

BRUCE WILKINSON

A BIBLICAL PORTRAIT of MARRIAGE



International Version



Course Instructors



Bruce and Darlene Wilkinson
Chairman: Teach Every Nation

Bruce and Darlene have been married for over five decades with 3 grown children and 11 grandchildren. They have learned invaluable lessons through the normal ups and downs of married life and present many of the secrets behind their enduring love in this updated series, *The Biblical Portrait of Marriage-International Version*. Their life-changing and encouraging course has been used in thousands of churches and small groups over the years in numerous nations of the world. Many churches use the series for pre-marital counseling as well as general marital counseling. Based thoroughly on the Bible, they present the universal principles and practices that can transform any marriage to the next level of love, fulfillment, and contentment. Both are *New York Times* best-selling authors with Darlene writing four books including *The Prayer of Jabez for Women* and her newest *Become a Transformed Woman Devotional* and Bruce over 75 including his newest *Prayers of Blessing Over My Marriage* and *Prayers of Blessing Over Your Husband*. They have presented the *Biblical Portrait of Marriage* to various conferences around the world, always witnessing the transformation of thousands of marriages—the Bible has the answer that always works!



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SESSION 1: LEAVE

THE ROLE OF THE COUPLE



PART ONE

Preparation for Biblical Leaving

PART TWO

Passages on Biblical Leaving

1 Genesis 2:18, 23-24

¹⁸And the Lord God said, "It is not good that man should be alone; I will make him a helper comparable to him."²³And Adam said: "This is now bone of my bones, and flesh of my flesh; she shall be called Woman, because she was taken out of Man." (NKJV)

²⁴Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. (KJV)

2 Matthew 19:4-6

⁴And He answered and said to them, "Have you not read that He who made them at the beginning 'made them male and female,'⁵and said, 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh'? ⁶So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate."

PART THREE

Perspectives on Biblical Leaving

1 Leave Perspective #1 To _____

²²And we said to my lord, 'The lad cannot leave his father, for if he should leave his father, his father would die.' Genesis 44:22

¹³And leaving Nazareth, He came and dwelt in Capernaum, which is by the sea, in the regions of Zebulun and Naphtali, Matthew 4:13

2 Leave Perspective #2 To _____

¹⁶"I will utter My judgments against them concerning all their wickedness, because they have forsaken Me, burned incense to other gods, and worshiped the works of their own hands."

Jeremiah 1:16

²⁷By faith he forsook Egypt, not fearing the wrath of the king; for he endured as seeing Him who is invisible. Hebrews 11:27

3 Leave Perspective #3 To set free and _____

³⁶"For the Lord will judge His people and have compassion on His servants, when He sees that their power is gone, and there is no one remaining, bond or free." Deuteronomy 32:36

⁵If you see the donkey of one who hates you lying helpless under its load, you shall refrain from leaving it to him, you shall surely release it with him. (NASB) Exodus 23:5

PART FOUR

Portrait of Biblical Leaving



In [Africa] the man stays in his home, or close to his home, and his wife has to join him there. [Moses] who wrote our verse lived in the same kind of society. There it was a matter of course that the woman had to leave and become a member of her husband's clan. The unheard of and revolutionary message was that the man also had to leave his family.

Walter Trobisch





PART FIVE

Principles for Biblical Leaving

1 Leaving your parents to become independent is your full _____

²⁴Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. Genesis 2:24 (KJV)

- 1.1 Leave completely to be independent _____
- 1.2 Leave completely to be independent _____
- 1.3 Leave completely to be independent _____

2 Leaving your parents begins at your wedding and must be _____

- 2.1 Leaving is a new experience for everyone requiring patience and grace.
- 2.2 Leaving to the point of independence is a process of experimentation.
- 2.3 Leaving often requires clear communication with your parents.

3 Leaving your parents requires that you transfer to your spouse your full _____

- 3.1 Don't _____ you have left home just because you are married.
- 3.2 Don't _____ to your parents when in difficulty.
- 3.3 Don't _____ to your childhood role when at your parents' house.
- 3.4 Don't _____ parents to control or schedule your life.
- 3.5 Don't _____ anyone in your family to criticize your spouse to you.

4 Leaving your parents must not ignore the command to

“ _____ ”

- 4.1 Don't neglect your parents and in-laws and their feelings.
- 4.2 Don't criticize your parents and in-laws to your spouse or family.
- 4.3 Always speak with honor about your spouse when with your family.
- 4.4 Ask for advice but don't allow parents to make decisions for you.
- 4.5 Don't overlook opportunities to bring joy and honor to your parents.

5 Leaving includes the training of your children to

- 5.1 Before their marriage, model how to leave by your _____
- 5.2 At their marriage, cut the strings and kiss them _____
- 5.3 After their marriage, change your role from parent to _____

PART SIX

Progress on Personal Leaving

PROGRESS OF THE HUSBAND			PERSONAL LEAVING PROGRESS POINTS	PROGRESS OF THE WIFE		
Progress Needed	Progress Acceptable	Progress Great		Progress Needed	Progress Acceptable	Progress Great
			1. I take full responsibility to leave parents and in-laws.			
			2. I have left physically.			
			3. I have left emotionally.			
			4. I have left financially.			
			5. I completed my leaving and it's comfortable and balanced.			
			6. I fully transferred my loyalty to my spouse over my family.			
			7. I don't run home in difficulty but solve problems together.			
			8. I don't revert to my childhood role when I go home.			
			9. I don't permit my parents to schedule our lives.			
			10. I honor my parents.			

1. The area I feel most encouraged about my leaving:

2. The area I feel most encouraged about my spouse's leaving:

3. The one thing we could do immediately that would significantly improve our leaving:

PART SEVEN *Pointers for Personal Leaving*

L _____ succeeds best when you forgive your parents and in-laws for the past.

Forgiveness needed with my:

- Spouse Father-in-law
- Father Mother-in-law
- Mother

E _____ with your spouse and parents who experience withdrawal pains.

I can show more empathy with my spouse when _____

I can show more empathy with my parents when _____

I can show more empathy with my in-laws when _____

A _____ your leaving approach in the various seasons of marriage.

1. Newlyweds	2. Early Marriage	3. Middle Marriage	4. Mature Marriage	5. Senior Marriage
End your dependence upon your parents	Establish your independence from your parents	Ensure your independence from your parents	Enable your children's independence from you	Exercise superintendence over your aging parents
Leave Home	Start your Home	Visit your parents' home	"Children, please leave your home!"	"Mom & Dad, come back to your home!"
"Good-bye, Parents—Hello, Sweetheart!"	"Dad, I don't live here anymore—please stop telling me what to do!"	"Mom, may I drop off the kids for the weekend?"	"Do you think our child will ever leave home?"	"Dad and Mom can't do what they need to—they now need our help."

V _____ the areas needing change and speak the truth in love not anger.

I need to verbalize to my spouse _____

I need to verbalize to myself _____

I need to verbalize to my parents _____

I need to verbalize to my in-laws _____

E _____ the added blessings of God upon your marriage as you willingly obey Him.

PART EIGHT *Pledge for Personal Leaving*

Together:

"I commit today that I will obey the Lord by leaving my parents for my spouse to become physically, emotionally, and financially independent as this is God's perfect will for us in our marriage."

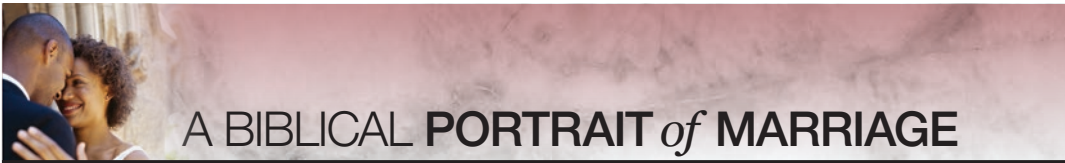
Husband to Wife and then Wife to Husband:

"I commit to you (spouse's name) to remove any dependence on my parents that hinders our marriage from becoming strong and all that God designed it to be."

Single:

"I commit to You, Lord, to remove any dependence on my parents which is inappropriate for my age, and which would hinder any potential marital relationship from becoming all that You designed it to be."





A BIBLICAL PORTRAIT *of* MARRIAGE

Post Session 1

Leave Discussion Questions

- 1. Perspective of Leaving:**
Describe how you previously thought about “leaving” versus your thinking after studying the Bible passages.
- 2. Principles of Leaving:**
Leaving your family for your spouse isn’t always easy or quick. Which area of leaving is most difficult for most couples and why?
- 3. Progress of Leaving:**
List some ways that parents can help their children prepare to leave them when they get married.
- 4. Pointers of Leaving:**
One of the success factors in “leaving” is to find ways to bless your parents and in-laws. What do they wish would change in this area?

Session 2: Cleave

The Responsibility of the Couple





SESSION 2: CLEAVE

THE RESPONSIBILITY OF THE COUPLE



PART ONE

Preparation for Biblical Cleaving

PART TWO

Passages on Biblical Cleaving

1 Genesis 2:18, 23-24

¹⁸And the Lord God said, It is not good that the man should be alone, I will make him a help meet for him. ²³And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man.

²⁴Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. (KJV)

2 Matthew 19:4-6

⁴And He answered and said to them, "Have you not read that He who made them at the beginning 'made them male and female,' ⁵and said, 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh'? ⁶So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate."

PART THREE

Perspectives on Biblical Cleaving

1 Cleave Perspective #1 To _____

³³Now a certain man drew a bow at random, and struck the king of Israel between the joints of his armor. 2 Chronicles 18:33a

¹⁶Or do you not know that he who is joined to a harlot is one body with her? For "the two," He says, "shall become one flesh." 1 Chronicles 6:16

2 Cleave Perspective #2 To _____

¹⁰He arose and attacked the Philistines until his hand was weary, and his hand stuck to the sword. The Lord brought about a great victory that day. 2 Samuel 23:10a

¹¹"The very dust of your city which clings to us we wipe off against you." Luke 10:11a

2.1 Cleave as closely as skin to _____

²⁰"My bone clings to my skin and to my flesh, and I have escaped by the skin of my teeth." Job 19:20

2.2 Cleave as closely as disease to the _____

⁶⁰"Moreover He will bring back on you all the diseases of Egypt, of which you were afraid, and they shall cling to you." Deuteronomy 28:60

2.3 Cleave as closely as the Holy Spirit to the believer's _____

¹⁷But he who is joined to the Lord is one spirit with Him. 1 Corinthians 6:17

3 Cleave Perspective #3 To _____

²So every man of Israel deserted David, and followed Sheba the son of Bichri. But the men of Judah, from the Jordan as far as Jerusalem, remained loyal to their king.

2 Samuel 20:2

⁹Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Romans 12:9

PART FOUR

Portrait of Biblical Cleaving





PART FIVE

Principles for Biblical Cleaving

1 Cleaving to your spouse above all others is your _____

²⁴Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. Genesis 2:24 (KJV)

- 1.1 Cleave by forsaking all competing _____
- 1.2 Cleave by properly balancing all competing _____ to your spouse.
- 1.3 Cleave by choosing to remain loyal regardless of your spouse's _____

2 Cleaving to your spouse includes your intimate relationship of "_____"

³Let the husband render to his wife the affection due her, and likewise also the wife to her husband. ⁴The wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does. ⁵Do not deprive one another except with consent for a time. 1 Corinthians 7:3-5a

- 2.1 Enjoy and deepen your relationship through regular sexual _____
- 2.2 Protect your relationship through sexual loyalty and _____

⁴Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge. Hebrews 13:4

3 Cleaving strengthens the more areas you share together as a _____

4 Cleaving refuses to allow anything or anyone to damage your _____

¹²Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; ¹³bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. ¹⁴But above all these things put on love, which is the bond of perfection. Colossians 3:12-14

- 4.1 When a habit or personality trait irritates, choose _____
- 4.2 When a hindrance, sickness, or difficulty frustrates, choose _____
- 4.3 When an intentional or unintentional hurt grieves, choose _____

5 Cleaving guards your spirit to ensure you honor your marriage _____

¹³And this is the second thing you do: You cover the altar of the Lord with tears, with weeping and crying; So He does not regard the offering anymore, Nor receive it with goodwill from your hands. ¹⁴Yet you say, "For what reason?" Because the Lord has been witness between you and the wife of your youth, with whom you have dealt treacherously; yet she is your companion and your wife by covenant. ¹⁵Therefore take heed to your spirit, and let none deal treacherously with the wife of his youth. Malachi 2:13, 14, 15b

Stages of Cleaving

1	2 Hope Not	3 Probably Not	4	5 Probably Will	6 Hope To	7
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PART SIX

Progress on Personal Cleaving

PROGRESS OF THE HUSBAND			PERSONAL CLEAVING PROGRESS POINTS	PROGRESS OF THE WIFE		
Progress Needed	Progress Acceptable	Progress Great		Progress Needed	Progress Acceptable	Progress Great
			1. I take full responsibility to cleave to my spouse.			
			2. I have forsaken all competing relationships.			
			3. I have balanced all competing priorities.			
			4. I remain loyal regardless of my spouse's behavior.			
			5. I enjoy a mutually satisfying sexual intimacy.			
			6. I protect our relationship through sexual purity.			
			7. I have numerous areas of life we share together.			
			8. I don't allow anything or anyone to damage our marriage.			
			9. I guard my heart to honor our marriage covenant.			
			10. I remain in the Never-Never Box.			

1. The area I feel most encouraged about my cleaving to my spouse:

2. The area I feel most encouraged about my spouse's cleaving to me:

3. The one thing we could do immediately that would significantly improve our cleaving:



PART SEVEN

Pointers for Personal Cleaving

C _____ your love and affection to your spouse often and creatively.

One thing I loved about my spouse when we first dated _____

One thing I especially love about my spouse now _____

One thing my spouse especially loves me to do _____

L _____ to think about loving your spouse when alone and when heading home.

E _____ regular dates together to ensure a meaningful relationship.

Ask your spouse their favorite date _____

Share with your spouse your favorite date _____

A _____ and restore your relationship from past or present immorality.

_____ any current sexual immorality including pornography or Internet sites.

_____ to your spouse if you were sexual immoral together before marriage.

_____ your spouse for any deep wounds from sexual immorality.

_____ to each other and before the Lord to lifelong sexual loyalty.

V _____ your differences and grow closer through life's difficulties

Differences either produce celebration or frustration depending on your response.

One difference we celebrate: _____

Difficulties either draw you together or drive you apart depending on your choices.

One difficulty that drew us closer together: _____

E _____ your spiritual life together through devotions, church, and Christian service.

PART EIGHT

Pledge for Personal Cleaving



Together:

"I affirm today that cleaving to my spouse is an enduring commitment and I pledge my unconditional and lifelong love and loyalty to my spouse to achieve God's perfect will for our marriage."

Husband to Wife and then Wife to Husband:

"I commit to you (spouse's name) to cleave to you alone, to refuse to allow anything or anyone to damage our precious relationship, and to implement God's plan for oneness in marriage. I pledge to be sexually pure to you and you alone for the rest of my life."

Single:

"I affirm that marriage is a lifelong commitment and I hereby pledge to You, Lord, that if I marry in the future, I will pledge unconditional and lifelong loyalty to my future spouse. Until I marry, I also pledge to remain sexually pure in obedience to Your commands in the Bible."



Post Session 2

Cleave Discussion Questions

1. **Perspective of Cleaving:**

In your own words, explain what the Bible means by the concept of “cleaving” in marriage.

2. **Principles of Cleaving:**

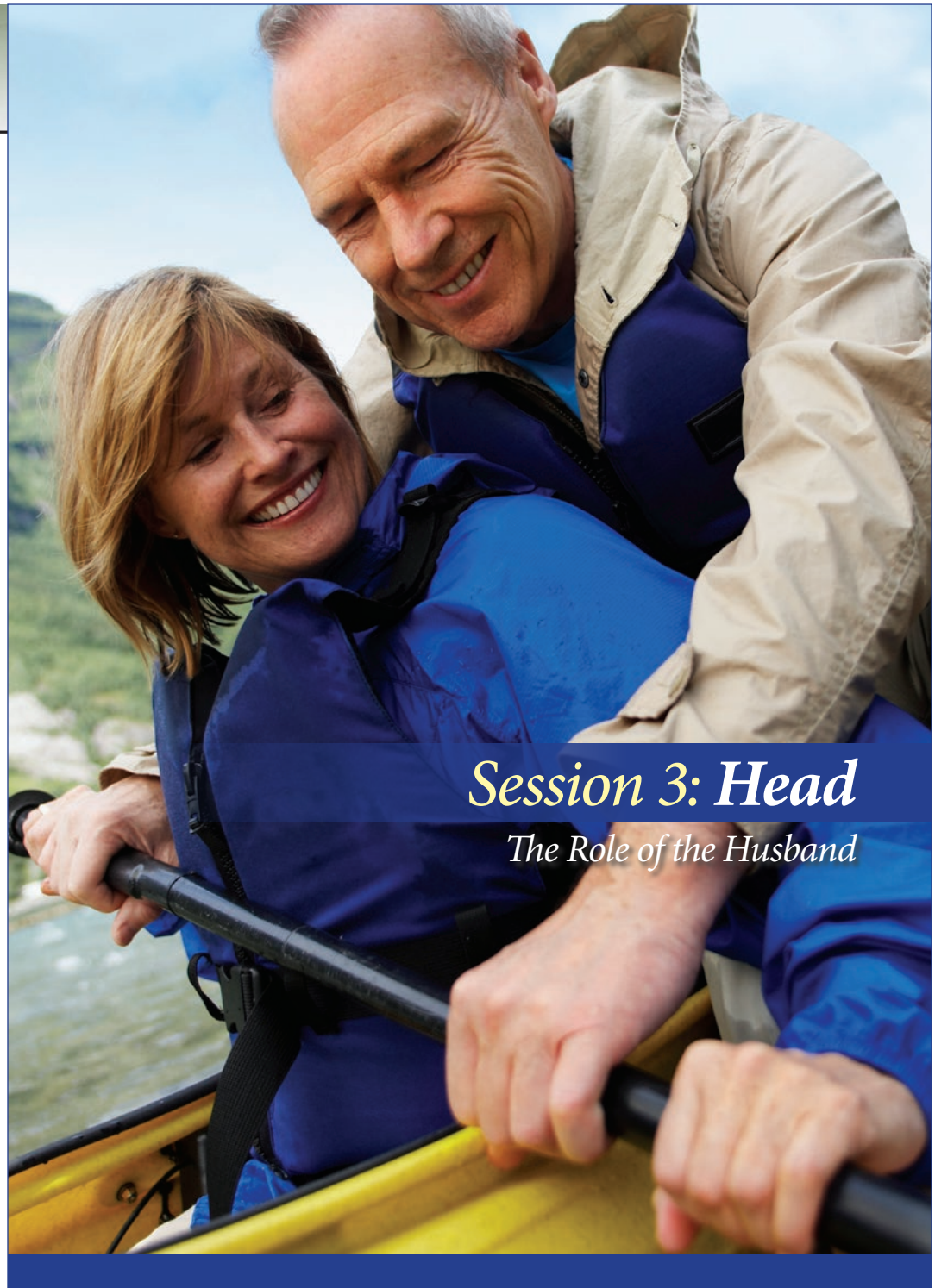
The delicate topic of sexual intimacy in marriage is a key part of Biblically “cleaving.” What are 2-3 principles of intimacy God ordained for all marriages--did they surprise you?

3. **Progress of Cleaving:**

Describe the “Never-Never Box” and what it meant to you. How can a person remain in the “Never-Never Box”?

4. **Pointers of Cleaving:**

Cleaving can be hindered in marriage if both partners don't practice ongoing forgiveness. What happens over time when the husband and wife don't forgive each other?



Session 3: Head
The Role of the Husband



SESSION 3: HEAD

THE ROLE OF THE HUSBAND



PART ONE

Preparation for the Biblical Role of Head

1. Marital roles can be defined by our _____
2. Marital roles can be defined by other _____
3. Marital roles can be defined by our _____
4. Marital roles can be defined by God's _____

PART TWO

Passages on Biblical Headship

1 Ephesians 5:23, 25-27

²³For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. ²⁵Husbands, love your wives, just as Christ also loved the church and gave Himself for her, ²⁶that He might sanctify and cleanse her with the washing of water by the word, ²⁷that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish.

2 1 Corinthians 11:3, 8-9, 11-12

³But I want you to know that the head of every man is Christ, the head of woman is man, and the head of Christ is God. ⁸For man is not from woman, but woman from man. ⁹Nor was man created for the woman, but woman for the man. ¹¹Nevertheless, neither is man independent of woman, nor woman independent of man, in the Lord. ¹²For as woman came from man, even so man also comes through woman; but all things are from God.

3 1 Peter 3:7

⁷Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.

4 Genesis 3:16

¹⁶To the woman He said: "I will greatly multiply your sorrow and your conception; in pain you shall bring forth children; your desire shall be for your husband, and he shall rule over you."

PART THREE

Perspectives on Biblical Role of "Head"

1 Head Perspective #1 Assigned the _____

²³For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. Ephesians 5:23

³But I want you to know that the head of every man is Christ, the head of woman is man, and the head of Christ is God. 1 Corinthians 11:3

2 Head Perspective #2 Delegated the _____

²³For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. ²⁴Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything. Ephesians 5:23-24

²²And He put all things under His feet, and gave Him to be head over all things to the church, ²³which is His body, the fullness of Him who fills all in all. Ephesians 1:22-23

3 Head Perspective #3 Appointed the overall _____

¹⁵But, speaking the truth in love, may grow up in all things into Him who is the head—Christ—¹⁶from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love. Ephesians 4:15-16

⁹For in Him dwells all the fullness of the Godhead bodily; ¹⁰and you are complete in Him, who is the head of all principality and power. Colossians 2:9-10

PART FOUR

Portrait of the Biblical Role of Head





PART FIVE

Principles for the Biblical Role of Head

1 The Head of the wife is the husband because of God's _____

²³For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. Ephesians 5:23

- 1.1 The moment you marry, the husband becomes the head of the wife.
- 1.2 The husband is the head regardless of his talents, desires, or _____
- 1.3 The husband is the head of the wife in the same way as Christ is head of Church.

2 The Head _____ and _____ and _____ of his wife and family.

2.1 "To rule" means "to _____ before" and lead, preside, and protect.

²A bishop then must be blameless, the husband of one wife, ⁴one who rules his own house well, having his children in submission with all reverence ⁵(for if a man does not know how to rule his own house, how will he take care of the church of God?). 1 Timothy 3:2a, 4-5

2.2 "To take care of" means to use foresight "to _____" of others.

³⁴So he went to him and bandaged his wounds, pouring on oil and wine; and he set him on his own animal, brought him to an inn, and took care of him. ³⁵On the next day, when he departed, he took out two denarii, gave them to the innkeeper, and said to him, "Take care of him; and whatever more you spend, when I come again, I will repay you."

Luke 10:34-35

2.3 "To provide" means "to _____ before" to ensure the family's finances are met.

⁸But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever. 1 Timothy 5:8

3 The Head embraces the nobility of his calling as Head and does not "lord it over" or inappropriately "exercise authority over" his wife but rather leads "with understanding" and by "giving honor" regardless of her response, attitude, or behavior.

⁴²But Jesus called them to Himself and said to them, "You know that those who are considered rulers over the Gentiles lord it over them, and their great ones exercise authority over them.

⁴³Yet it shall not be so among you; but whoever desires to become great among you shall be your servant." Mark 10:42-43

⁷Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered. 1 Peter 3:7

- 3.1 "Lording it over" abuses your personal _____ with your wife.
- 3.2 "Exercising authority" abuses your leadership _____ with your wife.
- 3.3 "With understanding" means to use insightful _____ regarding your wife.
- 3.4 "Giving honor" means to value her by bestowing portions of _____

4 The Head devotes himself to his wife above children, family, friends, recreation, ministry or _____

5 The Head nurtures his wife to become blameless, holy, and _____

²⁵Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, ²⁶so that He might sanctify her, having cleansed her by the washing of water with the word, ²⁷that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless. Ephesians 5:25-27 (NASB)

- 5.1 "Blameless" means without fault in character and conduct.
- 5.2 "Holy" means separated from sin and consecrated to God.
- 5.3 "Glorious" means to be held in high esteem and personally _____

Stages of Headship

1	2	3	4	5	6	7
	Absent	Apathetic		Authoritarian	Autocratic	

Before you dismiss your wife's opinion, stop and remember that it was her opinion that she should marry you."

Bruce Wilkinson





PART SIX

Progress in Husband's Role of Head

PROGRESS OF THE HUSBAND			PERSONAL HEAD PROGRESS POINTS	PROGRESS OF THE WIFE		
Progress Needed	Progress Acceptable	Progress Great		Progress Needed	Progress Acceptable	Progress Great
			1. The husband accepts and fulfills God's role as Head.			
			2. The husband lovingly rules, takes care of and provides well.			
			3. The husband does not lord it over his wife.			
			4. The husband does not improperly exercise authority.			
			5. The husband leads with insight to his wife's needs and wishes.			
			6. The husband leads so that his wife feels precious.			
			7. The husband deeply devotes himself to his wife above others.			
			8. The husband nurtures his wife to be blameless in her life.			
			9. The husband nurtures his wife to be committed to the Lord.			
			10. The husband nurtures his wife to be esteemed and radiant.			

1. The area the husband does best as the Head is:

2. The part of this session that meant the most to me was:

3. The one thing that the husband could do right now that would mean the most to his wife:

PART SEVEN

Pointers on Role of Head

H _____ is between the husband and God—pray and formally accept His role for you.

²³For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. Ephesians 5:23

U _____ you face challenges like every other husband—and overcome them!

Inadequacy is overcome through meditating and obeying James 1:4-8.

Fear is overcome through meditating and obeying 2 Timothy 1:7 and 1 John 4:18.

Anxiety is overcome through meditating and obeying Philippians 4:6-7

Anger is overcome through meditating and obeying Ephesians 4:26, 31-32.

Harshness is overcome through meditating and obeying Galatians 5:19-25.

S _____ a new beginning today—ask your wife to forgive your past non-Head actions.

Husband needs to apologize for: _____

B _____ proactive in seeking to nurture your wife to be blameless, holy, and radiant.

²⁵Husbands, love your wives, just as Christ also loved the church and gave Himself for her, ²⁶that He might sanctify and cleanse her with the washing of water by the word, ²⁷that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. Ephesians 5:25-27

A _____ your wife to share the 3 main Headship changes she would love—and do them!

#1 Change in her Head the wife would like _____

#2 Change in her Head the wife would like _____

#3 Change in her Head the wife would like _____

N _____ with your wife how to communicate when you are not an Authentic Head.

D _____ yourself to build a strong spiritual life and ask God for help regularly.



PART EIGHT

Pledge for Biblical Role of Head

Together:

“We affirm today that God designed the husband to be the head of the wife. We willingly choose to submit to God’s design for our marriage.”

Husband:

“I commit to you that I will respond to God’s call on my life to be your Head. I ask for your forgiveness for the times I have failed you and not been the Head that the Lord expects me to be. I hereby pledge to be an active leader who serves you with an understanding and gentle spirit.”

Wife:

“I commit to you that I will respond to God’s call on my life to follow you as my Head. I ask for your forgiveness for the times I have struggled against you as my Head and therefore not pleased the Lord. I hereby pledge to give you my respect and follow you as my Head.”

Single:

“I commit to honor and implement God’s decision for the husband to be the Head of the wife. I yield myself to His perfect design for the role of the husband in marriage, and purpose today to prepare myself mentally, spiritually, emotionally and practically to carry out His design in anticipation of my own future marriage.”



Post Session 3

Head Discussion Questions

1. Perspective of the Head:

Many marriages struggle with the concept that the husband is the head of the marriage. How do you feel about the husband being the head even if the wife has the greater leadership gift?

2. Principles of the Head:

God’s definition of “headship” within marriage is very different than what most people think. What are 2-3 characteristics of a Biblical Head?

3. Progress of the Head:

On the 7-part “absent to autocratic” chart, name the category that most husbands fall in today. How does fear or anger fit into the picture?

4. Pointers of the Head:

Almost all modern movies and TV programs present the average husband as weak, indecisive, uninvolved, and immoral. In contrast, describe the person you know who best illustrates a Biblical Head.

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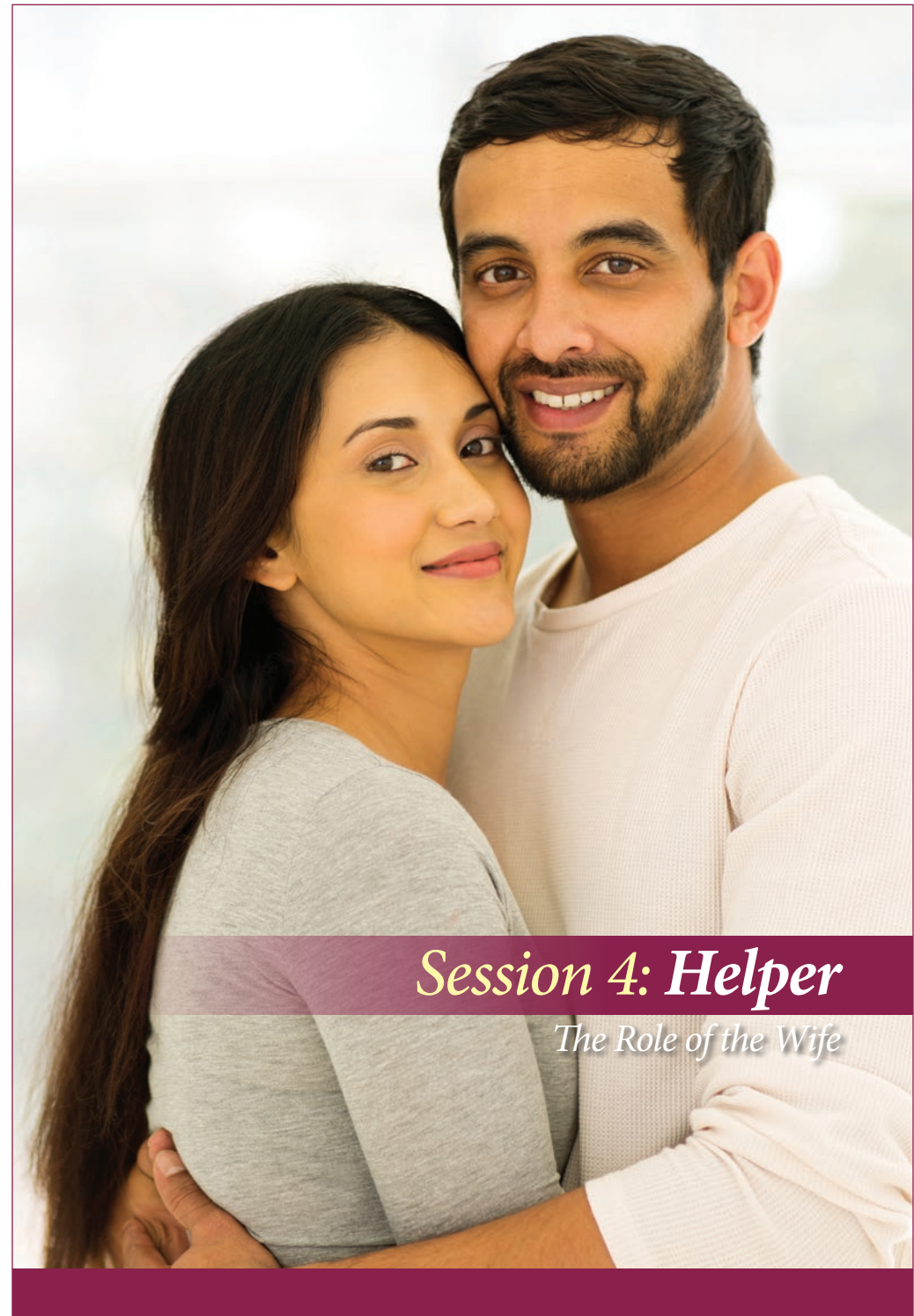


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Session 4: Helper

The Role of the Wife



SESSION 4: HELPER

THE ROLE OF THE WIFE



PART ONE

Preparation for the Biblical Role of Helper

1. Confusion abounds about the Helper role because of _____
2. Confusion abounds about the Helper role because of biased _____
3. Confusion abounds about the Helper role because of pressure of _____
4. Confusion abounds about the Helper role due to the disintegration of _____
5. Confusion abounds about the Helper role because of lack of Biblical _____

PART TWO

Passages on the Biblical Role of Helper

1 Genesis 2:18, 21-22

¹⁸And the Lord God said, "It is not good that man should be alone; I will make him a helper comparable to him." ²¹And the Lord God caused a deep sleep to fall on Adam, and he slept; and He took one of his ribs, and closed up the flesh in its place. ²²Then the rib which the Lord God had taken from man He made into a woman, and He brought her to the man.

2 Genesis 1:27-28

²⁷So God created man in His own image; in the image of God He created him; male and female He created them. ²⁸Then God blessed them, and God said to them, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth."

3 Titus 2:4-5

⁴That they admonish the young women to love their husbands, to love their children, ⁵to be discreet, chaste, homemakers, good, obedient to their own husbands, that the word of God may not be blasphemed.

4 1 Timothy 5:14

¹⁴Therefore I desire that the younger widows marry, bear children, manage the house, give no opportunity to the adversary to speak reproachfully.

PART THREE

Perspectives on Biblical Role of Helper

1 Helper Perspective #1 The one who _____

⁵But I am poor and needy; Make haste to me, O God! You are my help and my deliverer; O Lord, do not delay. Psalm 70:5

²"Thus says the Lord who made you and formed you from the womb, who will help you: 'Fear not, O Jacob My servant; and you, Jeshurun, whom I have chosen.'" Isaiah 44:2

2 Helper Perspective #2 To comfort and _____

¹⁰Fear not, for I am with you; Be not dismayed, for for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand. Isaiah 41:10

¹⁷Show me a sign for good, That those who hate me may see it and be ashamed, Because You, Lord, have helped me and comforted me.. Psalm 86:17

3 Helper Perspective #3 To strengthen, protect, and _____

²May He send you help from the sanctuary, and strengthen you out of Zion; Psalm 20:2

⁴"The God of my father was my help, and delivered me from the sword of Pharaoh." Exodus 18:4b

PART FOUR

Portrait of the Biblical Role of Helper





PART FIVE

Principles for the Biblical Role of Helper

1 The Helper of the husband is the wife because of God's purpose and _____

¹⁸And the Lord God said, "It is not good that man should be alone; I will make him a helper comparable to him." Out of the ground the Lord God formed every beast of the field and every bird of the air, and brought them to Adam to see what he would call them. And whatever Adam called each living creature, that was its name. Genesis 2:18

1.1 Principle: Equality of _____, but Diversity of _____

²⁶Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth." ²⁷So God created man in His own image; in the image of God He created him; male and female He created them.. Genesis 1:26-27

1.2 Pattern: The wife is created _____ to her husband.

1.3 Priority: The woman is _____ the man; not man from woman.

⁸For man did not come from woman, but woman from man. 1 Corinthians 11:8

1.4 Purpose: The woman is _____ the man.

⁹Nor was man created for woman, but woman for man. 1 Corinthians 11:9

2 The Helper embraces her Divinely assigned responsibility as "_____ of the _____"

¹⁴Therefore I desire that the younger widows marry, bear children, manage the house (οικοδεσποτέω *oiko-despoteo*—present active), give no opportunity to the adversary to speak reproachfully. 1 Timothy 5:14

⁴That they admonish the young women to love their husbands, to love their children, ⁵to be discreet, chaste, homemakers (οικουργός *oiko-urgos*), good, obedient to their own husbands, that the word of God may not be blasphemed. Titus 2:4-5

2.1 Greek *oikos* means the "home and its _____"

2.2 Greek *despot* means to be the "manager and the _____"

2.3 Greek *ergon* means the "work and its related _____"

2.4 God delegated the oversight of the home to the Helper not the _____

2.5 God describes the activities and freedom of the Helper beyond what is _____

She has her own maidservants to help her with her work.

¹⁵She also rises while it is yet night, and provides food for her household, and a portion for her maidservants. Proverbs 31:15

She generates income and profit from her own businesses.

¹⁶She considers a field and buys it; from her profits she plants a vineyard. ²⁴She makes linen garments and sells them, and supplies sashes for the merchants.

Proverbs 31:16, 24

She extends her hands and resources to the community and poor.

²⁰She extends her hand to the poor, yes, she reaches out her hands to the needy.

Proverbs 31:20

2.6 The Helper is not passive over her domain but is _____

2.7 The Helper is not problem-dumping but problem-solving.

3 The Helper embraces the nobility of her calling as Helper and does not allow resentment or rebellion but is "_____ " and "_____ " regardless of her husband's response, attitude, or behavior.

Stages of Helpership

1	2 Reluctant	3 Responsive	4	5 Resistant	6 Rebellious	7
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3.1 The Helper understands that by assisting her husband she is obeying God.

3.2 The Helper embraces the nobility of helping, as the greatest helper is God.

The Father is our Helper

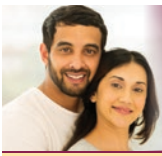
⁶So we may boldly say: "The Lord is my helper; I will not fear. What can man do to me?" Hebrews 13:6

The Spirit is our Helper

¹⁶And I will pray the Father, and He will give you another Helper, that He may abide with you forever." John 14:16

The Son is our Helper

¹⁸For in that He Himself has suffered, being tempted, He is able to aid those who are tempted. Hebrews 2:18



“Eve was not taken out of Adam’s head to rule over him, neither out of his feet to be trampled on by him, but out of his side to be equal with him, under his arm to be protected by him, and near his heart to be loved by him.”

Matthew Henry



3.3 The Helper recognizes her service and assistance will be eternally _____

43“But whoever desires to become great among you shall be your servant. 44And whoever of you desires to be first shall be slave of all. 45For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.” Mark 10:43b-45

4 The Helper devotes herself to her husband above work, family, friends, ministry, recreation, or _____

4.1 The primary recipient of the wife’s help is her _____

4.2 The primary evaluator of the effectiveness of her help is her _____

5 The Helper invests her life so her husband becomes

“ _____ ”

23Her husband is known in the gates, when he sits among the elders of the land. Proverbs 31:23

11The heart of her husband safely trusts her; so he will have no lack of gain. 12She does him good and not evil all the days of her life. Proverbs 31:11-12

5.1 “The Helper _____” is who and what did her husband become because of her.

5.2 “The Helper Secret _____” are the prayers for her husband and his success.

5.3 “The Helper _____” are her family and community’s love and praise.

28Her children rise up and call her blessed; her husband also, and he praises her: 29“Many daughters have done well, but you excel them all.” 30Charm is deceitful and beauty is passing, but a woman who fears the Lord, she shall be praised. 31Give her of the fruit of her hands, and let her own works praise her in the gates. Proverbs 31:28-31

4An excellent wife is the crown of her husband.

Proverbs 12:4a

PART SIX

Progress in Wife’s Role of Helper

Table with columns for Progress of the Husband (Needed, Acceptable, Great), Personal Helper Progress Points (1-10), and Progress of the Wife (Needed, Acceptable, Great).

1. The area the wife does best as the Helper is:

2. The part of this session that meant the most to me was:

3. The one thing that the wife could do right now that would mean the most to her husband:



PART SEVEN

Pointers for Biblical Role of Helper

H _____ is between the wife and God—pray and formally accept His role for you.

18 And the Lord God said, "It is not good that man should be alone; I will make him a helper comparable to him." Genesis 2:18

Never criticize in public or tear down in private.
Always compliment in public and build up in private.

E _____ challenges like every other wife—and overcome them!

Fear is overcome through meditating and obeying 2 Timothy 1:7 and 1 John 4:18
Anxiety is overcome through meditating and obeying Philippians 4:6-7
Inadequacy is overcome through meditating and obeying James 1:4-8
Resentment and bitterness is overcome by meditating and obeying Ephesians 4:26, 31-32.

L _____ a new beginning today—ask your husband to forgive your past non-Helper actions.

Helper needs to apologize for _____

P _____ seek to help your husband with specific prayers and encouragement.

What is your husband's major goal? _____
What discourages your husband the most? _____
What brings greatest joy to your husband? _____
What is the greatest fear of your husband? _____

E _____ your husband to share the 3 main Helper changes he would love—and do them!

#1 Change in his Helper your husband would like _____
#2 Change in his Helper your husband would like _____
#3 Change in his Helper your husband would like _____

R _____ that God called you to be your husband's helper and "do it heartily unto the Lord"

PART EIGHT

Pledge for Biblical Role of Helper

Together:

"We affirm today that God designed the wife to be the Helper of the husband. We willingly choose to submit to God's design for our marriage."

Husband to Wife:

"I commit to you that I will respond to God's call on my life to honor you as my Helper. I ask for your forgiveness for the times I may have taken advantage of you as my wife or not expressed my sincere appreciation for how much you help me personally as well as how you manage our home. I hereby pledge to share my life more fully with you so that we can "run the race" as a wonderful team.

Wife to Husband:

"I commit to you that I will respond to God's call on my life to be your Helper. I ask for your forgiveness for the times I have failed you and not been the Helper that the Lord expects me to be. I hereby pledge to be an active Helper who serves you with all of my abilities and with all my heart."

Single:

"I commit to honor and implement God's choice for the wife to be the Helper of the husband. I yield myself to His perfect design for the role of the wife in marriage, and purpose today to prepare myself mentally, spiritually, emotionally, and practically to carry out His design if I ever marry in the future."

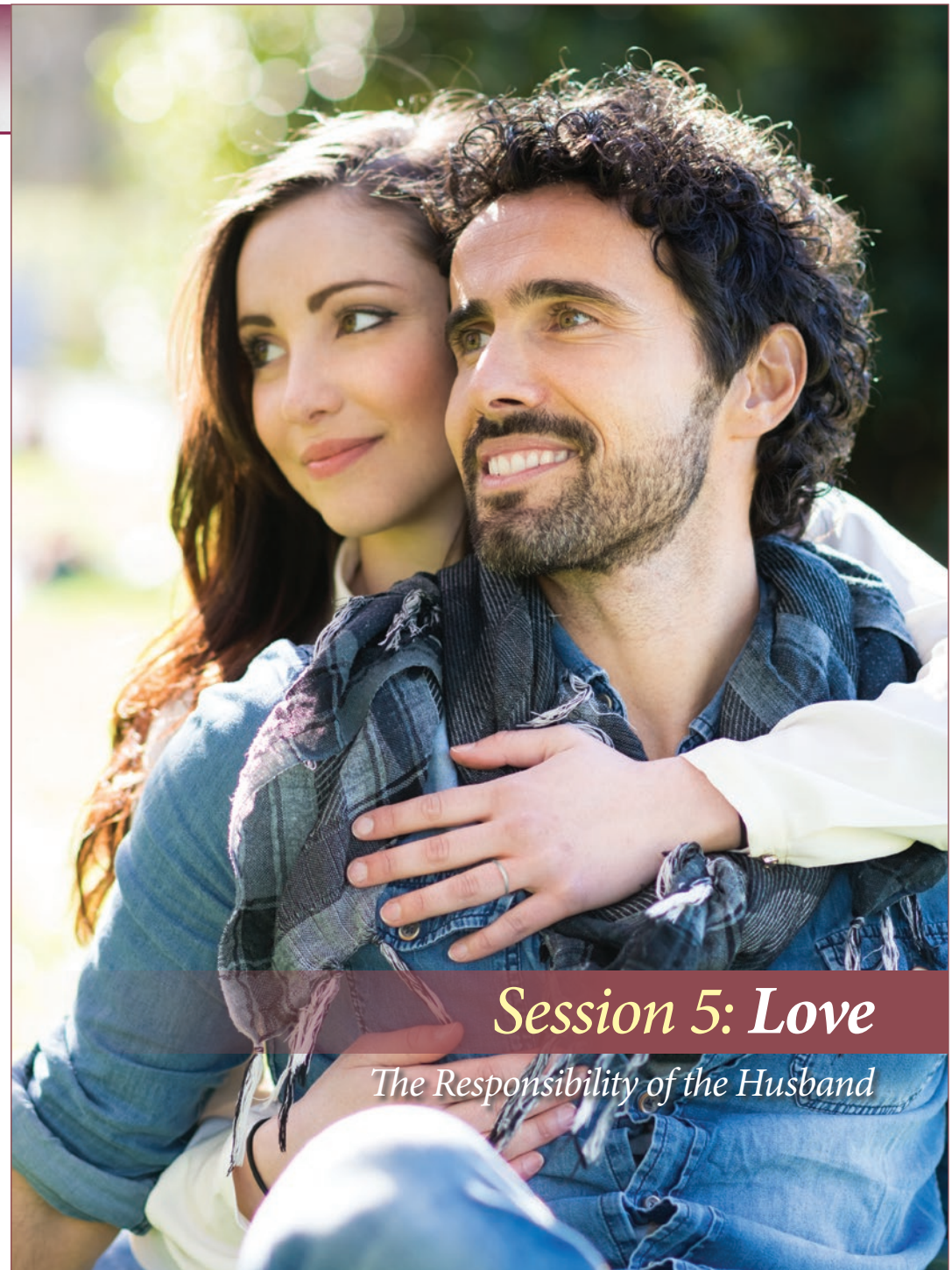




Post Session 4

Helper Discussion Questions

- Perspective of Helper:**
How do most people view the role of Helper in marriage in comparison to the elevated way God describes it? Why does God describe Himself as our Helper?
- Principles of Helper:**
The Bible elevates the role of Helper as the “Despot of the Oikos” and Proverbs 31 portrays her as having maids, her own money, and running her own business. How did that affect your understanding of the greater Biblical role of the wife?
- Progress of Helper:**
Most wives are tempted to err either by over passivity or over aggressiveness in their role in marriage. Describe the person you know who is the best example of the Biblical “Helper” and why.
- Pointers of Helper:**
The central focus of the Biblical Helper is to support her husband to be far more than he could be without her. Brainstorm 2-3 different ways the average wife could make her husband “great in the gates.”



Session 5: Love

The Responsibility of the Husband



SESSION 5: LOVE
THE RESPONSIBILITY OF THE HUSBAND



PART ONE

Preparation for Biblically Loving Your Wife

1 The Bible uses two Greek words that are both translated love in the New Testament.

- 1.1 _____ means brotherly kindness or close, affectionate friendship.
- 1.2 _____ means purposeful commitment to the well-being of the other person.

2 The Bible uses the word _____ every time the husband is commanded to love his wife.

PART TWO

Passages on Biblically Loving Your Wife

1 Ephesians 5:25-29, 33a

²⁵Husbands, love your wives, just as Christ also loved the church and gave Himself for her, ²⁶that He might sanctify and cleanse her with the washing of water by the word, ²⁷that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. ²⁸So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. ²⁹For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church. ³³Nevertheless let each one of you in particular so love his own wife as himself.

2 Colossians 3:19

¹⁹Husbands, love your wives and do not be bitter toward them.

3 1 Corinthians 13:4-8a

⁴Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; ⁵does not behave rudely, does not seek its own, is not provoked, thinks no evil; ⁶does not rejoice in iniquity, but rejoices in the truth; ⁷bears all things, believes all things, hopes all things, endures all things. ⁸Love never fails.

PART THREE

Perspectives on Biblically Loving Your Wife

1 Perspective #1 Love that is _____

⁴⁴“But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, ⁴⁵that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.” Matthew 5:44-45

2 Perspective #2 Love that is loyal and _____

¹²“This is My commandment, that you love one another as I have loved you. ¹³Greater love has no one than this, than to lay down one’s life for his friends.” John 15:12-13

3 Perspective #3 Love that is _____

¹⁷But whoever has this world’s goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him? ¹⁸My little children, let us not love in word or in tongue, but in deed and in truth. 1 John 3:17-18

PART FOUR

Portrait of Biblically Loving Your Wife





PART FIVE

Principles for Biblically Loving Your Wife

1 Love your wife because God commands you to _____ her.

²⁵Husbands, love your wives, just as Christ also loved the church and gave Himself for her. Ephesians 5:25

1.1 Imperative Mood—I am to love my wife by my _____

⁴Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; ⁵does not behave rudely, does not seek its own, is not provoked, thinks no evil; ⁶does not rejoice in iniquity, but rejoices in the truth; ⁷bears all things, believes all things, hopes all things, endures all things. ⁸Love never fails. 1 Corinthians 13:4-8a

1.2 Active Voice—I am to love my wife _____

1.3 Present Tense—I am to love my wife _____

2 Love your wife as Christ “loved the Church” and give yourself _____ to her.

²⁵Husbands, love your wives, just as Christ also loved the church and gave Himself for her, ²⁶that He might sanctify and cleanse her with the washing of water by the word, ²⁷that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. ²⁸So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. ²⁹For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church. ³³Nevertheless let each one of you in particular so love his own wife as himself. Ephesians 5:25-29, 33

2.1 Sacrifice means to give up something I want for something my wife _____

2.2 Christ loved His Church so deeply He made the ultimate _____

3 Love your wife and do not become _____ toward her.

¹⁹Husbands, love your wives and do not be bitter toward them. Colossians 3:19

³⁰And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. Ephesians 4:30-31

3.1 Bitter means to be sharp, cutting, and _____

3.2 Loving means never an unkind tone of voice but always tender.

3.3 Loving means never a harsh or demeaning manner, but always gentle.

3.4 Loving means never tearing down but always _____

3.5 Loving means never dominating or controlling, but always _____

4 Love your wife so that you purposefully “nourish and _____” her.

²⁸So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. ²⁹For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church. Ephesians 5:28-29

4.1 Nourish means to provide what is necessary for her personal growth.

4.2 Cherish means to treasure and treat her with tenderness.

5 Love your wife fervently and never allow your love for her to grow _____

⁸And above all things have fervent love for one another, for “love will cover a multitude of sins.” 1 Peter 4:8

5.1 Agape Love includes both our actions and _____.

5.2 Agape Love chooses to care deeply and lavish _____ on her.

5.3 Agape Love never fails and guards against unforgiveness and _____

PART SIX

Progress on Personally Loving Your Wife

PROGRESS OF THE HUSBAND			PERSONAL LOVING PROGRESS POINTS	PROGRESS OF THE WIFE		
Progress Needed	Progress Acceptable	Progress Great		Progress Needed	Progress Acceptable	Progress Great
			1. The husband loves his wife consistently by his actions.			
			2. The husband loves by choosing to love regardless of her attitudes or actions.			
			3. The husband loves by often sacrificing for his wife.			
			4. The husband loves his wife by not allowing any bitterness.			
			5. The husband loves his wife with no unkind tone of voice.			
			6. The husband loves his wife and builds up not tears her down.			
			7. The husband loves his wife by not dominating but empowering.			
			8. The husband loves his wife by nourishing and cherishing her.			
			9. The husband loves his wife by not allowing his heart to become cold.			
			10. The husband loves his wife by lavishing affection often.			

1. The way the husband loves his wife the best is when he: _____

2. The part of this session about loving that meant the most to the wife was: _____

3. The one thing that the husband could do right now to love his wife better: _____



PART SEVEN

Pointers for Personally Loving Your Wife

L _____ your wife the ways she receives love best through the 5 Love Languages.
Rank from 1 (most important to her) to 5 (least important to her).

- _____ *Words of Affirmation*—use your words to compliment her.
- _____ *Acts of Service*—do projects and help her by what you do for her.
- _____ *Receiving Gifts*—purchase little and large gifts that are meaningful to her.
- _____ *Quality Time*—give your wife undivided attention for periods of time.
- _____ *Physical Touch*—shower her with hugs, hand-holding, and kisses.

O _____ your heart to your wife and rekindle the “first works” of your courtship.
¹¹O Corinthians! We have spoken openly to you, our heart is wide open. ¹²You are not restricted by us, but you are restricted by your own affections. 2 Corinthians 6:11-12
⁴“Nevertheless I have this against you, that you have left your first love. ⁵Remember therefore from where you have fallen; repent and do the first works. Revelation 2:4-5a

V _____ your love to your wife and stop doing whatever communicates lack of love to her.

- I disappoint my wife when I _____
- I frustrate my wife when I _____
- I anger my wife when I _____

I _____ your ability to love your wife in practical ways.

- In-Laws*—spending time with her extended family.
- Money*—making sure she has her own money for personal matters.
- Children*—investing focused time with your children.
- Getaways*—scheduling vacations together or just by herself.
- Gifts*—giving flowers, books, clothes, jewelry, perfume, etc.
- Projects*—doing errands and chores for her.
- Written Words*—sending her notes, letters, cards, emails, texts, Twitter, etc.
- Physical Touch*—giving hugs, embraces, holding hands, kisses, etc.
- Spiritual*—attending church, Bible studies, reading the Bible, praying with her.
- Dates*—taking her out for dinner, time with friends, etc.
- Sports*—enjoying recreation together.
- Walks*—enjoying each other’s company on walks.
- Reading*—sharing a book together.

N _____ the loss of your love by avoiding immorality including pornography.

¹²And because lawlessness will abound, the love of many will grow cold. Matthew 24:12

G _____ your spiritual life as the more you love God, the more you will love your wife.

²⁷So he answered and said, “You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind,’ and ‘your neighbor as yourself.” Luke 10:27

PART EIGHT

Pledge for Personally Loving your Wife

Together:

“We affirm today that God has commanded the husband to love his wife in the same way that Jesus Christ loves the Church—unconditionally, sacrificially, consistently, and actively.”

Husband to Wife:

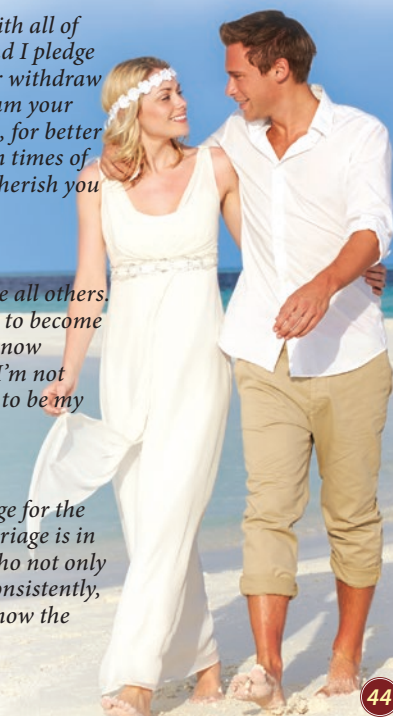
“I commit to love you (wife’s name) above all others and with all of my heart. I know how very important my love is to you and I pledge to love you in the ways that make you feel loved, and never withdraw my love from you nor seek love from any other woman. I am your devoted husband and commit to love you, my beloved wife, for better or worse, for richer or poorer, in times of joy and sorrow, in times of failure and success, in sickness and health, to love and to cherish you from this day forward until death do us part.”

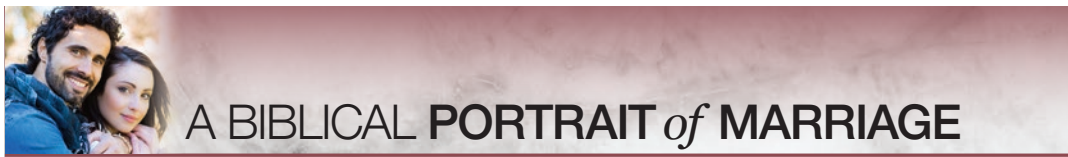
Wife to Husband:

“I receive your love (husband’s name) and treasure it above all others. I too pledge my love and loyalty to you and hereby commit to become the kind of wife you find easy and a pleasure to love! You know how very precious it is that you love me—especially when I’m not too lovable from time to time. I’m so glad that I chose you to be my husband!”

Single:

“I recognize today that it is God’s perfect design in marriage for the husband to love his wife as Christ loves the Church. If marriage is in my future, I desire the Lord’s best and will seek a spouse who not only loves God but will love me unconditionally, sacrificially, consistently, and actively. I commit to Christ’s love as the standard for how the husband is to love his wife.”





Post Session 5

Love Discussion Questions

1. **Perspective of Love:**

Great freedom can be enjoyed when we understand the difference between “agape” and “phileo” love in marriage. Explain how knowing the difference can set the husband free to love his wife even more.

2. **Principles of Love:**

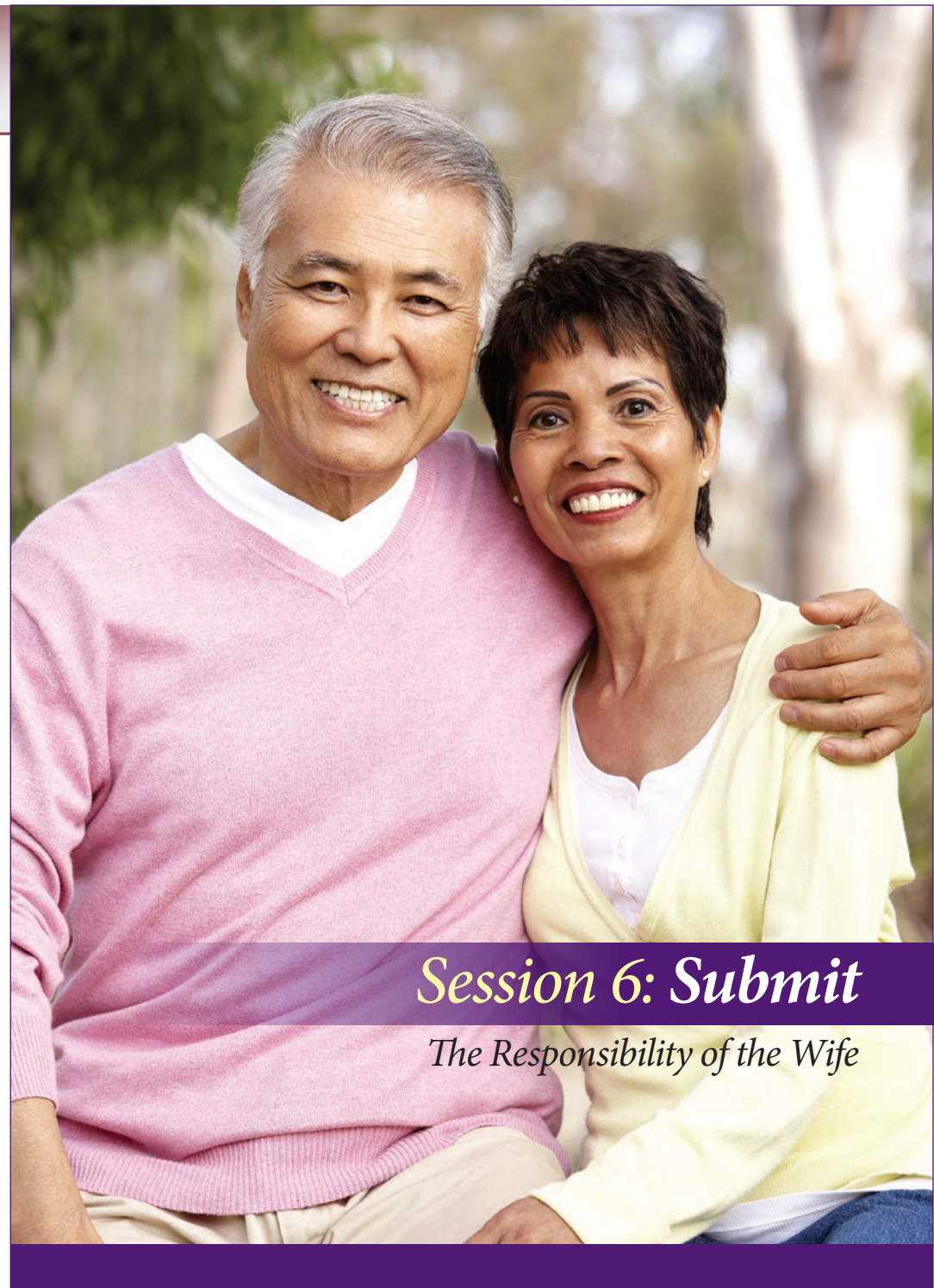
How can God command husbands to be continuously loving their wives regardless of their attitudes or behavior?

3. **Progress of Love:**

What are two common behaviors of most husbands that come across as “unloving” to their wives? What changes are needed?

4. **Pointers of Love:**

All of us have different ways we “feel” love – our love languages. Name two ways your wife feels loved. Improvement ideas?



Session 6: Submit

The Responsibility of the Wife



SESSION 6: SUBMIT

THE RESPONSIBILITY OF THE WIFE



PART ONE

Preparation for Biblically Submitting to Your Husband

1 Marriages have many conflicts due to misunderstanding “_____ submission.”

¹⁷Therefore do not be unwise, but understand what the will of the Lord is. ²¹...submitting to one another in the fear of God. Ephesians 5:17, 21

- 1.1 *Submission in the Church* in Ephesians 5:15-21:
Christians submit to Christ, church leaders and each other.
- 1.2 *Submission in Marriage* in Ephesians 5:22-33:
Wives submit to their husbands.
- 1.3 *Submission in the Family* in Ephesians 6:1-4:
Children submit and obey their parents.
- 1.4 *Submission in the Marketplace* in Ephesians 6:5-9:
Employees submit to their supervisors.
- 1.5 *Submission in Society* in Romans 13:1-7:
Everyone submits to the governing authorities.
Younger submit to the elders. 1 Peter 5:5-7
- 1.6 *Submission in the Angelic Hosts* in 1 Peter 3:22:
Angels submit to Christ.
- 1.7 *Submission in the Godhead* in 1 Corinthians 3:18; John 14:28:
Christ submits to the Father.

2 Biblical Marriages obey God's command: The _____ submits to the Head.

PART TWO

Passages on Biblically Submitting to Your Husband

1 Colossians 3:18

¹⁸Wives, submit to your own husbands, as is fitting in the Lord.

2 Ephesians 5:22-24, 33

²²Wives, submit to your own husbands, as to the Lord. ²³For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. ²⁴Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything. ³³Nevertheless let each one of you in particular so love his own wife as himself, and let the wife see that she respects her husband.

3 1 Peter 3:1-6

¹Wives, likewise, be submissive to your own husbands, that even if some do not obey the word, they, without a word, may be won by the conduct of their wives, ²when they observe your chaste conduct accompanied by fear. ³Do not let your adornment be merely outward—arranging the hair, wearing gold, or putting on fine apparel—⁴rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God. ⁵For in this manner, in former times, the holy women who trusted in God also adorned themselves, being submissive to their own husbands, ⁶as Sarah obeyed Abraham, calling him lord, whose daughters you are if you do good and are not afraid with any terror.

PART THREE

Perspectives on Biblically Submitting to Your Husband

1 Perspective #1 To _____ and subordinate under the authority.

²²And He put all things under His feet, and gave Him to be head over all things to the church. Ephesians 1:22

²²Wives, submit to your own husbands, as to the Lord. ²³For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. Ephesians 5:22-23

2 Perspective #2 To _____ and honor the authority.

⁹Furthermore, we have had human fathers who corrected us, and we paid them respect. Shall we not much more readily be in subjection to the Father of spirits and live? Hebrews 12:9

¹Wives, likewise, be submissive to your own husbands, that even if some do not obey the word, they, without a word, may be won by the conduct of their wives. 1 Peter 3:1

⁵Likewise you younger people, submit yourselves to your elders. Yes, all of you be submissive to one another, and be clothed with humility, for “God resists the proud, but gives grace to the humble.” 1 Peter 5:5



3 Perspective #3 To _____ and yield to the authority.

⁵¹Then He went down with them and came to Nazareth, and was subject to them, but His mother kept all these things in her heart. Luke 2:51

¹⁸Servants, be submissive to your masters with all fear, not only to the good and gentle, but also to the harsh. ¹⁹For this is commendable, if because of conscience toward God one endures grief, suffering wrongfully. 1 Peter 2:18-19

PART FOUR

Portrait of Biblically Submitting to Your Husband



PART FIVE

Principles for Biblically Submitting to Your Husband

1 Submit to your husband because God commands you to _____ to him.

1.1 *Imperative Mood*—I am to submit to my husband by my _____

1.2 *Middle Voice*—I am to submit voluntarily to my husband _____

1.3 *Present Tense*—I am to submit to my husband _____

1.4 *Biblical Context*—I am to submit and not my _____

2 Submit to your husband “as to the _____” because it is “_____ in the Lord.”

²²Wives, submit to your own husbands, as to the Lord. ²³For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. Ephesians 5:22-23

¹⁸Wives, submit to your own husbands, as is fitting in the Lord. Colossians 3:18

2.1 As to the Lord communicates the Biblical wife’s _____

Submit to the Lord by obeying Him and submitting to your husband.

2.2 Fitting in the Lord communicates the Biblical wife’s _____

Submit to the Lord as it’s the right thing for believing wives to do—He commands it.

3 Submit to your husband in _____

²²Wives, submit to your own husbands, as to the Lord. ²³For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. ²⁴Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything.

Ephesians 5:22-24

3.1 Everything means _____

²²And He put all things under His feet, and gave Him to be head over all things to the church, ²³which is His body, the fullness of Him who fills all in all. Ephesians 1:22-23

3.2 Everything has no conditions—even if the husband is disobedient or a _____.

¹Wives, likewise, be submissive to your own husbands, that even if some do not obey the word, they, without a word, may be won by the conduct of their wives, ²when they observe your chaste conduct accompanied by fear. 1 Peter 3:1-2

3.3 Submission includes respectfully sharing your thoughts, desires, and _____

³⁹He went a little farther and fell on His face, and prayed, saying, “O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will.” Matthew 26:39

3.4 Submission does not include the _____ - don’t break the Law of the Lord.

3.5 Submission does not include the _____ - don’t break the law of the land.

3.6 Submission can include the uncomfortable and undesirable.

3.7 Submission may include the heart-breaking but not _____

4 Submit to your husband with attitudes and actions of genuine _____

³³Nevertheless let each one of you in particular so love his own wife as himself, and let the wife see that she respects her husband. Ephesians 5:33

4.1 Respect means to show reverential fear and treat with _____

Respect is translated from phobos meaning “to fear and be afraid”. In the Bible, phobos is translated “fear” 62 times, “be afraid” 23 times, “be afraid of” 5 times, and “reverence” 1 time.



“We marry with unrealistic expectations and little or no skills to take care of our mates. Isn’t it ironic that a plumber’s license requires four years of training, but a marriage license requires nothing but two willing bodies and sometimes a blood test.”

Gary Smalley



²⁸“And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.” Matthew 10:28

4.2 Respect must be shown regardless of your husband’s conduct or _____

¹Wives, likewise, be submissive to your own husbands, that even if some do not obey the word, they, without a word, may be won by the conduct of their wives, ²when they observe your chaste conduct accompanied by fear.

1 Peter 3:1-2

5 Submit to your husband with a gentle and _____

³Do not let your adornment be merely outward—arranging the hair, wearing gold, or putting on fine apparel— ⁴rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God. 1 Peter 3:3-4

5.1 Gentle means to accept God’s dealings as good without resistance or arguing.

²⁹“Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.” Matthew 11:29

5.2 Quiet spirit means a heart of settled tranquility and inner peace.

PART SIX

Progress on Personally Submitting to Your Husband

PROGRESS OF THE HUSBAND			PERSONAL SUBMITTING PROGRESS POINTS	PROGRESS OF THE WIFE		
Progress Needed	Progress Acceptable	Progress Great		Progress Needed	Progress Acceptable	Progress Great
			1. The wife submits herself to her husband consistently by her actions.			
			2. The wife has learned how to submit to her husband “as to the Lord.”			
			3. The wife submits to her husband in everything			
			4. The wife shares her thoughts, desires, and feelings when she disagrees.			
			5. The wife submits with attitudes of honor and respect.			
			6. The wife submits even when her husband doesn’t obey the Lord.			
			7. The wife accepts God’s dealings as good without arguing.			
			8. The wife demonstrates a heart of settled tranquility and inner peace.			
			9. The wife trusts God to intervene while submitting to her husband.			
			10. The wife submits with all of her heart while seeking to obey the Lord.			

1. The way the wife submits to her husband the best is when she:

2. The part of this session about submitting that meant the most to the husband was:

3. The one thing that the wife could do right now to submit to her husband better:



PART SEVEN

Pointers for Personally Submitting to Your Husband

S _____ anything you do that disappoints, frustrates, or angers your husband.

I disappoint my husband when I _____

I frustrate my husband when I _____

I anger my husband when I _____

U _____ and work on those areas particularly difficult for you to submit.

The most frequent area that I have difficulty submitting _____

The most difficult area that I have difficulty submitting _____

The area that my husband has most difficulty with me _____

B _____ wise in when and how to negotiate with your husband in areas of difference.

The best time to negotiate with my husband is _____

The worst time to negotiate with my husband is _____

M _____ the “art of submission” by learning the secrets of a gentle and quiet spirit.

Spend some time asking your husband how he would like you to submit.

Invest time with an older wife who has learned how to submit with great success.

I _____ your ability to submit by identifying your husband’s key submission areas:

- Manages your home (Despot of the Oikos) in ways he appreciates.
- Handles money wisely and stays within the budget.
- Checks with your husband before making any important decisions.
- Shows your husband respect and never corrects or criticizes in public.
- Doesn’t undermine your husband’s authority with the children.
- Responds and initiates affectionately in your intimate sex life.
- Shares with your husband in the things that he enjoys.
- Doesn’t allow yourself to prefer your family above your husband.
- Supports your husband in his work and prays for his success.
- Doesn’t go behind your husband’s back, hiding areas he doesn’t want.
- Dresses in a way that pleases your husband.
- Prepares your husband’s favorite meals from time to time.
- Doesn’t grumble and complain but carefully seeks change when possible.
- Shows how much you admire and respect your husband.

T _____ wholeheartedly in the Lord as you bring joy to your husband by your submission.

PART EIGHT

Pledge for Personally Submitting to Your Husband

Together:

“We affirm today that God has commanded the wife to submit to her husband in the same way as the Church submits to Jesus Christ—unconditionally, sacrificially, consistently, and actively.”

Wife to Husband:

“I commit to submit to you (husband’s name) by arranging all parts of my life under you as the Head of our marriage. I pledge to submit to you “in everything” and “as to the Lord.” I choose to obey the Lord by submitting to you with a joyful attitude of genuine respect though I will not always agree with you. I am your devoted wife and commit to submit to you, my beloved husband, “for better or worse, for richer or poorer, in times of joy and sorrow, in times of failure and success, in sickness and health, to love and to cherish you from this day forward until death do us part.”

Husband to Wife:

“I commit to you (wife’s name) to be the kind of husband you will find a pleasure and a comfort submitting to as the Head of our marriage. You know how very important it is that you support and believe in me as your husband, although we both know I will make some mistakes along the way. I pledge to be sensitive to your needs and open to your wishes. I’m so glad I chose you as my wife!”

Single:

“I recognize today that it is God’s perfect design in marriage for the wife to submit to her husband as the Church submits to Christ. If marriage is in my future, I desire the Lord’s best and will seek a spouse who not only submits to the Lord but lives the Biblical type of submission in marriage. I commit to Christ’s model of submission to the Father as the standard of how the wife is to submit to her husband.”



