

How Wives Can Bless Their Husbands

Proverbs 31:10-31—“An excellent wife who can find? She is far more precious than jewels. 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. She seeks wool and flax, and works with willing hands. She is like the ships of the merchant; she brings her food from afar. She rises while it is yet night and provides food for her household and portions for her maidens. She considers a field and buys it; with the fruit of her hands she plants a vineyard. She dresses herself with strength and makes her arms strong. She perceives that her merchandise is profitable. Her lamp does not go out at night. She puts her hands to the distaff, and her hands hold the spindle. She opens her hand to the poor and reaches out her hands to the needy. She is not afraid of snow for her household, for all her household are clothed in scarlet. She makes bed coverings for herself; her clothing is fine linen and purple. Her husband is known in the gates when he sits among the elders of the land. She makes linen garments and sells them; she delivers sashes to the merchant. Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household and does not eat the bread of idleness. Her children rise up and call her blessed; her husband also, and he praises her: ‘Many women have done excellently, but you surpass them all.’ Charm is deceitful, and beauty is vain, but a woman who fears the LORD is to be praised. Give her of the fruit of her hands, and let her works praise her in the gates.”

Proverbs 12:4—“An excellent wife is the crown of her husband, but she who brings shame is like rotteness in his bones.”

1. God’s Design for Blessing the Husband

“Enjoy life with the wife whom you love, all the days of your vain life that he has given you under the sun, because that is your portion in life and in your toil at which you toil under the sun.” (Ecclesiastes 9:9)

Understanding a Wife’s Role

1. Men and women are created in the image of God (*Genesis 1:27*).
2. In the order of creation, man was created first.
 - 1 Timothy 2:13—“For Adam was formed first, then Eve; and Adam was not deceived, but the woman was deceived and became a transgressor.”
3. The husband was created to rule over the earth; later the wife was created to be a helper that would be suitable for him. Both were created in the image of God, but each one was created to carry out a different role.
4. Woman was created for the man, not man for the woman. She is his completer.
 - 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.’”

- 1 Corinthians 11:8-9—“*For man was not made from woman, but woman from man. Neither was man created for woman, but woman for man.*”
5. The husband-wife relationship was impacted by the fall.
 - Genesis 3:16—“*Yet your desire (to control or overtake) shall be for your husband, And he shall rule (to have power) over you.*”
 6. The husband was and still is to be the head of his wife. (*Ephesians 5:2*)
 - The model of Christ and the church (*Eph. 5:22,24,32*)
 - Christ’s response to the church (*Eph. 5:25,28,29,33*)

The Excellent Wife (Proverbs 31:10-31)

1. An excellent wife is extremely valuable to a husband (v.10).
2. The heart of her husband trusts in her (v.11).
3. She will benefit her husband (v.12).
4. She is industrious (v.13-14).
5. She is resourceful in meeting the needs of her family (v.13-16).
6. She is a diligent worker in the home (v.17).
7. She helps those that are in need outside of the home (v.20).
8. Her husband has a good name with others (v.23).
9. She is woman that is known for good character (v.25).
10. She is a blessing to her children (v.28).
11. Her husband values her above all other women (v.28-29).
12. She reverences God (v.30).

2. The Battle for a Woman’s Heart in Responding to Her Husband

Why Women Have Difficulty

1. Emotional vulnerability as the weaker vessel.
2. Temptation to usurp authority over her husband.
3. Vulnerability that comes with placing herself under a man without vision for his children, home and spiritual leadership (frustration, anger, worry, control, gossip).
4. Greater spiritual attack when not protected by her husband.

Wrong Responses for Wives in Scripture

Proverbs 14:1—*“The wisest of women builds her house, but folly with her own hands tears it down.”*

1. **Nagging your husband to change.** Proverbs 19:13—*“A foolish son is ruin to his father, and a wife’s quarreling is a continual dripping of rain.”*
2. **Being her husband’s teacher.** 1 Peter 3:1,2—*“Likewise, wives, be subject to your own husbands, so that even if some do not obey the word, they may be won without a word by the conduct of their wives, when they see your respectful and pure conduct.”*
3. **Being indiscreet.** Proverbs 12:4—*“An excellent wife is the crown of her husband, but she who brings shame is like rottenness in his bones.”*
4. **Becoming a fearful, angry woman.** Proverbs 21:19—*“An excellent wife is the crown of her husband, but she who brings shame is like rottenness in his bones.”*
5. **Being argumentative.** Proverbs 21:9—*“It is better to live in a corner of the housetop than in a house shared with a quarrelsome wife.”*
6. **Withholding physical intimacy.** 1 Corinthians 7:3-5—*“The husband should give to his wife her conjugal rights, and likewise the wife to her husband. For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.”*

Consequences of a Wife’s Wrong Response

1. The husband engages in a power struggle with his wife.
2. The husband feels like a failure and loss of manhood.
3. The husband pursues approval elsewhere.
4. The wife contributes to the family’s downfall when she takes control from her husband over the home in an effort to save the family.

Resolving Past Hurt in Your Relationship (Matthew 18)

1. **Bitterness is something Satan can use to bring destruction to a marriage.** When unresolved within a person’s spirit. Bitterness creates resentment, anger, and emotional damage. Paul traces the development of unresolved bitterness in Ephesians 4:31. Bitterness leads to wrath (outbursts of anger), wrath leads to anger (rage, constant state of anger), anger leads to clamor (making a public scene), clamor is followed by slander (derogatory, injurious speech), and slander leads to malice (inner hatred of heart). The natural consequence of harboring an attitude of bitterness is that it eventually controls you.

2. **Scripture warns against bitterness.** Paul warns that bitterness is like a “root.” The longer it is allowed to grow, the more difficult it is to get rid of. Hebrews 12:15 states that a root of bitterness left to grow will bring defilement to many. This root will produce the blighted fruit of anger, ungratefulness, a critical attitude, insensitivity to others, revenge, mistrust and depression. Unresolved bitterness is also like a highly contagious disease that has a contaminating and destructive effect on others.
3. **The cure for bitterness is heart forgiveness.** In order to resolve bitterness, we must first understand and experience God’s forgiveness of our sin. God chose to focus on His desire to forgive us rather than to hold us accountable for our failures (Isaiah 43:25; 55:7; Psalm 103:12). He could have demanded justice and required us to pay for our sins, but instead, placed them on Jesus Christ. He satisfied the payment on our behalf. The moment we believe by faith that Christ died for us, we are set free from the penalty of our sins.
4. **Forgiveness demands a payment.** When someone has sinned against us and hurt us, our sense of justice demands that a fair payment be made to us for their failure. If that person cannot pay or chooses not to pay, we resent the injustice and either become bitter and angry, leading to depression, or we can exercise forgiveness leading to peace. If we choose to forgive, as God forgave us, and assume the emotional debt or payment for the pain that person caused us, we will be free from resentment, bitterness, anger, and depression. As we free the offender through forgiveness, we become free from the effects of holding on to those damaging attitudes.
5. **Forgiveness isn’t easy.** We never feel like forgiving someone who has hurt us because deep inside we believe they deserve to pay for the damage they caused us. Forgiveness involves our willingness to go to the cross for the person who has hurt us and to embrace the emotional pain they have caused us. Jesus didn’t feel like going to the cross, but chose the Father’s will (Matthew 26:39). Forgiveness is taking the focus off of ourselves and graciously choosing to go to the cross on behalf of the wrongdoer.
6. **Forgiveness involves:**
 - A choice: The person who has been wronged can choose to forgive or not to forgive.
 - Releasing: It is the voluntary act of releasing someone from the emotional damage caused by his sin and no longer holding him responsible for the consequences of that failure.
 - Substitution: One person pays for the emotional pain that another caused. In doing so, the debt of emotional damage is paid (assumed).
7. **Resolving bitterness involves:**
 - Make the choice to forgive your husband unconditionally.
 - Accept and release the emotional pain from within your heart by forgiving him.
 - Allow the Lord to heal the pain within our hearts.
 - Begin to build trust in your relationship again.

Prayer

“Lord, I acknowledge that over the years, I have developed resentment and anger toward my husband who has hurt me. This has caused me to experience inner pain and to build walls between myself and my husband. It has kept me from being open with him. Lord, reveal to me those areas of bitterness, resentment, and anger within me that have been buried for so long. I want to identify and resolve each one of them.”

As the Lord brings these issues to light, pray this prayer:

“Lord, I choose to forgive my husband who has hurt me by (name offense). I am willing to accept the emotional pain (describe the pain) and accept the consequences that he has caused me. Lord, I release my husband to you. I desire to be free to love and be emotionally open with my husband. I want to show him kindness, a tender heart, and a forgiving spirit. In Jesus’ name, Amen.”

3. How a Wife Can Bless Her Husband

The Woman’s Part in a Man’s Vision

1. Woman makes the man’s vision reality.
2. Man conceives the vision; woman completes the vision.
3. God designed woman to make the man complete and whole.

Understanding the Mind of a Man

1. God designed man so that his spiritual and emotional foundation flows from the creation principle of his jurisdictional headship and creation commission.
2. Men define themselves by the battle they fight.
3. Men are designed as problem solvers.
4. A man’s mission is bigger than his job; it is about raising godly generations.

How Wives Can Communicate Respect

1. Use the language and spirit of submission. Do not talk to him as an authority.
2. Do not speak in a demeaning way of your husband to others.
3. Be willing to sacrifice for your husband (serve him).
4. Understand his battles. (Financial pressure, sexual needs, etc.)
5. Be a woman of prayer for your husband.
6. Instill respect for Dad in the lives of your children.
7. Suggest creative solutions that will meet your husband’s goals and desires.
8. Look for ways to relieve stress in his life.
9. Get your husband’s counsel before making decisions or commitments.