

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 along side of 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.

11. Caressing him.
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 wining 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

RESPONSIBILITIES	TIME	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
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	11:00							

Accountable to: _____

Supplemental Material

1. 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)
- “What Do You Do When Your Marriage Goes Sour” (Pamphlet).
Available on the Internet at
[<http://www.ginesys.com/hbrpc/sourmarr.htm>]

2. Elyse Fitzpatrick, *Helper by Design*

3. Elizabeth George, *A Wife after God’s Own Heart*

4. Wayne Mack

- *Homework Manual for Biblical Living*, Volumes 1 & 2 (Phillipsburg: Presbyterian & Reformed, 1979–1980).
- *Strengthening Your Marriage* (Phillipsburg: Presbyterian & Reformed, 1977).
- *Your Family God’s Way* (Phillipsburg: Presbyterian & Reformed, 1991).

5. John MacArthur, Jr., *The Family* (Chicago: Moody, 1982).

6. Carolyn Mahaney, *Feminine Appeal*

7. Martha Peace

- *Excellent Wife*
- *Attitudes of a Transformed Heart*
- *Tying the Knot together*

8. John Piper and Wayne A. Grudem, eds., *Recovering Biblical Manhood and Womanhood: A Response to Evangelical Feminism* (Wheaton: Crossway, 1991).

9. Donald S. Whitney, *Spiritual Disciplines for the Christian Life* (Colorado Springs: NavPress, 1991).