

## **Lesson #2 for Text Chapter 3**

### **Helping Your Husband to Like Himself**

#### **Goal:**

To help you begin understanding your job description in your chosen career as your husband's helpmate, and to begin being the helpmate by praising and admiring your husbands favorable qualities..

#### **Scriptures:**

Titus 2:4,5	Ephesians 5:33
Genesis 2:18	Ecclesiastes 3:1,7
Proverbs 31:12	Proverbs 18:13
Ephesians 5:28,29	Philippians 18:13
1 Corinthians 11:7b	

#### **Assignment:**

1. List your husband's good traits.
2. Pray, "Father, change me to be the woman my husband needs for a helpmate. Show me my husband's good qualities and make me sensitive to his needs."
3. Read Chapter3 from the text.
4. Memorize: Proverbs 32:12
5. Say your memorized verses to another class member at the next lesson.

#### **Quiet time Meditations:**

Come before the Lord very gently, remembering and acknowledging the deep sense of love He has for you. Remain before Him silently for a little while, closing out all thoughts of the circumstances around you as you focus on Him.

If spending time with the Lord as instructed is new and different to you, please faithfully follow through with each assignment before making a judgment. In the beginning, you may feel foolish or that you are wasting your time and nothing is really happening. Know that such thoughts and feelings are from your enemy trying to rob you of the greatest relationship in life...a love walk with Jesus Christ. Even when nothing seems to be happening, you are not wasting your time. It has wisely been said "not to wait on God is the only great idleness." The Lord admonishes us to wait before Him in Psalm 37:7a. Carefully study the following scriptures to be assured that those who seek Him shall find Him – Proverbs 8:17, 34,34; James 4:8a; Psalm 27:4,8; 34:8-10 and Jeremiah 29:13. When your thoughts wander, do not feel guilty, just quietly and quickly focus again up Him. If you are faithful and persistent, you will be rewarded by tasting of the Lord and seeing that He is good. This will become the best time and the most cherished time of your day. Gradually, you will learn to dwell in His presence ALL DAY LONG!

#### **Quiet time Meditations:**

With a sense of longing to know Him, come into His presence. Relate to Him as you would a trusted, precious friend. Realize He is welcoming you into His presence with outstretched arms. Quietly sit in his presence for a while.

Read Ephesians 1:3. Ask the Holy Spirit to open up your understanding to His truth for you. Concentrate on the phrase “in Christ”. Consider the truth that you are totally accepted by the Father right now, just as you are! Think of it – in the exact proportion that the Son is accepted by the Father - so are you! Why? Because you are “in Him”! When the Father looks at you, He sees you covered with Jesus. Nothing you can do or say will make you more acceptable. Ponder, embrace, and bask in His complete and full acceptance of you! For the same reason you are just as acceptable to Him as the most spiritual person you know. Think about that! Bow before Him in grateful appreciation and thank Him for His complete acceptance of you just as you are.

Confirm your belief in God's Word for you given in the above Scripture by saying out loud two or three times, “I am a wonderful person. I am a wonderful person because I am 'in Christ.' Thank You, Jesus.” Continue to say this until you believe it.

**Notes:**

## Questions – Lesson #2

1. Do we naturally do the right thing or what pleases God? Read Romans 8:8

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2. What must we be trained to do in order to fulfill our roles as helpmates? Read Titus 2:5,5 and list these areas. 8 roles.

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3. How do we know our husbands need us as their helpmates? Read Genesis 2:18, then explain..

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4. List three major ways you can help your husband according to Proverbs 31:12. \_\_\_\_\_

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5. Use the following chart to begin comforting, encouraging, and doing your husband good. List ways you have been trying to help your husband that God has now shown were not helping but hurting. For example-Complaining about hog hours of work.	Now, list ways you can correct these wrong actions and attitudes in order to truly help your husband. For example-Thank him for working so hard for his family.
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6. According to Ephesians 5:25,29, how is a man to treat his wife?  
\_\_\_\_\_ If a husband doesn't love his wife properly, could it be he doesn't respect himself? \_\_\_\_\_  
If not, we as wives can begin to help him see his good qualities.

7. What does I Corinthians 11:7b say is a wife's responsibility?  
\_\_\_\_\_ What does being someone's glory mean? Refer to your dictionary for the answer, or the text page 45. \_\_\_\_\_

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8. Using Ephesians 5:33b as quoted, list what god requires that we learn to do as our husband's helpmate. "...let the wife see that she respects and reverences her husband—that she notices him, regards him, honors him, prefers him, venerates and esteems him; and that she defers to him, praises him, and loves and admires him exceedingly." AMPLIFIED

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Remember: Compliments encourage a man to be his best.  
Complaints discourage and short circuits his capacity to be his best.

9. List things that you can praise and admire your husband for in the following area:
- a. His courage (example: killing a spider or investigating a strange noise in the night)

\_\_\_\_\_

b. honor (example: keeping his word about certain matters even if it's going golfing)

\_\_\_\_\_

c. determination (example: works hard at the office)

\_\_\_\_\_

d. skills (example: repairing things—good reader, etc.)

\_\_\_\_\_

e. sense of humor

\_\_\_\_\_

f. intellect (example: helping son with homework)

\_\_\_\_\_

g. thoughtfulness and manners (example: wait for him to open doors, then thank him)

\_\_\_\_\_

h. physical strength (example: opened jar for you)

\_\_\_\_\_

i. Others: \_\_\_\_\_

Praise must be genuine with no desire to use said praise to manipulate him.

10. Ways to detect traits and qualities to admire:

a. If you are having trouble finding traits to list, keep a diary the next week and write down how much you talk and how much you are available to listen to your husband talk. If your diary shows you are doing most of the talking, stop. Ask him questions and wait for his answers. Like, "How was your day?" It may take a while for him to begin to open up. Be patient and be quiet while he gets accustomed to the change.

b. What does Ecclesiastes 3:1,7 and James 1:19 say we are to do? \_\_\_\_\_

\_\_\_\_\_

c. Develop interest in his hobbies and participate with him in the. What does Philippians 2:4 tell us to do? \_\_\_\_\_

List ways you can get involved and show interest in your husband's hobbies: \_\_\_\_\_

\_\_\_\_\_

As you get involved, observe characteristics and favorable traits that are revealed in these hobbies, then praise him for them. List them as a future reminder when you need a reminder:

\_\_\_\_\_

d. List the qualities in your husband that attracted you to him while dating: \_\_\_\_\_

\_\_\_\_\_

How long has it been since you praised him for each of these traits? \_\_\_\_\_

Begin again, if you haven't been, and watch him bloom.

**Notes:**

