

ERIN SMALLEY



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10 THINGS A HUSBAND NEEDS FROM HIS WIFE

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A HEALTHY WIFE

Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good.

Romans 12:9 NLT

There he kids had slammed on the Suburban horn only three times that morning. They weren't the ones who were late—she was. She was late because after making breakfast for all three kids, braiding two dark heads of hair, and making sure lunches were made, she could finally rush into the bathroom to slap some makeup on her aging face and maybe have one indecisive wardrobe change. So each morning, she found herself sprinting into the garage—where her children waited.

After dropping the kids off at three different schools, Chelsea typically sped down the interstate to make it just in time for the daily director's meeting at her high-pressure job. However, today she was rushing to the airport. She had to travel for the next three days, which left more on her plate to make sure each kid had a ride to and from school. Steve helped out when he could, but he had his own set of stressors. He left for work hours before Chelsea and the kids headed out the door, and he arrived home hours after they did. This was life. And at least for the time being, nothing was going to change.

Some mornings Chelsea held her cool, and other days she felt like a crazed maniac in her attempts to get to work on time. Often, she just wanted to make everything stop. To step out of her own life and into someone else's. She wouldn't trade her husband and kids for the world, but still she felt that there wasn't much more of her to go around. She loved Steve, but she knew her marriage was suffering, their relationship taking a back seat to all the other responsibilities on their plates. She needed to make a change, but something always stood in the way. She justified putting off attending to her marriage, believing her husband could always wait (he was an adult) and the kids needed her attention more.

She often heard the women at work talking about their elaborate date nights—exclusive downtown restaurants, morning coffee dates, dinner with other couples—and Chelsea couldn't figure out how they seemed to do it all. "What am I doing wrong?" she wondered. "I can't fit one more thing into my schedule. I'm doing all I can." Then the guilt would surface: "I want to be a great wife—I said my vows on my wedding day—but how can I live up to it all now? I had no idea three kids and a career later, I'd feel so overwhelmed. Somehow, Steve and I manage to stay somewhat connected concerning the kids' schedules and our finances, but we desire more. I desire more!"

Maybe you can identify with Chelsea—you are living at a pace you never thought possible, and although you and your husband aren't totally disconnected or even discontent, you desire more. You want to be more intentional about pursuing your husband and building a healthy marriage.

Or maybe your heart longs to be a mom and you've got too much time on your hands. Tension between you and your spouse is on the rise because every time you see the "plus" sign on the ovulation test, you rush to the bedroom to try yet again to conceive the child who will fulfill both your dreams. This adds pressure to your plate and your marriage. You desire to reconnect with your husband on an emotional level—not just around a plus sign.

Maybe you have two small children and you adore your growing family. You are exhausted every evening from wiping noses, changing diapers, and keeping up with the endless piles of laundry. You want more. You desire to nurture your marriage amidst this chaotic season of parenting.

You stay at home, you take the train to work, you work out every morning, you make dinner every night, you mow the lawn, you pour yourself into a nonprofit ministry, you attend MOPS, you attend Bible study, and you even attend Zumba a couple times a week. No matter how different our lives as wives may look, we all have something in common—we desire healthy relationships with one another and a deep connection with our spouse.

You may feel stuck, unsure of how to reconnect with your husband, or you may feel quite pleased with the quality of your marriage—but you must desire something more or you wouldn't be reading this book.

Wherever you are today, I want you to know that I see you and more importantly, God sees you. He sees your desire to encourage the man you married—whether he's young, old, middle aged, retired, or just starting his career. Whatever season you are in, this book is for you. If you desire a deeper connection with your spouse of one year, eight years, fifteen years, or even fifty years, keep reading.

It Starts Here—It Starts with You!

No matter the season you are in, your decision to connect at a deeper level with your husband begins here, and it begins with you.

The simple decision to read this book and to be intentional about discovering what your husband needs most from you is a decision

that will forever change your marriage. As you start meeting ten of his most important needs, you may begin to see a change in his behavior as well. Don't be surprised! However, I encourage you to continue on—regardless of his response. Recognize that the journey toward discovering your husband's needs is a choice you are making between you and the Lord. Talk to Him moment by moment and day by day as you pursue the journey to be the wife He is calling you to be.

A good woman is hard to find, and worth far more than diamonds. Her husband trusts her without reserve, and never has reason to regret it. Never spiteful, she treats him generously all her life long. She shops around for the best yarns and cottons, and enjoys knitting and sewing. She's like a trading ship that sails to faraway places and brings back exotic surprises. She's up before dawn, preparing breakfast for her family and organizing her day. She looks over a field and buys it, then, with money she's put aside, plants a garden. First thing in the morning, she dresses for work, rolls up her sleeves, eager to get started. She senses the worth of her work, is in no hurry to call it quits for the day (Proverbs 31:10-18 Msg).

Now, we have all heard about this Proverbs 31 woman—over and over again (although you may not have seen this version from The Message). This woman makes many intentional choices about her behavior toward her husband and family as well as the attitude she has toward them and herself. Although I stink at knitting and sewing, there are other things I do to "roll up my sleeves" each day—and all of these choices impact not just me, but my relationships—especially my relationship with my husband.

I am honored you decided to join me on this journey, and I hope you are ready to roll up your sleeves as well. Let's go, girls! Let's look at the first thing your husband needs—it might surprise you!

A Full-of-Life Wife

Here's one thing a husband needs most from his wife, and it may shock you to learn: Your husband desires a wife who is well cared for and full of life. He needs you in more ways than you can imagine. He

Your husband desires a wife who is well cared for and full of life.

depends on you for many things and desires you to stick around—not to just be available physically but emotionally as well. Your husband needs a strong, capable "teammate."

A man can sometimes feel lost without his woman.

My husband and I recently met Bo, a pastor of many years. Greg and I sat with Bo and his second wife, Karen. They have been married for 18 years, and their story is absolutely captivating. Both were widowed more than 20 years ago. After a two-year battle with ovarian cancer, Bo's first wife passed away, leaving him, their three teenage boys, and one little girl, age six, in deep grief. Despite his loss, Bo knew within a few days that he desired to remarry. His first marriage of 25 years had been wonderful, and he wanted to experience that again. He missed the influence of a woman in his life and wanted his young daughter to have a mom in hers.

Karen, on the other hand, lost her husband of 18 years (who was also a pastor) in a tragic hunting accident. She mourned her loss and had no desire to remarry.

When the couple was introduced by a mutual friend, Bo and Karen were up front about where they each stood on marriage from the first phone call. Still they kept talking, and after several phone dates, they decided to meet in person when Karen had a layover in the city where Bo lived.

Bo felt like a teenager as he waited for Karen to deplane. He watched as every single person got off that plane, and still Karen did not show. When the cleanup crew boarded the plane between flights, a flight attendant told Karen she needed to go. As Karen sheepishly walked off the plane, Bo finally saw the blond-haired, blue-eyed beauty he had heard about. They spent the day together enjoying each other's company. A friendship emerged. Within the year, Bo was confident he would marry Karen. After much soulsearching and prayer, and with approval from all four of his children, he asked Karen to become his wife.

By itself, this story is precious and captivating, but I wanted to share it here because strong research indicates a widower will most likely marry within two years. Why is that? Although there are many factors in this equation, I believe it is, at least in part, because men need us ladies! They need the influence of a woman in their life, and apparently, God thinks they do too.

It is not good for the man to be alone. I will make a helper suitable for him.

Genesis 2:18 Niv

However, no woman can give a man everything he desires unless she is well cared for and nurtured. She cannot give from a place of emptiness. Trying to do so just breeds bitterness, exhaustion, and resentment. And women in general have plenty of that. A CDC study found that 16 percent of women aged 18 to 44 reported feeling

very tired, exhausted, or otherwise worn out most days, compared with 9 percent of men in the same age range.¹

I took this to heart last summer. I wanted to be in better shape physically, so I began working out more regularly. A girlfriend asked me if my son Garrison and I would like to climb Pikes Peak with her and her son at some point over the summer. I immediately squealed, "Yes!" This opportunity fit right in line with my goals to care for myself and pump up my workouts. My son enthusiastically agreed to join me on this adventure.

For those who don't know, Pikes Peak is a mountain in Colorado Springs, Colorado. We have lived in Colorado Springs for five years, and frankly I was just tired of staring at its beauty without ever having conquered it. But Pikes Peak isn't just any mountain; it's a 14er—a 14,000-foot mountain! Now, I had heard people tell stories of their climbs up it, and all of them lived through the experience. So I was convinced I could easily do it. It seemed doable, especially since I had increased my workouts.

The day came to set out on our mother/son adventure. We woke up at 3:00 a.m., and we were driving by 3:30 a.m. in order to reach the trailhead by daylight. It was important to reach the summit before the afternoon storms rolled in. After scrambling in the dark to make sure we had all our required gear, we headed up the trail.

Leading up to this, I hadn't asked a lot of questions. For example, "How long is this hike?" "How many hours will it take us?" "How much water do we need to bring?" I did, however, pack tons of Snickers bars in my little backpack.

The trail was steep, and almost immediately my hip flexor began to sting. As we continued our climb, I kept thinking, "Surely, this will flatten out soon!"

It didn't. We continued straight uphill. (Which makes sense,

seeing as it's a mountain.) After four and a half hours, we reached the halfway mark. I was nearly out of water already.

My friend pointed out a station with a hand-pumped filter where I could refill from the creek. When I got there, it took me five minutes of continuous strain to pump only about a Dixie cup full of water. So I filled my bottle straight from the creek, without the filter. It was fresh running water—I had always heard fresh mountain water was safe to drink. (Maybe because I was the farthest thing from an outdoor mountain girl.) But it sounded good.

As I gulped my fresh mountain water down, I told my girlfriend what I had done. She gasped, "Beaver fever!"

I looked at her, befuddled. I hadn't learned about *that* fever in nursing school. She explained to me the dangers of parasites that can be picked up when drinking from the same source as wild animals. "Great!" I thought. "Just what I needed!" For the remainder of the hike, I feared I would be featured on the next season of *Monsters Inside Me*.

I had heard that the last mile was the hardest, but three miles out, I hit "the wall." Due to the altitude, the lack of oxygen, and sheer exhaustion (oh, and did I mention dehydration, because I was afraid to drink the beaver fever water?), I was done. But there was no way I was turning back for the nine-and-a-half-mile trip downhill. Up was the only option.

As we continued, our boys were like gazelles up ahead—easily gliding up the trail. I, on the other hand, was like a hippopotamus clomping up the narrow path. Our conversation during those hard miles went something like this: "Do you think this is more difficult than childbirth?" My friend and I nodded our heads simultaneously. "Absolutely. I'd give birth right now if I could get off this mountain." Then, just when I could hardly move any part of my body, I looked up to see my son waiting patiently for his worn-out,

exhausted, beaver fever, hippopotamus mother to summit with him. We took the step over the cliff together, and "active labor" came to a screeching halt.

I've never felt so accomplished in my entire life. But those feelings definitely didn't come until someone drove us down the mountain and my oxygen saturation returned to the level of a responsive human being.

Originally, I intended to conquer Pikes Peak to prove I had it in me—to show that my great "self-care" was effective and worthwhile.

However, when all was said and done, I'm not sure if I helped myself or harmed myself. My son and I have laughed again and again about our mother/son bonding experience. I never did develop "beaver fever" (although I was certain it was coming many times). As for Greg, he loved hearing about our adventure. He also let me know he had never been so attracted to me as when he heard that I had con-

Take care of yourself with the goal of giving to your husband from a healthy place rather than an exhausted and worn-out place.

quered Pikes Peak. I'm not sure if he found the "beaver fever" story quite as attractive, but it did make him laugh for months to come.

I don't know if this activity was ultimately the best way for me to care for myself. There are, however, many other things I consistently do to take care of myself with the goal of giving to my husband from a healthy place rather than an exhausted and worn-out place.

Why Self-Care?

Do you know what it feels like when everyone needs something from you? The baby is crying in the back seat of the car as you race out of the driveway to drop your first grader off at school. Just then you realize you forgot to put shoes on her. You shift the car to

park and sprint back into the house. That morning you re-enter the house no less than four times because every time you get to the car, you have forgotten something else.

Finally, you are hot on the trail of the carpool line and your phone rings. It's your next-door neighbor. Your dog is running up the street, and your garage door is wide open. You basically push your child out of the car—as she shoves the last bite of burned bacon in her mouth—so she won't be late. You blow feverish hugs and kisses and speed off right into the rear bumper of another harried mom in front of you in the carpool line. Immediately, you think,

Bitterness and resentment come from an empty heart. A wife who is not well cared for cannot care for others.

"If my husband wasn't out of town all the time, none of this would have happened!" Perfect beginning to the perfect day, right? Does it sound familiar at all?

What I've learned over the years is when I'm exhausted, harried, running on empty, and burning the candle at both ends—no one gets my best. Especially my husband! Usually I can muster up some

leftover kindness for the kids, although there are times I flat-out lose it, and when Greg walks in the door at the end of his exhausting day, he barely makes eye contact with me because he knows my glare would set him on fire!

Bitterness and resentment come from an empty heart. A wife who is not well cared for cannot care for others. That is not who I want to be, and I'm guessing you don't want to be that raged, crazed woman either.

Maybe you are more of an internal processor and you don't display your emptiness for all to see. You end up having bitter and resentful internal dialogue. You may not lose it in front of the

neighbors, but you have the same chaos playing out within (this gives new meaning to *Monsters Inside Me*).

For years, I lived with guilt knowing I needed to give more to my husband—he was here before we had children, and he'll be here when the kids move out. He deserves my very best and deserves for me to at least make an effort to show him my love. As we care for ourselves, we can then take care of others—especially the men in our lives!

There's a reason a wife's self-care is the primary need out of the ten we'll discuss on this journey. If your husband has a worn-out and weary wife, he isn't going to get those other nine needs fulfilled.

Giving from our emptiness leads to resentment. If he reaches over for you in the middle of the night, you think, "Is he for real? He wants to have sex *now*? Doesn't he get how worn-out I am?" Or if he leaves a sock on the floor or a dish in the sink, you fume, "Really? You can't do your own laundry or clean up

after yourself? I work too, you know!"

The list could go on. But this silent fuming is never productive. We don't want bitterness to take root. Hebrews 12:15 says,

Silent fuming is never productive.

"Make sure no one gets left out of God's generosity. Keep a sharp eye out for weeds of bitter discontent. A thistle or two gone to seed can ruin a whole garden in no time" (MSG). As a bit of preventative medicine, then, let's become the best at taking great care of ourselves so we can also give God's grace to our husbands with a joyful, happy, servant's heart! And we can receive God's grace for ourselves!

For just a few minutes, reflect on how well you care for yourself. Rate yourself zero to ten on how well you are currently doing. Zero, you're running on empty. Ten, you are abundantly full. This isn't a time of judgment—just gentle self-reflection.

It Must Benefit Him

You might be thinking, "This seems rather strange. This is a book about meeting my husband's needs, and I'm being told to care for myself. How selfish!" But I can promise you that taking time and energy to care for yourself will be beneficial to your husband as well. If it's not beneficial to him, then it's not true self-care. Time away with girlfriends or at the gym needs to transpire into more to give to him and others who are important in your life. We are the physical life-givers, and we are also the emotional life-givers...as long as we have something to give.

What, then, does self-care look like?

Jesus told us to love God with all our heart, soul, mind, and strength (Mark 12:30). Let's look at those same four areas through the lens of self-care. This isn't a selfish or narcissistic process—it's just taking care of yourself so you can care for others.

I've filled in four ways you can care for yourself in each area. Fill in the remaining lines with ideas for self-care that are specific to your needs and situation.

Heart

- Listen to your emotions without becoming emotionally driven.
- Become aware of what is going on in your heart and try to put a name to those feelings.
- Value feelings without judging, stuffing, denying them, or letting them dictate your behavior.
- Spend time journaling and expressing your emotion in written form. It's a great way to identify and process emotions.

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Soul

- Spend time praying.
- Devote yourself to reading Scripture by starting a Bible reading plan. Don't worry if your 90-day plan turns into a 150-day plan. Progress is what matters.
- Commit to a weekly Bible study with like-minded believers.
- Strive to see God in your everyday experiences. (For example, while I'm driving out of my neighborhood, there isn't a day that I'm not praising God as I'm gazing at Pikes Peak.)

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Mind

- Stimulate your intellect through reading a book for 15 minutes before bed every night.
- Attend classes at a local community college or university on a subject you find intriguing and stimulating.
- Be a lifelong learner—never stop learning! Never adopt the attitude that it's too late to learn new information.
- Take in new concepts and apply them to your life. I absolutely love when a couple comes up to me at a marriage seminar we are leading and says, "We've been married 45 years but have never thought of that in our marriage."
 We can learn new concepts on any topic—marriage included.

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Strength

- Eat a balanced diet.
- Exercise regularly.
- Establish a regular bedtime that will allow you to get the recommended amount of sleep.
- Schedule regular medical checkups for preventative care.

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Now, how are you feeling about self-care? How do you think you are doing now?

How do you think taking great care of yourself will benefit your husband and your family?

A Few Words of Caution from One Woman

Tara and Kent have been married for ten years. In that time they have been on quite a journey—full of good and bad times—but they have persevered with God's help. This is their story.

Tara: I had this preconceived notion of what my marriage would be like. Growing up I had great examples all around me of what a godly marriage looked like, and I expected mine to be exactly like that. I had unreachable expectations from the start of what my husband would do as the leader of our home. I had my husband failing before I even gave him a chance. I was going about the relationship all wrong.

Kent: I had my own preconceived notions, even without realizing it. I felt our marriage should be more like my parents' marriage. But I thought that would happen automatically, and I didn't take the steps to make our marriage meet that standard. I didn't pray the way I should, and I left our marriage open to enemy attacks. I began to give my attention to other things. My job, my hobbies, movies, YouTube, Facebook... They were more important to me than my relationship with my wife, and even more important than my relationship with Christ.

Tara: Around the end of the first year of our marriage, we found out that I could not conceive a child on my own. This heartbreaking news added even more stress to our relationship. Instead of seeking God's help, we just turned inward and pushed each other further away. I felt I wanted more and needed more from my husband. I manipulated him, trying to get him to love me the way my dad loved my mom. I wanted him to act the way I'd

always dreamed of my husband acting. I soon became a people pleaser instead of a God pleaser. I lost my own self-worth and self-esteem because I lost focus of Christ.

Kent: Throughout our marriage I never gave my wife the love and affection that she needed and truly deserved. The kind of love and affection that Christ commands us as men to give to our wives. The longer we were married, the worse I got. I retreated into myself and focused on my wants and desires. I believed the lies of the world about what a marriage looks like (the sitcom marriage). Our communication lines broke down. We started living separate lives. I was blind to what was happening to my wife.

Tara: I had gotten to the point where I felt like we were just roommates and I was his housekeeper. I had no emotional connection with him. I also at that time had just gotten a job that gave me the self-esteem that I had been missing. I was important again, I mattered to someone, I had a reason and purpose again, and people looked to me for my opinion and answers. I made friends who filled the voids Kent didn't. Without recognizing it, I let Satan blind me and use something that was essentially good to turn me against my husband. I let other people—especially other men—fill the gaping hole that was meant for Christ and my husband! I hurt Kent in the worst way: I had an affair. I had built a wall around my heart and let it become hard and calloused toward Kent. I wanted nothing to do with Kent-or with Christ, for that matter.

Kent: Last November Tara had had enough. She told me I needed help, and if I wouldn't get it before the end of the year, she had to leave. Unbeknownst to me, she was already done with me. A few days later we had a huge fight. She walked out the door and didn't come home that night. It was that night that I finally stopped shutting Jesus out of my life. I stopped trying to do it all on my own. I asked God what to do, and He pulled off the blinders I'd placed on myself. When He shone the light, I saw just how far from Him I had strayed. I saw what kind of man I had become, and I wept. I begged God for His forgiveness, and He gave it. But I still felt incomplete, and I now have a better understanding of how two become one flesh. I still felt broken because my wife was not walking with God anymore.

Tara: I had let the ideas and people of this world influence my decisions about moving out and getting a divorce. I had it set in my mind that I had every right to divorce Kent because of all that I had been through. I was living outside of God's will and acting like I was single again. Going out, drinking, and partying with people that weren't Christians. I was planning on divorcing Kent after my parents came to visit for Christmas. I didn't love him anymore. I was just done. But God had different plans.

Kent: That was the hardest time I've ever been through in my life. I was broken and knew that my life and my marriage were beyond what mortal man can fix. I placed my trust in the Lord and began to pray for His healing in our lives and in our marriage.

God's timing is amazing! He brought Tara's parents to us right when she and I needed them the most.

Tara: After my parents came and knocked some sense

into me, I stopped fighting God and my husband. I let them both back in. I opened up to my husband and to Christ and let the healing happen. We started counseling, got more involved in small groups, and surrounded ourselves with friends who were grounded in Christ. It all helped me because Satan had convinced me that I was not worthy of forgiveness and deserved the pain I was going through. The grace and forgiveness I received once I accepted it was amazing! It was a very long, difficult road to where we are now, but now we can use what we have gone through to hopefully help other couples know the power of prayer and the power of trusting in Christ.

Kent: God brought just the right people into our lives in just the right timing. Peers who have been through the same issues, mentors to guide us, marriage counseling when we needed it. We joined a marriage study and really learned a lot about how to go about fighting the Devil instead of each other. The most important thing we now do is read a chapter in the Bible and pray before going to bed, no matter how tired we are. Putting our priorities back where they should be and staying focused on Christ are ways that we make sure we never lose focus again! We have done a sort of cleansing in our lives with the sort of movies, music, and friends we allow to influence our marriage. And because of all of this, we have been given blessing after blessing and are so grateful for the grace and mercy our Lord has given both of us. And we are living examples that in God's power there is always hope for healing.

We can relate to different elements of this story. However, what I don't want you to miss is what Tara attributes to her turning from

God and her husband. She did everything she could to meet his needs with the hope of winning his affection back. But when it didn't work, her heart closed and eventually hardened.

This is a very dangerous place to be individually and in marriage. We become vulnerable to the enemy and to destructive behavior. Satan led Tara right to people who didn't share her morals, values, or faith. She began to be influenced to dishonor her marriage covenant. She ended up in the arms of another man. But praise God for His ability to turn hearts of stone to flesh and to heal and restore hearts and even marriages.

Tara said to me, "It's so shameful that I had an affair—I hate sharing this, but also know that I want God to use our story to help others." She went on to say she wished she could change all of it. But she shared that the benefit of this dark season was the restoration of her soul and her marriage.

I can't stress enough that healthy, balanced self-care is something that benefits all involved—including *you!* Tara was giving at the cost of herself without addressing the deeper heart issues of her motives for serving and meeting her husband's every need. She was giving from a place of emptiness—she was giving from an empty heart. She did it with an agenda that led her to an even more difficult place, at the cost of her integrity and almost the cost of her marriage.

When we take great care of ourselves, we are able to give from our abundance. Therefore, if our husbands don't notice or respond to our efforts, we don't become bitter or desperate. When we know how to care for our own heart, we can give both ourselves and our spouse God's grace. This prevents a bitterness from taking root that will eventually grow into a hardened, dead heart. I cannot emphasize enough the importance of beginning the journey of meeting your husband's needs by being a wife full of life!

CHALLENGE

As you embark on the journey of taking great care of yourself, I encourage you to choose one item from each section you've written above. Commit to doing all four of these things in the next week and then make sure to reflect and note the differences you feel.

Prayer for the Wise Wife

Lord, thank you that you created me to be the more relational being. You made me to care for others. As a wife, Lord, I ask that you help me to be aware of what I can control—me. Help me to make decisions both in my attitude and behavior to show up in my marriage abundantly full and well cared for. You desire me, as your daughter, to live vibrantly—giving your love and all you give me away to others. Thank you, Jesus, for always being there for me and for wisdom and guidance in all aspects of life—but especially in my relationship with my husband. In your precious and holy name, amen!

Prayer for Your Husband

Lord, I lift my husband up to you as I begin this journey. Help him to see how many plates I have spinning in the air. Lord, help him to recognize that I need time away to be refilled and refueled in order to be the best daughter of the Most High King and the best wife to him. Help him to also do the same—to care for himself so he has lots to give, not only to me, but to all those who are in his life. May he care for himself heart, soul, mind, and strength. Lord, bless our marriage relationship as I begin this journey of pursuing his needs. I trust, Lord, that you will meet mine! Amen.