriage relation and sets forth what our oneness with the Lord ought to be.

** - Charles Spurgeon*

STUDENT QUESTIONS - LESSON VIII

1. To whom are the wedding plans left?
2. Why would a well organized plan be beneficial to the bride?
3. What major item determines the type of wedding chosen?
4. What is your State Law on obtaining a health certificate and wedding license for those that are to be married?
5. How should a Christian couple decide on their honeymoon?
6. How does the bride decide on bridal attendants?
7. What considerations should a bride have for her groom's family?
8. What hours are most suitable for a wedding?
9. Who should marry the couple?
10. Plan a wedding reception.
11. Who is to buy the flowers for the wedding?
12. When should a bride-to-be buy her honeymoon trousseau?

TEACHER'S SUGGESTIONS

Acquire from the library a 'guide for weddings.' Make a flip chart showing the different types of weddings. (Pattern books, bride magazines, old catalogs and paper doll books are helpful for these.)

Ask each girl to make a personal booklet with picture cutouts, showing the type of wedding and reception she desires. Suggest they give all details in booklet.

Borrow from the local minister a copy of "Marriage Ceremonies" and read one or more to the class. Display a marriage certificate and actual bridal pictures (may be your own).

Making Marriage Great

"I take thee to be my wedded husband to have and to hold from this day forward. For better, for worse, for richer or poorer; in sickness or in health. To love and to cherish, till death do us part."

These words are a lifetime commitment! They are the vows pledged that will change a girl into a woman and will legally unite her before God and those that love her, to one man for the rest of her life. Saying these words is easy, but nothing comes harder than living them day by day and year after year. **For every day thereafter**, you must decide that you want to stay married and will work at making your marriage a happy one.

"A good wife who can find? She is far more precious than rubies. The heart of her husband trusts in her. She will do him good and not evil all the days of her life" (Proverbs 31).

How does one become this "good" wife that is more precious than jewels? First, a wife must realize her great dependency upon the Lord to help her. Through the study of His word and prayer, guidance and wisdom can be obtained. Second, she must realize that being a good wife requires certain responsibilities, and with these responsibilities come the rewards and pleasures of being married.

Using the Bible as your guide, notice how God desires that you live worthy to be called a "good wife."

(1). SHE MUST BE SUBMISSIVE TO HER HUSBAND.

“Wives submit yourselves unto your 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.

“Therefore as the church is subject unto Christ, so let the wives be to their own husbands in everything” (Ephesians 5:22-24).

From these verses, we see that God has ordained that the husband is to rule over this wife in the home. This means you must not pursue the dominant, aggressive role, but be content to accept a role of equal value - the domestic role created by God. A good wife will not resent or refuse this shield of authority but will serve her husband as she accomplishes the things he believes important. (These things, however, must never conflict with God's will.) In this role, you will not lose your individuality nor your right to express your feelings, but will accept his decisions as 'final' and his leadership without nagging, bickering, and without any form of 'cold treatment.' Society is constantly trying to liberate woman's position in this particular matter concerning submission and obedience to the husband. The results of this change bring about heartaches, divorces, and broken homes. Even from the beginning (Genesis 3:16), God decreed that the husband was to maintain the superior position. If you keep God's law with this submissive attitude, happiness will be victorious.

In being submissive, a wife must yield, not only her mind but also her body to her husband without reservation.

“Now concerning the things whereof ye wrote unto me. It is good for a man not to touch a woman. Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her husband. **Let the husband render unto the wife due benevolence (conjugal rites) and likewise also the wife unto the husband.** The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife. **Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency**” (I Corinthians 7:1-5).

Far too many married people are profoundly selfish and interested only in satisfying their own sexual needs and desires. God teaches that one is responsible for the other person's happiness and fulfillment in this relationship.

sexual aspect that is rewarded with marriage. **No other woman** can morally or scripturally take your place! Therefore, a wife must learn that after marriage her body belongs to her husband. Because she has been made his lover she will render her body understanding his needs as long as her health permits. Realizing that if she ignores these needs and is persistent in refusal, she may promote temptation and lead him directly toward another woman's arms seeking sexual satisfaction. Not only would her husband be involved in sin, but she would be an accessory to that sin. Both husband and wife would be in jeopardy with God because of their unfaithfulness to each other.

But sometimes the fear of pregnancy, another marital problem, or even the unreasonable demands of a husband will make a woman cold in her lovemaking. If this be the case, seek professional help without delay from a competent medical doctor or a Christian marriage counselor. Otherwise, this is a part of love found in marriage that is to be given freely.

(2). SHE MUST GUIDE THE HOUSE.

"I will therefore that the younger women marry, bear children, guide the house, give none occasion to the adversary to speak reproachfully" (I Timothy 5:14).

Every Christian wife has an obligation to herself and to God to make her home the most wonderful place on this earth. For here is where the joys and sorrows must be shared and where the memories are made that often last for generations.

Just think! This is where God has placed you to reign as queen and to serve as top designer, decorator, and chef.

Homemaking is an important and serious business. (Don't let anyone tell you differently.) Think of it as a beautiful art and a rewarding career. Keeping the house clean and attractive, shopping, food buying, meal planning, and preparation require effort, skill and creativity. But at the same time, remember it has its limitations, too. "Perfection" makes a miserable home life!

Because household duties do become routine, wives may feel at times that they are slaves to housekeeping. To avoid growing discouraged:

A. Organize your daily tasks.

Try approaching each task to be done in a calm unhurried manner. Do not try to do everything all in one day. One housewife found it

easier to set a certain time limit and get that task accomplished before she moved on to another chore.

B. Learn to set priorities.

It is better to do one job at a time well than to do several half-heartedly. Certainly there are some chores that will "bug" you. Do those things first when you feel at your best, then you will be a lot happier with yourself when you get those dreaded things behind you. (Procrastination only makes matters worse.)

C. Make your work flexible.

Learn to postpone some tasks without feeling guilty. Force yourself to do something unexpectedly now and then. Sometimes it is necessary to do things that are important to **your husband**. And as a Christian, you must also learn to divide and give time to others. The sick need to be cared for, a friend may need consoling, and visits may need to be made to shut-ins and new converts. Your house work should not take precedence in these important matters.

D. Try a reward system.

After a hard day's work, promise yourself a treat: a craft project, a brisk walk, a leisure cup of coffee, a short nap, a brief visit to a neighbor or perhaps a quiet moment to read from a Christian woman's magazine, or a favorite chapter in the Bible. These will relieve the tension of **daily** chores. (It will also help to put a smile on your face at the end of the day when the hubby comes home.)

E. Don't grow stale.

A wise homemaker will desire to grow a little every year as she broadens her knowledge in the field of homemaking. Keep up with the latest trends in home decorating, arts and crafts for home use, the preservation and preparation of attractive foods, and growing house plants and flowers to beautify the home. Expand your interests even if it means ignoring a little dust on the coffee table occasionally. Sometimes just a little imagination and incentive can turn an ordinary house into a lovely place. This is just another way of showing your husband that you love him.

Remember that God has placed you in the home to radiate a spirit that will make your man want to come home at the end of his day.

(3). SHE WILL HELP HER HUSBAND GROW SPIRITUALLY.

"Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment" (Matthew 22:37,38).

Sooner or later every Christian wife must face the fact that time and age do change her physical characteristics. But the spiritual beauty found by loving God is one beauty that never fades. Its influence does not stop here on earth, but goes on right into eternity.

God has so created womankind to feel a deep sense of piety, emotion, and deep reverence for spiritual things. When you use these abilities and lift God's word in your home, you will not only save yourself, but will help your husband draw nearer to heaven.

Often a wife overemphasizes her husband's success in business or profession so that God's work takes a secondary position. But a worthy wife will not let this happen. The soul of her beloved is far too precious. Her goal will be, "life together in eternity!" By using her time and talent in the Lord's service, she will be proving her own love to God. She will be enthusiastic and encouraging when her husband uses his talents in the work of the church. In every act of leadership he undertakes - teaching classes, home Bible study courses, public prayer, visiting the sick, song leading, etc., she will praise his efforts. A good wife will never stoop to making him feel guilty about the time he has to spend away from her while assuming these responsibilities. God will come first in their home! As they grow stronger together in the Lord, the stronger their love together will grow.

A Mature Christian wife will recognize the need of daily Bible Study and planning home devotionals. Their day will not end without listening and speaking to God - seeking his care and guidance. "The couple that prays together will stay together."

When your budget permits, try adding good commentaries, reference books and other study aids to help increase Biblical knowledge. (Birthdays and anniversaries make splendid occasions to add these to your home library.) As the homemaker, try to arrange a quiet convenient study area, even if it is small, to promote good Bible study habits. A small desk, good lighting, and helpful books will stimulate better lesson preparation and the learning of God's will.

Open the doors of your home with Christian hospitality. Plan get-togethers such as cook-outs, a morning coffee, or a snack after worship services with other couples, the teen-agers, or perhaps

your congregation's visitation team. (They will be glad to help you supply the food.) Draw closer to your own minister, elders, and their families by sharing your home with them. Their friendship will prove a valuable treasure.

Yes, there is great strength derived from being with other Christians sharing a common bond of faith and love. These things will help to keep you and your husband faithful and spiritually strong.

(4). SHE WILL LOVE HER HUSBAND.

"The older women are to teach the younger women to be sober, to love their husbands, to love their children, to be discreet, chaste, keepers at home, good, obedient to their own husband, that the word of God be not blasphemed" (Titus 2:4,5).

The love that a woman feels for her beloved should be greater and stronger than any love she has ever known. Yes, even greater than the love for her parents, and even greater than the love for the children she will conceive and bear. He is to be her "all", as she centers her life around him and her God.

Loving a man requires romance and sexual enjoyment, but it requires much more than this. ("It is to give, and give, and never count the cost.") For to truly love is to become as "one flesh."

"For this cause shall man leave father and mother and shall be joined unto his wife and they two shall be one flesh" (Ephesians 5:31).

To love a person to this degree, a bride must look beyond the disillusionments, and accept reality with tenderness, kindness, patience, and so often forgiveness. She will accept the fact that (like herself) her husband can and will make mistakes. With this knowledge, she will accept changes in her life, make compromises and adjustments that will often be irksome and even painful. Yes, loving is being willing to do these things without any thought of response or reward.

This process of growing "as one" requires mutual honesty. Be honest with him in all matters. Express your thoughts and feelings, but do it with kindness. To live as close to another person as you do in marriage, and conceal your feelings or admit them with hostility, will inevitably destroy the closeness of your relationship.

Honesty also involves using the husband's paycheck to 'their' (not hers or his) best interest. A squandering wife who tries to live

beyond her husband's salary does not love her husband. The financial management of the household in most cases, is in your hands. Be wise and cautious in your spending. Set goals for buying and strive for contentment by enjoying what you are able to afford.

Loving a man requires a sensitive and alert antenna. A good wife will know when her husband is discouraged, disappointed and depressed. She will not pressure him to talk about his problems until he is ready to share it. But she will make herself available (regardless of her own personal schedule or tasks) to be there to listen and offer suggestions if asked. In a good marriage, every defeat he suffers - she suffers; every happiness he feels - she thrills.

Whenever something goes wrong in marriage, real love will motivate you to discover the cause and find a solution. Showing him with a gentle kiss and sweet communication will often prevent those little problems from becoming bigger problems.

Saying "thank you" is a small but a beautiful way to let your husband know you love him. Do not think it beneath you to mention your appreciation for even the smallest acts of kindness he does for you. Freely thank him when he shows personal understanding and compassion when you have a problem, no matter how trivial it might be. Perhaps husbands would be more attentive if wives acknowledged and appreciated their attention without fail.

Admiration and respect is important in all human relationships and particularly if a marriage is to survive. Ephesians 5:33 says, "Nevertheless, let every one of you in particular so love his wife even as himself; **and the wife see that she reverence [respect] her husband.**" A loving wife will respect her husband even though at times she may not fully understand his decisions and actions. She will believe in him even though others may be skeptical. Genuine proof of your love is to never pull him or his name down in any way. . **never demeaning him before your family or friends.**

It is necessary here to note and stress a scriptural teaching previously quoted. A wife is to "be sober, discreet, chaste, keepers at home, and good." How we do need to portray these characteristics! Putting these beautiful traits in your life will, without a doubt, show the respect you have for your mate! You **must** realize that your own personal life and behavior will either bring honor (respect) or shame (disrespect) to your husband's name. Live to make him proud of you and eager to let everyone know that this is "**my wife.**"

As a final suggestion: The sweetest, purest, and finest words spoken are "I LOVE YOU!" Surely physical affection must be shown, but there is also a need for affection to be expressed in **words and spoken often.** Never take for granted that he knows you

love him - tell him **everyday** he lives. Say it with feeling and not like you would say "Good Morning." Make no mistake - he will know if you mean it.

Remember as you take your place beside him and until death takes you away that:

"Love is gladdened by goodness, always eager to believe the best, always hopeful, always patient. Love never disappears. Love is as strong as death."

STUDENT QUESTIONS - LESSON IX

1. What are some of the adjustments and changes a bride must make in learning to be a good wife?
2. How does a wife keep from letting housework get her down?
3. List ways a wife shows submission to her husband.
4. Give the meaning of the following characteristics of a good wife: Sober, discreet, chaste, good, keepers at home.
5. Why is it necessary that a woman's love for her husband be greater than any other love?
6. Give ways that prove a woman respects her husband.
7. How does a wife help her husband grow stronger spiritually?

TEACHER'S SUGGESTIONS

1. Mimeograph copies of your favorite household hints and recipes to give to each class member to go in her hope chest or scrapbook. (This could be stapled together as a lovely booklet gift.)
2. For lesson presentation, make a large flipchart cutting out each sheet in the shape of a house. Paste pictures cut from old magazines or periodicals that will illustrate **each major topic** that is to be discussed in this lesson.
3. Have each student prepare several illustrated pages on "How to create what a man wants in a wife" to go in her personal notebook or scrapbook. Instruct them to use the following as their guide: (Ephesians 5:22,23; Titus 2:3,5; and I Timothy 5:14). This may be done with pictures or hand sketching.
4. Select a reputable married male lecturer or teacher to speak to the class on, "If I were a wife." Hearing these viewpoints from male opinion should make lasting impressions and good discussion. Invite other recent brides or brides-to-be of the congregation to be your guests at this event.