

RENOVATED

A Wife According to God's Design

A Well Training Ministry Event

designed to strengthen marriages and
forever change the lives of women



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RENOVATED

A Wife According to God's Design

Renovated: A Wife According to God's Design

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“Forget the former things; do not dwell on the past.
See, I am doing a new thing! Now it springs up!
Do you not perceive it? I am making a way in
the wilderness and streams in the wasteland.”

Isaiah43:18-19

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SESSIONSCHEDULE

OCTOBER 1 | FRIDAY

6:00PM*	Welcome
6:05PM	SESSION 1 <i>An Absolutely Necessary Introduction</i>
7:05PM	Break
7:15PM	SESSION 2 <i>Helpmate: Our Purpose</i>
8:15PM	Jennifer Cowan's Testimony
8:30PM	Breakout Groups
8:45PM	End/Prayer

OCTOBER 2 | SATURDAY

9:00AM*	Worship/ Prayer
9:15AM	SESSION 3 <i>Submission: Our Power</i>
10:30AM	Break
10:45AM	Breakout Groups
11:30AM	LUNCH BREAK
12:45PM	SESSION 4 <i>Sex: Our Protection</i>
2:00PM	Breakout Groups
2:45PM	Break
2:55PM	Worship/Prayer
3:25PM	End

***Schedule Timeline is CST**



SESSION ONE

AN ABSOLUTELY NECESSARY INTRODUCTION

MANAGING EXPECTATIONS

This is a *wife* _____.

It's an intensive on marriage with a specific focus on understanding the role of women within it.

The best way to hang on to what you learn is to _____ your main take-aways with someone.

Single women: Glean what you can and let the content help you make better choices!

You're *not* going to get a lot of how-to's.

Sometimes how-to's _____ the need to rely on the Holy Spirit to reveal what only He can reveal to us.

The content isn't _____.

It's not exposure to truth that fixes us. It's the _____ of truth that changes things.

The conference *won't* speak to _____ situation.

See, the *Recommended Reading* list on p. 35

Highly recommended: Christian counselors or support groups, especially if you're dealing with sexual addictions, substance abuse, betrayal, or some other level of trauma in the marriage.

See, *Ministry Resources* on p. 36

It's okay if you don't _____ with everything.

Focus on what you _____ agree with and ask God to show you how to start applying it.



WORLDVIEW MATTERS

We live in an anti-Bible, post-Christian, highly feminized, hedonistic culture. This is the water in our fishbowl that impacts our understanding about men and women, husbands and wives.

The conference content is built on a *biblically-based* framework, which means the starting point is a _____ worldview:

The Bible is the _____ of God to humankind.

The Bible is _____.

All Christian theology can be summed up in four words:

_____ Heaven and Earth are one, the Kingdom is here, humans are the image of God, co-ruling with Him on the earth. *Genesis 1-2*

_____ Hell on Earth, the image of God in humanity is corrupted, the Evil One rules on earth with humans serving his plans and purposes. *Genesis 3-4*

_____ God fixing the world and humans by entering it and drawing people back to Himself and His Kingdom. *Genesis 3-Jude*

_____ Heaven and Earth are one, the Kingdom is here, humans are the image of God, co-ruling with Him on Earth. *Revelation*

Jesus is the _____ Lord and Savior.

Jesus is the fulfillment of Adam's call and Israel's call, the Promised Messiah, the Son of God, the second Adam, the rightful Lord of the earth, and the only One through whom humankind must be redeemed from its present condition.

Jesus *alone* restores our relationship *with* God, the image of God _____ us, and the purpose of God _____ us.

Jesus _____ everyone to leave the kingdom of hell and walk with Him in the Kingdom of Heaven, *now* and for all eternity.





Is the Bible a God-made book or a man-made book?

If you *don't* believe God is the Bible's source, then you are:

More likely to _____ it when you don't agree with it.

Less likely to _____ what it says and live by its truth.

Not inclined to _____ its values to others.

A RENOVATED PERSPECTIVE

We need to let God's word and His vantage point impact our worldview on *everything*, including marriage, which requires gaining a renewed perspective. *Isaiah 55:8-9*

Perspective #1: You're either building or _____, whether you know it or not.
Proverbs 14:1

Building up involves things like:

Choosing to be affirming and encouraging

Using _____

Serving and helping

_____ communication

Exercising self-control

Showing _____

Tearing down involves things like:

Constant _____

Constantly challenging his ideas/opinions/decisions

Making him feel _____

_____ and affairs

Comparing him to other men

_____ him for all the problems



Perspective #2: The _____ over your marriage matters.
Luke 14:25-27; Romans 14:17; Galatians 5:22-23; James 3:13-17

Your marriage is being influenced by the one _____ it. You can place your marriage under God's authority, or you can place your marriage under your _____ authority. Whatever authority we choose shapes the kind of fruit our marriage bears.

A marriage under God's authority would be characterized by:

Perspective #3: *Your* marriage is part of _____ discipleship.

Discipleship is God's _____ for producing His fruit in and through us.

Marriage _____ in us what *still* needs to be transformed.

Perspective #4: Your marriage is like a _____.

A marriage is the _____ of the spiritual union between a man and woman, and now they have something that must be *nurtured* and *cared* for.

Be aware of what you're _____ to do based on what your husband is not doing because if both of you stop taking care of the baby, the baby is going to die.

Perspective #5: Your husband might feel _____ by you.

Men marry women hoping they _____ change. Women marry men hoping that they _____.

If you're the wife with the broken dream: you might feel like it's your right to _____ him for blowing up your world.

Perspective #6: Marriage can't _____ us from sin.
Acts 4:12; Titus 2:14

Only Jesus can redeem sin, not a _____ marriage.

If you need your marriage to _____ something in you, or in your husband, then you will make your marriage an _____.

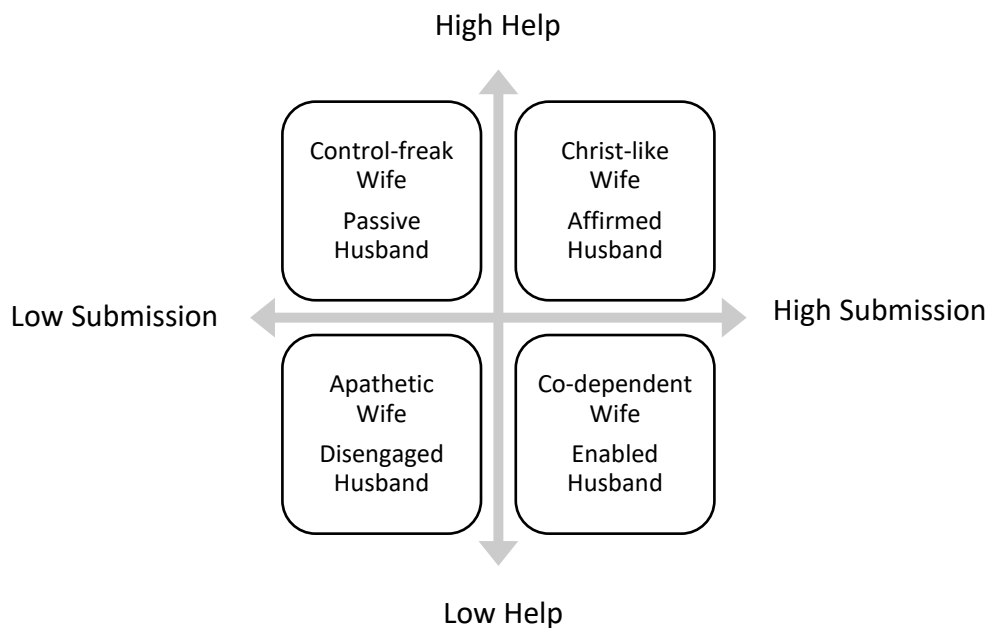


Perspective #7: Every wife needs _____.

There are two (2) main components in God's design of a wife that need fine tuning – *Helpmate* and *Submission* because we don't come into marriage *automatically* calibrated.

We're *naturally* pre-disposed to one over the other, which means we must _____ at cultivating what's less natural to us in order to become a more balanced wife.

What the calibration and miscalibration of Help and Submission produce:



“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up!
Do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”
Isaiah 43:18-19

Be of good courage!
Our good God can do a *new* thing in YOU and in your marriage – if you let Him!

BONUS MATERIAL

I DON'T WAIT ANYMORE: A SINGLE'S PERSPECTIVE

When I was 16, I got a purity ring. And when I was 25, I took it off. I didn't tell anyone I was doing it – it wasn't a statement or an emotional thing. I just slipped it off my finger that day and, before tucking it away in a box, ran my finger around the words on the familiar gold band. "True Love Waits." Waits. What's it "waiting" for, anyway?

I had my reasons for deciding not to wear it anymore. Other people might have other reasons. It's a graveyard of hearts, this place where single church girls crash into their late 20s and early 30s. Churches see the symptoms. They scramble to reach out to the ever-growing young adult singles crowd who feels alienated by family-oriented services. But there's something bigger behind it than that. Much bigger.

There are a lot of girls out there who don't know who God is anymore – the God of their youth group years just isn't working out. Back then, that God said to wait for sex until they are married, until He brings the right man along for a husband. They signed a card and put it on the altar and pledged to wait. And wait they did. And waited and waited and waited.

Some of them have prayed their whole lives for a husband, and he hasn't shown up. They've heard the advice to "be the woman God made you to be, focus on that, and then the husband will come." They've read "Lady in Waiting," gotten super involved in church and honed their domestic skills. And still they wait.

More than a decade ago, a youth leader handed them a photocopied poem in Sunday School written to them from "God" that said, "The reason you don't have anyone yet is because you're not fully satisfied in Me. You have to be satisfied with Me and then when you least expect it, I'll bring you the person I meant for you." And the girls see it posted on their bulletin boards from time to time.

"You're right, God," they say. "We're not satisfied in You yet. We will put You first and then You can bring us a husband in Your timing." But many of them – if they're honest – will tell you that time has passed, and it's wrecking their view of God.

If this is who God's supposed to be, then He's tragically late. So, some decide to chuck "Lady in Waiting" out the window...and possibly their virginity with it. Church goes next. God might go next, too. If He doesn't answer these prayers after they've held up their end of the bargain, why would He answer any others? Whether it was the fault of the leaders, the fault of us girls, or both, a tragedy happened back then.

A lot of girls were sold on a deal and not on a Savior. I had that poem on my bulletin board all through high school – the one where "God" was telling me to fall in love with Him first and then I would be able to fall in love with a husband later. Who wrote that poem anyway? Pretty sure it wasn't God.

When Jesus was here on the earth, the crowds would follow Him because they saw He gave good things. But that's not what He wanted. He wanted their hearts for Himself. So, He would turn to them and say



things like, “If you don’t love Me so much that every other relationship in your life looks like hate by comparison, you can’t follow Me.” (Matthew 10:34-39, paraphrase)

That sounds a lot different from the poem. Christ is the source of everything we need and the Giver of all good gifts...but in telling people about Him, it’s possible we’ve sold them on a solution for life’s problems and not life itself. What if we as girls had learned early on that having Him was everything, not a means to the life we think He would want us to have.

If we had learned we don’t abstain from sex because we’re “waiting.” We abstain because we love Him.

If I’d had on my bulletin board, “Fall in love with Jesus.” That’s it. Bottom line. That’s everything you need to know, to work toward, to put your hope in.

If I’d learned who He is, what He wants, how to give Him everything, not “wait” so that one day I could give my everything to someone else.

If I’d learned that it’s not bad to pray for a husband, but that my greater prayer should be for Him to spend my life as He chooses for His glory.

If we as believers make that our message, things could be drastically different for a lot of girls wondering why the God they think they learned to follow doesn’t compute. It doesn’t necessarily stop the desire for a husband or end all feelings of loneliness, but it does show a God who provides, loves and gives infinite purpose even to our singleness rather than a God who categorically denies some who pray for husbands while seemingly giving freely to others. It shows that while marriage is good, He is the greater goal.

Don’t think I’ve done this perfectly. I’d be deceiving you if you thought that. I’ve had relationships where I made major mistakes. I’ve gone through angst-ridden phases where I met with friends to plead together with God to bring us husbands. I’ve planned major life decisions around possibilities. I lived like I was waiting for something.

And that’s why I slipped off my ring that day. It wasn’t that I wanted to sleep with people – I haven’t. It wasn’t a slap to True Love Waits, or to anyone who wears a purity ring – saving sex for marriage is good and is His design.

I just didn’t want to wait anymore – didn’t want to live like I was waiting on anyone to get here. I already have Him...and He is everything.

“Follow Christ for His own sake, if you follow Him at all.” – J.C. Ryle

BONUS MATERIAL

A MAN'S GUIDE TO WORDS WOMEN USE

(Just for Laughs)

FINE

This is the word women use at the end of any argument that they feel they are right about, but need to shut you up. NEVER use "fine" to describe how a woman looks. This will cause you to have one of those arguments.

FIVE MINUTES

This is half an hour. It is equivalent to the five minutes your football game is going to last before you take out the trash, so they feel it's an even trade.

NOTHING

This means something and you should be on your toes. "Nothing" is usually used to describe the feeling a woman has of wanting to turn you inside out, upside down, and backwards. "Nothing" usually signifies an argument that will last "five minutes," and will end with the word "fine."

GO AHEAD (WITH RAISED EYEBROWS)

This is a dare which will result in a woman getting upset over "nothing" and will end with the word "fine."

GO AHEAD (WITH NORMAL EYEBROWS)

This means "I give up" or "do what you want because I don't care." You will get a raised eyebrow in just a few minutes, followed by "nothing" and "fine" and she will talk to you in about "five minutes" when she cools off.

LOUD SIGH

This is not actually a word, but is still often a verbal statement very misunderstood by men. A "loud sigh" means she thinks you are a fool and wonders why she is wasting her time standing around and arguing with you over "nothing."

SOFT SIGH

This, also, is not a word, but a verbal statement. "Soft sighs" are one of the few things that some men actually understand. She is content. Your best bet is not to move or breathe or say a word and she will remain content.

THAT'S OKAY

This is one of the most dangerous statements a woman can say to a man. "That's okay" means she wants to think long and hard before paying you retributions for whatever it is you have done. "That's okay" is often used with the word "fine" and is used in conjunction with a raised eyebrow "go ahead." At some point in the near future, when she has plotted and planned, you are going to be in some really big trouble.



PLEASE DO

This is not a statement; it is an offer. A woman is giving you a chance to come up with whatever lame excuse or reason you have for doing whatever it is you have done. You have a fair chance to tell the truth, so be careful, and you shouldn't get a "that's okay."

THANKS

A woman is thanking you. Do not faint. Don't comment. Just say "you're welcome."

THANKS A LOT

This is much different from "thanks." A woman will say "thanks a lot" when she is really ticked off at you. It signifies that you have hurt her in some callous way, and it will be followed by the "loud sigh." Be careful not to ask what is wrong after the "loud sigh" as she will only tell you "nothing" and now you know what will happen from here.

SESSION TWO

HELPMATE: OUR *PURPOSE* IN MARRIAGE

GAINING A BIBLICAL PERSPECTIVE

Foundational verse: *Genesis 2:18*

Women were NOT created to submit. We were created to _____.

1st Operating Principle for marriage and the Helpmate: God's _____ Over *Everything*



Do you believe God is the author and source of the Bible? If yes, then you'll let the Bible _____ your mind. *Isaiah 55:8-9*



Do you believe the Bible is authoritative? If yes, then you'll _____ by what it says.

Everything in creation is _____ by God's rules and laws. These allow the created order to _____, to be sustainable, and to exist in harmony with other things in creation.

Human _____ are governed by laws. We might not like the rules God has designed to govern our relationships, but we can't _____ or violate those laws without consequence.

The role of the helpmate is governed by God's relational laws, like everything else in creation.

2nd Operating Principle for marriage and the Helpmate: God is the _____

Foundational verse: *Romans 1:20*

God doesn't just _____ us laws to follow. God is also _____ Himself in creation. This includes His creation of man and woman and the institution of marriage.

Some of God's "invisible qualities" that are meant to be seen in creation and marriage:

God is Triune, but _____ God.

He is one God in three distinct Persons. *Luke 3:21-22*



He is $1 \times 1 \times 1 = 1$ God, not $1 + 1 + 1 = 3$ different Gods.

God is our blueprint for how two distinct _____ can be "one flesh."

God is _____.

The Father, Son and Holy Spirit are not just related, but they _____ in relationship with each other with all their interactions energized by a holy love.

They are active and responsive to each other, communicating and having all things in common.

God is our blueprint for how to be in _____ with each other.

God's nature is _____ masculine and feminine.

Neither masculinity nor femininity are _____ than or less than the other because that would mean that one part of God's nature is better than or less than the other.

God is our blueprint for how to _____ one another, and not compete against each other.

God is _____.

He is NOT characterized by independence. Each member of the Trinity isn't trying to carve out His own existence or space _____ from the other.

God is our blueprint for how to work together as a _____.

God _____ to God.

The Father, Son, and Holy Spirit have *personal* equality, but don't operate from _____ equality. *1 Corinthians 15: 23-28; Philippians 2:5-7*

God is our blueprint for how to _____ to one another.

God _____ God.

They want all creation to see the _____ of the other.

God is our blueprint for how to _____ each other.

UNDERSTANDING OUR PURPOSE

We must understand WHAT God designed women to do and HOW we are to meaningfully contribute as the Helpmate.

Our role is one of great power because it comes with a great ability to _____. Therefore, we need to channel that power of influence correctly.

God designed us to *help* our husbands be _____.
Proverbs 18:22; Proverbs 31:10-12, 23

We help our husbands by helping them *do* what _____ created them to do, which we learn from their original mandate:

To _____ God *Genesis 2:16-17*

To _____ *Genesis 2:15*

To _____ a woman *Genesis 2:18; 23-25*

When God created Eve and told her to help Adam, *his* mandate _____ the direction of her help.

God hardwired your husband in such a way that he _____ your help to succeed in his God-given calling! So, ask yourself:

How can I HELP my husband be great in his obedience to God?
1 Peter 3:1-2

Step 1 _____ your mouth.

Step 2 _____ Jesus to your husband.

The most effective thing you can do to affect your husband's obedience and faith is to _____ for him *regularly*.



How can I HELP my husband be great at his job or ministry?

Are you giving him the _____ he needs to do his work or ministry?

Don't underestimate the power of an "_____" in helping your husband be great!

How can I HELP my husband be great at loving *me*?

Your husband doesn't *automatically* know how to love you as a wife and there's NO way he can figure YOU out _____ your help!

God designed us to be _____.

Genesis 3:20

A wife can *become* a mother, but our _____ role in marriage is to be the wife. It's *always* wife first, mom _____.

When we put our children before our husbands, we don't do our children ANY favors:

They can wind up _____ and self-absorbed.

They will be raised in a marital model that is _____ of God's design.

Their marital _____ will be the model we gave them.

God designed us to _____ with men.

Genesis 1:27-28; Ecclesiastes 4:9-12

Together men and women, husbands and wives were given a _____ work to do together.

God created us to subdue and rule the earth as co-_____, to care for the earth and its people, to reproduce the image of God and advance the culture of heaven here.

MAKES NO DIFFERENCE IF YOU'RE MARRIED OR SINGLE

Whether you're single or married doesn't change your design and what you were created to contribute:

Foundational verse: *1 Corinthians 7:34-35*

Marriage doesn't make you whole, it _____ you!



_____ we're called to live out *physically* when we marry, we are *already* called to do *spiritually* in Christ. We are:

The _____ of Christ

_____ Mothers

_____ in the Body of Christ

You DON'T _____ the "help" when you get married. You're already the help! When you marry, the way you help is divided – helping a _____ family and a _____ man.

HELP DEFINED

The Hebrew word is "Ezer." The word is used to describe God's creation of woman and to describe _____.

The help precedent in Scripture:

Eve helped Adam, God helped Israel, the tribe of Levi helped the High Priest, Jesus helps the Father receive glory, the _____ helps Jesus receive glory, the Spirit helps the ministry of Christ continue, the Body of Christ helps _____, etc.

The meaning of help:

To surround, _____, to assist, to aid, to _____ by coming to the aid of, to furnish relief.

To "relieve" means: to _____ a burden, to _____ something enough to make it tolerable, to lessen the monotony.

When God entrusts you with a job:

Matthew 25:14-19, 26-27

God expects a _____.

We have zero _____.

We will give an _____.



FOR PETE'S SAKE, HELP THE BROTHER!

Foundational verse: *Proverbs 12:4*

“Disgraceful” or “shameful” in Hebrew means: _____, to put to shame, to bring confusion, to become _____.

Our help can run in one of two directions – we can be a crown or a _____.

Some things that help you to be his “crown:”

Watch your _____.

Constant _____, ongoing criticism, sarcasm, and _____ are NOT help!

Be aware of YOUR unrealistic _____.

God expects _____ to help our husbands, but we keep expecting _____ NOT to need our help!

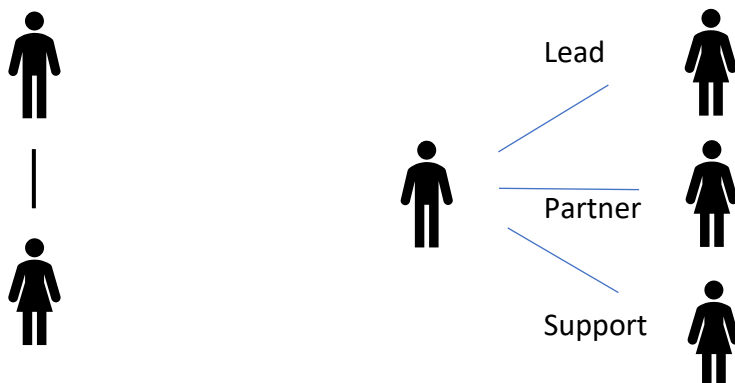
_____ to his cry for help.

Our problem isn't that we don't KNOW what our husbands need. Our problem is we _____ want to help them!

YOUR husband _____ what YOUR help looks like.

WRONG model = function is to submit

GOD'S model = function is to help



Headship and leadership are NOT the same thing! Though headship is leadership, not all leadership is headship.

You have to _____ him to help him:

What's your husband's _____?

What's his _____ language?

What kind of _____ support does he need or want?

What _____ or de-energizes him?

What are his spiritual _____ or passions?

What is his _____?

A CLOSING THOUGHT

"Your husband was loved by a mother who thought him to be at his birth, wonderful and beautiful in every way. He was her baby boy, and she was his mother. She had hopes and dreams for his life, hopes of what he could be, of what he would be. Soon enough, her boy grows up and one day this mother must give her beloved son to another woman to love, releasing him into the arms of a woman he will call his wife. Will this wife also believe that her boy is wonderful? Will she believe in what he could be? Will she treasure him, nurture him, honor him, protect him? Will she? Will you?" – *Luci Stanley*

Your husband's ability to fulfill his God-ordained purpose lies with your willingness to contribute to his life the way God designed you to contribute. And when you help him rise, you will also rise.



BONUS MATERIAL

GENERAL PERSONALITY INFORMATION

Know yourself. Control yourself. Die to yourself.

Melancholy <i>(Beaver)</i> Introvert Task oriented Motto: “Do it right” Wants: compliance Needs: sensitivity, space, support, silence, exact details/explanations Values: order Makes a great: inventor philosopher researcher designer programmer Method of Control: moods/threat of mood Strengths: analytical thoughtful devoted planner detailed Weaknesses: too sensitive skeptical isolates critical unrealistic expectations Possible Bible Character: Jeremiah Martha	Choleric <i>(Lion)</i> Extrovert Task oriented Motto: “Git r’done” Wants: dominance Needs: to lead, activity, respect, loyalty, freedom Values: work Makes a great: CEO manager producer head coach leader Method of Control: anger/threat of anger Strengths: bold self-reliant confident leadership assertive Weaknesses: tactless unaffectionate workaholic competitive bossy Possible Bible Character: Paul Deborah	Sanguine <i>(Otter)</i> Extrovert People oriented Motto: “Let’s have fun” Wants: influence Needs: attention, approval, acceptance, affection, freedom from control and details Values: fun Makes a great: salesman teacher entertainer encourager cheerleader Method of Control: charm/wit (to get out of trouble) Strengths: persuasive optimistic imaginative forgives easily inspirational Weaknesses: show off disorganized restless inconsistent irresponsible Possible Bible Character: Peter Mary (Martha’s sister)	Phlegmatic <i>(Golden Retriever)</i> Introvert People oriented Motto: “Get along” Wants: steadiness Needs: routine, feeling of worth, lack of stress, time to adjust, appreciation Values: peace Makes a great: diplomat parent counselor participant team member Method of Control: procrastination (I’ll just take my time...) Strengths: consistent diplomatic adaptable competent patient Weaknesses: compromising passive anxious indecisive lazy Possible Bible Character: Abraham Esther
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NOTE: Other factors influence our personality development – life experiences, the temperament and propensities of parents, circumstances, unresolved life issues, etc.

Most people are a combination of at least 2 primary personality types (e.g. Melancholy/Choleric, etc.).



SESSION THREE

SUBMISSION: OUR *POWER* IN MARRIAGE

HOW WE *REALLY* FEEL

What *automatically* comes to mind when we hear the word submission:

Oppression

Loss of _____

Loss of rights

Loss of _____

Becoming mindless

Feels _____

Might as well be a slave

You'll be used or _____

You have _____

Your opinion/rights don't matter

You _____ matter


You'll be taken advantage of

Feels like _____

GAINING A BIBLICAL PERSPECTIVE

In God's design of marriage, submission is a foundational component. Submission is one of God's relational laws, based on His own example, that _____ a relationship.

 *Do I believe God is the source of the Bible?* This impacts _____.

 *Do I believe the Bible is authoritative?* This impacts _____.

1st Operating Principle of Submission: The _____ of Created Things

The one who "names" has natural _____ *over* and _____ *for* what is named.

Biblical authority is about caring for and _____ others. It is NEVER about domination. Domination is always a _____ of authority.

Some definitions:

Authority is the _____ to rule

Power is the _____ to rule



Naming has *nothing* to do with _____:

Jesus and the Father are equally God, and Jesus has authority *with* the Father, but Jesus _____ to function within His Father's authority.

Adam and Eve are equally made in the image of God, and Eve has authority as a co-laborer, co-regent, and co-ruler with Adam, but God designed Eve to use her _____ to function within Adam's authority.

In the biblical authority/submission paradigm, men and women aren't _____ forces. They are _____, with each leveraging what God has given them to benefit the other.

2nd Operating Principle of Submission: The Effect of the _____
Genesis 3:16-19

The curse didn't _____ women under authority. We were already under _____, God-ordained authority!

The curse didn't change our *position*; it changed our _____.

At creation, submission was natural, and rebellion was _____. *After the Fall, rebellion became natural, and submission became unnatural.*

Jesus works in our lives to transform us _____ from our rebellion, back to God's supernatural design.

SUBMISSION DEFINED

Submission and subjugation are NOT synonyms:

Subjugation is the action of someone bringing _____ under *domination*, it's enslavement, loss of freedom, _____, conquest, defeat.

Submission means to subject _____, to put *oneself* under authority, to yield, a _____ surrender, deference.



Biblical submission is:

A _____

No one forces you because your _____ is involved.

Your ability to _____ help and influence your husband is as good as your submission.

HELP + SUBMISSION = Your SUPERPOWER

Without submission your husband won't _____ the "help" you try to give him because it will feel like manipulation.

Your submission will help your "help" stay _____.

_____ in God

God wants to _____ for you, but you have _____ of His way.

Use your _____, make your case, _____ to your husband's reason, and if he's not listening – trust God and let God deal with your husband.

_____ to God

Nowhere in the Bible does God command _____ to tell their wives to submit.

Submission isn't an issue between you and your husband. Submission is an issue between you and God, who is _____ your faithfulness to *Him* by way of your submission to another.

WHAT SUBMISSION IS NOT

Biblical submission is *not*:

Submission *always* involves a _____ of your will.



When there's a _____ in the road between YOUR will and your husband's will, the *sacrifice* is choosing _____ will over your own.

About your _____

Your humanity isn't _____ because you choose to yield your will.

The loss of your _____

Submission kills off your _____, not your personhood.

God designed _____ to contribute beneficially to your husband's life and for you to succeed as a _____.

Submission doesn't make *you* disappear, just some of your _____ and inordinate self-love.

_____ obedience

Acts 5:1-10

The Bible does NOT command a woman to tolerate sin, _____ in sin, or violate her conscience, all in the name of submission to a husband.

Don't deceive yourself! If you accommodate his sin, you are NOT being submissive. *You* are _____ and have made your husband or marriage an _____.

WHAT MAKES SUBMISSION IMPOSSIBLE

Believing and rehearsing _____ thoughts about our husbands

Acts 3:19

Turn to Page 26

Justifying and nursing _____

Luke 6:32-36

The thing that caused the offense was an _____; to be offended is a _____.



Disrespect

Disrespect _____ the person on the receiving end of it. It doesn't make them stronger or better.

"If you treat your 20% husband like he's 20%, he'll always give you 20%. But if you treat your 20% husband like he's 100%, he'll rise and give you 100%." – *Debi Pearl*

YOU WILL REAP WHAT YOU SOW

The Law of the Harvest

You will _____ what you sow.

You will reap _____ than when you sow.

You will reap _____ than what you sow.

If you sow a lack of submission, you will reap the consequences of that! The NEGATIVE harvest:

In Your *Husband*

Confusion and Passivity:

We say we _____ their leadership, then when they try to lead, we refuse to _____, so they don't bother trying to lead anymore.

Drifting:

Men are _____ by God for respect and admiration.

If a man doesn't get respect and admiration from his wife, he'll _____ towards what he thinks will provide it.

In Your *Home*

A house full of anger and _____

A house with no _____, friendliness, or fun



In *You*

An _____ prayer life

_____ versions of you

Loss of _____ with God and your husband

You won't _____ *yourself*

BUT a woman characterized by submission can produce a POSITIVE Harvest:

A home that's a _____ instead of a warzone

Positively affects your _____ emotional health

Helps a _____ husband turn back to God

Increases your _____

Helps you become more _____ and less like a *mostly-religious-church-going-woman-whose-faith-hasn't-changed-her-very-much*

Helps a husband regain his God-given _____

**If you cultivate a more submissive spirit, you will *actually* like the woman you're becoming,
and so will your husband!**



BONUS MATERIAL

BITTER THOUGHTS THAT WORK AGAINST SUBMISSION

He doesn't love me. He only loves himself.

How dare he come home in a bad mood and take it out on me!

I do so much for him and look at what I get in return!

He's only thinking of himself.

He's stupid; see if I ever try to talk to him again!

I can't believe what he did. I will *never* forgive him.

He'll *never* change.

There is no hope for him.

He did that on purpose to hurt me.

We *never* should have gotten married.

God understands that I can't take this.

I hate him.

I prayed about it and have peace about divorcing him.

I wish he were dead.

I'll show him what it's like.

He's repulsive to me.

The thought of him touching me is nauseating.

How could God let him do this to me?

He should have known better.

SESSION FOUR

SEX: OUR *PROTECTION* IN MARRIAGE

THE DISCLAIMERS

There will be no punches pulled to try and protect any possible sensitivities about this topic.

We're talking in generalities based on the most common scenario in marriage, which is a husband with a higher libido than his wife's. That doesn't mean you're abnormal if your sex drive is higher than your husband's.

If you're single, you need to know that in God's design for sex, only married people are supposed to be having it. Not you, not yet.

THE BIBLE'S SEXUAL NARRATIVE

God designed sex to be exclusive. It was to be experienced **ONLY** within the boundaries of a covenant commitment between a man and a woman who become husband and wife. In this relationship of mutual allegiance, the man gives his wife the gift of his fidelity and the woman gives her husband the gift of her body, and God gives the couple the gift of sex. When God created sex, He intended a couple to open His gift as often as they wanted for the rest of their married lives, as long as they were physically able. God designed sex to contain a type of pleasure no one else was allowed to experience, making marriage something to be desired. God created the male sexual organ to fit perfectly into a female sexual counterpart. He wanted couples to kiss and hug and touch and fondle and play. God intended sex to be enjoyable for both the husband and the wife, so He put all kinds of nerve endings in their private, sexual areas so they'd experience a pleasure that could lead them both to orgasm. Orgasms aren't necessary *at all* for pro-creation. They're purely the result of intense sexual pleasure. God even gave women an extra, special little part that's completely useless for conception and childbearing. It's simply a pleasure spot on her body, designed by God just for women, so that we too could experience sexual pleasure in an extra special way.

SEX IN THE BIBLE

Song of Songs/Solomon 4:5-7, 9-11, 16; 5:1, 13-16; 6:2-3; 7:6-9; 8:10, 14

Translation Key (some of these words are interchangeable between the categories):

Vaginal area: cistern, well, fountain, mountain of myrrh, hill of incense, garden, bed of spices

Breasts: fawns, gazelles, towers, clusters of fruit

Her body: choice fruits, lilies, a wall, palm tree, vineyard, spice-laden mountains



CALIBRATING INTIMACY

Intimacy is key to God's design for sex, and intimacy has two sides that must be calibrated – _____ intimacy and _____ intimacy.

We start our relationship as husband and wife _____:

Generally speaking, women lean hard towards _____ intimacy, which we experience through _____ and time spent with us.

Generally speaking, men lean hard towards _____ intimacy, which they experience through actually having _____.

Men have to calibrate by making an adjustment towards the *emotional*, and women have to make an adjustment towards the *physical*.

To calibrate, we have to do what's _____ for us and choose the *opposite* of what we want to do, which means intimacy is cultivated through _____, not through feelings!

Without the calibration, the marriage becomes dominated by _____, not intimacy.

BROKEN EXPECTATIONS

Men marry women hoping we never change, but then – we change.

You were his _____ girlfriend, and now you're his _____ wife, and he doesn't know what to do or how to get the woman he dated back!

Now he's stuck – for the rest of his life – with a woman who doesn't even _____ him.

WHY MARRIED WOMEN DON'T CHOOSE SEX

A non-exhaustive list of reasons for why so many married women aren't having sex:

Too busy

Our _____

Poor or chronic health issues

"Mother-mode"

Anger or unforgiveness



Feeling _____

Time of the month or menopausal

Lack of desire

Unhelpful _____ habits

Fear of _____

Physical pain or incontinence

Our reasons aren't illegitimate, but we need to _____ against letting them produce a sexless marriage as the norm.

God's list of reasons for refraining from sex:

1 Corinthians 7:3-5

WHEN SEX GOES BAD IN MARRIAGE

God designed sex in marriage, not only for procreation and pleasure, but also to protect it. We must protect our marriages from many things such as:

A lack of intimacy due to _____ misalignment of the emotional and sexual

Satan, who is actively working to _____ us and our marriages through temptation

Sexual _____

Things that cause sex to go bad:

_____ illegitimate options

Women can experience emotional intimacy with or without our husbands, and we have lots of options that can make us feel emotionally satisfied that don't compromise our walk with God.

After you _____ your husband sexually, he has _____ legit options for sexual fulfillment!

You are your husband's _____ God-ordained, *legitimate* source of sexual relief, intimacy, and fulfillment!

It's a great _____ on our part to sexually deny our husbands on a regular basis when they're designed by God to feel loved through sexual intimacy, *and this is the only thing in his life that ONLY his wife can do!*



_____ illegitimate options

Physical affairs, emotional affairs, online affairs, sexting and texting affairs, indulging in romance novels and mommy porn, fantasizing, and daydreaming of being divorced or widowed ARE ALL ILLEGITIMATE OPTIONS.

Satan always wants you to believe that you're coming _____ when he's actually destroying you.

If your husband needs to view porn to have sex with you, then you have become a _____.

If YOU need to view porn to have sex with your husband, then you're bankrupting yourself _____.

Some repercussions of habitual masturbation:

You _____ need each other anymore

You _____ satisfy each other anymore

He stops _____ you

Some reasons our husbands stop pursuing us sexually:

His _____ dynamics

You're _____ the sex

You're no longer the _____ of his heart

Sex in marriage can operate from _____ and deprivation instead of oneness and intimacy. That loss spills over into _____, words, and actions. You start *hating* him for the man he's become, and he starts *hating* you for the woman you've become.

BUT the Good News is that God is committed to redemption! He knows how to raise dead things and give them life! He can breathe new life into you, your husband, your marriage, and your family – if you let Him!

JUST DO *IT* ALREADY!

Calibrating intimacy the way God designed it to be calibrated includes having sex! Here are some practical tips to get you going and keep you going in a sexually and emotionally healthy direction:

Find a _____ rhythm

Think _____ thoughts about him

Stop _____ parenting

_____ every now and again

_____ up

Set the _____ YOU need

_____ him

Give _____, *not* rejection

Work to get the disease OUT of your marriage bed, calibrate physical and emotional intimacy and you'll begin experiencing God's good, and highly enjoyable, design for your sexual relationship!



BONUS MATERIAL

NAKED PICTURES

There is no command in Scripture that says, “Thou shalt not take a full frontal naked or sexy rear end picture of yourself and send it to your husband via Snapchat or your cell phone.” However, the Apostle Paul didn’t have any commands in Scripture, either, to deal with the specific marital and sexual questions and problems the Corinthian church was asking and having, but he submitted direction to them anyway based on the timeless Kingdom principles that exist in Scripture.

And just as the Apostle Paul needed to guide the Corinthian church to righteousness, that’s what we need to attempt to do regarding the question of sending sexually provocative pictures of ourselves to our husbands (or ANY person for that matter). Ultimately, your decision is going to be between you and God, but never forget - you will stand and give an account of yourself before God for your choices. That’s a Scriptural promise for all of us - with no exceptions. So, I suggest that you think through the grid of Scripture that already exists to determine your choices regarding the righteousness, or lack thereof, of sending pictures of your naked body parts to your husband. Ask yourself:

Will this help him subdue a porn addiction, start an addiction, or stoke the addiction he already has?

Will this help him in his allegiance to God? Am I helping him choose holiness, causing him to sin *less*? Am I helping him become more self-less and Christ-like?

Does this encourage sexual independence from me or interdependence and oneness?

Does my husband masturbate after seeing naked pictures of me? Is masturbation God’s design for our sexual intimacy?

Does this action make my marriage bed public or private? Safe or unsecured? *Hebrews 13:4*

Does this action violate my conscience? *Romans 14:23*

Am I taking my sexual cues from the world or Jesus? Am I calling good evil and evil good?

Are my actions motivated by fear of losing him to porn or someone else? A feeling of sexual power? A false sense of “control?” Do I feel it’s my right to do whatever I want?

Will this help my husband learn how to love me? Will this draw him closer to emotional intimacy with me? Will this help me feel chosen, dearly loved, cherished, respected, and honored by him?

Key Verses:

1 Thessalonians 4:3-5

We are to treat our own bodies in a holy and honorable manner

1 Peter 3:7

Men are to treat their wives with respect

Colossians 3:19

Men are to love their wives morally

Ephesians 5:1-14

There’s to be NO hint of sexual immorality among us as Christians

1 Thessalonians 4:7-8

We are warned not to reject God’s instructions regarding sex

1 Peter 1:15-16

We are commanded to be holy



BREAKOUTGROUPS

FRIDAY NIGHT

This group time is an icebreaker. Just relax and get to know each other.

Share your name and why you chose to come to *Renovated*. Use the following list of reasons as a starting point:

I like doing regular marriage maintenance – going to marriage studies and conferences

I was invited by a friend

My marriage needs a tune up or some repair

My marriage is nearing a breakdown

I don't know why I'm here

FOMO (fear of missing out)

Other (please state what the "other" reason is)

SATURDAY MORNING

This group time is aimed at reflection with application in view.

Look over Session 1 and share which perspective resonated with you the most.

Look over Sessions 2 and 3 and share where you feel you need to make an application as a wife – helpmate or submission, and in what way specifically.

SATURDAY AFTERNOON

This group time is dedicated to praying together.

Each woman takes a turn praying in the direction of each segment. Be real and transparent with each other. God can do a miracle if you let Him!

Pray for yourself

Pray for your husband

Pray for God's Kingdom to manifest in and through your marriage
(e.g., joy, forgiveness, to be made new, oneness, kindness, purity, etc.)

Pray for someone else's marriage

RECOMMENDED READING

Be Attitudes of Marriage by Mark Gungor

Nine straight-to-the-point devotionals emphasizing a way to “be” that allows us to experience the kind of marriage God intended for us to have.

Every Woman’s Battle by Shannon Ethridge

Understand the four components of female sexuality, design a new defense, cultivate intimacy with your husband and develop intimacy with the One and Only Lover who will satisfy your innermost needs – Jesus Christ.

The Five Love Languages Series by Gary Chapman

Discover the ingredient missing from many relationships and learn how to communicate love in a way that can transform any relationship.

For Women Only by Shaunti Feldhahn

An inside look at what’s going on in your husband’s head: understand his inner life, know his fears and needs, and hear what he wishes he could tell you.

I Don’t Wait Anymore by Grace Thornton

Are you single and have been waiting for life to turn out the way you expected? This encouraging book offers inspiration on how to let go of expectations that keep you stuck in waiting, and how to grasp God’s adventure for you.

If My Husband Would Change I’d Be Happy and Other Myths Wives Believe by Rhonda Stoppe

Take captive the lies and myths you believe about your marriage and find fulfillment through God’s truth.

Intimate Issues: 21 Questions Christian Women Ask About Sex by Dillow and Pontus

Insights about God’s perspective on sex, and a variety of practical and creative ideas for enhancing your physical relationship with your husband.

Keep it Shut by Karen Ehman

A sobering look at how our words have the power to build or tear down everyone around us by either giving glory to the evidence of God in us, or to the raging fire consuming us.

Kingdom Marriage by Tony Evans

Learn how to grow your marriage into God’s designed purpose as you live and love in the authority of the Kingdom of God.

Laugh Your Way to a Better Marriage by Mark Gungor

A humorous, yet provocative look at what’s necessary to generate and maintain healthy habits and communication in your marriage.

Living Single by Tony Evans

Encouragement to fully embrace your life based on the truths found in 1 Corinthians 7 – waiting on the Lord, working for the Lord, fulfilling your personal calling, and what it means to be wedded to Him.

Sacred Marriage by Gary Thomas

Learn to understand your marriage as a doorway to a closer walk with God that has holiness as an objective rather than mere happiness.

What’s It Like to Be Married to Me? by Linda Dillow

An honest look at yourself from your husband’s perspective and practical help to encourage any necessary changes.

Wired That Way by Marita Littauer

Understand the strengths and weaknesses of your own personality type and that of your husband to gain the necessary perspective to overcome differences that appear irreconcilable.

Books are recommended based on overall content.

A recommendation does not imply agreement with every point of the authors’ theology, interpretation, or praxis.

MINISTRY RESOURCES

This conference and simulcast is not designed to address serious problems that exist or persist in marriage. Sometimes a marriage needs much more. If that is your marriage, we encourage you to seek additional help immediately. Here are some ministries and people who are equipped to help beyond what this event can provide:

LOCAL Ministries: Tampa, FL

Boundless Hope Christian Clinical Counseling

Jolene Lantz, MA, LMHC | boundlesshope.net

Strong and compassionate, biblically centric mental health clinicians and counselors serving children, adolescents, adults and families

Healing Grace

Debbie Hamby | oasispregnancycenter.org

Confidential Bible studies and support groups aimed at encouraging recovery and restoring freedom to post-abortive women and women who have experienced sexual abuse and/or sexual sin

L.I.F.E. Recovery

Cathy Stone | idlewild.org/support-groups

Small group ministry and Bible study for co-dependent wives of husbands with addictions, especially drug, alcohol or sexual addictions

NATIONAL Ministries:

Deeper Still Retreat

Karen Ellison | godeeperstill.org

Yearly weekend retreats for both women and men who have experienced or participated in an abortion as the mother or father of the child, moving each person toward lasting freedom

Fight the New Drug

fightthenewdrug.org

A non-Christian but must-see docuseries (Three 30-minute videos) on the effects of pornography on the brain, relationships, and the world in general. Excellent blogs and resources available via the website

Laugh Your Way to a Better Marriage

Mark Gungor | markgungor.com

A funny, but no fluff, conference that is highly insightful and practical and something a husband wouldn't mind attending. It explores the underlying dynamics of male/female relationships while offering great solutions to common relationship issues.

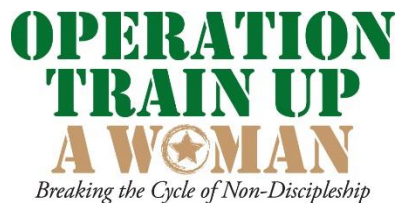
WIT (Whatever It Takes)

Paul Speed | witministries.com

Conferences for men, women, and singles characterized by sexual addiction with an emphasis on breaking addictions and restoring the person and the marriage.



a training and discipleship ministry



MENTOR TRAINING

Discipler development with an emphasis on spiritual reproduction for women *currently* engaged in life-on-life or small group discipling relationships.

6-week, virtual training starting October 13 and 14, 2021
register at thewelltraining.org/groups

For more information about The Well, our conferences, trainings or groups:

thewelltraining.org



A renovated life and
a renovated wife can
change the world.