

# Have a New Family

by Friday

A Practical Plan for a  
Happier Home in 5 Days

*5-Day Action Plans Included*

**Dr. Kevin Leman**

LEADER GUIDE

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Happier Home in 5 Days

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## HOW TO USE THIS LEADER GUIDE

This leader guide accompanies the seven video lessons of *Have a New Family by Friday* with Dr. Kevin Leman. Designed to enable a person to lead the study with ease and confidence, the guide is vital to the study because it provides tips for scheduling and implementing the study, as well as suggested answers and insights to the discussion questions. The study can be led by a mature layperson or married couple, staff member, or a combination of leaders. Each lesson in the participant book includes:

- Scripture references
- Reflection—Basic content of Dr. Leman’s video presentation
- Discussion questions, with suggested answers/insights in **boldface** type
- 5-Day Action Plan
- Prayer

Regardless of the size of your group, you will find this guide to be an important tool to help you direct the discussion/application time. Each session—video and discussion—is designed to be completed in about an hour, depending on how much time is allotted for discussion.

The discussion portion of the lesson is crucial to the effectiveness of the study because through discussion and interaction participants get to know each other, share their thoughts and experiences, and make application. If at all possible, try to cover all of the discussion questions. To do so, however, the leader must be familiar with the lesson and move the discussion along. If time runs short, the leader should direct the discussion to particular questions that he or she has earmarked in advance for the group to cover. Other options include continuing the discussion at a later time, encouraging participants to complete the discussion questions on their own, or extending the study by a couple of sessions.

Scripture references: *The King James Version, The Living Bible, The New Living Translation*

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## A WORD TO THE LEADER

**Y**ou are to be commended for your willingness to lead *Have a New Family by Friday* by Dr. Kevin Leman. It will be a blessing to all who participate and will fit easily into a wide array of study formats that will fit participants' schedules, some of which will be suggested below. Our desire is that this study will open the hearts and minds of all participants—married couples, parents—married or single—single adults who plan one day to married, and grandparents.

### LEADER KIT COMPONENTS

- Seven 28 to 33-minute video lessons on DVD and CD
- *Have a New Family by Friday* participant book that includes the following:
  - Scripture references.
  - Reflection—Basic content of Dr. Leman's video presentations
  - Discussion
  - 5-Day Action Plan—One 5-day plan for each lesson
  - Prayer
- Leader guide—Makes the study easy to lead and provides suggested insights and answers to discussion questions in **boldface** type
- Promotion graphics—are downloadable from the product page of *Have a New Family by Friday* at [www.sampsonresources.com](http://www.sampsonresources.com). Color posters are included in the leader kit.

### SUGGESTED FORMATS

It is recommended that the study be used with groups of all sizes – small to large, or for personal/private study, in a variety of formats.

- **Weekly**—Many groups will cover one lesson per week for seven consecutive weeks. This may be done on Sundays, weekdays, evenings, or at whatever time works best, wherever the group decides to meet
- **Retreat/Workshop**—Consider using the study in a retreat or workshop setting where people can get away from everyday interruptions and distractions and be able to focus clearly. If you're not able to complete the entire study, you might want to schedule follow-up sessions.
- **Family Enrichment Conference/Workshop**—Some churches enjoy conducting annual, all-church workshops that span a weekend or begin on Sunday and end on Tuesday or Wednesday evening. Instead of inviting a guest workshop personality, consider using the *Have a New Family by Friday* curriculum, led by a capable facilitator or married couple.
- **Small Group Study**—Churches often like to use studies such as this as an outreach tool into the community. Plus, many small community groups that are not affiliated with a specific church are looking for family enrichment studies to use in homes, offices or public meeting places. This is an excellent study to use in this way.

- **All-Church Sunday Evening Series**—Without question, this is one of the best ways to use this study. Many adults have never been through a family enrichment workshop such as this one—particularly one that speaks to so many different topics. This is an ideal study to use for an All-church Sunday or Wednesday evening series. It is appropriate for adults of all ages.

## SUGGESTIONS FOR LEADERS

1. Create an atmosphere of *openness* – especially in the discussion time, where people feel free to think out loud, share their thoughts and contribute in their own way.
2. Maintain *control*. Whether you are an experienced leader or not, you must understand how critical it is to direct the flow of the session and to keep everyone involved and on track. Watch the time. In the discussion period following the video, focus on what is relevant and avoid what is not.
  - Begin and end each session on an upbeat and positive note. Help people get acquainted.
  - As leader, don't try to have all the answers. In fact, lead participants to answer their own questions in order to draw them out and get their thoughts.
  - Do not allow one or two participants who may be better informed or experienced to dominate the session and create an argumentative atmosphere. This can intimidate participants and create confusion.
  - Lead the group to draw appropriate conclusions and steps for application.
  - Encourage action and follow-through.
3. If at all possible, every participant should have his or her own participant book. It will be a handy reference for years to come.

4. Share your own thoughts and experiences during the discussion time. Doing so will inspire others to get involved in the discussion. Often close friendships develop in studies such as this.
5. Stress the “5-Day Action Plan” at the end of each lesson. It is crucial to the effectiveness of the study. What matters most is “not what participants know when they come into the study, but what they *do* with what they know when they leave.” The “5-Day Action Plan” represents the application factor of the lesson. Be sure to emphasize its importance.

## 6-POINT TRAINING & LEARNING

*Have a New Family by Friday* features what we call **6-Point Training & Learning**: *Watching – Listening – Reading – Writing – Discussion – Application*. As participants work through the study, each of these six points contributes to the others in its own way. Good training impacts people so they form impressions; write down their thoughts; collaborate; make decisions; change course; solve problems; and make application to their lives. A positive learning experience is the natural outcome of **6-Point Training & Learning**.

## SUMMARY

As leader of the study, you must be *prepared*. Know the curriculum, know the participants, and know what you want participants to learn and apply in their own families when they leave each session. If they commit to following through with the “5-Day Action Plans,” they really will “have a new family by Friday”—if not sooner! Best wishes as you lead the study.

## SAMPSON RESOURCES

# LESSON

## 1



## WHAT A DIFFERENCE A MARRIAGE MAKES!

*Everything Works Better When the Marriage Is Working*

### SCRIPTURE:

Matthew 6:33

1 Peter 3:7

Ephesians 5:21-22, 25

Jude 21

### PREPARING FOR THE SESSION

Check to make sure the video equipment is connected properly and the audio and video quality suits the size of group you expect. Provide pens and sufficient participant books for everyone in the group. Make sure the DVD is queued up and ready to play.

### INTRODUCING LESSON #1 (2 minutes)

Welcome everyone to this first session of *Have a New Family by Friday* by introducing yourself and asking those in the group to introduce themselves. It might be

good to find out who is married, has kids, is single, is a single parent, grandparent, etc. Then thank everyone for participating in the series and assure them that you will all be learning and growing together. Why? Because everybody wants to have a happier family. Tell the group to open their participant books to lesson 1 and to feel free to make notes as needed. After the video session, you'll engage in some lively discussion. After that, you will talk about the "5-Day Action Plan" and why it's so important. Session 1 is entitled "What a Difference a Marriage Makes! *Everything Works Better When the Marriage Is Working.*"

### WATCH VIDEO LESSON #1 (28 minutes)

**DISCUSSION**

1. Reflect on the series title for a few moments and discuss as a group whether or not you think it's really possible to make significant changes for the better in a family—in just FIVE days. What kind of things have to happen? Make some notes.

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**NOTE:** *Your goal as leader is to get the group talking, interacting, sharing their thoughts and observations. They have much to contribute that can actually serve as teaching moments for others in the group. Some participants may think it's unrealistic to see significant change in such a short period of time. But if they really want a happier family and will open themselves to what is really possible—then commit to following through with the action plans—they will see a remarkable difference in less than FIVE days! The issue comes down to much they want good things to happen.*

2. Where does the burden of responsibility for positive change lie? With the kids? The neighbors? In-laws? Friends? Church? Employer? You'd have to agree that it's the responsibility of the adults in the home to maintain control and set the pace. For married couples, you could say “as the marriage goes, so goes the home.” Why is this so? Discuss together.

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**Adults set the pace and tone of the home, have authority and control, and are responsible for providing a safe and secure environment for the children to grow up in. When married couples work together in harmony as believers, things at home usually go pretty well. Single parents who are committed to Christ have every opportunity to raise healthy, well-balanced children.**

3. Recall and list below the “four key success factors” of marriage we mentioned in the video session. Maybe you want to add a couple of factors. Share some personal experiences that illustrate how important these factors are. Trust me—you don't want to miss on them!
  - a. **Good communication**
  - b. **Transparency and authenticity**
  - c. **An active, rewarding sex life**
  - d. **Spiritual oneness**
4. I shared what I believe a *wife's* most important needs are. Now what do *you* think they are? Write your thoughts below and share with the group.

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**Personal thoughts. Allow both men and women to give input here.**

Are these needs being met? Are some not being met? As you feel comfortable, share those areas where you'd like to see improvement—areas that would benefit your marriage

**Personal thoughts.**



5. Now let's consider the *husband's* important needs. Again, you've got my thoughts. What do *you* think his most important needs are? Are they being met?
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**Personal thoughts.** It is important that both men and women share honestly and openly here, and draw appropriate conclusions.

## 5-DAY ACTION PLAN

(Emphasize the importance of the action plan and encourage participants to follow through with it every day.)

**DAY 1:** Read Matthew 6:33 and discuss briefly as a couple what “seeking the Kingdom of God” and His “righteousness” means to you. Romans 14:17-19 tells us that the “Kingdom of God” is not a place or collection of people—it is a way of “*living a life of goodness and peace and joy in the Holy Spirit.*” So today, **focus on each other's good qualities**—building each other up and purposefully maintaining a pleasant and peaceful home environment—through words and actions. If you are a believer in Jesus Christ, the Holy Spirit will enable you to create an environment where goodness, peace and joy reside, and everybody's comfortable. **Focus on each other's good qualities today.**

**DAY 2:** Meeting each other's needs is one of the most important success factors in a good marriage. **Today, identify what you think are your spouse's four or five deepest needs and focus on meeting at least ONE of them in a consistent way throughout the day.** If your focus today is “communication” or “conversation,” make every effort to show an interest in what your spouse is interested in, i.e., the kids, household needs, job, health, etc. As you communicate, avoid excessive questioning and interrogating. Try to speak more in statements, comments or observations. This often produces better responses than questions do. When it comes to “communication” and “conversation,” remember that *how* you say what you say may be more important than *what* you say. Your tone of voice reflects your attitude—what you're really feeling inside. Don't blow a perfectly good day with a lousy attitude and tone of voice. **Today, identify what you think are your spouse's four or five deepest needs and focus on meeting at least ONE of them in a consistent way throughout the day.**

**DAY 3: Focus on meeting another specific need your spouse has.** If it is “companionship,” suggest doing something together—an activity, errand, dinner date, a trip to the mall, etc. Whatever you do, never let your spouse think you don't want to be with him. If the activity or errand really doesn't interest you, no problem. Do it anyway! The next time *you* seek companionship, your spouse will likely be agreeable. Just realize that hesitation or refusal over time can be interpreted as rejection, and companionship will begin to suffer. Point blank, say, “I want you to *be* with me. I need your help, your input, your thoughts....” Afterwards, express gratitude by saying “Your being with me meant a lot, and I appreciate it.” Today, **focus on meeting another specific need your spouse has.**

**DAY 4: Today, focus on still another specific need your spouse has.** If you're not sure what that need is, guess! You'll probably be right. If it's “affection” *and/ or “intimacy,”* be attentive, thoughtful and helpful throughout the day. Avoid negative and critical attitudes and words—not just today—but every day. Stay positive and complimentary, sincerely expressing your feelings of attraction and affection toward your spouse. Romance and intimacy begin with positive attitudes and kind words which lead to feelings of warmth and comfort between a husband and wife. **Focus on another specific need your spouse has.** Take action and see good results.

**DAY 5: Your action today is to show your respect and admiration for your spouse through words and deeds.** This matter of respect and admiration is often thought to be the husband's greatest need, but it is equally important to the wife. And it must be demonstrated.

Today, make sure your spouse knows that you recognize her contribution to the home and family, and to your own life and sense of well-being. She does something for you that no one else can. You recognize her abilities and support, her intuition and care for you and the kids, along with her financial contribution if she works outside the home. Let her know that the family would be in a heap of trouble without her! Make sure she knows how much you appreciate and admire her. **Your action today is to show your respect and admiration for your spouse through words and deeds.**

### CLOSING

Thank the group for coming and encourage everyone to follow through with the “5-Day Action Plan” for today’s lesson. The action plans are a crucial component of the curriculum because they are the “application factor.” Mention that the title of the next lesson is “What a Difference a Mom Makes: *How a Mother’s Influence Leaves an Indelible Imprint.*” Close in prayer or ask the group to join together in the prayer below. After the prayer, try to speak to everyone personally.

### PRAYER

Father, thank You for the assurance that You will help us make our marriage work as we commit our home and family to You. I promise to do my part to serve my family, communicating love and respect to each of them. Thank You for the blessing they are to me. In Jesus’ name—Amen.

### NOTES

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