

Salem Biblical Counseling Ministries



Notice

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Session Material:

Husband's Role In Marriage

Husband as Learner – 1 Peter 3:7

- A. A _____.
1. World says: "You can't understand a woman."
 2. A command that _____.
 3. A command that _____. See "*Fifty Questions to Ask Your Wife.*"
- B. A command to _____.
- C. Learning affects your _____. Psalm 66:18

Husband as Lover – Ephesians 5:25

- A. What is love?
1. American culture doesn't help.
 2. Biblical view:

John 3:16 – Love is giving.
Galatians 2:20
 3. Biblical love is a _____. Ephesians 5:25.
- B. What degrees of love are we to show?

1. _____ I John 4:19
2. _____ Ephesians 5:25
3. _____ Ephesians 5:25
4. _____ I John 3:18
5. _____ Romans 5:8
6. _____ Colossians 3:19
7. _____ Ephesians 5:28, 29

Husband as Leader – Matthew 20

A. What leadership is not:

1. A _____
 - a. Parable of laborers (v.1-16)
 - b. Example of _____ service (Matthew 20: 17-19)
 - c. Example of _____ service (Matthew 20:20-24)
 - d. Theme of _____ applied to leadership.

The test of your servanthood is how you _____ when you are treated like one.

2. All the decision-making.

B. Positive pace-setter.

Situation	Selfish Leader	Servant Leader
Children bickering in front of the TV		
Decision to buy a new car		
Wife says something inappropriate		

in church.		
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1. Focus on _____. Ephesians 5:25; Philippians 2:20, 21; Ephesians 6:4
2. _____-oriented. Ephesians 5:26-28; 6:4
3. Set example of _____. Philippians 4:9; Jeremiah 35:5-6
4. _____ Ephesians 4:29
5. _____ I Timothy 2: 11, 12; I Timothy 3: 4, 5, 12
6. Lives _____ with Proverbs 5:18
7. _____ leadership.

50 Questions to Ask Your Wife (Homework)

1. What are your five favorite foods, with the most favorite first?
2. What are your five favorite kinds of meals, with the most favorite first?
3. What are your five favorite desserts, with the most favorite first?
4. What are your five favorite restaurants, with the most favorite first?
5. What is your favorite color?
6. What are your five favorite hobbies, with the most favorite first?
7. What are your five favorite recreations, with the most favorite first?
8. What are your five favorite sources of reading, with the most favorite first?
9. What gifts do you like?
10. What is your favorite book of the Bible? Why?
11. What is your favorite verse of the Bible? Why?
12. What is your favorite song?
13. What makes you the most fulfilled and happiest as a woman?
14. What makes you the most fulfilled and happiest as a wife?
15. What makes you the most fulfilled and happiest as a mother?
16. What makes you saddest as a woman?
17. What makes you saddest as a wife?
18. What makes you saddest as a mother?
19. What do you fear most?
20. What other fears do you have?

21. What do you look forward to the most?
22. How much sleep do you need?
23. What are your skills?
24. What is your spiritual gift?
25. What are your weaknesses?
26. What things (personal, home, car, etc.) need repairing?
27. With what chores and responsibilities do you like my help?
28. What caresses do you enjoy most?
29. What caresses do you enjoy least?
30. What action of mine provides you the greatest sexual pleasure?
31. What other things stimulate you sexually?
32. At what times do you need the assurance of my love the most?
33. How can that love be shown?
34. What can I do that will make it easier to discuss and work on areas or problems that are uncomfortable for you?
35. What concerns do you have that I don't seem interested in?
36. What things so I do to irritate you?
37. What desires do you have that we haven't discussed?
38. What do you enjoy doing with me, with the most enjoyable first?
39. What things can I do to show my appreciation for you?
40. What varying desires (spiritual, physical, emotional, intellectual, social, worth, appreciation, recreational, security, etc) would you like me to provide?
41. In what ways would you like me to protect you (physically, spiritually, socially, emotionally).

42. In what ways would you like me to sacrifice for you?
43. What things are first in my life? As you look at me, what do you see? What is your perception of me?
44. What implied or unspoken desires and wishes of yours would you like me to fulfill?
45. What concerns and interests of yours would you like me to support?
46. How much time would be good for us to spend together each day?
47. In helping family members to use their skills and develop their abilities, what motivating factors would be helpful for me to use?
48. What can I do that provides the greatest comfort and encouragement for you when you are hurt, fearful, anxious or worried?
49. What personal habits do I have that you would like changed?
50. What ways demonstrate to you that you are a very important person who is as important or more important than I am?

Ways a Husband May Express Love to His Wife

(How to convince your wife you love her)

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

1. Functioning as the loving leader in your home.
2. Frequently telling her you love her.
3. Giving her a regular amount of money to spend in any way she chooses.
4. Leading family devotions regularly.
5. Smiling and being cheerful when you come home from work.
6. Helping her wash and dry the dishes at least twice a week.
7. Taking care of the children at least 3 hours a week so she can do what she chooses.
8. Taking her out for dinner or to do some fun thing at least once a week.
9. Doing the "fix-it" jobs she wants done around the house.
10. Greeting her when you come home with a smile, a hug, a kiss and "Am I glad to see you. I really missed you today."
11. Giving her a lingering kiss.
12. Frequently patting her on the shoulder or fanny or holding her hand and caressing her.
13. Being willing to talk to her about her concerns and not belittle her for having those concerns.
14. Looking at her with an adoring expression.
15. Sitting close to her.
16. Rubbing her back or.....
17. Shaving or taking a bath or brushing your teeth before you have sexual relations.
18. Wear her favorite aftershave lotion.

19. Writing love notes or letters to her.
20. Letting her know you appreciate her and what you appreciate about her. Do this often and for things that are sometimes taken for granted.
21. Doing the dishes while she relaxes or takes a bubble bath.
22. Playing with her; sharing her hobbies and recreational preferences enthusiastically; including her in yours.
23. Seeking to set a good example before the children.
24. Talking about her favorably to the children when she can hear you and when she cannot.
25. Bragging about her good points to others; letting her know you are proud to have her as your wife.
26. Maintaining your own spiritual life through Bible study, prayer, regular church attendance and fellowship with God's people.
27. Handling your affairs decently and in order; structuring your time and using it wisely.
28. Making plans carefully and prayerfully.
29. Asking her advice when you have problems or decisions to make.
30. Following her advice unless to do so would violate biblical principles.
31. Fulfilling your responsibilities.
32. Being sober, but not somber about life.
33. Having a realistic, biblical, positive attitude about life.
34. Discussing plans with your wife before you make decisions and when the plans are made, sharing them fully with her, giving reasons for making the decision you did.
35. Thanking her in creative ways for her attempts to please you.
36. Asking forgiveness often and saying, "I was wrong and will try to change."
37. Actually change where and when you should.
38. Sharing your insights, reading, good experiences with her.

39. Planning for a mini-honeymoon where the two of you can do whatever you want.
40. Giving a low whistle or some other expression of admiration when she wears a new dress or your favorite negligee or...
41. Gently brushing her leg under the table.
42. Being reasonably happy to go shopping with her.
43. Relating what happened at work or whatever you did apart from her.
44. Reminiscing about the early days of your marriage.
45. Expressing appreciation for her parents and relatives.
46. Taking her out to breakfast.
47. Agreeing with her about getting a new dress or some other item.
48. Thank her when she supports your decisions and cooperates enthusiastically. Especially make it a matter of praise when she supports and helps enthusiastically at times when you know she doesn't fully agree.
49. Asking her to have sexual relations with you and seeking to be especially solicitous of her desires. Express gratitude when she tries to please you.
50. Buying gifts for her.
51. Remember anniversaries and other events that are special to her.
52. Watching the TV program or going where she wants to go instead of doing what you want to do. Do it cheerfully and enthusiastically.
53. Being cooperative or appreciative when she holds you, caresses or kisses you.
54. Being cooperative when she tries to arouse you and desires to have sexual relations. Never make fun of her for expressing her desires.
55. Running errands gladly.
56. Pampering her and making a fuss over her.
57. Being willing to see things from her point of view.

58. Being lovingly honest with her – no backdoor messages – no withholding of the truth that may hinder your present and future relationship.
59. Indicating that you want to be alone with her and just talk or lie in each others arms.
60. Refusing to “cop out”, “blow up”, attack, blameshift, withdraw or exaggerate when she seeks to make corrective suggestions or discuss problems.
61. Giving her your undivided attention when she wants to talk.
62. Cheerfully staying up past your bedtime to solve a problem or share her burdens.
63. Getting up in the middle of the night to take care of the children so that she may continue to sleep.
64. By holding her close while expressing tangible and vocal love when she is hurt, discouraged, weary or burdened.
65. Planning vacations and trips with her.
66. Sometimes helping her yourself instead of telling the children to “help mommy.”
67. Being eager to share a good joke or some other interesting information you have heard.
68. Joining with her in a team ministry at church.
69. Doing a Bible study or a research project together.
70. Establishing a family budget.
71. Keeping yourself attractive and clean.
72. Being helpful and cooperative as co-host when you have people in for dinner or fellowship.
73. Asking her to pray with you about something.
74. Spending time with the children in play, study or communication.
75. Acknowledging that there are some specific ways or areas in which you need to improve.
76. Refusing to disagree with her in the presence of others.
77. Cooperating with her in establishing family goals and then in fulfilling them.
78. Being available and eager to fulfill her desires whenever and wherever possible.

79. Beginning each day with cheerfulness and tangible expressions of affection.
80. Planning to spend some time alone with her for sharing and communicating every day.
81. Remembering to tell her when you must work late.
82. Refusing to work late on a regular basis.
83. Taking care of the yard work properly.
84. Helping the children with their homework.
85. Refusing to compare her unfavorably with other people.
86. Handling money wisely.
87. Not allowing work, church or recreational activities to keep you from fulfilling marriage and family responsibilities.
88. Trying to find things to do with her.
89. Being willing to go out or stay home with her.
90. Being polite, courteous and mannerly with her.
91. Refusing to be overly dependent on your family or friends.
92. Developing mutual friends.
93. Providing adequate hospitalization insurance.
94. Trying to the level of ability to provide housing and some support for your family in case you should die or become disabled.
95. Being especially helpful and solicitous when she is not feeling well.
96. Being on time.
97. Going to PTA with her.
98. Letting her sleep in once in a while by getting the children breakfast and, if possible, off to school.
99. Frequently allowing her to have her own way, unless to do so would be sinful.

100. Putting the children to bed at night.

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

102. Not nit-picking and finding fault and giving her the impression that you expect her to be perfect.

Scorecard for Husbands

Rating scale: never = 0; seldom = 1; frequently = 3; regularly = 4

Do I love my wife and am I expressing biblical (unselfish) love to her as I should?	0	1	2	3	4
Do I love her even when I don't feel like it?	0	1	2	3	4
Is my love unconditional love?	0	1	2	3	4
Do I regularly express my love in words?	0	1	2	3	4
Do I seek to provide for her varying desires (physical, emotional, intellectual, social, recreational, spiritual: for worth, appreciation, security, etc.)	0	1	2	3	4
Do I protect her (physically, spiritually, socially, emotionally?)	0	1	2	3	4
Do I assist with her chores and responsibilities?	0	1	2	3	4
Do I sacrifice for her?	0	1	2	3	4
Do I freely share my life, my concerns with her?	0	1	2	3	4
Do I regularly show appreciation?	0	1	2	3	4
Do I put her first in my life after my relationship with God?	0	1	2	3	4
Do I treat her with tenderness, respect and courtesy?	0	1	2	3	4
Do I fulfill her implied or unspoken desires or wishes?	0	1	2	3	4
Do I frequently talk about her favorably in front of the children and other people?	0	1	2	3	4
Do I remember birthdays, anniversaries and other special occasions.	0	1	2	3	4
Do I ask her advice frequently?	0	1	2	3	4
Do I ask forgiveness for failures quickly?	0	1	2	3	4
Do I accept her suggestions without becoming upset?	0	1	2	3	4
Do I change when she makes a suggestion?	0	1	2	3	4
Do I handle finances responsibly?	0	1	2	3	4
Do I give her money to spend as she wishes?	0	1	2	3	4
Do I run errands gladly?	0	1	2	3	4
Do I take care of the children and let her do what she wants to frequently?	0	1	2	3	4
Do I give her my undivided attention when she wants to talk?	0	1	2	3	4
Do I comfort and encourage her when she is hurt, fearful, anxious, worried?	0	1	2	3	4
Do I support her and her concerns and interests?	0	1	2	3	4
Do I plan to spend time alone with her each day?	0	1	2	3	4
Do I change personal habits that annoy her?	0	1	2	3	4
Do I encourage her initiative and creativity?	0	1	2	3	4
Do I treat her as a very worthwhile person who is as important or more important than I am?	0	1	2	3	4
Do I really make my relationship with her a priority matter?	0	1	2	3	4
Take at least 10 of the questions that you have answered with a 3 or 4 and give one or two examples of times you manifested love to your wife in these ways.					
Select at least five ways in which you need to improve your expression of love to your wife. List these ways and plan what you will do to improve.					
Am I a good manager? (I Timothy 3:4,5; Ephesians 5:23)	0	1	2	3	4

Do I know what is going on in my home from day to day?	0 1 2 3 4
Am I leading my family in the direction it is going?	0 1 2 3 4
Do I know the skills and abilities, strengths and weaknesses, problems and concerns of family members?	0 1 2 3 4
Do I use the skills of family members?	0 1 2 3 4
Do I have clearly defined goals for my family?	0 1 2 3 4
Do I motivate family members to use their skills and develop their abilities?	0 1 2 3 4
Do I lead in family worship regularly?	0 1 2 3 4
Do I spontaneously talk about spiritual matters?	0 1 2 3 4
Do I delegate responsibilities clearly?	0 1 2 3 4
Do I hold family members accountable for their responsibilities?	0 1 2 3 4
Do I have clear biblical convictions?	0 1 2 3 4
Do I have foresight in seeing potential problems and prepare my family for them?	0 1 2 3 4
Do I get along well with other family and help them get along with each other?	0 1 2 3 4
Have I made the clear biblical convictions known in a specific way?	0 1 2 3 4
Do I spend time with family members regularly, listening to them, playing with them, encouraging them, communicating goals and directions to them?	0 1 2 3 4
Do I provide order and organization that gives security?	0 1 2 3 4
Do I commend family members regularly?	0 1 2 3 4
Am I really in control of what is happening to my family?	0 1 2 3 4
Do I lead my family in church attendance and involvement?	0 1 2 3 4
Do I plan fun and recreational times for my family regularly?	0 1 2 3 4
Do I make decisions in a biblical way?	0 1 2 3 4
Take several of the questions that you answered with a 3 or 4 and give examples of how you lead your family in these areas.	
Take several leadership areas where these questions revealed some weaknesses and plan what you will do to improve.	

How to Show Love To Your Wife

1. Make her first place in your life and show it second only to your relationship to Christ. If she senses she is not first place, she will doubt your love and become insecure. How may she find out her place in your life? What means more to you?
 - a. Your wife or your children?
 - b. Talking with your wife or sex with her?
 - c. Your wants or her needs?
 - d. Praying with your wife or praying with others?
 - e. Helping other people or helping your wife?
 - f. Your work or your family?
 - g. Church activities or family needs?

She knows when she is not cherished or uppermost in your affections. She knows what you delight in more than her. The husband, in his headship, is to express love for his wife by meeting her needs. I Peter 3:7

2. Recognize her attempts to please you. Her attention to immediate details and her desire to express love to you may motivate her to do little things for you. When you fail to recognize them or express appreciation for them you are insensitive to her. She needs your admiration and praise. Don't disregard, laugh at or belittle what she does for you. Be very careful to watch for her attempts to please and then express appreciation.
3. Don't unfavorably compare her with other people, especially women. Generally, you don't point out some ability she lacks or some appearance you prefer. In her eyes, that person pleases you more than she does.
4. Be the spiritual leader in your home. She longs for this. If you do not provide it or do show disinterest in it, she is unable to place her full confidence in you. She may seek leadership from others. How to be a spiritual leader.
 - a. Personal time with the Lord.
 - b. Family devotions.
 - c. Solving family problems biblically.
 - d. Sharing new spiritual insights with her.
5. Value her opinion. She sees things in a different frame of reference or from a different perspective than you. Let her know: "As far as possible, I will not make any decisions until we are one in spirit about that decision."

6. Show self control and personal discipline in all areas of life. Did you marry her for satisfaction of sexual desire or to meet her needs? When you do nothing when she attempts to help you or correct you, this hurts her even more.
7. Prepare her for change. She needs time for change. She needs to make a mental readjustment before that change occurs.
8. Be consistent with her discipline of children. Don't take sides against her. Don't defend the children. This causes her to doubt your loyalty to her. She may think you are trying to turn the children against her. Settle differences away from the children.
9. Don't correct her in public. Don't use jokes about her or cutting remarks to her in front of other people in order to emphasize some change in her you would like to have. If she makes a mistake or misquotes someone, tell her about it privately. Then, only if her statement will have harmful results for someone.
10. Speak to her in a gentle spirit. Be a gentleman. Do not use harsh words. Always look for ways to communicate to her in gentleness and with tact.
11. Praise her. For more than her cooking and physical involvement. For qualities of character she possesses. This requires thought and planning.
12. Remove her fears. Discover them – listen. Write them out. Then write out things you can do to eliminate them.
13. Show creative affection. Other than sex. Affection without sex – good manners – be courteous.
14. Build security with her. Knowing she has a permanent place in your heart and affection. Be careful to show attention to another woman in such a way as to disillusion her. Be a one-woman man.
 - a. Do not enjoy the company of another woman more than your wife.
 - b. Do not become delighted with another woman.
 - c. Don't praise another woman in front of your wife.
 - d. Don't talk favorably about another woman to your wife.
 - e. Be delighted with your wife.
 - f. Notice her more.
 - g. Attach more value to her.
 - h. Admit when you are wrong and she is right.
15. Delight in fulfilling her little wishes. She has little things for you to do – no imposition on your time. Gives you chance to reassure her of your love by enjoying and doing little things for her and meeting her needs. Don't

replace it with a major job. Gives her the idea her suggestions and ideas are not good and yours are better. She feels like it was forced on you and she feels like a demanding wife. Do it in the spirit of "I'm enjoying doing it.- not as a job to get out of the way.

16. Provide time for intimate conversation. Plan ahead and free atmosphere from distractions.
17. Spend time with the children. It delights your wife. Give them your undivided attention. Do what they want to do. Frequency is very important.

Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Answer Key:

Husband's Role In Marriage

Husband as Learner – 1 Peter 3:7

- A. A command.
 - 1. World says: "You can't understand a woman."
 - 2. A command that takes time.
 - 3. A command that takes time. See "Fifty Questions to Ask Your Wife."
- B. A command to treat her as fragile.
- C. Learning affects your spiritual life. Psalm 66:18

Husband as Lover – Ephesians 5:25

- A. What is love?
 - 1. American culture doesn't help.
 - 2. Biblical view: John 3:16 – Love is giving. Galatians 2:20
 - 3. Biblical love is a test of masculinity. Ephesians 5:25.
- B. What degrees of love are we to show?

1. First | John 4:19
2. Most Ephesians 5:25
3. Sacrificially Ephesians 5:25
4. Unmistakably | John 3:18
5. in spite of faults Romans 5:8
6. Without bitterness Colossians 3:19
7. Love as your own body Ephesians 5:28, 29

Husband as Leader – Matthew 20

A. What leadership is not:

1. A dictator
 - a. Parable of laborers (v.1-16)
 - b. Example of unselfish service (Matthew 20: 17-19)
 - c. Example of selfish service (Matthew 20:20-24)
 - d. Theme of servanthood applied to leadership.

The test of your servanthood is how you respond when you are treated like one.

2. All the decision-making.

B. Positive pace-setter.

Situation	Selfish Leader	Servant Leader
Children bickering in front of the TV		

Decision to buy a new car		
Wife says something inappropriate in church.		

1. Focus on needs. Ephesians 5:25; Philippians 2:20, 21; Ephesians 6:4
2. Goal-oriented. Ephesians 5:26-28; 6:4
3. Set example of control. Philippians 4:9; Jeremiah 35:5-6
4. Solve problems Ephesians 4:29
5. Teacher I Timothy 2: 11, 12; I Timothy 3: 4, 5, 12
6. Lives joyfully with Proverbs 5:18
7. Spiritual leadership. 2. Enough to avoid temptation.