ROLES & RESPONSIBILITIES OF HUSBANDS AND WIVES

INTRODUCTION & REVIEW:

In order for married couples to glorify God in this world and have a lifetime of commitment, satisfaction, joy, holiness, spiritual intimacy and picture the Gospel of Jesus Christ, they must be committed to having the following basis for their marriage. The origin of marriage can be found in Genesis 1-2. God is the author of it and the one who instructs us as to its purposes.

- **The Preeminence of Christ**
  
  To build their marriage upon a biblical basis, couples must be committed to the preeminence of Christ in their lives and marriage.

  1. Biblical commands and principles
     a) Eph 1: 1-11 – Our Salvation is ultimately for God’s glory
     b) Col. 1:16-18—In all things Christ has the preeminence, including marriage.
     c) Matt. 6:33—Even in marriage, we are to seek first the kingdom of God.

  2. Ways to acknowledge and keep God preeminent in our marriage
     a) Reflect on the Gospel of Jesus Christ on a daily basis (both the Union and Communion aspects)
     b) Be dominated (under the influence of) by God’s revealed will – the Scriptures (Col 1:9-14; 3:16)
     c) Chief ambition in everything - to please Christ (2 Cor. 5:9)
     d) Pray together
     e) Love Christ's church together – make ministry something you do together (not his and her’s)
     f) Eliminate things that dishonor God (Col. 3:5–9)
     g) Make personal holiness, not happiness and self-pleasure, the central theme in how you make decisions
     h) Possibly meet together with a few other godly couples who are pursuing the same goal

- **The Purposes of Marriage**
  
  To build their marriage upon a biblical basis and keep Christ preeminent, a couple must be committed to fulfill God’s purposes for marriage.

  1. Common reasons people get married
2. Biblical purposes (all under the ultimate goal of glorifying God and keeping Jesus Preeminent)
   a) **PURPOSE 1—Companionship** (Gen. 2:18a; Prov. 2:17; 1 Pet. 3:7)
   b) **PURPOSE 2—Assistance** (Gen. 2:15, 18)
   c) **PURPOSE 3—Characterization** of God’s relationship to His people and Christ’s relationship to His church (Eph. 5:22–32)
   d) **PURPOSE 4—Sexual Union** (Gen. 1:27-28a; 2:24c; 1 Cor. 7:3-5; Heb. 13:4)
   e) **PURPOSE 5—Ministry/Fruit** (Eph. 4:12; 2 Pt. 1:8 – same as one who is single)

**Roles and Responsibilities of the Husband - He is Glorifying and Submissive to God and in Many Ways like Christ When:**

A. A Christ-like husband is a **sacrificial LOVER** (Eph 5:12, 25-33)
   “Husbands, love your wives, just as Christ also loved the church and gave Himself up for her”
   1. Love Defined
      a) Popular views
      b) Biblical view

2. Love Described
   a) As Christ loved the church
      (1) In principle:
         (a) Initiatory
             “We love, because He first loved us.” *1 John 4:19*
         (b) Sacrificial
             “Husbands, love your wives, just as Christ also loved the church and gave Himself up for her” *Eph. 5:25*
(c) Humble

“Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself; do not merely look out for your own personal interests, but also for the interests of others.” Phil. 2:3–4

(d) Volitional

“You did not choose Me, but I chose you, and appointed you, that you should go and bear fruit, and that your fruit should remain, that whatever you ask of the Father in My name, He may give to you.” John 15:16

(e) Contra-conditional

“But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.” Rom. 5:8

(f) Eternal and Committed

“Nor height, nor depth, nor any other created thing, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.” Rom. 8:39

(g) Forgiving

“Bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.” Col. 3:13

(h) Purifying and Constructive

“That He might sanctify her, having cleansed her by the washing of water with the word, that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she should be holy and blameless.” Eph. 5:26–27

(i) Practical

“Little children, let us not love with word or with tongue, but in deed and truth.” 1 John 3:18
(2) In actual practice: Christ loved us in ways we can understand

B. A Christ-like husband is a **SERVANT-LEADER** (Eph 5:21-33; 1 Cor 11:3,9,11)

1. What Godly Leadership is Not
   a) A dictatorship – Matt. 20:25 - Pagans exercise dominion and want to control.

   b) A Controller – making all the decisions

   c) A Follower – of your wife (passive)

      (1) 1 Cor. 11:3,7-9—"But I want you to understand that Christ is the head of every man, and the man is the head of a woman, and God is the head of Christ. For a man ought not to have his head covered, since he is the image and glory of God; but the woman is the glory of man. For man does not originate from woman, but woman from man; for indeed man was not created for the woman's sake, but woman for the man's sake."

      (2) Eph. 5:23—God did not intend for the husband to follow his wife's lead but vice-versa.

2. What Godly Leadership Is

   "Biblical headship is a divine calling of a husband to take primary responsibility for Christ-like servant leadership, protection, and provision in the home."1

   a) Christ's example

   b) Practically

C. A Christ-like husband is a patient LONGSUFFERER (Col 3:19)
   1. The Meaning
   2. The Application

D. A Christ-like husband is a humble LEARNER (1 Pt 3:7)
   “You husbands likewise, live with your wives in an understanding way, as
   with a weaker vessel, since she is a woman; and grant her honor as a
   fellow heir of the grace of life, so that your prayers may not be hindered.”
   1 Pet. 3:7
   1. The Command—Our culture says you can't understand a woman. Yet
      God says not only that you can, but that you must.
      a) Takes time—If God says to do it, you have the time; you must
         prioritize it
      b) Takes effort
   2. The Result
   3. The Effect—Your wife's problem is your problem. If it's important to her,
      it must be to you as well
THE WIFE’S ROLE AND RESPONSIBILITIES

INTRODUCTION

1. Roles and Responsibilities of the wife – she is glorifying and submissive to God and in many ways like the church when:

   A. She is **HEEDING** her husband’s leadership/non-sinful requests (Eph 5:1-2; Titus 2:4-5)
      1. Definition of the term
      2. Ways she can lovingly obey him

   B. She is **HONORING** her husband (Reverential) (Eph 5:22-24,33; 1 Cor. 11:3)
      1. Definition of the term
      2. A wife should respect her husband, not attempt to change him
      3. Results of not submitting and respecting
      4. Important things a wife must remember

   C. She is a **HELPMATE** to her husband (Gen 2:18-24; Prov. 31:10-31; 1 Cor. 11:9)
      1. Definition of the terms
      2. She is his best completer and contributor

---

2 Much of this material comes from *The Exemplary Husband*, by Stuart Scott and *The Excellent Wife*, by Martha Peace (Focus Publishers)
3. Ways she can be helpful to her husband:

D. She is **HOME-ATTENTIVE** (faithful in ministry priorities) for him (Prov 31:10-31; Eph 5:1-2; Titus 2:4-5)

1. ‘In-Home’ ministry

2. ‘Outside-the-home’ ministry

**CONCLUSION**
# PERSONAL SCHEDULE

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Accountable to: ______________________________
Common Ways in Which Husbands Sin Against Their Wives

The following checklist will help you identify some of the ways you have sinned against your wife and family. Although not exhaustive, this list represents some of the more common areas of sinful behavior and neglect among Christian husbands. The wording is already in the second person ("you" rather than the third person "her" or "my wife") to facilitate the confessing your sins directly to her later on. As you prayerfully read over each item, put a check ☑ next to those offenses which you believe are applicable to you. Fill in any blank spaces with more precise information. Confess each transgression to God and then prepare your heart to confess them, when appropriate, to your wife.

Remember, the more specific you can be, the more your wife will realize the degree to which you are serious about changing and the extent to which you are cognizant of how your sins have hurt her. This should make it easier for her to truly forgive you. Also, the more specifically you can identify your bad habits, the easier it will be for you, by God's grace, to change. Don't forget to add to the list any additional offenses which are not mentioned specifically on the list. When you are finished, look back over the checked items for specific patterns of behavior (common denominators) which may indicate a particular life-dominating sin (such as selfishness, anger, irresponsibility, lack of self-control, etc.).

Read: Proverbs 28:13-14; Matthew 6:14-15, 7:1-5; Romans 12:14-21; Ephesians 4:25-32; I Peter 3:7-9; I John 1:8-10

☐ Pleasing God is not the first priority in my life. What is? ______.
☐ I've not been a good example of a Christian to you and the children.
☐ I don't pray for you and our marriage regularly; I only pray for us when ________________________________.

☐ I don't have a consistent personal devotional life (regular and routine Bible reading and prayer).
☐ I'm inconsistent with church attendance.
☐ I don't lead family devotions regularly.
☐ I don't seek Biblical help or accountability when I have a serious problem.
☐ I haven't readily sought out Biblical instruction (through the Bible, good
books, mature Christian mentors, our pastor, etc.) that would help me to improve as a husband, father and Christian.

- I’ve not invested enough time cultivating biblical friendships for us to enjoy.
- I've not been totally truthful with you about ____________________.
- I don't reveal my heart to you as much as I should, especially in the area of ____________________.
- I don't express my love to you when I do not feel love for you; I allow my feelings to overcome my commitment to love you.
- I’ve not cultivated your friendship (companionship) enough.
- I have a closer relationship (I am more "one flesh") with ____________________ in some ways than I do (than I am) with you.
- I don't think of you or treat you as "my wonderful helpmate."
- I seldom express my appreciation for you or compliment you.
- I don't try hard enough to find things for us to do together.
- I’ve neglected your desire for ____________________.
- I don't show you my love in the tangible ways that I know please you, such as ____________________ and ____________________.
- I haven't worked hard enough at correcting my annoying habits and mannerisms, especially ____________________ and ____________________.
- I make excuses (or simply refuse) when you ask me to do certain things that you want me to do, such as ____________________.
- I don't always remember birthdays, anniversaries and other special occasions.
- I haven't taken you out to dinner or shopping or ________________ often enough.
- I don't show you enough affection.
- I don't kiss you when we meet or depart from one another.
- I'm usually affectionate to you only before I desire to have sexual relations with you.
- I do not work hard to understand why ____________________ is so important to you. Instead, I merely resent that it is so important to you.
- I don't ask for your advice or opinion as often as I should.
☐ I make important decisions without your counsel.
☐ I initiate plans without your input.
☐ I sometimes resist or resent your helpful suggestions.
☐ I don't ask for your advice or opinion as often as I should.
☐ I make plans without consulting God through prayer and the Word.
☐ I don't show you enough respect, especially by ________________________.
☐ I don't give you enough assistance with (child training, household task, etc.) ________________________.
☐ I've taken your love for granted by ________________________.
☐ I've been hypocritical with you in regards to ________________________.
☐ I'm still too dependent on my parents for ________________________.
☐ I've been lazy in ________________________.
☐ I've been selfish sexually by ________________________.
☐ I become angry or resentful when you give a reason for not having sexual relations.
☐ I expect you too often to drop what you are doing and give me attention.
☐ I become irritated when you are not ready to leave on time, but expect you to be patient when I am not ready on time.
☐ Even though I know it would please you, I don't keep my ________________ neat and orderly.
☐ I leave food, clothing and other apparel lying around the house.
☐ I don't express myself clearly and thoroughly. I then get sinfully angry when you do not correctly interpret my intent.
☐ I interrupt you when you are talking.
☐ I respond to you before I understand what you are really saying.
☐ Many times, I allow my mind to wander when you're talking to me.
☐ I don't make it a point to spend time every day having significant communication with you.
☐ I'm too harsh with you.
☐ I tease you too much in front of others.
☐ I allow myself to become sinfully irritable with you about ________________.
☐ I don't cover in love (or overlook) many things that you do; instead, I
allow those things to irritate and annoy me.

☐ When you say/do __________________, I allow myself to become impatient.

☐ I raise my voice rather than responding to you softly and graciously.

☐ I lecture and criticize you when you do something wrong rather than gently correct and encourage you to change.

☐ I use biting sarcasm when I talk to you.

☐ I criticize/argue with you publicly (or in front of the children) rather than gently correcting you in private.

☐ I judge your thoughts and motives without knowing them.

☐ Many times I don't put the best possible interpretation on the things you do but tend to be suspicious of you.

☐ I'm too distrustful of you, especially when it comes to ________________.

☐ I get angry or withdraw or ____________________________ when a problem or disagreement arises between us.

☐ I use manipulation and intimidation to win arguments rather than trying to resolve conflicts biblically.

☐ I become sinfully angry and lose my temper or withdraw and "clam up" when you or the children do not treat me with respect.

☐ I use hand gestures and facial expressions that clearly show disrespect.

☐ I say and do things that are vindictive in nature such as ________________.

☐ I've been bitter and unforgiving toward you about ________________.

☐ I don't try to overcome your evil (sin) with good.

☐ I murmur and complain about ____________________________.

☐ I'm too critical of your family; I've not been gracious and loving toward them nor made enough effort to get along with them.

☐ I'm selfish when it comes to offering you help but often expect you to help me whenever I need it.

☐ I give in to depression rather than trying to overcome it (I listen to the lies my heart speaks instead of listening to God's word).

☐ I haven't been very sensitive to your problems and feelings.

☐ I spend too much money on ____________________________.

☐ I'm too stingy with my money in that I ____________________________.

☐ I've shown too much interest in other women by _________________.


I’ve said unkind things about you. (to whom? ________________).
I use profanity and/or I curse God's name (or use it in a vain manner) in front of you (or the children).
I call you names.
I drink too much.
I smoke too much.
I watch too much television.
I'm often too preoccupied with ____________________________.
I spend too much time away from home.
I invest too much time in trying to advance my career.
I don't invest enough time in trying to advance my career.
I have bad manners, especially when it comes to ________________.
I'm difficult to satisfy when it comes to ________________________.
I allow my feelings to get hurt too easily (I'm too sensitive because of my pride).
I take things too seriously and often make mountains out of molehills such as ____________________ and ____________________.
I have blamed you for my mistakes such as ____________________.
I don't often admit when I am wrong.
I become bitter and angry when you do not discipline the children as I think you should.
I haven't invested enough time discussing with you how to apply what the Bible says about raising/training children.
I haven't cultivated the children's friendship enough.
I'm inconsistent when it comes to disciplining the children.
I don't teach or discuss God's Word to the children as often as I should.
I don't spend enough time playing with the children.
I make promises to you and the children and do not follow through on those promises.
I don't usually allow or truly consider appeals made by you or the children.
I compare you and the children unfavorably with others.
I do not take care of myself physically as I should.
- I don't protect you enough, especially in the area of______________.
- I'm too selfish with your time.
- Out of selfishness or worry, I prohibit you from doing certain things such as _________________________________.

**Additional Areas of Failure:**

-
WAYS A HUSBAND MAY EXPRESS LOVE TO HIS WIFE

(How to Convince Your Wife That You Love Her)

Evaluate the way you express love to your wife. Go over the list and circle the ways you are neglecting. Ask your wife to go over the list and put a check mark in front of the ways she would like you to express love. Ask her to add other things to the list.

You may express love to your wife by:

1. Functioning as the loving leader of your home.
2. Frequently telling her you love her.
3. Giving her a regular amount of money to spend in any way she chooses.
4. Leading family devotions regularly.
5. Smiling and being cheerful when you come home from work.
6. Helping her wash and dry the dishes at least twice a week.
7. Taking care of the children for at least three hours every week so that she has free time to do whatever she wants.
8. Taking her out for dinner or to do some fun things at least once a week.
9. Doing the “fix-it” jobs she wants done around the house.
10. Greeting her with a smile, hug, kiss and an “Am I glad to see you -- I really missed you today” when you come home.
11. Giving her a lingering kiss.
12. Patting her on the shoulder or fanny, holding her hand, or caressing her frequently.
13. Being willing to talk to her about her concerns and not belittling her for having them.
14. Looking at her with an adoring expression.

15. Sitting close to her.

16. Rubbing her back or…

17. Shaving, taking a bath, and or brushing your teeth before you have sexual relations.

18. Wearing her favorite after-shave lotion.

19. Writing love notes or letters to her.

20. Letting her know you appreciate her and what you appreciate about her. Do this often and for things that are sometimes taken for granted. Convince her you think she is great and very important to you.

21. Doing the dishes while she relaxes or takes a bubble bath.

22. Fulfilling her implied or unspoken desires and wishes, as well as the specific requests she makes of you. Anticipating what she might desire and surprising her by doing it before she asks.

23. Playing with her. Sharing her hobbies and recreational preferences enthusiastically. Including her in yours.

24. Seeking to set a good example before the children.

25. Talking favorably about her to the children (when she can hear you and when she can’t).

26. Bragging about her good points to others. Letting her know you are proud to have her as your wife.

27. Maintaining your own spiritual life through Bible study, prayer, regular church attendance, and fellowship with God’s people.

28. Handling your responsibilities decently and in order. Structuring your time and using it wisely.

29. Making plans prayerfully and carefully.
30. Asking her for advice when you have problems or decisions to make.

31. Following her advice unless to do so would violate biblical principles.

32. Fulfilling your responsibilities.

33. Being sober, but not somber, about life.

34. Having a realistic, biblical, positive attitude toward life.

35. Discussing plans with her before you make decisions and, when the plans are made, sharing them fully, giving reasons for making the decisions you did.

36. Thanking her in creative ways for her attempts to please you.

37. Asking forgiveness often and saying, “I was wrong and will try to change”.

38. Actually changing where and when you should.

39. Sharing your insights, reading, and good experiences with her.

40. Planning for a mini-honeymoon, where the two of you can do whatever you want.

41. Giving a low whistle or some other expression of admiration when she wears a new dress, your favorite negligee, etc.

42. Gently brushing her leg under the table.

43. Being reasonably happy to go shopping with her.

44. Relating what happened at work or whatever you did apart from her.

45. Reminiscing about the early days of your marriage.

46. Expressing appreciation for her parents and relatives.

47. Taking her out to breakfast.

48. Agreeing with her about getting a new dress or other item.
49. Thanking her when she supports your decisions and cooperates enthusiastically. Especially make it a matter of celebration when she supports and helps at times when you know she doesn’t fully agree.

50. Asking her to have sexual relations with you and seeking to be especially solicitous of her desires. Expressing gratitude when she tries to please you.

51. Buying gifts for her.

52. Remembering anniversaries and other events that are special to her.

53. Watching the TV programs she likes or going where she wants to go instead of doing what you want to do. Doing it cheerfully and enthusiastically.

54. Being cooperative and appreciative when she holds, caresses, or kisses you.

55. Being cooperative when she tries to arouse you and desires to have sexual relations. Never make fun of her for expressing her desires.

56. Running errands gladly.

57. Pampering her and making a fuss over her.

58. Being willing to see things from her point of view.

59. Being lovingly honest with her – no back door messages, no withholding of the truth that may hinder your present or future relationship.

60. Indicating you want to be alone with her and talk or just lie in each other’s arms.

61. Refusing to “cop-out”, blow up, attack, shift blame, withdraw, or exaggerate when she seeks to make constructive suggestions or discuss problems.

62. Giving her your undivided attentions when she wants to talk.

63. Cheerfully staying up past your bedtime to solve a problem or share her burdens.
64. Getting up in the middle of the night to take care of the children so that she may continue to sleep.

65. Holding her close while expressing tangible and vocal love when she is hurt, discouraged, weary, or burdened.

66. Planning vacations/trips with her.

67. Helping her yourself sometimes instead of telling the children to “help Mommy”.

68. Being eager to share a good joke or some other interesting information you have learned.

69. Joining with her in a team ministry at your church.

70. Doing a Bible study or research project together.

71. Establishing a family budget.

72. Keeping yourself clean and attractive.

73. Being cooperative and helpful as a co-host when you have people in for dinner or fellowship.

74. Asking her to pray with you about something.

75. Spending time with the children in play, study, and communication.

76. Acknowledging that there are some specific areas or ways in which you need to improve.

77. Refusing to disagree with her in the presence of others.

78. Cooperating with her in establishing family goals and then in fulfilling them.

79. Being available and eager to fulfill her desires whenever and wherever proper and possible.

80. Beginning each day with cheerfulness and tangible expressions of affection.
81. Planning to spend some daily time alone with her for sharing and communicating.

82. Remembering to tell her when you must work late.

83. Refusing to work late on a regular basis.

84. Taking care of the yard work properly.

85. Helping the children with their homework.

86. Refusing to compare her unfavorably with other people.

87. Handling money wisely.

88. Not allowing work, church, or recreational activities to keep you from fulfilling marriage or family responsibilities.

89. Trying to find things to do with her.

90. Being willing to go out or stay home with her.

91. Being polite, courteous, and mannerly with her.

92. Refusing to be overly dependent on your parents or friends.

93. Developing mutual friends.

94. Providing adequate hospitalization insurance.

95. Trying (to the level of your ability) to provide housing and support for your family in case you should become disabled or die.

96. Being especially helpful and solicitous when she is not feeling well.

97. Being on time.

98. Going to the PTA with her.

99. Letting her sleep in once in a while by getting the children breakfast and off to school.
100. Frequently giving in to her and allowing her to have her own way unless to do so would be sinful.

101. Putting the children to bed at night.

102. Being gentle and tender and holding her before and after sexual relations.

103. Refusing to nit-pick and find fault, giving her the impression that you expect her to be perfect.


50 QUESTIONS TO ASK YOUR WIFE
1. What are your five favorite foods (with the most favorite first)?
2. What are your five favorite kinds of meals (with the most favorite first)?
3. What are your five favorite restaurants (with the most favorite first)?
4. What are your five favorite desserts (with the most favorite first)?
5. What is your favorite color?
6. What are your five favorite hobbies (with the most favorite first)?
7. What are your five favorite recreations (with the most favorite first)?
8. What are your five favorite sources of reading (with the most favorite first)?
9. What gifts do you like?
10. What is/are your favorite book/s of the Bible? Why?
11. What is/are your favorite verse/s of the Bible? Why?
12. What is your favorite song?
13. What makes you the most fulfilled or happiest as a woman?
14. What makes you the most fulfilled or happiest as a wife?
15. What makes you the most fulfilled or happiest as a mother?
16. What makes you saddest as a woman?
17. What makes you saddest as a wife?
18. What makes you saddest as a mother?
19. What do you fear the most?
20. What other fears do you have?
21. What do you look forward to the most?
22. How much sleep do you need?
23. What are your skills?
24. What is your spiritual gift?
25. What are your weaknesses?
26. What things (personal, home, car, etc.) need repairing?
27. With what chores and responsibilities do you like my help?
28. What caresses do you enjoy the most?
29. What caresses do you enjoy the least?
30. What action of mine provides you the greatest sexual pleasure?
31. What other things stimulate you sexually?
32. At what times do you need assurance of my love the most?
33. How can that love be shown?
34. What can I do to make it easier to discuss and work on areas or problems that are uncomfortable for you?
35. What concerns do you have that I do not seem interested in?
36. What things do I do that irritate you?
37. What desires do you have that we haven't discussed?
38. What things do you enjoy doing with me (with the most enjoyable first)?
39. What things can I do that show my appreciation of you?
40. What varying desires (spiritual, physical, emotional, intellectual, social, worth, work, appreciation, recreations, security, etc.) would you like me to provide?
41. In what ways would you like me to protect you (physically, spiritually, socially, emotionally)?
42. In what ways would you like me to sacrifice for you?
43. What things are first in my life? What kind of a man do you see?
44. What implied or unspoken desires and wishes of yours would you like for me to fulfill?
45. What concerns and interests of yours would you like me to support?
46. How much time would be good for us to spend together each day?
47. In helping family members to use their skills and develop their abilities, what motivating factors would be helpful for me to use?
48. What can I do that provides the greatest comfort and encouragement for you when you are hurt, fearful, anxious, or worried?
49. What personal habits do I have that you would like to change?
50. What ways demonstrate to you that you are a very important person to me – the most important human relationship in my life?

(Source unknown)
D. Supplemental Material

1. Jay Adams
   - *Christian Living in the Home* (Grand Rapids: Baker, 1972)
   - *How to Overcome Evil* (Phillipsburg: Presbyterian & Reformed, 1977)

3. Elyse Fitzpatrick, *Helper by Design*
4. Elizabeth George, *A Wife after God’s Own Heart*
5. Dave Harvey, *When Sinners say “I Do.”* 2010

6. Wayne Mack

8. Carolyn Mahaney, *Feminine Appeal*

9. Martha Peace *Excellent Wife*,
   - *Attitudes of a Transformed Heart*
   - *Tying the Knot together*


ASSISTING MY HUSBAND

Questionnaire

1. Is it apparent to you that the love of God motivates my service to you, our family, and others outside the home?

2. In what specific areas do I lack in service to you or to our children?

3. Do you believe that I focus more on serving others than on serving you?

4. How do I generally respond when you or God’s providence doesn’t allow me to serve in ways that I would like to serve or have planned to serve?

5. Am I a cheerful and eager servant in our home even when I’m tired or ill?

6. Do you see me pursuing opportunities, in fact, creating opportunities to serve?
7. In what circumstances do I have the tendency to serve begrudgingly or drag my feet?

8. Do you think that my life demonstrates a desire to be served more than to serve?

9. What are some ways I can serve you that would reach your ideal experience of being served?

10. Do you see me enhancing your ministry by serving creatively alongside you? Do I alleviate or create burdens for you?

Application Worksheet

1. I will prioritize my husband by serving him in the following ways:

2. I will prioritize my children by serving them in the following ways:

3. When I realize my motives for serving are sinful I will:
4. Some of the ways I can serve the known needs of others are:

5. Some of the ways I will creatively pursue servanthood are:

6. If I have trouble following through with these plans, I will be accountable to:
Addressing Your Husband’s Sin: How to Be Gracious and Godly
(Zondra Scott)

1. **Be in the habit of loving, following, and respecting.** (Matt 7:1-5)
   a. Not in an un-confessed and/or unchanged act or pattern of sin.
   b. Truly repent yourself—first to God and then to him/others.

2. **Wait until you can go with the right heart.** (1Cor 10:31; 1Cor 13: 5-6; 1 Peter 4:8)
   a. God's Glory
   b. His good
   c. His sin is no greater than yours
   d. God is all you need

3. **Deal with sin graciously.** (Ps 103:8; Heb 12:14-15; Ps 73: 23-28)
   a. The way God has dealt with yours
   b. The way you would want others to deal with yours
   c. Pray for him to see & deal with sin for God’s glory, his good and the good of the marriage

4. **Give him a specific opportunity to recognize and deal with his sin ON HIS OWN.** (Psalm 109:4; Rom 14:14, 19, 20; Matt 5:44-46)
   a. Prayerfully inquire about “What just happened?” with concern, “are you ok?” or “have I done something?”
   b. If he does not address his sin…

5. **Give Him some time, pray and plan.** (Pro 15:23)
   a. Begin thinking about the best time to talk with him
   b. Plan specifically what to say that brings up the issue respectfully and lovingly and honestly
   c. The time to wait is a judgment call, but you are not doing him any favors by waiting long!

6. **Approach him respectfully, asking for the opportunity to talk.** (Matt 18:15; Eph 5:23; 1Tim 5:1; Rom 12:17-21)
   a. Ask if he would say that what happened was sin
   b. Humbly tell him the impact it had on you, if it did.
   c. If his answer is no (but it was) or he has an angry response, ask, “Well, I am asking because I care for you, us & what God wants. And I would like to ask if you could please think & pray about it more & then maybe we could talk & you could help me with this.”
   d. If there is no response, further denial of sin or continued anger, say, “ok, well, I’ll leave you alone” and return some kind of blessing)…

7. **Pray for you both, plan and determine when you could ask him about what God says about it.** (Pr 15:28; 1Tim 5:1; Eph 4:1-3, 15; Eph 4:15; Col 3:16)
   a. If he is an angry violent man, speak on the phone or write him a letter.
   b. “I love you and respect your headship, but can you help me with what happened and what God says in these passages?” or
   c. “I love you and respect you, but I don’t understand why you do not acknowledge _______ as sin when God says __________.”
d. Add, regardless of his response, "I need to lovingly and respectfully ask, shouldn’t you confess this as sin and take steps to do the right thing? This is hurting me (if so) and as far as I can understand, grieving God”

e. If he still does not acknowledge sin or continues to be sinfully angry...

8. **Stop short of a strong rebuke** that places you above him. *(Eph 5:22; 1Tim 5:1)*

   a. Be sure to enlist his peer or his authority’s help. “I believe I have said to you all I that should, since God has placed me under your authority. But I love you, our marriage and God too much to not deal with this. Can we please get someone to help us? I am willing to listen if I am wrong.

   b. If he refuses...

9. **Move forward** prayerfully and humbly to get help *(and Matt 18 if necessary)* and trust God’s sovereign goodness for outcomes. *(1Cor 13:6-8, Matt 18:16-17; Rom 8:28; Heb 13:5b)*

   a. If he is angry, manipulative or pointing the finger at you, basically ignore it and say, “Well, I hope and ask that you reconsider. And, if you don’t sometime soon, that you will eventually see me getting the help needed for this on my own, not as disloyalty to you but for the act of love and commitment towards you that is, and for the love and obedience toward God that it is. I can sin and loose my way too. And if I do, I hope you will do the same.
(Taken from the *Homework Manual for Biblical Living, Vol 2*, Wayne Mack, P & R Publishers)

"Like an apple tree among the trees of the forest,  
So is my beloved among the young men  
In his shade I took great delight and sat down,  
And his fruit was sweet to my taste.  
He has brought me to his banquet hall,  
And his banner over me is love."

*Song of Solomon 2:3-4*

WAYS A WIFE MAY EXPRESS LOVE TO HER HUSBAND  
(How to Convince Your Husband That You Love Him)

Evaluate the way you express love to your husband. Go over the list and circle the ways you are neglecting. Ask your husband to go over the list and put a check mark in front of the ways he would like you to express love. Ask him to add other things to the list.

You may express love to your husband by:

1. Greeting him at the door when he comes home with a smile, a hug, a kiss, and say, "Am I glad to see you. I really missed you today."
2. Having a cup of coffee or tea ready for him when he comes home
3. Giving him a lingering kiss.
4. Letting him know you like to be with him and making arrangements so that you can spend time with him without giving the impression that you really should or would rather be doing something else.
5. Being willing to talk to him about his concerns and not belittling him for having these concerns.
6. Supporting him and cooperating with him enthusiastically and positively when he has made a decision.
7. Teasing and flirting with him.
8. Seeking to arouse him and sometimes being the aggressor or leader in sex relations.
9. Asking him to have sex relations more than he would expect you to.
10. Really letting yourself go when having sexual relations.
12. Looking at him with an adoring expression.
13. Sitting close to him.
14. Holding his hand.
15. Rubbing his back or ...
16. Wearing his favorite nightgown or dress or perfume or ...
17. Expressing your love in words or notes.
18. Letting him know how much you appreciate him and what you appreciate about him. Do this often and for things that are sometimes taken for granted. Pretend you are trying to convince him you think he is great and very important to you.
19. Frequently fulfilling his wishes and desires as well as the specific requests he makes of you. Try to anticipate what he might desire or wish and surprise him by doing it before he asks.
20. Playing with him (tennis, golf, party games, etc.); sharing his hobbies and interests.
21. Enthusiastically cooperating with him and sharing with him in devotions and prayer; seeking to set a good example to the children concerning their attitude toward devotions and prayer.
22. Maintaining your own spiritual life through regular Bible study and prayer.
23. Handling your affairs decently and in order; structuring your time and using it wisely.
24. Being willing to face and solve problems even if it requires discomfort, change, and much effort.
25. Fulfilling your responsibilities.
26. Asking him for his advice and frequently following it.
27. Being ready to leave at the appointed time.
28. Standing with him and supporting him in his attempts to raise your children for God.
29. Thanking him in creative ways for his attempts to please you.
30. Asking for forgiveness and saying, "I was wrong and will try to change."
31. Actually changing where you should.
32. Working with him on his projects or ...
33. Reading the literature he asks you to read and sharing your insights.
34. Letting him know when he has tough decisions to make (and even when they are not so tough) that you really believe he will choose the right thing and that you will wholeheartedly support him in whatever decision he makes, provided the decision does not violate clearly revealed biblical principle; being his best cheerleader and fan club.
35. Buying gifts for him.
36. Watching football or other sporting events with him and trying to really manifest an interest.
37. Keeping the house neat and clean.
38. Cooking creatively and faithfully.
39. Having devotions with the children when he is not able to be there.
40. Maintaining his disciplinary rules when he is not present.
41. Being appreciative and cooperative when he holds you, caresses or kisses you.
42. Lovingly giving him your input when you think he is in error.
43. Offering constructive suggestions when you think he could improve or become more productive. Don't push or preach or do this in such a way that you belittle him, but seek positive and non-threatening ways to help him become more fully the man God wants him to be.
44. Running errands gladly.
45. Seeking to complete, not compete with, him; being the best member of his team and seeking to convince him that you are just that.
46. Being lovingly honest with him — no back door messages — no withholding of truth that will hinder your relationship or future trust and closeness.
47. Being willing to see things from his point of view; putting the best interpretation on what he does or says until you have evidence that proves the contrary.
48. Pampering him and making a fuss over him.
49. Being happy and cheerful.
50. Refusing to nag.
51. Gently brushing a leg under the table.
52. Having candlelight and music at dinner.
53. Indicating you want to be alone with him and talk or just lie in each other's arms.
54. Giving an "I promise you" wink.
55. Going for a walk with him.
56. Letting him know you feel lonely when he is out of town or away from you for a period of time.
57. Relating what happened to you during your day.
58. Sharing your fears, concerns, joys, failures, etc.
59. Seeking to support your ideas with biblical insights and good reasons.
60. Refusing to "cop out" or withdraw and attack or exaggerate or blameshift when he seeks to make constructive suggestions or discuss problems.
61. Giving him your undivided attention when he wants to talk.
62. Discussing the meaning of certain Bible passages or discussing how to improve your marriage or home or children or child raising efforts, etc.
63. Cheerfully staying up past your bedtime to resolve a disagreement or problem. 64. Holding him close while expressing genuine concern and tangible and vocal love when he is hurt, discouraged, weary, or burdened.
65. Being eager to share a good joke or some other interesting information you have learned.
66. Working in the yard or painting a room together or washing the car.
67. Planning vacations or trips together.
68. Wanting to keep your family memorabilia, newspaper clippings, church releases, etc., that have to do with your family.
69. Bragging to others about him and his accomplishments and how good a husband he is.
70. Joining with him in a team ministry at the church.
71. Doing a Bible study or Bible research together.
72. Doing a good job in bookkeeping about family finances.
73. Helping prepare the income tax report.
74. Keeping touch through letters with your family and friends.
75. Keeping yourself attractive and clean.
76. Inviting other people in for dinner or fellowship.
77. Developing and using the spiritual gifts God has given you.
78. Asking him to pray with you about something.
79. Expressing how much you love the children and being the children's cheerleader.
80. Managing to stay within the family budget and even saving some for special surprises. 81. Being excited about sharing the gospel with others or about answered prayer or about helping other people.
82. Making a list for him of things that need to be done around the house.
83. Being satisfied with your present standard of living or furniture or equipment when he can provide no more.
84. Not making nostalgic comments about your father's way of providing, etc., which may seem to imply that you think your father was a much better man than your husband.
85. Acknowledging that there are some specific areas or ways in which you need to improve.
86. Taking care of his clothes so that he is always dressed well.
87. Appreciating and helping his mother and father and relatives.
88. Refusing to disagree with him in the presence of others.
89. Cooperating with him in establishing family goals and procedures and then in fulfilling them.
90. Being silly and unconventional in your lovemaking at times.
91. Telling him before he asks you that you think he has done a good job, if he has done a good job. Don't be afraid of repeating yourself in commending him for what he is or does.
92. Being available and eager to fulfill his desires wherever and whenever it is proper and possible.
93. Beginning each day with cheerfulness and tangible expressions of affection.
94. Letting the children know that you and your husband are in agreement; communicating to your children when your husband can hear (and when he cannot) how wonderful he is.
### PERSONAL SCHEDULE

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DESIRES</td>
<td>7:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Accountable to: ________________________________
D. Supplemental Material

7. Jay Adams
   - *Christian Living in the Home* (Grand Rapids: Baker, 1972)
   - *From Forgiven to Forgiving* (Wheaton: Victor, 1989)
   - *How to Overcome Evil* (Phillipsburg: Presbyterian & Reformed, 1977)

2. Elyse Fitzpatrick, *Helper by Design*
3. Elizabeth George, *A Wife after God’s Own Heart*
4. Wayne Mack

6. Carolyn Mahaney, *Feminine Appeal*
7. Martha Peace
   - *Excellent Wife*
   - *Attitudes of a Transformed Heart*
   - *Tying the Knot together*
