



BIBLICAL PRINCIPLES FOR BUILDING A STRONG FAMILY



MINISTERING TO THE HEART OF YOUR WIFE

Colossians 3:19-*“Husbands, love your wives, and **do not be harsh with them.**”*

Ephesians 5: 25-33-*“Husbands, **love your wives, as Christ loved the church and gave himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word,** so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, because we are members of his body. “Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.” This mystery is profound, and I am saying that it refers to Christ and the church. However, let each one of you love his wife as himself, and let the wife see that she respects her husband.”*

1 Peter 3:7-*“Likewise, husbands **live with your wives in an understanding way, 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.”*

Men

- You cannot take your need for validation to your wife.
- YOU WILL NEVER BE ABLE TO FILL EVERY NEED IN YOUR WIFE’S HEART FOR LOVE, ACCEPTANCE, SECURITY, and SIGNIFICANCE.
- Do not allow the inadequacy you feel, the disapproval you have experienced, get in the way of pursuing and loving your wife.

Women

- Your husband stands alone before God with the responsibility to love and take care of you. You are not his teacher.
- Your husband alone will never be able to meet your needs for love, acceptance, and security. Only with an intimate relationship with Christ can you experience that.

I. WINNING YOUR WIFE'S HEART

What opens up the heart of a woman to a man?

What impacts and motivates a woman's heart?

What brings a couple together?

1. Faces that light up that say "I am glad to be with you!"
2. Surprises that brought joy.
3. Encouraging words in difficult times.
4. Enjoying quiet times together.
5. Feeling safe with one another.
6. Loving touches.
7. Spiritual intimacy building experiences.
8. You were "genuinely" glad to be together on an everyday basis.
9. You were blessed by the memory of being with them; you could not wait to be with them again.

How did you win your wife's heart? You answered her questions. You made her feel loved, lovable, and lovely.

II. DISTINCTIVE CHARACTERISTICS OF A WIFE'S HEART

1. Women (wives) are relational in their life purpose. Who are you?
 - Titus 2:4,5- "*And so train the young women to love their husbands and children, to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled.*"
 - Proverbs 31:11, 12- "*The heart of her husband trusts in her, and he will have no lack of gain. She does him good, and not harm, all the days of her life.*"
2. Wives don't want to be just "A" woman. They want to be "THE" woman in their husband's life. They need to feel like they matter, that they are needed.
 - Genesis 2:18- "*Then the LORD God said, "It is not good that the man should be alone; I will make him a helper fit for him."*"
3. Wives like to be part of their husband's life.
4. Wives desire to have emotionally intimate relationships with those close to them.
5. Wives are yearning to be romanced. They want to be pursued.
6. Wives need to be rescued when they are in trouble.

"Loving your wife will prove to be your greatest test as a man, and could end up being your biggest battle."

Often a woman's brokenness will remain hidden until she becomes engaged or married and then it all comes out. You would think that now that she is safe, now that she is loved, that would take care of it. But you see that now that she is safe and loved, she cannot keep pushing it all down. Her needs to be loved and accepted by her husband for all her brokenness and flaws will be even greater. This marriage can present an opportunity for healing, so long as the man handles it well.

III. HOW HUSBAND'S MINISTER TO THE HEART OF THEIR WIVES

1. A husband needs to treat his wife in a loving way. Colossians 3:19
"Husbands, love your wives, and do not be harsh with them."

- Forgive them
- Control your anger
- Kind tone of voice

2. A husband needs to demonstrate leadership, covering, and protection.

"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" (Ephesians 5:22-24).

- Demonstrates her need to be protected.
- Demonstrates her need to be taken care of.
- Women have a great need for security.
- Women are vulnerable to fears. What if? What about?
- Even women that have leadership abilities and appear to be strong have needs for security.
- Help them with their fears.

How to Help Your Wife With Her Fears

1. Have her write down a list of all of her fears, worries, and concerns.
2. Take a sheet of paper and make three columns—one for God, one for your husband, and one for yourself.
3. Take your list of fears and write it in the appropriate column for who is responsible to resolve it. (Anything that has to do with changing your husband goes into God's column.)
4. Pray and release each fear to God.
 - Those in God's column are your prayer requests
 - Those in your husband's column need to be shared with him in a respectful way.
 - Those in your column are your responsibility. Ask God for the strength, wisdom, resources, and time to resolve them.

3. The husband must be willing to sacrifice himself for his wife. Ephesians 5:25a *"Husbands, love your wives, as Christ loved the church and gave himself up for her."*

- A man must be willing to lay down his life for his wife.
- A man must sacrifice himself (death to self) in loving his wife.
- Loving her will not be comfortable.
- He must be willing to get hurt.
- Sacrificing for her communicates that she matters and has value.

4. A husband is to nurture his wife spiritually. *“That he might sanctify her, having cleansed her by the washing of water with the word, so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish”* (Ephesians 5:25b-27).

- Take care of your own spiritual growth.
- Accept and love your wife unconditionally.
- Care about and understand what God is doing in her life.
- Make certain she is in the Word of God and growing.
- Take her to the Lord in prayer.
- Make sure she is in fellowship with others.

5. A husband is to cherish his wife. *“In the same way husbands should love their wives as their own bodies. **He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church,** because we are members of his body”* (Ephesians 5:28-30)

- Affirm her value to you.
- Be glad to be with her (all the time).
- Do not defend yourself when she feels rejected by you; try to understand why she feels that way.
- Give her “I love you” hugs.
- Pay attention to her when she speaks to you.
- Ask her about her thoughts, feelings, hopes, and desires.
- Learn to speak her love language.
- Date her on a regular basis.

6. A husband is to dwell with his wife with understanding. *“Husbands **live with your wives in an understanding way**”* (1 Peter 3:7).

- Understanding indicates a mental understanding. Understanding helps a person to open up their heart. Misunderstanding causes a person to want to withdraw their heart.
- Learn how she is processing events, decisions, and life situations. A woman will process these things with her emotions (feelings), mind (logic), will (choice) and spirit (conscience).
- Learn to understand how she feels about things by solving the “emotional story problem.”
- Build your emotional vocabulary.

7. He must honor her as the weaker vessel. *“Showing honor to the woman as the weaker vessel”* (1 Peter 3:7).

- Acknowledge your wife’s vulnerabilities emotionally and physically.
- Be the emotionally strong one.

8. He is to treat her as a joint heir in Christ. *“Since they are heirs with you of the grace of life, so that your prayers may not be hindered”* (1 Peter 3:7).
- Protect your spiritual intimacy and the prayer life you share.

PERSONAL EVALUATION QUESTIONS

1. Do you look to your wife for your validation as a man?
2. Do you find it difficult to understand your wife’s heart?
3. Are there walls around your wife’s heart?
4. In what ways can you better minister to your wife’s heart?
5. Has it been difficult for you to dwell with your wife with understanding?

