

MARRIAGE RETREAT 2018



noblesville
baptist church

Welcome

to our Marriage Renewal Conference! We are so glad that you joined us this weekend! We hope you are able to relax and enjoy this time away from the busyness of daily life and spend time focusing on your marriage.

Every marriage has areas that are working well and areas that could use improvement. In order to have a healthy marriage, it's important to evaluate these areas and give them the attention they need. This weekend we will see God's plan and purpose for your marriage relationship.

SCHEDULE

Friday, February 23, 2018

7:30 pm: Welcome & Worship

8:00 - 9:00pm: **Session 1**

Saturday, February 24, 2018

7:30 - 9:30am: Breakfast

9:30 - 10:30am: **Session 2**

10:30 - 11:00am: Break

11:00 - 11:30pm: Social Gathering

11:30 - 12:30pm: **Session 3**

Session 1: Married for God

Main Question: What is the Purpose of Marriage?

Main Texts: Genesis 1:26-31; 2:18-25; 3:5-7, 14-24; Ephesians 5:31-32

- Marriage and the Image of God

- The Permanency of Marriage and the Mission of God

- Distorted Image in the Brokenness of Marriage

- Implications for Marriage and our Restoration In Christ

Session 2: Marriage: an Earthly Picture of God’s Eternal Purpose in Christ—part 1

Main Question: How Does the Role of the Wife Picture the Gospel?

Main Text: Ephesians 5:22—24

Wives *submit* to your husbands

As to the Lord

Because the husband is the head of the wife

As Christ is the head of the Church

But as the Church submits to Christ

So also should wives submit in everything to their husbands

What Submission Is Not

What Submission Is

- Why is this picture of submission to rightful headship so important?
- Implications for Marriage

Session 3: Marriage: an Earthly Picture of God’s Eternal Purpose in Christ—part 2

Main Question: How Does the Role of the Husband Picture the Gospel?

Main Text: Ephesians 5:25—33

- Five glorious truths about Christ’s Love that compel a husband to love his wife
 1. The Love of Christ is particular v. 25
 2. The Love of Christ Initiates v. 25
 3. The Love of Christ is demonstrated in self-sacrifice v. 25
 4. The Loving Sacrifice of Christ is Dedicated to the Sanctification of His Bride v. 26– 27 (See Ezekiel 16; Revelation 19; 21)

The means

Having cleansed her by water through the word

The motivation

To present the Church to Himself in splendor

Not having spot or wrinkle

BUT

Holy and without blemish (1:4-7)

5. The Loving Care and Attention Christ Gives to His Bride is
Grounded in His Union/Oneness With Her v. 28—32

- Implications for Marriage

God's Mandate for Marriage

The Biblical Blueprint for Marriage

It's possible for married people to remain "sweethearts" throughout their entire married lives. Couples who understand and pursue God's PURPOSE for their marriage, giving it the PRIORITY that He has designed, will find that it results in their greatest joy, and God's greatest glory.

That being said, these principles are God's MANDATE for marriage. These principles are not just a "good idea," or the best way to find happiness in marriage. To understand and follow them is obedience to God. To not understand and follow them constitutes disobedience. The glory of God is at stake, even more than your own blessing and happiness.

You must ask yourself if you understand, and are committed to, God's purposes for marriage. You must seek to pursue them in practical ways. They are inter-related and over-lapping.

God's PURPOSES for the Marriage Relationship

1. Lifelong Companionship

Marriage could be defined as a covenant of companionship (see also Proverbs 2:16-17, and Malachi 2:14). The origin of marriage is the first relationship between Adam and Eve, which God describes this way:

Genesis 2:18, 24 — Then the LORD God said, "It is not good that the man should be alone; I will make him a helper fit [NAS, "suitable"] for him." ... Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

To become "one flesh" is a unique union. No other relationship is described in this way. This implies that this is a very comprehensive partnership. It does not mean absolute uniformity in every way. However, it does imply a kind of unity that is unique, and comprehensively extends into every area of life (desires, goals, purpose, labors for God and others, etc.). The concept implies an intimate partnership that extends into the spiritual, physical, intellectual, social, emotional, vocational, and aspirational realms of their shared lives.

Every couple should be able to identify practical ways they are pursuing and maintaining this kind of oneness, as a matter living out God's mandate for their marriage.

2. Co-workers / Co-laborers

Common labor and service is illustrated in the life of Priscilla and Aquila (Acts 18:1-3). We see in various passages of Scripture the joy and joint-purposes that God has for the marriage relationship. It starts with the institution of marriage itself in the garden. In the Garden of Eden God blessed “them,” and they were both given responsibility to take care of what God made and to use it for His glory.

Genesis 1:26a, 28 — Then God said, “Let us make man in our image, after our likeness. And let them have dominion ... And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.”

3. Co-witnesses – Marriage is meant to picture Christ’s relationship to the church

Your marriage gives witness to the relationship between Christ and the church. It is to be a living illustration of what the loving, sacrificial headship of Christ looks like (husband), and what the gentle, willing submission of the church is to look like (wife).

Ephesians 5:22, 23a, 25, 31-32 — Wives, submit to your own husbands, as to the Lord. For the husband is the head of the wife even as Christ is the head of the church, his body ... Husbands, love your wives, as Christ loved the church and gave himself up for her, ... “Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh” [Genesis 2:24]. This mystery is profound, and I am saying that it refers to Christ and the church.

The Apostle Paul appeals God’s instituting of marriage (5:31; see Genesis 2:24), indicating that the original design of God in marriage was to picture this profound mystery. Again, every couple should be able to point to practical ways they (husbands) are seeking to live out loving, sacrificial leadership in the home, and (wives) humble, willing submission.

4. Pleasure and Enjoyment

The Song of Solomon alone would be enough to indicate that God has designed marriage to a pleasurable experience. It should be read on every honeymoon (but maybe not before).

Proverbs 5:18–19 — Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love.

This is enjoyment is designed to be a mutually satisfying experience (1 Corinthians 7:3-4). Husbands and wives should be actively pursuing the satisfaction and pleasure of their spouse.

5. Procreation – Children are the physical product of “most” marriages. While there are exceptional cases where God closes the womb, or there are physical limitations that might make having children an unwise choice, most marriages should desire and pursue having children. There may also be temporary reasons to not have children, but there is no such idea in Scripture of a couple not desiring children if God has opened the womb! Numerous passages point to this principle (Malachi 2:15; Psalm 127:3-5; 128:1-4).

God’s PRIORITY for the marriage relationship

The marriage relationship is the only relationship uniquely described as “two becoming one.” It takes priority over all other relationships, as indicated by the “leaving and cleaving” language [ESV, “hold fast”] with which it is first described and defined (Genesis 2:24). Its importance in God’s economy is highlighted by it being used as a measure of godly leadership in the church, as well as a picture of His relationship to His people.

Someone has said, “We should never sacrifice the permanent for what is temporary.” Couples should be able to see how they have left parents, and made one another the priority relationship. They should also be able to point to how they pursue and maintain their one-flesh partnership as the most important relationship in their lives (above children and friends).

Husbands and wives must be committed to the marriage relationship above all others in practical ways, pursuing what cultivates oneness and avoiding the things that hinder it.

The Biblical Blueprint for Marriage

MEMORIZE Genesis 2:18 & 2:24 –

18 Then the Lord God said, “It is not good that the man should be alone; I will make him a helper fit for him” ... 24 Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

Who defined, created and established marriage? Give at least three reasons why this fact is significant?

What are some common conceptions of marriage in our culture that do not reflect the biblical design? Do you think any of these common conceptions of marriage have influenced or undermined your pursuit of a God-honoring marriage relationship? How?

God’s PURPOSES for the marriage relationship

The handout lists five biblical purposes for the marriage relationship. Make sure that you can recite the five purposes for marriage, and the biblical passage that supports that purpose, before the next meeting.

- Lifelong Companionship (Gen. 2:18, 24)
- Co-laboring (Gen. 1:26-28)
- Witness of Christ’s relationship to the church (Eph. 5:31-32)
- Mutual Pleasure (Pro. 5:18-18; 1 Cor. 7:2-5)
- Pro-creation / children (Psa. 127:3-5; Gen. 1:28)

Marriage can be defined as a covenant of companionship (see Proverbs 2:16-17, and Malachi 2:14). How do you define companionship? How does your spouse define companionship? Note below the differences in your two definitions.

To become “one flesh” is a unique union. No other relationship is described in this way. The unity of two persons extends to every aspect of life together. Can you think of two practical way to pursue “oneness” in the following areas?

- Spiritual -
- Social -
- Emotional -
- Intellectual -
- Physical -
- Aspirational -

Adam and Eve were to tend and keep the garden. All married couples have a calling to “exercise dominion” over their small corner of the earth. How do you and your spouse attempt to work/labor together? Maybe thinking of these categories might help.

- Church -
- Family -
- Vocation -

Scripture says marriage is meant to picture Christ’s relationship to the church (Eph. 5:31-32). What does the context of Ephesians 5 say must be happening in a marriage in order for this to happen?

Are you committed to fulfilling the sexual desires of your spouse? Discuss with your spouse what each believes would be the ideal frequency of sexual relations. Was their answer surprising? Why or why not?

Because the marriage relationship is the only relationship uniquely described as “two becoming one,” it must take priority over all other relationships. What relationships or commitments in your lives potentially make prioritizing the marriage difficult?

Are there steps you should take in those relationships and commitments to make your marriage the priority God has designed it to be?

Many husbands fail to actually sit down and ask, “What does God require of me in my marriage?” We want to ask that question together, and help you understand God’s overall design and purposes for marriage. Equally important is making sure you understand how to live out these principles in practical ways.

The Bible describes three primary responsibilities for a husband to pursue if he desires to honor God.

The Husband is to be a LOVER (Ephesians 5:25-33)

The simplest statement of this purpose in the Bible is in Ephesians 5:25: “Husbands, love your wives, as Christ loved the church and gave himself up for her.” It is important to know what this love **means** (loved *defined*) and what this love **looks like** (love *described*).

Love Defined. Popular culture misses the mark here in more ways than we can count (how many wrong ideas about love can you come up with?). Many over emphasize physical or emotional feelings. Love in the Bible, however, is much more significant than that. The verse above emphasizes that Jesus Christ is the supreme example of what true love looks like. How is Jesus Christ the example? He willingly gave His life for the benefit of others (John 3:16) even when those He died for were still His enemies (Rom. 5:8).

That leads us to define love as follows: “*Love is a choice to actively and sacrificially pursue the best interests and needs of another person.*” It must involve actions above feelings, and have God’s glory as the motivation.

Love Described. As we consider the example of Jesus Christ and the way genuine love is described in the Bible, we have compiled the following terms to describe the very practical nature of God’s kind of love. You should try to identify practical ways each of these principles should be lived out in your marriage relationship.

- Biblical love is willing to love **FIRST**. John reminds us that we love Jesus Christ because He first loved us (1 John 4:19). The husband should “set the tone” of an affectionate relationship, and must pursue that with initiative and diligence no matter how his wife responds (or doesn’t respond).
- Biblical love strives to love **MOST**. Jesus Christ loves the church far more than the church loves Him in return. His love is infinite and perfect. Husbands must strive to follow that example.
- Biblical love is **SACRIFICIAL**. A godly husband must be willing to give up personal desires, goals, and plans for the sake of his wife.

Love focuses on giving, not getting. There is no greater object of affection and service than the one with whom you have become one flesh.

- Biblical love is expressed IN SPITE OF OTHERS FAULTS. Romans chapter five reminds us that the supreme example of love was demonstrated by Christ “while we were yet sinners” (5:8) and “enemies” (5:11) of Christ. Though it is hardest to love others when we are wronged by them, this is the kind of love Jesus showed us and that husbands are called upon to imitate (Eph. 5:25).
- Biblical love must be VISIBLE. We are told to love others “not with word or tongue, but in deed and truth” (1 John 3:18). When God loved us He *demonstrated* it (Rom. 5:8) and *gave* us His Son to die on our behalf (John 3:16). It was more than just feelings of affection. It was shown by His actions.
- Biblical love is UNCEASING. Nothing can separate us from Christ’s love (Rom. 8:38-39). A husband’s love should be just as faithful and certain.
- Biblical love is FORGIVING. A spirit of humility, gentleness, and patience must characterize a husband’s love for his wife (Col. 3:12, 13, 18).
- Biblical love is CONSTRUCTIVE. Just as Jesus Christ nourishes and cherishes the church, seeking to sanctify and cleanse it through the word (Eph. 5:26-27), a husband’s love must also seek to build up his wife and help her grow spiritually and in every other appropriate way.
- Biblical love is LOYAL. In fact, a husband’s love is to be as loyal to his wife as he is faithful to feed, clothe, and care for his own body (Eph. 5:28-29).

The Husband is to be a LEARNER (1 Peter 3:7)

The Apostle Peter writes, “husbands, live with your wives in an understanding way [literally, “according to knowledge”], showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered” (1 Pet. 3:7).

Our culture says “you can’t understand women!” God says you *MUST* know and understand the one He has given you in order to be a faithful husband. You know everything about your favorite team, hobby, or television series. You should certainly be more devoted to your wife with whom you are one flesh than you are to pursuits such as those. You must actively make time and exert effort to *LEARN* about her. What pleases her? What annoys her? What are her strengths and

weaknesses? Her burdens and concerns? Her hopes and dreams? What causes her fear or worry? *What is important to her must be important to you.*

The result of this “knowledge” concerning your wife should be an intentional pursuit to treat her as the “weaker vessel” and “fellow heir of the grace of life.” The idea is captured by expressing practical care, concern, and affectionate service. To honor your wife means to value her in every way, and to treat her as the precious possession God tells you that she is. She is His gift to you.

The Husband is to be a LEADER (I Corinthians 11:3)

The Apostle Paul outlines a role of leadership for the husband, which is grounded in truth about the Godhead. He says, “I want you to understand that the head of every man is Christ, the head of a wife is her husband, and the head of Christ is God” (I Cor. 11:3). The headship of the husband has to do with his authority and role, not his essence or ability. Spiritually men and women are equal (Gal. 3:28). Functionally, however, they have been designed by God to have different but complementary roles in the family.

This leadership is not a dictatorship, and does not (*must* not) demand submission in a stubborn willful way. Rather, it must follow the example of Christ’s leadership, who lovingly serves and cares for those He leads (see Matt. 20:25-28). It must model the example of Adam’s headship over Eve, as they fulfilled their joint calling of exercising dominion over the earth. Adam was her spiritual head and Eve was his perfectly fit helper in the work given by God (see Gen. 2:18-24). There should be a lot of interaction, reliance, and delegation, along with mutual counsel and consent, in the dynamics of a true one-flesh, co-laboring, companionship. Like Christ, a godly husband will “count others more significant” than himself, and “look not only to his own interests, but also to the interests of others” in his family (Phil. 2:3-4). This is a godly biblical leadership style.

Practically this means you will be focused on the family’s needs. You must be concerned to see your wife and children growing in the knowledge of God and biblical wisdom (Eph. 5:26-27; 6:4; Pro. 4:1-27). Meeting needs also implies a duty to provide materially (I Tim. 5:8)). You must strive to set an example of character and obedience (Phil. 4:9). Your language and tone must one that edifies, encourages, and give grace (Eph. 4:29). You must be one who embraces joyfully your wife and children (Pro. 5:18; Psa. 127, 128).

The godly husband must understand these three overarching

responsibilities, and pursue them in practical, loving, and intentional ways—for the glory of God and the good of his wife and family.

The Husband is to be a LOVER (Ephesians 5:25-33)

MEMORIZE Ephesians 5:25 (extra credit for verses 26-30)

Be able to express the biblical definition of love: *“Love is a choice to actively and sacrificially pursue the best interests and needs of another person.”*

How many wrong ideas about love can you come up with—ideas/beliefs about love that are popularly believed, expressed, or stated?

Consider each of the characteristics of **Love Described** as they were communicated in the handout.

- ✓ For each one, give two practical ways your love for your wife could be expressed in order to exhibit the quality of biblical love described.
- ✓ Without telling your wife your answers, ask her to give you two practical ways your love for her could be expressed in order to exhibit that same quality.
 - Biblical love is willing to love FIRST (1 John 4:19)
 - Biblical love strives to love MOST
 - Biblical love is SACRIFICIAL
 - Biblical love is expressed IN SPITE OF OTHERS FAULTS (Romans 5:8, 11)
 - Biblical love must be VISIBLE (1 John 3:18; John 3:16)
 - Biblical love is UNCEASING (Rom. 8:38-39)
 - Biblical love is FORGIVING (Col. 3:12, 13, 18)

- Biblical love is CONSTRUCTIVE (Eph. 5:26-27)
- Biblical love is LOYAL (Eph. 5:28-29)

The Husband is to be a LEARNER (I Peter 3:7)

MEMORIZE I Peter 3:7

Answer honestly, are there hobbies, pursuits, interests, or even other legitimate responsibilities (like work) that you sometimes find “more interesting” to read and learn about than your wife? If so, why do you think this has happened? Are you ready to repent before God and ask Him (and your wife) for forgiveness?

What things that you do around the house pleases your wife the most? Does she agree with your answer?

What things that you do annoy your wife the most? What is her answer?

What do you think your wife’s greatest strength is? What does she think her greatest strength is?

What is your wife’s biggest burden and concern in life right now?

How would your wife finish this sentence: “I feel most valued and treasured by my husband when.....”

Given what you have learned above, what are five practical things you

could do on a more regular basis in order to show honor, love, and affection to your wife?

The Husband is to be a LEADER (I Corinthians 11:3)

In what ways have you misunderstood, or not faithfully pursued, being God's kind of leader in your marriage and home?

What changes do you think you should be working toward in order to be the kind of loving, servant-leader that Christ has called you to be? Are there any things your wife would add to your list?

Are there ways you need to change your personal habits in order to be a better example to your wife and children?

A wife's understanding of her role, and learning to be joyful in it because of her trust in God, is key in fulfilling God's purpose for marriage. The biblical model for marriage was established by God prior to the fall. Living according to His design is how we best function and how we glorify Him. Living by God's design also has innumerable benefits and blessings for us as we live out our lives. Three words describe the role of the wife.

The Wife Must Pursue Being a Fitting HELPER

In a very real sense, this responsibility is what initiated God's plan and purpose in creating the woman and providing her to the first man Adam. Genesis 2:18 says, "Then the Lord God said, 'It is not good that the man should be alone; I will make him a helper fit for him.'" The term "fitting [or 'suitable'] helper" suggests the ideas of completion, correspondence, and complementary roles. It means the wife was God's gift to Adam, and she was perfectly created and adapted to meet the needs that were lacking in the home (Pro. 31:10-31). It is by no means a derogatory term because it is used of God 14 times (see Psa. 27:9; 30:10; 40:17; 63:7; 70:5).

How does a wife complement, complete, and be a suitable helper to her husband? Here are a few ways.

- First, she completes and contributes as her husband's first and most intimate companion. As one half in a one-flesh relationship, the wife should strive to be her spouse's closest friend. It was the problem of the man being "alone" that prompted God's creation of the gift of a wife for him.
- This means, second, that she provides emotional support and encouragement in ways no one else can. She should seek to understand and enter into her husband's world to the degree that enables her to truly help and strengthen him in the ups and downs of his emotional life.
- This endeavor is also clearly a spiritual support as well. As her husband's closest companion the wife should know the areas of weakness where she can encourage him to grow, and the areas of strength that she can commend and reinforce. She should be lovingly speaking truth into his life.
- Fourth, the wife is uniquely given as a physical complement and help to her husband. No one else can righteously fulfill his legitimate physical desires. The wife should be willing and excited to do so whenever possible (1 Cor. 7:2-5; Heb. 13:4; Pro. 5:19).

- Next, the wife is a help to her husband *parentally*. Most often, and necessarily so, a wife takes a more active and influential day-to-day role in child training (1 Tim. 2:15; Titus 2:3-5).
- Titus 2:4-5 also outlines that wives are a help *domestically*. They are the household managers, keeping order and displaying virtue as she cares for her husband and children (Pro. 31:11-14).
- Management and care of the home, along with the one-flesh nature of marriage itself, suggests that wives must be a support and help *intellectually*. She will likely be her husband's best source of counsel. Her connection to his work, life, and home makes her input invaluable (Pro. 31:26).
- Last, but certainly not least, the wife is a help in *ministry* and service to others. They are called to be co-laborers for God (Gen. 1:26-27; 2:15). They must serve God together!

The Wife Must Pursue Expressing Proper REVERENCE

This responsibility is stated clearly by the apostle Paul in Ephesians 5:33b, where he says, "let the wife see that she respects her husband." The term is rich with meaning, and includes the concepts of respect, regard, honor, esteem, praise, and admiration. What are some practical ways this attitude should express itself?

- *Express thankfulness*. If reverence means anything, it means placing value on the one you reverence. This will always be accompanied by gratitude in some fashion. While no husband is perfect, there is always room for proper thanks, both to God and to him. Thank him when you can.
- *Embrace contentment*. A wife must strive to be satisfied no matter what her circumstances. Not every husband is as worthy of respect as he should be. But there is a degree of propriety, within reason, in simply honoring him for his God-given role and position.
- *Praise him when he does well*. Scripture says to give honor to whom honor is due (1 Pet. 2:16). Praise him for whatever it is that he does well. Make a conscious effort to not dwell on his mistakes, or to verbally repeat the things he does poorly (to him, or to others).
- *Encourage him when he fails*. This is the complement to the previous principle. Sometimes men "aim small, and miss small,"

but at least he's in the hunt. Encourage him to keep going, rather than be so critical that he wants to give up or is convinced that you will never be satisfied.

- *Be his submissive helper.* Faithfully living out the other two responsibilities above is perhaps the greatest expression of respect a wife can make. It says by attitude and action that she respects the role God has given her husband in her life, and is seeking to be enabled by His grace to live out the roles and responsibilities that He has given to her.

The Wife Must Understand and Embrace Biblical SUBMISSION

The world has rejected God's wise and good plan for marital relationships (and roles in particular). Beginning with Satan himself (Isa. 14:13), and continuing with Adam and Eve in the Garden (Gen. 3:5-6), God's creatures have rejected the idea of submission. Often this is justified by painting wrong ideas about marital submission which do not square with biblical teachings. The call to submission is not based upon, nor does it imply, any degree of inferiority on the wife's part (1 Cor. 11:3). It also does not suggest the superiority of a husband's ability or authority (1 Pet. 3:7; Gal. 3:28). Every person has relationships and arenas where they are called to submit to others (Rom. 13:1; 1 Pet. 2:13-18; Eph. 5:20-21). Just as the body of Christ works properly when every member is doing its part (Eph. 4:15-16), so a godly home will be one of open communication and cooperation. Proper cultivation of the one-flesh relationship of marriage fosters a family culture of mutual respect, common goals, and shared purposes.

This responsibility is stated clearly in Ephesians 5:22-24 — “Wives, submit to your own husbands, as to the Lord. For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. Now as the church submits to Christ, so also wives should submit in everything to their husbands.”

Submission Defined. Generally, the term means to “voluntarily arrange yourself in rank under another.” It is humbly recognizing and placing yourself under the authority of another.

Submission Described. The ideal in a Christian home is that this authority is exercised in a loving, Christ-like way (Eph. 5:25ff). Even when the ideal is not being followed by one's husband the attitudes of humility and submission can be God's means (1) of winning a husband to obedience to Christ, (2) of displaying the precious inner beauty of a gentle and quiet spirit, and (3) of expressing an attitude of trust in God (1

Pet. 3:1-6).

The attitudes and actions of submission is designed by God to be a picture of the bride of Christ willingly submitting to the head of the church (Eph. 5:23-24). We also see that Paul's words imply that this submission may extend to anything that is not otherwise limited by biblical principle (Eph. 5:24 – "wives should submit in everything"). Clearly, this does NOT mean wives must violate other commands of Scripture (Acts 4:19; 5:29). The husband has no authority to ask his wife to sin. She may, however, be required to submit in matters of personal preference or differences of opinion, trusting God to providentially accomplish His will in the home.

The Wife Must Pursue Being a Fitting HELPER

MEMORIZE Genesis 2:18

Consider each of the characteristics of being a ***Fitting Helper*** that were listed in the handout.

1. For each one (a thru h below), give two practical ways you could be a helper to your husband in that area.
2. Without telling your husband your answers, ask him to give you two practical ways you could be a fitting helper to him.
 - Being your husband's companion
 - Helping your husband emotionally
 - Helping your husband spiritually
 - Helping your husband physically (sexually)
 - Helping your husband parentally
 - Helping your husband domestically
 - Helping your husband intellectually (with counsel)
 - Helping your husband in ministry and service to others

The Wife Must Pursue Expressing Proper REVERENCE

MEMORIZE Ephesians 5:31-33

1. Express thankfulness. For the next week, write down on a 3x5 card five things a day you are thankful to God for about your husband. Thank God for them all. Thank him for at least one of them every day.
2. Embrace contentment. Identify the five things you are most likely to experience discontentment about in your marriage and home. For each, what are the subtle lies you tell yourself (biblical truths you forget) that cultivate this discontent?
3. Praise him when he does well. Make an active effort to praise your husband for at least one thing a day (not something he's done for you, necessarily). Journal or log your attempts to praise him.
4. Praise him when he does well. Identify ways you may "dwell on" or "repeat" the mistakes of your husband. What truths are you forgetting when you do this?
5. Encourage him when he fails. Identify projects, responsibilities, or pursuits that your husband finds difficult to start or complete well? How can you encourage him to persevere and succeed?
6. Be his submissive helper. Are there any other observations and changes you have considered you need to make in order to fulfill your role as a submissive helper?

The Wife Must Understand and Embrace Biblical SUBMISSION

MEMORIZE Ephesians 5:22-24

1. Be able to express the biblical definition of submission: "*Submission is humbly recognizing the God-given authority of another, and voluntarily placing yourself under their authority.*"
2. How many wrong ideas about submission can you come up with—ideas/beliefs about submission that are popularly believed,

expressed, or stated?

3. What are some practical ways you could better express submission through the “hidden person of the heart with the imperishable beauty of a gentle and quiet spirit” (1 Pet. 3:4)?

4. Have you ever been asked (or are you currently being asked) by your husband to submit to something that you believe was not biblical? Describe the circumstances. How did you (or are you) responding?

5. Are there matters of personal preference or opinion that your husband desires you to submit to him, and that you find difficult? What changes in attitudes or actions should you take?

Paul Tripp Marriage Video Series

#1 The Purpose of Marriage

#2 Die to Live

#3 Friendship

#4 10,000 Moments

#5 Intimacy

NOTES: