

WIFE'S ROLE

31 Day Calendar

### **The Wife's Role**

31 Days of Submitting, Respecting, Encouraging and  
Building Up Your Husband  
A Help for Your **ROLE** as Wife and Helpmate

Marriage is the representation of Christ and the church. Your marriage is to be a reflection of God's incredible love story. It is an opportunity to glorify God and to become more like Him.

**Watch closely, I am preparing something new; it's happening now, even as I speak, and you're about to see it. Isaiah 43:19a**

*Father, as I embrace this challenge to let you do something new in me and in my marriage, I submit to your will and to your word. Thank you that you care about my most intimate relationship and that you want it to reflect your unfailing love and grace.  
In the name of Jesus, I pray.*

This is divided loosely into sections that have to do with your **ROLE** as a wife. They are:

**R – Respect**

**O – Oneness**

**L – Love**

**E – Encouragement**

You are encouraged to keep a journal. So that as you go through the 31 days, you will feel free to go back to any of the days that you want to revisit, rework or re-do. This is intended to be a guide to help you celebrate the ministry of marriage, your *role* in being a helpmate and being transformed into the image and fragrance of Christ.

### **2 Corinthians 2:15**

**God considers us to be the sweet smell that Christ is spreading among people who are being saved and people who are dying.**

## RESPECT

Day 1

### Ephesians 5:33

.... And a wife must respect her husband.

Respect - courteous regard for another's opinions, decisions and judgment.  
Do respect and submission go together? Submission - voluntary surrender to the opinions, decisions and judgment of another

Meditate on how you can show respect to your husband. How does that look in relation to submission? Submission can be tender and beautiful, and it is counter to pride, which was Eve's downfall.

### Genesis 3:6

The woman saw that the fruit of the tree was good to eat. It was also pleasing to look at. And it would make a person wise. So she took some of the fruit and ate it. She also gave some to her husband, who was with her. And he ate it.

*Heavenly Father,*

*As I learn to respect my husband, let me do it out of reverence to you and submission to your plan for our marriage. In Jesus' name, Amen*

### Today's Practice

Tell your husband you respect him for (choose a reason) and then note his reaction in your journal. If he asks why be prepared to expand your comment.

## **RESPECT**

Day 2

### **Psalm 19:14**

LORD, may the words of my mouth and the thoughts of my heart be pleasing in your eyes. You are my Rock and my Redeemer.

Meditate on how you use your words. Are they uplifting – building up, not tearing down? How can I change my thoughts and words so that they show respect to my husband?

### **1 Peter 2: 17**

Show proper respect to everyone. Love the community of believers. Have respect for God. Honor the king.

*Heavenly Father,*

*Cause me to use my words wisely in a manner that uplifts my husband. I know that my words pour out from my heart. Create in me a new heart that seeks to do good and not to harm my husband. In Jesus' name, Amen*

### **Today's Practice**

Compliment your husband 3 times today. Note the compliments in your journal and his responses to each.

## **RESPECT**

Day 3

### **Proverbs 25: 11**

The right word at the right time is like golden apples in silver jewelry.

When is it right to disagree with my husband? How can I show respect and submission if I disagree? Am I taking time to truly listen to his point of view or am I busy coming up with a rebuttal? Can I truly discuss the issue without becoming emotional? Can I listen and let him share his heart? Does he feel safe with sharing his true thoughts with me? What does my posture and tone tell my husband?

### **James 1: 19**

My dear brothers and sisters, pay attention to what I say. Everyone should be quick to listen. But they should be slow to speak. They should be slow to get angry.

Heavenly Father,

Teach me to listen intently to my husband and to rightly consider his viewpoint. Show me how to respectfully voice my view and to let him lead. In Jesus' name, Amen

### **Today's Practice**

Really, listen to your husband and give him a chance to share his heart. Don't decide for him. Record the experience in your journal.

## RESPECT

Day 4

### Philippians 4:8

Finally, my brothers and sisters, always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things.

Do I think about my husband in praiseworthy ways? Do I praise my husband openly in front of others? Do I think and speak lovingly and respectfully of my husband?

### Philippians 2: 14-15

Do everything without finding fault or arguing. Then you will be pure and without blame. You will be children of God without fault in a sinful and evil world. Among the people of the world you shine like stars in the heavens.

*Heavenly Father,*

*Your word tells me to think what is lovely and worthy of respect and praise.*

*This includes my husband. Teach me to think of him in this manner and to praise You for the gift of my husband. May I learn to appreciate him in ways that honor You and reflect Your nature to the watching world which includes my family members. In Jesus' name,*

*Amen*

[Today's Practice](#)

[Openly praise and compliment your husband in front of others and him.](#)

## RESPECT

Day 5

### I Peter 3: 1-2

Wives, follow the lead of your husbands. Suppose some of them don't believe God's word. Then let them be won to Christ without words by seeing how their wives behave. <sup>2</sup> Let them see how pure you are. Let them see that your lives are full of respect for God.

Am I living in such a manner that my husband can see Christ in me?

Am I praying for my husband or about my husband?

### Ephesians 3: 20 – 21

God is able to do far more than we could ever ask for or imagine. He does everything by his power that is working in us. <sup>21</sup> Give him glory in the church and in Christ Jesus. Give him glory through all time and for ever and ever. Amen.

*Heavenly Father,*

*May I seek to glorify you in my marriage. Fill me with the fruit of the Holy Spirit so that my winsomeness will bring others to you. Cause me to remember that nothing is too difficult for you. In Jesus' name, Amen*

### Today's Practice

Every time you look at your wedding band or your hand, pray for your husband asking God to help him be the leader of your home.



## RESPECT

Day 6

### Proverbs 16: 17 – 19

The path of the virtuous leads away from evil; whoever follows that path is safe. Pride goes before destruction, and haughtiness before a fall. Better to live humbly with the poor than to share plunder with the proud.

#### **R-E-S-P-E-C-T**

Find out what that means to you and to your husband. Reflect on the last 5 days. Which days meant the most to you? Why? How can you improve your level of respect for your husband? Record your responses in your journal.

#### **Proverbs 31: 10-12**

Who can find a virtuous and capable wife? She is more precious than rubies. Her husband can trust her, and she will greatly enrich his life. She brings him good, not harm, all the days of her life.

*Heavenly Father,*

*I want to be a virtuous woman who does good and greatly enriches my husband's life. Prevent pride and self-absorption from having control of me. I want to lead a virtuous life that brings you glory and honors my husband. In Jesus' name, Amen*

#### Today's Practice

Turn off your cell phone, computer, or the TV when your husband is in the room.

## ONENESS

Day 7

**Mark 10: 8**

... and the two will become one flesh. So they are no longer two, but one. Oneness is the state of being unified, whole or in harmony. The state of being one in number.

**After the creation of the earth and all of the creatures thereof, God created man and woman and instituted marriage. Thus the Word of God, in essence, begins with the creation of marriage between man and woman (Genesis 2:24) and ends with the celebration of marriage between Christ and His Bride, the church (Revelation 19:7; 21:2).**

What can I learn from this parallel between a husband and wife and Christ and His church? How can I reflect God's intent for marriage in my own marriage? What do I need to change?

*Heavenly Father,*

*Through your Word, You have given me the pattern for marriage. In this fallen world, it is difficult to live up to Your expectations. I know that through Christ, I have the strength to do this (Philippians 4:13.) In Jesus' name. Amen*

**Today's Practice**

Ask God to give you wisdom in your role of being a wife. What areas did God point out? Jot down in a journal what He revealed.

## ONENESS

Day 8

### Isaiah 55: 8-9

“My thoughts are not like your thoughts. And your ways are not like my ways,” announces the LORD. “The heavens are higher than the earth. And my ways are higher than your ways. My thoughts are higher than your thoughts.”

God’s intent for marriage is countercultural. Today’s culture is self-absorbed, prideful and unforgiving. The institution of marriage is attacked on all fronts.

Examine yourself. Which pattern of marriage is your marriage more like – God’s or the world’s? What can you do to make a conscious effort to change the things that need changing?

*Heavenly Father,*

*I come to you confessing that I fail you often in my thoughts and ways. I want my marriage to reflect your pattern and to represent to the world that your ways and thoughts are much higher than those of the world. Protect my thoughts so that they reflect purity and sanctity in relation to my marriage and to my husband. In Jesus’ name, Amen*

#### Today’s Practice

Make a conscious effort to put your spouse first (after God) in your thoughts today. Record in your journal how that worked.

## ONENESS

Day 9

### Genesis 2: 18 – 22

Read these verses in your Bible. Highlight what the Holy Spirit points out.

Reflect on what Matthew Henry wrote:

“Eve was not taken out of Adam’s heat to top him, neither out of his feet to be trampled on by him, but out of his side to be equal with him, under his arm to be protected by him, and near his heart to be loved by him.”

How do you feel about being a unique creation made just for the purpose of being a helpmate for your husband? In what ways do you celebrate your uniqueness? Record this in your journal.

*Heavenly Father,*

*You created everything through your wisdom. You spoke the worlds into existence and you formed creatures from the earth. Cause me to always remember that woman was a unique creation formed like no other creation, because of the unique role woman plays in your eternal plan. Thank you. In Jesus’ name, Amen*

**Today’s Practice**

Tell your husband, “I’m so glad I married you.” Record his response in your journal.

## ONENESS

Day 10

### John 17: 22 – 26

Read these verses in your Bible. In your journal, highlight what the Holy Spirit points out.

In marriage, we are to be one as Christ and the Father are one. Christ shares the knowledge and love of the Father with those who are His. In essence, Jesus is saying we are together, one. It is a unique intimacy that says, “it’s you and me against the world.” We are a team. In what ways does your marriage show that you and your husband are on the same team? How do you and your husband show your oneness to the world? Record your responses in your journal.

*Heavenly Father,*

*Through Jesus, you have put us on the winning team. We are buffeted by the world which doesn’t know you. Keep us strong in you; so that we can show the world the greatest love, the love of Christ. In Jesus’ name, Amen*

Today’s Practice

Get creative. Make a note for your husband that says you are teammates. You might even make up a cheer.

## ONENESS

Day 11

### 1 Corinthians 7: 3-5

Read these verses in your Bible. Reflect on what the Holy Spirit reveals to you. Write those thoughts in your journal.

Oneness has to do with intimacy. One of the most intimate relationships is the sexual relationship between a husband and wife. It is a way to give of yourself and to communicate love in a manner like none other. Do you find yourself too stressed, tired or otherwise drained to the point that you neglect physical intimacy?

*Heavenly Father,*

*You have designed physical intimacy as a unique way to communicate love between a husband and a wife. Forgive me for allowing the rhythms and routines of life to interfere with your design to allow for intimacy that is a protection from sin, as well as a pleasure. In Jesus' name, Amen*

#### Today's Practice

Leave a romantic note for your husband to find in his desk, briefcase, lunchbox or other unlikely place. Tell him why intimacy with him is special.

## ONENESS

Day 12

### Luke 17: 3-5

Read this passage in your Bible. What is God revealing about forgiveness. Record your thoughts in your journal.

Forgiveness is defined as letting go of bitterness and grudges. It is an intentional and voluntary process. Tony Evans says, "Forgiveness is not pretending like it didn't happen or like it didn't hurt. That's called lying. Forgiveness is a decision to release a debt regardless of how you feel." Nothing can hinder oneness and intimacy in marriage like unforgiveness. How do you feel about that statement? Are there any areas in your life where you need to grant forgiveness to your husband?

*Heavenly Father,  
You extended your grace while I was yet a sinner and granted me forgiveness. Jesus, You lived the life I could not live and took the punishment I deserved so that I might live with You eternally. Help me to let go of my hurts, bitterness and grudges so that I might show my husband the grace shown to me. In Jesus' name, Amen*

#### Today's Practice

Show unconditional love to your husband. Forgive him when he makes a mistake.

## ONENESS

Day 13

### Hebrews 13: 6

The LORD is my helper; I will not be afraid.

Have you considered that your role of 'helper' mirrors that of Jesus? Are you fulfilling the purpose of marriage by being a helper to your spouse? If not, what steps can you take to fulfill the role that you were specifically created for? Record this in your journal.

**Psalm 138: 8** The LORD will perfect *that which* concerns me;  
Your mercy, O LORD, *endures* forever; Do not forsake the works of Your hands.

*Heavenly Father,  
You created me to be a helper to my husband. You will help me to fulfill this role. I have nothing to fear. Let me be a reflection of Jesus to the world by mirroring Him in my role as helpmate to my husband. In Jesus' name, Amen*

### Today's Practice

Ask your husband, "What can I help you with today?" Then, be ready to assist him with whatever it is.



## **ONENESS**

Day 14

### **Matthew 19: 5**

and said, 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh'?

Reflect on what you have learned these past few days on ONENESS. What was most difficult for you? Why was that? What was refreshing? Why was that? Record your answers and thoughts in your journal.

*Heavenly Father,*

*You have called my husband and me to become one. In doing so, we reflect the relationship of Christ and the church. Show me LORD how to better be one with my husband. I trust you to fulfill your purpose for us. In Jesus' name, Amen*

### Today's Practice

Count the many ways that God has blessed you in your marriage. Record these in your journal. Look at these blessings as gifts God has given you through your marriage.

## LOVE

Day 15

### 1 Peter 4: 8

And above all things have fervent love for one another, for  
“love will cover a multitude of sins.”

What’s love got to do with it? Everything!

We looked at the power of forgiveness in the section on Oneness. We see it again as a facet of love. 1 Corinthians 13: 5 tells us Love keeps no record of wrongs. That is forgiveness. Is there an area in your marriage that you are holding on to a list of wrongs? Let them go! You cannot truly love and keep that list. Record in your journal what the Holy Spirit is telling you.

*Heavenly Father,*

*I come to you once again realizing that I don’t measure up, but so thankful that I don’t have to. You sent your Son into the world because you loved us enough to forgive us and provide for us. Remind me that love keeps no record of wrongs. In Jesus’ name, Amen*

#### Today’s Practice

Make a list in your journal and check it twice of all the things your husband does that are nice! Which ones had you taken for granted?

## LOVE

Day 16

### I John 4:18

There is no fear in love. Perfect love puts fear out of our hearts. People have fear when they are afraid of being punished. The man who is afraid does not have perfect love.

Fear separates us; love unites us. This love is perfect love, agape love. It is the love that comes from God. In our marriages, we must cultivate the different aspects of love – philos (brotherly), eros (sexual), agape (Godly).

*Heavenly Father,*

*You tell us in Your Word that perfect love casts out fear. Extinguish any fear that I might have in regards to my marriage and fill me with Your perfect love. In Jesus' name, Amen*

#### Today's Practice

Consider any fear you may have in regards to your marriage and counter it with scripture. Record this in your journal. Pray for God to reveal actions that you need to take in regard to these fears.

**LOVE**  
Day 17  
**2 Corinthians 5:18**

Now all things *are* of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation

Your marriage can reflect God's love story of reconciliation. Are there areas in your marriage where you and your husband need to reconcile? Jot them down in your journal and record what the Holy Spirit would have you do to reconcile.

*Heavenly Father,  
Through Christ, You have reconciled us to You and have given us the ministry of reconciliation. If my marriage is to show the world your grace and mercy, then show me how to reconcile with my husband over things large and small that hinder us from giving You glory in our marriage.  
In Jesus' name, Amen*

**Today's Practice**

Decide today that you will not hold back grace from your husband.  
Remember that grace is extended without a justification for it. (It is not earned.)

## LOVE

Day 18

### Colossians 2: 6-7

And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.

Because of our faith in Christ, we are to overflow with thankfulness. That includes our marriages. Do you consider your husband a gift from God for which you are thankful? Are you willing to give God the sacrifice of your lips by offering praise to Him for your husband?

*Heavenly Father,*

*You have given me your great love through the sacrifice of Jesus Christ in my place. Forgive me for being petty and refusing to see the gift of love that is my husband. I want to stop now and thank you for him and for the family you have given me. We may not be perfect, but we are perfectly yours and you make no mistakes. Thank you for the love that you shower on me daily. In Jesus' name, Amen*

#### Today's Practice

Write a prayer to God in which you get specific about your gratitude for your husband. It may be how he provides for you and your family, how he works hard, how he makes you laugh, how he adores you or any other of his endearing qualities.

## LOVE

Day 19

### Song of Solomon 3:4

I found the one my heart loves.

I threw my arms around him. I didn't let him go ...

A couple of days ago, we looked at agape, perfect love. Today, we are considering eros, sexual love. This is an area that is easy to neglect, but is needed for the intimacy connection in marriage. Busyness can be an intimacy killer. Are you and your husband too busy at times to make that love connection?

*Heavenly Father,*

*In your Word, you have even provided instruction for physical love. You realize that this intimacy is needed in marriage. Give my marriage the boost it needs in this area. Thank you for the gift of love in its many forms. In Jesus' name, Amen*

#### Today's Practice

Plan a date night with your husband and put it on the calendar this month.

Plan for the date as you did before you were married. Make it special.

## LOVE

Day 20

### Colossians 3: 12 – 14

You are God's chosen people. You are holy and dearly loved. So put on tender mercy and kindness as if they were your clothes. Don't be proud. Be gentle and patient. Put up with each other. Forgive the things you are holding against one another. Forgive, just as the Lord forgave you. And over all of those good things put on love. Love holds them all together perfectly as if they were one.

In Colossians, Paul tells us to put on love, tender mercy and kindness. Like the Armor of God, this can be considered the clothing of relationships, especially marriage. Did you notice that forgiveness and holding grudges is mentioned again? Aha! Could it be that we put up a front, but neglect to really put on love and forgiveness when it comes to our marriages? Just something to ponder. Write your thoughts in your journal.

*Heavenly Father,*

*Cause me to put on the clothing of love, which is tender mercy and kindness. I want to especially be clothed in love when it comes to my marriage. Sometimes, I find it easier to show this quality to people with whom I am less intimate. Forgive me, Father, and change my heart. In Jesus' name, Amen*

**Today's Practice**

Write a love letter to your husband. Name specifically the things that he does that are endearing and why you love him, not just his actions.

## LOVE

Day 21

### Galatians 5:17

The sinful nature does not want what the Spirit delights in. And the Spirit does not want what the sinful nature delights in. The two are at war with each other. That's what makes you do what you don't want to do.

Do you ever feel that the Spirit is willing, but the flesh is weak when it comes to doing the will of God in your marriage? This is common to everyone. Take heart Jesus has overcome the world.

### John 16:33

**"I have told you these things, so that you can have peace because of me. In this world you will have trouble. But cheer up! I have won the battle over the world."**

*Heavenly Father,*

*So often I feel like I cannot do what I want to do to glorify You in my marriage. Thank you that I can have confidence in Jesus who has overcome the world. In Jesus' name, Amen*

### Today's Practice

In your journal, make a list of the distressful things you feel you cannot change that keep coming up in your marriage. Across that list write John 16:33 and the word "Overcomer."



## LOVE

Day 22

### Hebrews 12: 14

Try your best to live in peace with everyone. Try to be holy. Without holiness no one will see the Lord.

### Psalm 34: 14

Turn away from evil, and do good. Look for peace, and go after it.

We have looked at two of three types of love – agape and eros. Let's look at the third – philos. This is brotherly or friendly love. This is a love that seeks not its own way, but desires to be in peace with others. When you first met your husband, you had this friendly love, before you “fell in love.” This friendly love is what gets you through the hard times and has the endurance factor. Can your husband find a quiet place of rest and peace in your love?

*Heavenly Father,*

*I get so bogged down with the mundane things of this life, that I forget what a friend my husband has been to me. Father, remind me when things in this life get tough that I can have a loving peace through you. In Jesus' name, Amen*

**Today's Practice**

Journal about how you met your husband and what your initial friendship was like. How can you recultivate that friendship?

## LOVE

Day 23

### 1 Corinthians 13: 4 – 7

Love is patient. Love is kind. It does not want what belongs to others. It does not brag. It is not proud. It is not rude. It does not look out for its own interests. It does not easily become angry. It does not keep track of other people's wrongs. Love is not happy with evil. But it is full of joy when the truth is spoken. It always protects. It always trusts. It always hopes. It never gives up.

In your journal, sum up what you have learned about **LOVE** over the last few days. Were there any areas that you found difficult? What areas were encouraging? Record these in your journal.

*Heavenly Father,*

*Thank you for the gift of love in all its many facets. Remind me when times get tough that love always protects, trusts, hopes and never gives up. Help me to live my life, including my marriage in love. In Jesus' name, Amen*

**Today's Practice**

Write a prayer for your husband showing how God would have you love him. Ask the Holy Spirit to guide you.

## ENCOURAGEMENT

Day 24

### Deuteronomy 31: 8

Do not be afraid or discouraged, for the LORD will personally go ahead of you. He will be with you; he will neither fail you nor abandon you.”

The world can be a pretty discouraging place, especially for our husbands. How can you use your **ROLE** of helpmate to remind your husband that the LORD will not fail or abandon him? Journal the thoughts the Holy Spirit gives you.

*Heavenly Father,*

*Thank you that I do not have to be afraid or discouraged because You are with my husband and me. You go before us, and You never fail or abandon Your own. In Jesus' name, Amen*

### Today's Practice

Affirm your husband through your words and tone to build him up, not tear him down. Journal the affirming words you will use with your husband. Think of at least 3 and use them today.

## ENCOURAGEMENT

Day 25

### Romans 5: 1-5

Read these verses and journal how faith brings joy in the endurance race of life. Life can be considered an endurance race and Paul equates it to that (Hebrew 12: 1-3). We can be assured that faith in Christ brings joy. How can we rejoice in the trials and problems in our marriage and be confident and not disappointed? That's a tall order! However, we are to rejoice (Philippians 4:4) in our faith. Contemplate how to consider it all joy. Journal what comes to mind through the promptings of the Holy Spirit.

*Heavenly Father,*

*The trials and problems of this life spill over into our marriages. It is hard to consider it all joy and to rejoice. I know I fail at this quite often. Help me to be more joyful in my marriage. In Jesus' name, Amen*

#### Today's Practice

Encourage your husband to do things he loves and that de-stress him (golf, run, fish, hunt, read, whatever!) You might even give him a card that says, "Free Pass." Tell him to use that pass to participate in something he loves, but doesn't find time to do often.

## ENCOURAGEMENT

Day 26

**Acts 17: 28**

'In him we live and move and exist...

**Colossians 3: 3**

Now your life is hidden with Christ in God.

Have you ever thought that your marriage lives, moves and exists in Christ? As a Christian, it does. How does knowing that your marriage is in Christ change your view of things? Pray for yourself, your husband and your marriage. This invites God into your marriage so that He can direct the actions. It's God's great dance floor! (Chris Tomlin)

*Heavenly Father,  
Thank you that I am in You and that my marriage is in You. Thank You for  
Your guidance, protection and life you have given to my husband and to me.  
In Jesus' name, Amen*

**Today's Practice**

Touch your husband each time he passes by – hold his hand, give him a hug and pat him in a loving way. Tell him that you are glad you married him.

## ENCOURAGEMENT

Day 27

### Hebrews 12: 1

A huge cloud of witnesses is all around us. So let us throw off everything that stands in our way. Let us throw off any sin that holds on to us so tightly. Let us keep on running the race marked out for us.

### Titus 2: 3

In the same way, teach the older women to lead a holy life. They must not tell lies about others. They must not let wine control them. Instead, they must teach what is good. Then they can train the younger women to love their husbands and children.

When we become discouraged in our marriages, we can look to those whose marriages have survived the test of time and are scripturally sound. How can you encourage your husband by using the marriage of others as an example of Godly unions? Journal your thoughts.

*Heavenly Father,*

*Thank you that you have provided examples of good marriages in Your Word and in our friends and family (that includes our church family.) Keep us from being discouraged and show us how to endure the hard times and rejoice in You. In Jesus' name, Amen*

**Today's Practice**

Ask your husband about his day before unloading your day on him.

Really listen.

## ENCOURAGEMENT

Day 28

### Colossians 1: 9

That's why we have not stopped praying for you. We have been praying for you since the day we heard about you. We have been asking God to fill you with the knowledge of what he wants. We pray that he will give you spiritual wisdom and understanding.

Consider this prayer Paul prayed for the Colossians. How could you word this into a prayer for your husband? Sometimes we live so closely to our husband that we see his faults before seeing his strengths. How would your marriage relationship change if you prayed for him to be filled with spiritual wisdom and understanding and you acknowledged those qualities in him? Journal your thoughts.

*Heavenly Father,  
Thank you that in Your Word You give us examples of how to pray. For our husbands we pray that they would walk with You and guide our homes with spiritual wisdom and understanding. In Jesus' name, Amen*

#### Today's Practice

Ask your husband what he wants to accomplish in your marriage and home and how you can help him with that. Jot down his remarks in your journal.

## ENCOURAGEMENT

Day 29

### Proverbs 31: 11 – 12

Her husband trusts her completely. She gives him all the important things he needs. She brings him good, not harm, all the days of her life.

Consider the past few days and how you can encourage your husband. Has this made you think of new ways to relate to your husband? In what ways? How have you learned to bring him good, not harm? Journal your responses and thoughts.

*Heavenly Father,*

*You have given me so much in giving me my husband. Show me how to be the helpmate that I need to be. I want to bring him good all the days of our lives. In Jesus' name, Amen*

#### Today's Practice

Give your husband a great big kiss in the morning with a big "I love you" and "I'm so glad I'm your wife." Repeat this at the end of the day. Record in your journal how he reacted.



**The Wife's Role**  
Day 30

**Ephesians 5: 21 – 33**

Read this scripture in your Bible. In light of what you have learned about your **ROLE** as a wife, consider these verses. Highlight any that have particular meaning to you, either as something you need to work on or something that is a reassurance for you. Record in your journal what the Holy Spirit is telling you in these verses and why you highlighted what you highlighted.

*Heavenly Father,  
Thank you that you give me the assurance in Your Word that I can embrace my ROLE as a wife. In Jesus' name, Amen*

Today's Practice - In your journal, write a prayer to God thanking him for making you a wife and be specific about the blessings of being a wife in general and specifically about being your husband's wife.

## **The Wife's Role**

Day 31

**Romans 5: 15**

God's gift of grace was more than enough for the whole world.

**Colossians 3:17**

Do everything you say or do in the name of the Lord Jesus. Always give thanks to God the Father through Christ.

What would our marriages look like to the world if we took our **ROLE** as wife and helpmate in light of Colossians 3: 17?

*Dear Heavenly Father,*

*I ask you today to help me submit to my **ROLE** as a wife giving grace to my husband and doing everything in the name of Jesus. In Jesus' name, Amen*

**Today's Practice**

Contemplate the R-O-L-E God has given you as a wife and write out in your journal what you need to change in light of doing marriage in the name of Jesus.

### **Congratulations!**

You have completed the Wife's Role: 31 Days of Submitting, Respecting, Encouraging and Building Up Your Husband  
A Help for Your **ROLE** as Wife and Helpmate!

Certainly there were days that made you scratch your head, laugh out loud, ask forgiveness and made you resolute on how you wanted to change.

Use what you have learned to encourage other wives in their **ROLE** as helpmate.

Praise God for the new thing that He is doing in your marriage.

When you feel you're slipping in your **ROLE**, go back to the practices and revisit them.

### **Ephesians 3: 20-21**

**God is able to do far more than we could ever ask for or imagine. He does everything by his power that is working in us. Give him glory in the church and in Christ Jesus. Give him glory through all time and for ever and ever. Amen.**