

*Staying  
Together*



*Forever*

## **Amanda Buys' Spiritual Covering**

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# Staying Together Forever

## Introduction

This booklet is not about changing, fixing, or making your spouse do anything. It is about bringing godly **boundaries** into the relationship to provide a context in which both mates can grow. We may have to deny ourselves certain freedoms to say or do whatever we'd like in order to achieve a higher purpose. Many spouses use the concept of boundaries to go on the hunt to "make" their mate change his/her ways. Instead of a "marriage" problem, they see a "spouse" problem. Each spouse needs to take responsibility to solve the problems they are facing.

*Matt. 5: 23,24:*

*"23 So if when you are offering your gift at the altar you there remember that your brother has any [grievance] against you,  
24 Leave your gift at the altar and go. First make peace with your brother, and then come back and present your gift."*

*Matt. 18: 15:*

*15 If your brother wrongs you, go and show him his fault, between you and him privately. If he listens to you, you have won back your brother.*

We need to **own** our lives, live in God's Light, **take responsibility** for our **hearts**, our loves, our time and our talents.

*Eph. 4: 15: "Rather, let our lives lovingly express truth [in all things, speaking truly, living truly]. Enfolded in love, let us grow up in every way and in all things into Him Who is the Head, [even] Christ (the Messiah, the Anointed One).*

When we blame someone else, the light of truth shifts from us onto that person (Adam and Eve). We need to **first seek God's Kingdom** and **righteousness** by becoming more deeply concerned about our own issues than our spouses'.

I pray that as you continue to work through this teaching you will learn from God's Word how to stay together forever.

## It Takes Two to Make One



*Gen 2: 18: Now the Lord God said, It is not good (sufficient, satisfactory) that the man should be alone; I will make him a helper meet (suitable, adapted, complementary) for him.*

*Mark 10: 7, 8:*

*7 For this reason a man shall leave [behind] his father and his mother<sup>t</sup> and be  
"joined to his wife and cleave closely to her permanently,*

*8 And the two shall become one flesh, so that they are no longer two, but one flesh.*

Oneness is built over time as a relationship grows and as two become one.

### "Twoness"

**The requirement for oneness is two complete people.** A complete person is a **mature person** who is able to do all the things that adult life and relationship requires:

- Give love and receive love
- Be independent and self sufficient
- Live out values honestly
- Be responsible
- Have self confidence
- Deal with problems and failures
- Live out their talents
- Have a life

If two complete people marry, their oneness they establish will be complete. So, if one or both are coming to the marriage asking the marriage to complete them as people, the marriage will break down. Marriage is not meant to be the place where one gets completed as a person – it is meant for complete persons to come together and build a "we" that is bigger and better than either one of the "I's" involved. Marriage is an adult contract and we should grow toward this adulthood, or completeness to attain more and more oneness.

### Completing *versus* Complementing

Marriage was designed to give you a new experience in wholeness but unfortunately, many people see marriage as a ticket to short-cut completeness or maturity. So, they do not marry out of strength, but out of weakness. They marry someone to make up for what they do not possess on their own. They marry out of their incompleteness, and in doing so destroy the possibility for oneness, e.g, he marries a "mother" to make the home that he could not build for himself while he goes off and plays during the day.

**Complementing** means bringing different perspectives, talents, abilities, experiences, and other gifts to the relationship and forming a partnership.

**Completing** means making up for one's immaturity as a person – attempting to use another person to balance an imbalance in one's character, and it never works.

Each person is responsible for developing these character imbalances on his/her own and then bringing a whole, balanced self into the relationship.

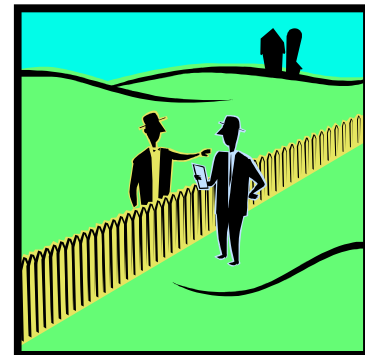
**Both partners must be able to:**

- Connect emotionally
- Be vulnerable and share feelings
- Have an appropriate sense of power and assertiveness
- Say no
- Have initiative and drive
- Have at least a minimum amount of organization
- Be real, but not perfect
- Accept imperfections and have grace and forgiveness
- Grieve the hurts of the past and learn to let go
- Think for oneself and express one's opinion
- Learn and grow
- Take risks
- Grasp and use one's talents
- Be responsible and follow through
- Be free and not controlled by external or internal factors
- Be sexual
- Be spiritual and have a moral sense
- Have an intellectual life

## How to grow up – the importance of Boundaries

**Boundaries:**

- These have to be determined from the beginning of a marriage
- Will lead to true intimacy
- Will help a couple to grow in love – individually, as well as a couple.



**What are Boundaries?**

- Refers to property lines – the beginning and the end of something
- Refers to **ownership** – each one knows what is his/her responsibility – both know whose problem belongs to whom.
- An opportunity is now created for **change**
- Responsibility also involves **action**. We need to change some attitudes, behaviours, reactions or choices.

*Prov. 25:28:  
28 He who has no rule over his own spirit is like a city that is broken down and without walls.*

## What is the responsibility of each partner?

- Emotions / Feelings
- Attitudes
- Behaviours
- Choices
- Limitations
- Desires
- Thoughts
- Values
- Talents
- Love

Responsibility tells us we are the ones who must work through our feelings and learn how to feel differently. **Our** attitudes – not those of our spouse – cause us to feel distressed and powerless. How we behave and react is part of the problem and we have to change these patterns. We allow ourselves to be pushed beyond certain limits and then become resentful or powerless.

How we **behave** and **react**, is our own problem and we will have to work on many wrong behavioural patterns.

- Boundaries will help us to know where a person's control starts and ends.
- In order for love to work, each marriage partner has to realize his/her **freedom**.
- Boundaries will help us to define this **freedom**.
- Marriage is **not** slavery. It is based on a love relationship, which is deeply rooted in **freedom**.
- Each partner stands free from the other one, and they are therefore free to love each other.
- Wherever there is **control**, or even a perception of it, there cannot be love. **Love only exists where there is freedom.**

## Three ingredients of Relationship:

Freedom – Responsibility – Love

No freedom – slavery – rebellion

God created us **free** and he gave us **responsibility** for our freedom. And as responsible free agents, we are told to **love** Him and each other. This emphasis runs throughout the whole Bible. As we live with these three ingredients of relationship, love grows and we become freer from: self-centredness, past hurts, sinful patterns, etc.

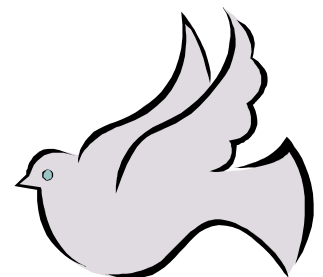
Boundaries will provide **protection** in which love can grow. If someone trespasses your personal boundaries in some way, you can take control of yourself and not allow yourself to be controlled, or hurt, anymore. This is **self-control**. Self-control serves love, not selfishness.

We hope that when you **take control of yourself**, you will love better and more purposefully and intentionally so that you and your spouse can have the **intimacy** you desire. Without clear boundaries, couples cannot know each other; and without **knowing** each other, you cannot truly **love** each other.

(A more detailed study on *Boundaries* and *Boundaries with Children* are available from Kanaan Ministries)



# VALUES





## What You Value is What You'll Have

Your **values** become the ultimate **identity** and **protective** boundaries of your marriage. On both the positive and negative side, what you value you will have. Because of these values, the relationship takes on an **identity** and **form**, a character of its own.

Your **values** are the **ultimate boundaries** in your marriage. They form it, protect it, and give it a place to grow. They dictate what the nature of the relationship is going to be, what is not going to be allowed to grow there, as well as what is going to be sought after and maintained. The values of your relationship become like the frame of a house; they give it shape. What you value, determines the kind of relationship you most likely will have in the end.

In marriage, you must **focus** on **cultivating** a garden instead of demanding the fruit, and then your garden will yield a huge harvest. The same with values. Make cultivating the following ones a prime concern. Work on them. Do everything you can to increase the presence of these things. Give time, money, energy, focus, and other resources to develop the **love of God** and **each other, honesty, faithfulness, compassion, forgiveness** and **holiness**.



### Value One – Love of God

*Mark 12: 30:*

*30 And you shall love the Lord your God<sup>i</sup> out of and with **your whole** heart and out of and with all your **soul** (your life) and out of and with all your **mind** (with<sup>k</sup> your faculty of thought and your moral understanding) and out of and with all your **strength**. This is the **first** and **principal commandment**.*

Why did God place this value above all other? When loving God is our orientating principle in life, we are always adjusting to what He requires from us. When things get tough in a marriage and when some change is required from us, we might not want to do it. We might feel it is unfair, too difficult, and too painful to change. But, if we know that it's God with whom we ultimately have to deal, we submit to this reality and His higher calling to us to grow. In the end, the relationship wins. We must love God enough to do what He asks, and then we will grow to love each other as a result. The love for each other will be the fruit of loving God.



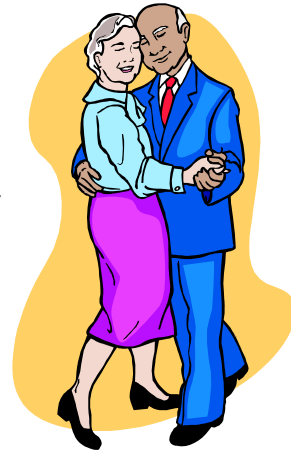
**Loving God must be first** – He empowers us to change – He tells us **how** to change. If we try to be in charge, we will do it our way and then we limit the relationship. We all need someone bigger to answer to so we will make the changes we need to make.

Love God first, with all your heart, mind, soul and strength. Lose your life to Him and you will gain it.

## Value Two – Love of Your Spouse

There are many ideas about what love means. To some it is romance to others it is security. "I love this/that about you". We celebrate who that person is. They add value to our existence. What happens when we don't see "what we love" about our spouses? Our "love" has disappeared.

The love that builds a marriage is the kind of love God has for us, "**agape**" love that seeks the welfare of the other. This love has to do with what is good for the other person.



### How do you love someone "as yourself" in marriage?

- You so **deeply identify** with your spouse that you feel the effects of your own behaviour on your spouse. It is to get out of self-centeredness or just acting to please yourself. Put yourself in your spouses' shoes and see what it **feels** like to be him/her. This empowers you to seek the best for the other person.
- You think of making your spouse's life **better**. You feel the other person's **need** as your own (empathy), and you **sacrifice** to meet it.
- You want the **best** for your spouse even when your spouse cannot see what it is. It may be a difficult confrontation, or a healing in your spouse's life, e.g., a loving intervention is for the addict, even if the entire family benefits. This kind of love may cost you.

### Commitment/Covenant

To commit to someone means that you will be there and that you will stay, even when things get difficult. If leaving is an option, why go through the pain? Why work at anything? A **problem** in a relationship is usually a sign that both partners need to **grow** and **change**, and without commitment, avoidance is often the easier way out.

Some partners do not leave physically, but they leave **emotionally**. They take their **heart** out of the relationship. Commitment provides the time, structure, and security needed for the change to take place. In marriage, God often wants to do surgery that would save the life of the relationship, but the patient jumps off the table before the surgery is complete. Commitment keeps the patient on the table until the surgery is finished. Commitment also provides **security** necessary for growth. Without this security that commitment provides, partners know at some deep level that if they do not perform up to some expectation, they could be "forsaken". This insecurity gives way to **performance anxiety**, which always inhibits real change.

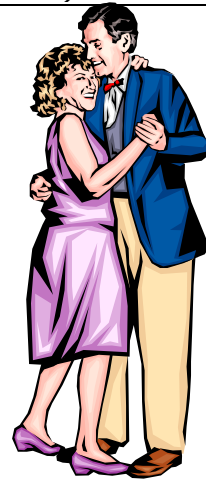
Commitment drives the **need** for growth as well as **security**.

## Action

*James 2: 17: So also faith, if it does not have works (deeds and actions of obedience to back it up), by itself is destitute of power (inoperative, dead).*

There is no such thing as faith without action. The same is true for love. Love is not just a **feeling** or an **attachment**. Love is an **expression** of that attachment. The love that brings good boundaries to a marriage is the love that brings action to the relationship as well.

True love will not allow itself to grow cold. Do not take each other for granted but daily "fan the flame" by **actively communicating** your love to one another, e.g., little love notes, gifts, dates, etc.



*1 Cor 13: 4-8a: 4 Love endures long and is patient and kind; love never is envious nor boils over with jealousy, is not boastful or vainglorious, does not display itself haughtily.*

*5 It is not conceited (arrogant and inflated with pride); it is not rude (unmannerly) and does not act unbecomingly. Love (God's love in us) does not insist on its own rights or its own way, for it is not self-seeking; it is not touchy or fretful or resentful; it takes no account of the evil done to it [it pays no attention to a suffered wrong].*

*6 It does not rejoice at injustice and unrighteousness, but rejoices when right and truth prevail.*

*7 Love bears up under anything and everything that comes, is ever ready to believe the best of every person, its hopes are fadeless under all circumstances, and it endures everything [without weakening].*

*8 Love never fails [never fades out or becomes obsolete or comes to an end].*

None of us is able to live out this description of love completely but if we will only try, love will serve as a **powerful boundary** against all sorts of evil. It will **protect** your relationship and give you many, many returns for all that you invest in its enduring power.

**Make love your highest value in your marriage because love is the strongest power at our disposal.**



## Value Three – Honesty

Deception damages a relationship. The act of lying is much more damaging than the things that are being lied about, because lying undermines the knowing of one another and the connection itself. The point at which deception enters is the point at which relatedness ends. Deception is the one thing that cannot be worked through because it denies the problem.

Honesty must go along with the other values previously discussed. Honesty also needs love, commitment, forgiveness, and holiness.

Some areas in which couples find difficult to be honest about are:

- Feelings
- Disappointments
- Desires, likes and dislikes
- Hurts
- Anger and hatred
- Sex
- Sins
- Failure
- Needs and vulnerabilities.



### Deeper Intimacy

Intimacy comes from “**knowing**” the other person at a deep level. If there are barriers to honesty, knowing is ruled out and the false takes over.

*Eph 4: 25:*

*25 Therefore, rejecting all falsity and being done now with it, let everyone express the **truth** with his neighbor, for we are all parts of one body and members one of another.*

Couples often live out years of falsehood by trying to protect and save a relationship while destroying any chance of real relationship.

We cannot stress enough the importance of being able to share with each other your deepest feelings, needs, hurts, desires, failures, or whatever else is in your soul. You must feel **safe** enough in your marriage to be **totally vulnerable** to remove each other’s fig leaves! This will bring your marriage into the returned state of paradise.

Most of the time, in otherwise good marriages, deception takes place for “defensive” reasons. The dishonest spouse is often lying not for evil reasons, but to **protect** him-/herself. **Fears** drive the deception to protect him-/herself.

Some common fears:

- Fear of real closeness and being known.
- Fears of abandonment and loss of love if they are known.
- Fears of being controlled and possessed if they are known.
- Fears of being seen as “bad” or not good enough.
- Fears of their own desires, needs, and feelings.

Make a **total commitment** between the two of you to:

1. Have enough **grace** to tell the **truth**. Promise that you will never punish your spouse for being honest. There will be consequences, but **punishment, shame, and condemnation** should not be part of those consequences.
2. Give each other free rein to questions and check out things with each other. Do not be offended by the other spouse's need to understand some facts that do not add up.
3. Police each other when you see your spouse not being totally honest – hold each other to the truth.
4. Become a partner in your spouse's life to heal the underlying fears of being honest, e.g., if his fear is abandonment; assure him of your commitment.
5. Take **responsibility** for your own dishonesty and its underlying fears, and make a commitment to resolving them. Find someone to hold you accountable. Get a friend to help you tell the truth when you're afraid.
6. **Use discernment**. Total honesty is the ideal, but every relationship is not ready for total knowing and being known. Some truths are not ready to be dealt with yet. Some people are too fragile – the timing needs to be right. Use wisdom to know what your relationship can handle and what it is not ready for.

To build a strong relationship, you will need to make a commitment to each other of total honesty. **Remember:** honesty must be accompanied by enough grace to **hear** and **deal** with the truth it brings.

## Value Four – Faithfulness

### What is it?

- Trust each other.
- Have confidence in each other.
- Be assured of each other's character – dependability.
- Be convicted of your ability to trust each other.
- Be certain of each other's fidelity.
- Be true to one another.
- Be certain of one another.
- Be permanent to each other.
- Rest in each other.



**A faithful spouse is one who can be trusted, depended upon, and believed in, and one in whom you can rest.**

In many marriages, spouses are physically faithful but not emotionally faithful. They are faithful with their bodies but not with their hearts. Faithfulness means to be trusted in **all** areas, not just the sexual – trusted in matters of the heart as well as those of the body.

Faithfulness means:

- You will do as you have promised.
- You will follow through on what your spouse has entrusted to you.
- Being sexually faithful and doing **chores** faithfully!
- Coming home when you say you will.
- Staying within the monthly budget.

The Hebrew word for **trust** is "**batach**" which means to be so confident that you can be "**care-less**". You don't have to worry. You can trust that what was promised will be done. Your "yes" is your "yes" and your "no" is your "no".

### **What drives people apart?**

Physical adultery means giving yourself to someone else sexually. But you can also commit **emotional adultery** – have an "affair of the heart" – that is taking aspects of yourself and intentionally keeping them away from the marriage. When you use other things in life, whether or not they be relationships, to avoid your spouse, e.g., a hobby, an addiction, work, etc.

This commonly occurs in a marriage where there is conflict or a need for growth and one of the partners is not facing the need. To avoid the conflict and the spouse, this partner uses some "outside" relationship. For example: a wife continually criticizes and controls her husband. The husband avoids her which causes a separation at a deep level. The wife feels insecure so she wants to control. Husband keeps drawing away as he feels lots of shame and fear of criticism. He would agree to "do better" – false sense of security for her. Husband turns to pornography – addiction. He becomes **unfaithful** because he takes his heart to an addiction when he should have dealt directly with his wife. He leads a double life.

### **No excuses**

People try and justify unfaithfulness by the other's lack of safety.  
"If she had not been so critical, I wouldn't have turned to someone else for love."  
"It would not have happened if he had been meeting my needs."

### **Nothing is further from the truth.**

**An act of unfaithfulness is something that one person does, not two.**

God remains faithful to us no matter what we do.

*2 Tim. 2: 13:*

*13 If we are faithless [do not believe and are untrue to Him], He remains true (faithful to His Word and His righteous character), for He cannot deny Himself.*

Marriage requires the same from us. Do not let your spouse's failures of love be an excuse for your unfaithfulness. Make a commitment to each other that you will not allow anything to come between you.

- You will be trustworthy.
- You will be dependable.
- You will be sexually and emotionally faithful.

### **REMAIN FAITHFUL UNTIL THE END.**

## Value Five – Compassion and Forgiveness

The person you love the most and have committed your life to is an imperfect being! This person is guaranteed to hurt you and fail you in many ways, some serious and some not. You can expect the failures to come.

*Ecd 7: 20:*

*20 Surely, there is not a righteous man upon earth who does good and never sins.*

### What now?

No failure is larger than grace. No hurt exists that love cannot heal. But for this to take place, there must be compassion and tender heartedness.



### Compassion

1. Forgive what is inferior to the Biblical standard. Humble yourself to identify with your loved one, who may experience life in a way that is less than you or even he/she would expect. Give up all demands for your spouse to be something he/she is not at that moment.
2. Your spouse is hurting/failing so you are in the stronger position at that moment to be able to help. (God never uses His stronger position to hurt but always to help.)

*Col. 3: 12-14:*

*12 **Clothe yourselves** therefore, as God's own chosen ones (His own picked representatives), [who are] **purified** and **holy** and **well-beloved** [by God Himself, by putting on behavior marked by] **tenderhearted pity** and **mercy**, **kind feeling**, **a lowly opinion** of yourselves, **gentle ways**, [and] **patience** [which is tireless and long-suffering, and has the power to endure whatever comes, with good temper].  
13 Be **gentle** and **forbearing** with one another and, if one has a difference (a grievance or complaint) against another, **readily pardoning** each other; even as the Lord has [freely] forgiven you, so must you also [forgive]. 14 And above all these [**put on**] **love** and enfold yourselves with the bond of perfectness [which binds everything together completely in ideal harmony].*

"Clothe yourself with compassion, kindness, humility, gentleness and patience." You should "wear" these qualities every time your spouse fails.

BUT – unfortunately that is not the human way. Instead, we when we are hurt or offended. Hardness of heart is the true relationship killer.

## Tender heartedness is the answer:

- 1. Identify with Sin and Failure.** You must have an attitude of humility toward your spouse's failure. Be very familiar with your own sins, then you will have a lot more grace for your spouse's.
- 2. Identify with weakness.** Invulnerability is one of the chief causes of hard hearts. Staying away from your own hurts and vulnerabilities, keeps you from being able to identify with the hurts of your spouse. Deal with your own pain and hurts, so you will have more empathy for your spouse. Do not get **angry** with your spouse for her weaknesses! This is using your strength to destroy. If you have judged your spouse's weaknesses or inabilities, **ask forgiveness**.



*James 2: 13:*

*13 For to him who has shown no mercy the judgment [will be] merciless, but mercy [full of glad confidence] exults victoriously over judgment.*

Become a partner in the healing process by identifying with your spouse's weakness or inability as if it were your own. **DO NOT JUDGE!!**

- 3. Willing to become Vulnerable again.** We can build up walls of protectiveness from childhood that says, "I will never let anyone hurt me again." This strategy keeps them from having closeness now as adults. We must learn to trust and open up again if our spouse is truly repentant.
- 4. Willing to repent.** Forgiveness and tender heartedness come from the injured party. But, for growth to take place, the person who failed must **own** his failure and show a **true change of heart**. We only open our hearts up to people when they show that they are **trustworthy**. This does not mean they are perfect, but it does mean that they are truly going to try.

**Compassion, tender heartedness** and **forgiveness** ensure that imperfect people can experience love and relationship for a long time. Clothe yourselves with them.

## Value Six – Holiness

Holiness sounds stiff and boring to most of us, like some old church experience from our childhood. BUT, holiness is not just about being religious it is about being **REAL**.

To be holy means to be **pure** and **blameless**. God is holy and His reality is **Ultimate Reality**. To the extent that we are not holy, we are farther away from the Reality of Life Himself.

God is **Life and Ultimate Reality**.

**Holiness will bring forth:**

- **Confession** and **ownership** of the problems in each person.
- A relentless drive toward **growth** and **development**.
- A giving up of everything that gets in the way of truth
- A **purity** of heart where nothing toxic is allowed to grow.





**WARNING:** When dealing with marital problems, be careful that the changes that are being made are not done with the wrong motives – “cleaning up your act to win your spouse back”. The person who needs to grow and change for the marriage to be saved must first of all do it for **him-/herself** and not for the spouse. Holiness must be important to him/her apart from what the other spouse wants from him/her.

Always check your heart for the goal and **motivation** for change. Just to get your spouse back or your marriage saved is not enough. The primary reason for growth must be that one is “hungering for righteousness” – not for someone else’s, but for oneself. This is the only way that anyone is going to have life, when he hungers for it and pursues it with everything he has. Your quest for holiness should be larger than the relationship. **You become free from control when you change for yourself and not for your spouse.**

You become holy for holiness sake, not as a result of being pushed into it from the outside or of trying to get your spouse back.

Pursuing holiness means that you and your spouse pursue becoming the kind of people who can produce true **love** and **life**. You become **whole**. You become **trustworthy, honest, faithful** and **loving**. Holiness is the kind of **purity** and **trustworthiness** from which the deepest kinds of **passion** flow.



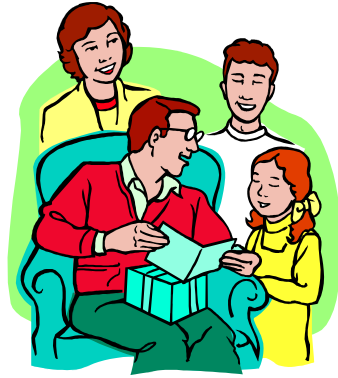
# ROLE OF THE HUSBAND



## God's Order for the Family

Today we have much confusion concerning the roles in the family. Three generations ago the roles were more clearly defined because the father worked from home and the children could clearly see who did what.

The next generation, the fathers worked away from home, many worked for long hours, and the children were primarily raised by the mothers.



Today mothers and fathers both work and the children are "watched over" by some form of childcare.

We need to return to God's order for the family if we want to raise Godly children to fulfil God's purpose and destiny for the world.

*Eph. 5: 23, 25-27: 22 Wives, be **subject** (be submissive and adapt yourselves) to your **own husbands** as [a service] to the Lord.  
23 For the **husband** is **head** of the **wife** as Christ is the Head of the church, Himself the Savior of [His] body.  
25 **Husbands, love your wives**, as Christ loved the church and **gave** Himself up for her,  
26 So that He might sanctify her, having cleansed her by the washing of water with the Word,  
27 That He might present the church to Himself in **glorious splendor**, without spot or wrinkle or any such things [that she might be holy and faultless].*

*1 Cor. 11: 3, 8, 9:  
3 But I want you to know and realize that Christ is the Head of every man, the **head** of a **woman** is her **husband**, and the Head of Christ is God.  
8 For man was not [created] from **woman**, but woman from man; [Gen. 2:21-23.]  
9 Neither was **man** created on account of or for the benefit of **woman**, but **woman** on account of and for the benefit of **man**. [Gen. 2:18.]*

We clearly see that it is God's **decision** for the man to be the head of the family. Marriage is not 50/50. Headship is 100% the husbands role. This is not an option but a commandment.

With this appointment of headship you are delegated the **authority** – you do not earn it.

Now you bear the **responsibility**.

On your wedding day, the very second that you said, "I do", you become the HEAD. (If you do not want this responsibility, then do not get married!!)

**By God's design, the husband is the head of the wife and lovingly exercises his delegated authority.**

God created woman, the crown of His creation, with all her talents, abilities and gifts and placed her underneath the husband to **take care** of her, to **protect** and to **provide** for her. WOW! What an awesome responsibility!

When you come before God in prayer as head of your home, you cause God to act on your behalf – you stir the heavenlies!

As the head, the husband bears the **primary responsibility** to lead the marriage and family in a God-glorifying direction. Under God, a wife may not compete for that primary responsibility. It is her husband's just because he is the **husband**, appointed by God Almighty.

***Have you ever come before God and accepted your role as the head?*** No matter where you've been in your marriage, NOW is the time for you to be the head.

**Prayer:**

Heavenly Father, I kneel before You and acknowledge You as my Head. I accept Your calling on my life to be the head of my wife. I accept Your decision, I accept Your decree and I accept being the head of the woman You have given me to take care of. I step into the position of headship, as Christ is Head of His Bride. I now take my heart and I place it into that position of headship, as Christ loves His bride. Thank You for anointing me for this position, for giving me the authority. Help me, Lord, to understand my wife as I submit to this position of headship in Your Name and according to Your Will.

In Jesus Name, AMEN.



## What does it practically mean to be the head?

*1 Tim. 3: 2, 4, 5: 2 Now a bishop (superintendent, overseer) must give no grounds for accusation but must be above reproach, the **husband of one wife**, circumspect and temperate and **self-controlled**; [he must be] sensible and well behaved and dignified and lead an orderly (disciplined) life; [he must be] hospitable [showing love for and being a friend to the believers, especially strangers or foreigners, and be] a capable and qualified teacher,  
4 He must **rule his own household well**, keeping his **children** under control, with true dignity, commanding their **respect** in every way and keeping them respectful.  
5 For if a man does not know how to rule his own household, how is he to take care of the church of God?*

The head is to be the **active leader** who lovingly **Rules** and **Provides**.

1. To **rule** means “**to stand before**” and care for the family.

*Heb. 13: 7, 17: 7 Remember your leaders and superiors in authority [for it was they] who brought to you the Word of God. Observe attentively and consider their manner of living (the outcome of their well-spent lives) and imitate their faith (their conviction that God exists and is the Creator and Ruler of all things, the Provider and Bestower of eternal salvation through Christ, and their leaning of the entire human personality on God in absolute trust and confidence in His power, wisdom and goodness).  
17 Obey your spiritual leaders and submit to them [continually recognizing their authority over you], for they are constantly keeping watch over you souls and guarding your spiritual welfare, as men who will have to render an account [of their trust]. [Do your part to] let them do this with gladness and not with sighing and groaning, for that would not be profitable to you [either].*

A wife and children who have been uncared for can feel unloved and insecure. You have been assigned as **guardian over their souls** and you will have to give an account of what you have been entrusted with – their souls.

“To stand before” suggests a picture of the man standing physically in front of the wife, perhaps to shield her from potential danger or to represent her in the presence of others.

The idea is that wherever the wife goes, the husband “goes before her”. He always sets the direction, and she contributes along the way. She always feels **protected**. She always feels **represented**. She never feels alone or overwhelmed. She can always lean on the decision-making skills of her husband. And within that context of **safety**, she feels free to operate.

Wives often get a great sense of security from knowing that their husbands are in charge. That does not mean she cannot handle a great deal of responsibility. But, the minute **she** senses she is “going before” her family, the experience begins to turn stressful for her.

***How secure and safe does your wife feel?***

***Have you been so selfish and only cared for yourself?***

## Your Children

*"Having his children in submission with all reverence"*

What must you do to make your children respect you?

Dad, you must take care of them, of their needs, etc., **you must be there for them!!**

## "To take care of"

*Luke 10: 34, 35:*

*34 And went to him and dressed his wounds, pouring on [them] oil and wine. Then he set him on his own beast and brought him to an inn and **took care of him**.*

*35 And the next day he took out two denarii [two day's wages] and gave [them] to the innkeeper, saying, **Take care of him**; and whatever more you spend, I [myself] will repay you when I return.*

*36 Which of these three do you think proved himself a neighbor to him who fell among the robbers?*

## RULERSHIP = TAKING CARE OF

How **secure** and **safe** do your children feel?

2. To **provide** means "**to plan before**" to meet the family's needs.

*1 Tim. 5: 8:*

*8 If anyone fails to **provide** for his relatives, and especially for those of his own family, he has disowned the faith [by failing to accompany it with fruits] and is worse than an unbeliever [who performs his obligation in these matters].*

The husband has the **primary responsibility** to provide for the family needs. He must first make sure that he **knows** about everyone's needs and then he can plan ahead to make sure that he can fulfil his responsibility.

"Providing" for the family can mean different things to different people. To some, it's simply a matter of keeping everyone warm and fed. To others, the package includes teeth braces, university fees, a first car, etc.

## The Biblical concept goes beyond basic food, water and shelter.

The Greek word for "**provide**" means "**to take thought for**". When you sincerely take thought for someone, you will carefully notice when that person has any kind of need, including emotional and spiritual.

"**Providing**" requires being **well-attuned** to all the needs of the other person, and as sensitive to their needs as you are to your own. A well-timed hug can be more satisfying than a full-course meal!

Do not make the mistake of judging your performance based on **things**. Your radar must be constantly scanning, reading to detect when a need arises for every member of your family.

**Nehemiah** was one of the greatest leaders in the Bible. Against tremendous odds and repeated opposition, he rallied the people of Israel to rebuild the city walls in Jerusalem. Pain-stakingly he organized every single detail of the operation – finances, workers, battle plans, etc. He spent many days fasting and praying and seeking God as to how to go about his calling.

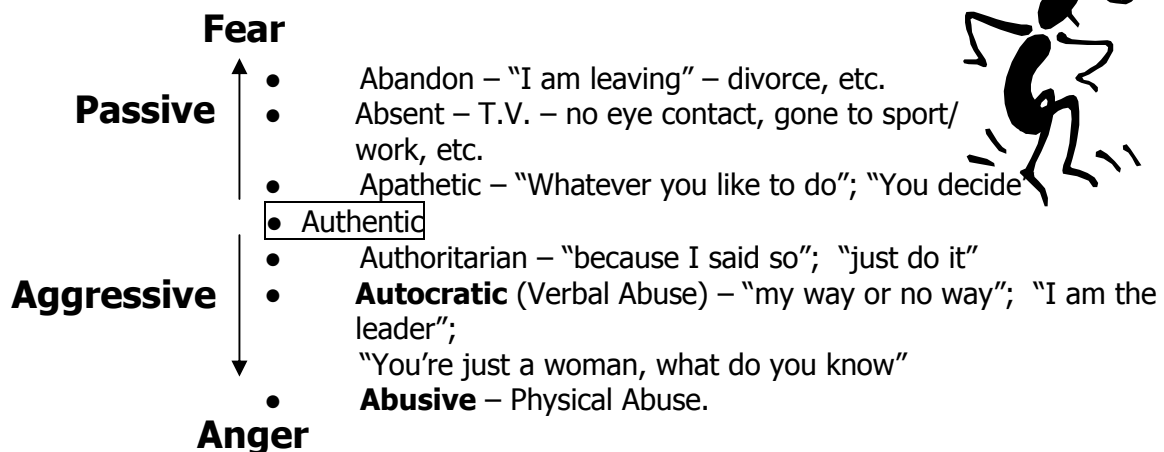
**Spiritual leadership** not only requires great preparation, but it also requires meaningful interaction with God. Leading a family is not just a physical or social undertaking. It is a spiritual one.

God had designed the original master plan. He will also help you to custom design a remodelling plan for your family. **Humble yourself before Him in prayer.** If Nehemiah could restore the city walls, then your family should be not problem for Him!

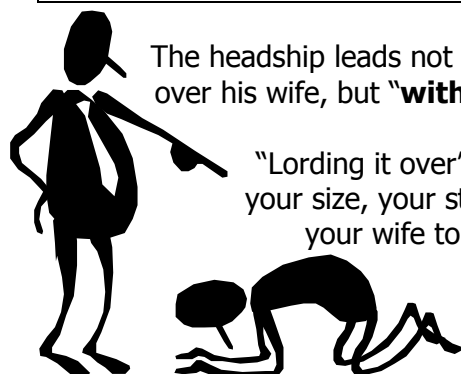
***To rule your household means to take care of any need experienced by your wife or children.***

Husbands and fathers, OWN it!! Bind up the wounds – be there for them!! In Jesus Name.

### The Headship Scale



*Mark 10: 42, 43: 42 But Jesus called them to [Him] and said to them, You know that those who are recognized as governing and are supposed **to rule** the Gentiles (the nations) **lord it over them** [ruling with absolute power, holding them in subjection], and their great men **exercise authority** and dominion over them. 43 But this is not to be so among you; instead, whoever desires to be great among you must be your servant,*



The headship leads not by “**lording it over**” or “**exercising authority**” over his wife, but “**with understanding**” and by giving **honour**.

“Lording it over” abuses your **personal power**. You use your voice, your size, your strength, waving your hands, etc. to come **against** your wife to control, dominate and intimidate her.

**You cannot use your rank to force her to listen to you:** *"I am the man around here..."*

Exercising authority abuses your **personal position**.

You must stand **before your wife, take care** of her, plan ahead to provide for her and then she will **respond** by **following** you because you are **for** her. There should be **no** room for control, domination or intimidation in Jesus Name!

## Honour

*1 Pet. 3: 7:  
7 In the same way you **married men** should live **considerately** with [your **wives**], with an **intelligent recognition** [of the marriage relation], **honoring the woman** as [physically] the weaker, but [realizing that you] are joint heirs of the grace (God's unmerited favor) of life, in order that **your prayers may not be hindered and cut off**. [Otherwise you cannot pray effectively.]*

The head leads not by "lording over" or "exercising authority" over his wife, but **with understanding** and by **giving honour**.

**Giving honour** means to value her through **portions** of **preciousness**.

You have to **study** her to get to **know** her – run your fingertips over her soul.

**Do you ever struggle with making your wife your first desire?** It could be that your desires are pulling you away from your family, instead of toward them. You can now begin to steer the desires of your heart in your wife's direction. It may take **discipline** and **sacrifice** but before long, you will reap the rewards of being "well-invested" in your family.

God made you the head of your family, not the head of the world!

*Eph. 5: 25-29: 25 **Husbands, love** your **wives**, as Christ loved the church and **gave Himself** up for her,  
26 So that He might sanctify her, having cleansed her by the washing of water with the Word,  
27 That He might present the church to Himself in **glorious splendor**, without spot or wrinkle or any such things [that she might be holy and faultless].  
28 Even so **husbands** should love their wives as [being in a sense] their own bodies. He who **loves** his **own wife** loves himself.  
29 For no man ever hated his own flesh, but **nourishes** and carefully **protects** and **cherishes** it, as Christ does the church,*

The head submits to God's **primary call** to be his wife's head and devotes himself to her above children, friends, recreation, ministry or work.

**What would your wife say is the most important thing in your life? Is it she or something else?**

**Can you think of anything that competes for your first love? – a hobby, T.V., or even work?**



## The Result of Headship

The head is the spiritual leader who **nurtures** his wife to become **blameless, holy** and **glorious**.

**Blameless** means without fault in **character** and **conduct**.

**Holy** means separated from sin and **consecrated to God**.

**Glorious** means held in high honour and **radiantly gorgeous**.



**The result of my headship should be a glorious, feminine wife!!!**

Paul paints a picture of the wife as virtually an extension of the man's own body. Then he presents the concept of carefully cultivating and developing the wife, tenderly bringing her to full-bloom.

As head, you are the key to helping your wife be everything God wants her to be. You either help that cause, or hinder it.

It is also interesting to look at the "**Proverbs 31 husband**". In verses 23 and 28, the husband is pictured as busy in the civic and professional duties of his day. His leadership style allowed for the full expression of his wife's many and varied talents. He was apparently **not threatened** by her successes. Rather, he encouraged her to fulfil her role as a wife, which she apparently did exceptionally well!

***Are you encouraging your wife to be all she can be within her God-given role? Husbands, is your leadership causing any resistance in your wife which could be stifling her God-given talents?***

**What is your role in marriage?**

**Protector, Provider, Point man, Problem-solver, Physician, Priest, Prince.**  
It should include all these aspects by God's grace.

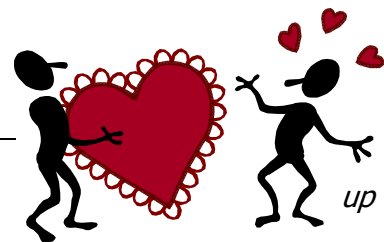
## Loving your Wife

*Eph. 5: 25, 28, 29, 33: 25 Husbands, **love** your **wives**, as Christ loved the church and **gave Himself** for her,*

*28 Even so **husbands** should **love their wives** as [being in a sense] their own bodies. He who **loves** his **own wife** loves himself.*

*29 For no man ever hated his own flesh, but **nourishes** and **carefully protects** and **cherishes** it, as Christ does the church,*

*33 However, let each man of you [without exception] **love his wife** as [being in a sense] his very own self; and let the **wife** see that she respects and reverences her **husband** <sup>℞</sup>that she notices him, regards him, honors him, prefers him, venerates, and esteems him; and <sup>℄</sup>that she defers to him, praises him, and loves and admires him exceedingly].*



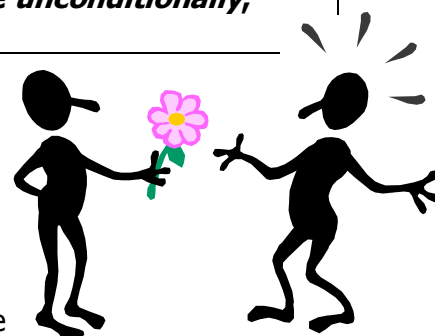
God has given His command to the husband to love his wife **unconditionally** and **sacrificially**. This kind of love is going to cost you. It is not dependent on how you **feel**. This is a decision you must make by giving your **whole heart** to your wife regardless of what she does ("I will love you" "if / because" is wrong). It is the same kind of love that God gives us. He does not withdraw His heart from us even if we disappoint Him. He says that **nothing** will be able to separate us from His love.

*Rom. 8: 35:*

*35 Who shall ever separate us from Christ's love? Shall suffering and affliction and tribulation? Or calamity and distress? Or persecution or hunger or destitution or peril or sword?*

**Husbands are called by God to choose to love his wife *unconditionally, sacrificially* and *loyally* as Christ loves the Church.**

God made the woman so that the greatest need in her life will be **love**. She answers and responds to her husband as he obeys God's commandment to love his wife **continually** and **actively** throughout his whole life.



This kind of love is **agape** love, which is characterised by an **unceasing nature** and an **all-encompassing scope**. The husband's love is to be expressed with genuine passion, extending to the emotional level. And since agape love is unwavering, the husband therefore has a responsibility to maintain the emotional element of his love throughout his entire married life. Whenever he does not "feel" like he's in love, it's his job to **restore** that feeling.

***Do you still "feel" like you're in love with your wife?***

There is a tendency to build **expectations** into this commandment to love your wife. We think that if we do a good job of loving, we'll eventually get something in return. If you try harder, she'll try harder, right? Not necessarily. If your goal is to change your wife, or to get her to give you something in return, you could be setting yourself up for disappointment and frustration. You are not commanded to try to get some type of behaviour from her, but to **love** her without any conditions.

***Is there something you expect from your wife in return for loving her?***

**OR**

***Are you looking to God to meet your needs as you obey His command to love her?***

When you surrender your expectations, you clear the way for God to change your wife in **His** timing.

*1 Cor. 13: 4-8a: 4 Love endures long and is patient and kind; love never is envious nor boils over with jealousy, is not boastful or vainglorious, does not display itself haughtily.*

*5 It is not conceited (arrogant and inflated with pride); it is not rude (unmannerly) and does not act unbecomingly. Love (God's love in us) does not insist on its own rights or its own way, for it is not self-seeking; it is not touchy or fretful or resentful; it takes no account of the evil done to it [it pays no attention to a suffered wrong].*

*6 It does not rejoice at injustice and unrighteousness, but rejoices when right and truth prevail.*

*7 Love bears up under anything and everything that comes, is ever ready to believe the best of every person, its hopes are fadeless under all circumstances, and it endures everything [without weakening].*

*8 Love never fails [never fades out or becomes obsolete or comes to an end]. As for prophecy (the gift of interpreting the divine will and purpose), it will be fulfilled and pass away; as for tongues, they will be destroyed and cease; as for knowledge, it will pass away [it will lose its value and be superseded by truth].*

Love is both a **command** and a **choice**, but not some unpredictable force that possesses us on its own. The love between a husband and a wife is not automatically self-sustaining; it must be **renewed**. What comes out of your marriage is directly related to what you put into it.

### ***How is your marriage growing?***

Take the truth of God's design for marriage as a seed, and sow it into your marriage. Your job is to keep planting **faithfully**. God provides the water and the sunlight. Little by little, new sprouts begin to shoot up of the ground. Blossoms appear and not before long, succulent fruit.

### ***Are you on the verge of famine?***

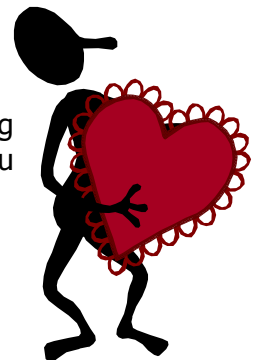
Do you actually believe it's possible to **always** love your wife, consistently nourishing and cherishing her? If you don't, then your behaviour will never really move toward that goal. God has said it. The question is not **can** you, but **will** you. Now is the time for you to respond in faith, to believe in His Word and to obey His commands. **Love is not only a feeling or an emotion, but also a spiritual discipline.**

To love as God commands the husband to love, he must **discipline** himself, often denying his inappropriate feelings and emotions. In the long run, it leads to greater feelings of love for both husband and wife.

***How do you "feel" about your wife? Have you ever felt like you don't love her anymore? Have you ever felt guilty for not having more emotional love?***

**Love is a choice.** Even though you feel like you don't have "anything left", you can still choose to love. If you don't, it is **sin**. But when you do, the feelings of love are often not far behind.

**When the loving gets tough, the tough get loving. God promises to give you the power to obey His commandments at all times.**



## PRAYER:

Father, I **chose** today to commit to love You above all others and with all of my heart. I now understand how very important my love is to my wife and so \_\_\_\_\_ (wife's name), I pledge to loyally love you and never withdraw my love from you. I am your devoted husband and commit to **nourish** and **cherish** you as my beloved wife 'til death do us part.  
In Jesus Name, AMEN.

## Wife:

I receive your love and treasure it above all others. I, too by God's help, pledge my loyalty to you and hereby commit to become the kind of wife you find easy and wonderful to love.

## Bitterness and the importance of letting it go

*Col. 3: 19:*

*19 **Husbands, love your wives** [be affectionate and sympathetic with them] and do not be **harsh** or **bitter** or **resentful** toward them.*

**Bitter** means to be **sharp, cutting** and **harsh**. It includes an **unkind tone of voice**, a **demeaning manner**, **tearing down**, **controlling** and stripping of power.

**Bitter** in Greek means "pikrias" – **cutting, pricking**, and **puncturing**. It vividly communicates the sensations of **torture**, and this is what you are doing to your loved one when you refuse to forgive your mate. You will indeed suffer by your own choice until you decide to fully and completely forgive any wrongs done to you.

Husbands **let go** of your emotional roadblock and "give" your heart to your spouse.

Agape love cannot grow in the same heart with negative attitudes and bad feelings – anger, bitterness, resentment, pride, despair, and hostility. **Unforgiveness** towards your wife in any form (including the self-protective shield of distrust) will be the deathblow to love. If you choose to cling to your bad feelings, they will cripple your marriage relationship and at the same time they will take their toll of your physical health and emotional well-being.

## Remember:

You do not have to be controlled by your feelings  
You are not the helpless prisoner of your past.

***"I'd like to forgive my wife, but I can't change the way I feel. I can't change the past."***

This is a statement of **slavery** – enslaved by their own feelings, as prisoners of events that happened in the past. **Remember: You are in control of your behaviour.** It is a proven fact that feelings change as behaviour changes. God is not even asking you to change your feelings. He tells us the way He wants us to behave and to think. God is not asking you to work up a **feeling** of forgiveness, but He is asking you to make a **choice** (no matter how you feel) to forgive.

## Forgiveness involves three steps:

- 1) **Using your free will to make the choice to forgive.** No hatred can hold you prisoner when you choose freedom. No negative attitude can dominate you when you choose to let it go as an act of obedience to the Lord Jesus Christ. His love simply overpowers old resentments. It is like raising the shade and opening the window in that dark room. The sunshine floods in and dispels every corner of darkness.
- 2) **Deliberately behaving in the manner that the Lord has shown in His Word to be right.**

*Eph. 4: 31, 32: 31 Let all **bitterness** and **indignation** and **wrath** (passion, rage, bad temper) and **resentment** (anger, animosity) and **quarreling** (brawling, clamor, contention) and **slander** (evil-speaking, abusive or blasphemous language) be banished from you, with all **malice** (spite, ill will, or baseness of any kind).  
32 And become **useful** and **helpful** and **kind** to one another, **tenderhearted** (compassionate, understanding, loving-hearted), **forgiving** one another [readily and freely], as God in Christ forgave you.*

In this scripture God shows the process of first **choosing** to put away the negative attitudes, then assuming **positive attitudes** and behaving in positive ways. "Be **kind**, be **tender-hearted**, and be **forgiving**."

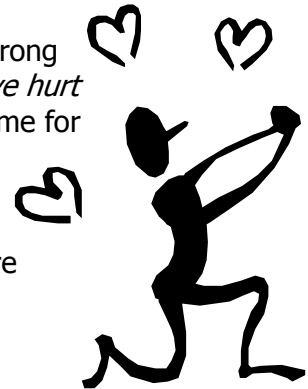
Never use the past against your partner. Never talk about it again either to your partner or anyone else. Do not let your thoughts dwell on it. When authentic forgiveness takes place, your behaviour will change. It **must** change. To forgive is to say goodbye forever to the pain of the past and be rid of its effects in the present.

- 3) **Trusting Him** to do His part by **renewing your mind** and giving you new, transformed attitudes. Forget the past and move into the future. The Christian life is so designed that we can always begin where we are at that moment to start a new life / a new beginning – God's way.

*Lam. 3: 22, 23: 22 It is because of the Lord's mercy and loving-kindness that we are not consumed, because His [tender] compassions fail not. [Mal. 3:6.]  
23 They are new every morning; great and abundant is Your stability and faithfulness.*

## Making Amends

If you are the guilty party then you must take the initiative and seek for forgiveness. Show by your speech, actions and attitudes that you are aware of your wrongdoing and would like to right it. Never use the word "if" when you are speaking to your partner about the matter. Simply admit your wrong and ask for forgiveness. This means more than saying, "*If I have hurt you in some way, I am sorry.*" Be careful not to project any blame for the problem onto your partner. Making your mate feel guilty is one of the worst things you can do if you want to restore love to your marriage. If your mate does not respond immediately continue to show by your consistent loving behaviour that you are committed to loving your partner for the rest of your life.



### Winning back her heart

Your wife may sincerely choose to follow you, but unless you have a track record of **faithfulness** it may be difficult for her to put her heart into it. She may be able to follow you **mechanically**. But the ultimate goal for the husband is for his wife to experience **joy** from being under his leadership. This can take time. Especially if she has felt let down in the past.

### *Is your wife following you out of duty, or out of joy?*

If you're honest, you may discover you have some work to do to strengthen your **track record of faithfulness**. Share your desire with her to improve. "**Head**" is a position appointed by God. **Influence**, however is a **privilege** earned by man. **When it's easy to trust, it's easy to follow.**

Work at winning back her trust so that you can have her heart again.

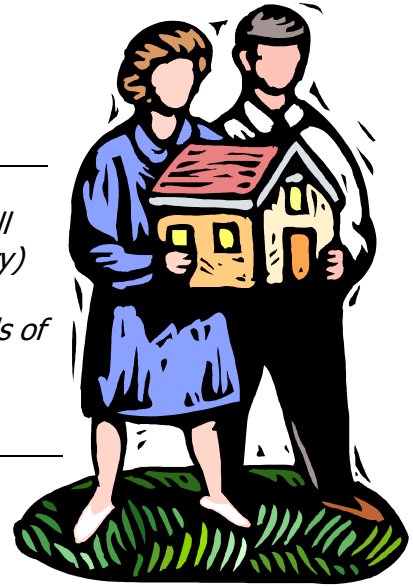


# ROLE OF THE WIFE

## Role of the Wife/Helper

*Gen. 2: 18, 20: 18 Now the Lord God said, It is not good (sufficient, satisfactory) that the **man** should be **alone**; I will make him a **helper meet** (suitable, adapted, complementary) for him.*

*20 And Adam gave names to all the livestock and to the birds of the air and to every [wild] beast of the field; but for **Adam** there was not found a **helper meet** (suitable, adapted, complementary) for him.*



*Gen. 1: 27, 28: 27 So God created man in His own image, in the image and likeness of God He created him; **male** and **female** He created **them**. [Col. 3:9, 10; James 3:8, 9.]*

*28 And God **blessed them** and said to them, Be fruitful, multiply, and fill the earth, and subdue it [using all its vast resources in the service of God and man]; and have dominion over the fish of the sea, the birds of the air, and over every living creature that moves upon the earth.*

### Biblical meaning of "Helper"

1. One who **assists**.
2. One who **encourages**.
3. One who **supports**.

The **helper** of the husband is the **wife** because of **God's design**.

*1 Cor. 11: 8, 9:*

*8 For man was not [created] from woman, but woman from man;*

*9 Neither was **man** created **on account** of or **for the benefit** of **woman**, but **woman on account** of and **for the benefit** of **man**.*

Many duties fall on a wife's shoulders but her first calling is: **helper** to her husband. Her **husband** must be her **top priority**.

"A helper **comparable** to him"

We have **different roles** but we have **equal status** – He "**blessed**" them equally.

**God Himself chose the role of Helper. Ladies, we are in a special category!**

Helper does not equal slave girl! Women were not created to serve men. There is a **big** difference between **servng** and **helping**. To be a woman is not to be a helper to all men.

*1 Cor. 11: 11: "Nevertheless, in [the plan of] the Lord and from His point of view woman is not apart from and independent of man, not is man aloof from and independent of woman;"*

God did not design man and woman simply to **support** each other but rather to **complete** each other.



Marriage is not a mutual agreement in which two people reap certain benefits from each other (skills, talents, etc.)

Wives make it your driving passion in life to become the **perfect complement** to your man. **Whether a man realizes it or not, he will never reach his full potential without your help.**

***If your husband is only half the man you dreamed of, are you holding the other half?***

**TIP:** Do not try and change your husband. Do not focus on what he should be doing or not doing. That is God's job – **NOT** yours. Make your husband happy; God will make him Holy. Focus on being his helper. Prioritise your **energy** to help your man. **Support, encourage** and **believe** in whatever God is doing in his life. **Validate** him as a man.

***You are not helping your husband; you're helping God help him!***

**The Result:**

*Prov. 31: 28:*  
28 Her **children rise** up and call her **blessed** (happy, fortunate, and to be envied); and her **husband** boasts of and **praises her**, [saying],

The wife makes her husband's life a success through her **stability, skill**, and **sensitive partnering** – he now can stand up and publicly give praise to her!

## Homemaker

*Titus 2: 4, 5:* 4 So that they will wisely **train** the young women to be <sup>a</sup>sane and sober of mind (temperate, disciplined) and to **love their husbands** and **their children**,  
5 To be **self-controlled, chaste, homemakers, good-natured** (kindhearted), adapting and subordinating themselves to their husbands, that the word of God may not be exposed to reproach (blasphemed or discredited).

The home is the extension of the **wife's** role. The home is her **workplace**. She spends most of her time and energy here, even if she works in the marketplace.

In **Genesis**, God tells the **man** that he is to be the **provider**. In **Titus**, He tells the **woman** to be the **keeper** or **guardian** of the **home**.

- The Helper **manages** her home.

*Prov. 31: 15*  
15 She rises while it is yet night and gets [spiritual] food for her household and **assigns her maids their tasks**.



- The Helper **generates** profits.

*Prov. 31: 16:*

*16 She considers a [new] field before she **buys** or accepts it [expanding prudently and not courting neglect of her present duties by assuming other duties]; with her savings [of time and strength] she **plants fruitful vines** in her vineyard.*

- The Helper extends her **hand to the poor**.

*Prov. 31: 20: 20 She **opens her hand to the poor**, yes, she reaches out her filled hands to the needy [whether in body, mind, or spirit].*

- The helper is a Homemaker

*1 Tim. 5: 14:*

*14 So I would have younger [widows] marry, bear children, guide the household, [and] not give opponents of the faith occasion for slander or reproach.*

"guide the household" – manage the house.

[Manage – Greek – "despot" – She is the **overseer** of the home.]

- The Helper **actively manages** the house under her husband's authority.

*Prov. 31: 26, 27: 26 She **opens her mouth** in **skillful** and **godly Wisdom**, and on her tongue is the law of **kindness** [giving counsel and instruction].*

*27 She **looks well** to how things go in **her household**, and the bread of idleness (gossip, discontent, and self-pity) she will not eat.*

*Prov. 31: 11, 12: 11 **The heart of her husband trusts** in her **confidently** and **relies** on and **believes** in her **securely**, so that he has **no lack of [honest] gain** or **need** of [dishonest] spoil.*

*12 She **comforts, encourages, and does him only good** as long as there is life within her.*

*Prov. 31: 28, 29: 28 Her **children rise up** and **call her blessed** (happy, fortunate, and to be envied); and her **husband boasts** of and **praises her**, [saying],  
29<sup>w</sup> Many daughters have done virtuously, nobly, and well [with the strength of character that is steadfast in goodness], but **you excel them all**.*

*Prov. 31: 22-24: 22 She makes for herself coverlets, cushions, and rugs of tapestry. Her clothing is of linen, pure and fine, and of purple [such as that of which the clothing of the priests and the hallowed cloths of the temple were made]. [Isa. 61:10; I Tim. 2:9; Rev. 3:5; 19:8, 14.]*

*23 **Her husband is known in the [city's] gates**, when he sits among the elders of the land. [Prov. 12:4.]*

*24 She makes fine linen garments and leads others to buy them; she delivers to the merchants girdles [or sashes that free one up for service].*

We as wives should invest our lives so that our husbands become known **in the gates** of authority – any position of leadership – church, work, society, etc.

## Prayer:

### Wives:

Heavenly Father, today I choose to respond to Your call on my life to be my husband's helper. I ask Your forgiveness for the times I have failed You and my husband for not being the helper You expect me to be. I ask for Your grace and mercy as I pledge to be an **active helper** who **serves** my husband with all of my abilities and with all of my heart.

AMEN.

### Husbands

Heavenly Father, I commit to You and my wife that I will respond to Your call on my life to honour her as my helper. I ask Your forgiveness for the times I may have taken advantage of her as my wife or **not expressed** my sincere appreciation for how she manages our home. \_\_\_\_\_ (Her name), please forgive me in Jesus Name. Lord, I ask for Your grace and mercy as I now pledge to share my life more fully with her so that we can "run the race" as a wonderful team.

AMEN.

### TIPS:

*Eph. 5: 33:*

*33 However, let each man of you [without exception] **love his wife** as [being in a sense] his very own self; and let the wife see that **she respects and reverences** her husband [<sup>p</sup>that she **notices him, regards him, honors him, prefers him, venerates, and esteems him**; and <sup>c</sup>that she defers to him, **praises** him, and **loves and admires** him **exceedingly**].*

Communicate **respect** and **admiration** for your husband. NEVER criticize in public or tear down in private. **Compliment** him in public and **build** him up in private.

*Col. 3: 23:*

*23 Whatever may be your task, work at it **heartily** (from the soul), as [something done] **for the Lord** and not for men,*

**Rejoice** regularly that God called you to be the helper of your husband – and as you help, to "do it heartily, as to the Lord and not to men." Does it feel like all work and no pay? Take heart! God sees all we do, and when you serve Him, He **will** reward you. He guarantees our **just** reward!

*Luke 12: 34:*

*34 For where your treasure is, there will your heart be also.*

If you invest yourself in a certain activity, essentially you give away a portion of your heart to it. Outside activities can take you away from being a Helper. The more "treasure" you reserve for your husband, the more your heart will gravitate toward him as well.

*Luke 10: 41, 42: 41 But the Lord replied to her by saying, Martha, Martha, you are anxious and troubled about many things;  
42 There is need of only one or but a few things. Mary has chosen the good portion [that which is to her advantage], which shall not be taken away from her.*

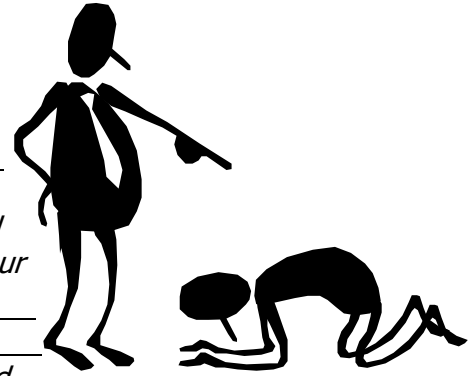
Martha occupied herself with the **what** of entertaining, Mary occupied with the **Who**. It is easy to measure our success based on our "To Do" list. Cooking, cleaning, laundry, shopping is important, **BUT** never lose sight of our reason for doing things. **DO NOT SERVE "THE LIST"** instead of your husband and children and above all, God!

Do not be guilty of serving yourself with all the chores – feeling satisfied by completing certain jobs, peace of mind having all under control and "up to date", my wifely duty is hard work, etc.

**Your husband needs YOU!** – To just talk, to walk together and to enjoy you!!



## The Big "S" Word



*Col. 3: 18:*

*18 Wives, **be subject** to your husbands [subordinate and adapt yourselves to them], as is **right** and **fitting** and your **proper duty in the Lord**.*

*Eph. 5: 22-24: 22 Wives, be subject (**be submissive** and adapt yourselves) to your own husbands as [**a service**] to the Lord.*

*23 For the husband is head of the wife as Christ is the Head of the church, Himself the Savior of [His] body.*

*24 As the church is subject to Christ, so let wives also be subject in everything to their husbands.*

*Eph. 5: 33:*

*33 However, let each man of you [without exception] love his wife as [being in a sense] his very own self; and let the wife see that she respects and reverences her husband [<sup>b</sup>that she **notices him, regards him, honors him, prefers him, venerates, and esteems him**; and <sup>c</sup>that she **defers to him, praises him, and loves and admires him exceedingly**].*

'Submit' – Greek – "Hupotasso"

"Tasso"=arrange

"Hupo"=authority

### Submission means:

- To **arrange** under the authority

*Rom. 13: 1:*

*LET EVERY person be **loyally subject** to the governing (civil) authorities. For there is no authority except from God [by His permission, His sanction], and those that exist do so by **God's appointment**.*

- To **respect** the authority
- To **obey** the authority

As Helper, the wife **voluntarily** submits to her husband by **respectfully** bringing all areas of her life under his headship.

***When we take a step away from God's design for relationships, we take a step toward conflict.***

*Rom. 13: 1,2:*

*LET EVERY person be loyally subject to the governing (civil) authorities. For there is no authority except from God [by His permission, His sanction], and those that exist do so by God's appointment. [Prov. 8:15.]*

*2 Therefore he **who resists** and **sets himself** up against the authorities resists what God has appointed and arranged [in divine order]. And those who resist will bring down **judgment** upon **themselves** [receiving the penalty due them].*

**If you'd like to see your husband in "the drivers seat", first make sure it's not already taken!**

**Types of Submission:**

*Eph. 5: 21: Be subject to **one another** out of reverence for Christ (the Messiah, the Anointed One).*

**1.**

*Eph. 5: 22-23: 22 Wives, be subject (be submissive and adapt yourselves) to your own husbands as [a service] to the Lord.  
23 For the husband is head of the wife as Christ is the Head of the church, Himself the Savior of [His] body.*

**2.**

*Eph. 6: 1-4: **CHILDREN, OBEY** your parents in the Lord [as His representatives], for this is just and right.  
2 Honor (esteem and value as precious) your father and your mother—this is the first commandment with a promise—[Exod. 20:12.]  
3 That all may be well with you and that you may live long on the earth.  
4 Fathers, do not irritate and provoke your children to anger [do not exasperate them to resentment], but rear them [tenderly] in the training and discipline and the counsel and admonition of the Lord.  
5 Servants (slaves), be obedient to those who are your physical masters, having respect for them and eager concern to please them, in singleness of motive and with all your heart, as [service] to Christ*

**3.**

*Eph. 6: 5-9: 5 Servants (slaves), be obedient to those who are your physical masters, having respect for them and eager concern to please them, in singleness of motive and with all your heart, as [service] to Christ [Himself]—  
6 Not in the way of eye-service [as if they were watching you] and only to please men, but as servants (slaves) of Christ, doing the will of God heartily and with your whole soul;  
7 Rendering service readily with goodwill, as to the Lord and not to men,  
8 Knowing that for whatever good anyone does, he will receive his reward from the Lord, whether he is slave or free.  
9 You masters, act on the same [principle] toward them and give up threatening and using violent and abusive words, knowing that He Who is both their Master and yours is in heaven, and that there is no respect of persons (no partiality) with Him.*

1. Wives to Husbands
2. Children to Parents
3. Servants to Masters

**MEN ARE TO LEAD AND LOVE.  
WIVES ARE TO SUBMIT AND FOLLOW.**

*Col. 3: 18:  
18 Wives, be subject to your husbands [subordinate and adapt yourselves to them], as is **right and fitting** and your proper duty in the Lord.*

"Fitting in the Lord" describes the wife's **duty**.

*Eph. 5: 22:*

*22 Wives, be subject (be submissive and adapt yourselves) to your own husbands as [a service] to the Lord.*

"As to the Lord" describes her **mindset**.

**Submit to the Lord by submitting to your husband.**

*Eph. 5: 24:*

*24 As the church is subject to Christ, so let wives also be subject in **everything** to their husbands.*

Submit to your husband in **everything**

**BUT**

Submission does not include the **immoral** – Do not break the Law of God.

Submission does not include the **illegal** – Do not break the Law of the Land.

If your husband is disobedient or if he's not a believer you must still submit.

*(1 Pet 3: 1-4)*

So, submission may include the heart breaking but not the **life threatening**.

When you struggle to trust your husband, you can always trust God.

Submission should include the sharing of **thoughts** and **feelings**.

Submission is not what you **do** but what you **are** (heart attitude).

### The Submission Scale

1. Revengeful – makes a man pay
2. Resentful – resents the person himself
3. Resigned – "I'll just have to do it!"
4. **Respectful** – "Middle C"
5. Reactive – Emotional
6. Resistant – sets the jaw but still does it (slowly)
7. Rebellious – Anger, aggression: "I will not!"



1 Pet. 3: 1-4: *IN LIKE manner, you married women, **be submissive** to your **own husbands** [subordinate yourselves as being secondary to and dependent on them, and adapt yourselves to them], so that **even if any do not obey the Word** [of God], they **may be won over not by discussion** but by the [godly] lives of their wives,*

2 *When they observe the **pure and modest way** in which you **conduct** yourselves, together with your<sup>o</sup> **reverence** [for your husband; you are to feel for him all that reverence includes: to **respect, defer to, revere** him—to **honor, esteem, appreciate, prize**, and, in the human sense, to **adore** him, that is, to **admire, praise, be devoted to, deeply love, and enjoy** your husband].*

3 *Let not yours be the [merely] external adorning with [elaborate]<sup>p</sup> interweaving and knotting of the hair, the wearing of jewelry, or changes of clothes;*

4 *But let it be the **inward adorning and beauty** of the **hidden person of the heart**, with the incorruptible and unfading charm of a **gentle and peaceful spirit**, which [is not anxious or wrought up, but] is **very precious** in the sight of God.*

Submit to your husband with attitudes and actions of genuine **respect**, i.e., treat with **honour** regardless of his **conduct** or **character**. "A **gentle spirit** and **quiet spirit**" can only be attained if I deal with all **anger** and **fear** from my past and present relationships. "**Very precious in the sight of God**" is when I fully trust God enough to do exactly as He says He Will in His Word! I need to deal with all my deep insecurities from my childhood relating to my earthly father. [Pappa-Love teaching]

Submission will help you to enhance the relationship with your husband, not just resolve your disagreements.

**Submission is the ultimate expression of help.**

## **Prayer:**

### **Wife:**

Heavenly Father, I commit to submit to You by arranging all the parts of my life underneath my husband as head of our marriage. I ask for Your grace and mercy as I pledge to submit to him "in everything" and "as unto the Lord".

\_\_\_\_\_ (Husband's name), I commit to submit to you with a joyful attitude of genuine respect as my head even though I may not always agree with you. I chose to fulfil God's calling on my life by being your submissive helper.

Help me, Lord! In Jesus Name, Amen.

### **Husband:**

Heavenly Father, I ask for Your grace and mercy as to commit to becoming the kind of husband You have called me to be.

\_\_\_\_\_ (Wife's name), you know how very important it is to me that you support and believe in me as your husband. I ask You, Father, to help me to be sensitive to my wife's needs and open to her wishes.

In Jesus' Name, Amen.

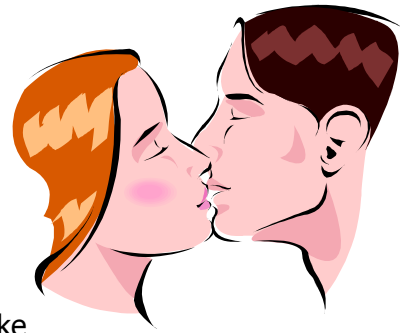




# INTIMACY

## Physical Intimacy

Both partners in a marriage desire and need physical intimacy, which includes both sexual intimacy and non-sexual touching. Usually the husband wants more sex, while the wife wants more touching. **Touch** is one of God's most powerful forces. Touch converts **potential love** into **actual love**. **Touch releases power**. It's like taking jumper cables and attaching a live battery to a dead battery. When we touch there is a transfer of energy from one person to the other.



## The Gift of Sexual Intimacy

Sexual pleasure is a beautiful gift of God for married couples. Biblically speaking, sex is good! Sexual intimacy should bring the greatest joy, pleasure, oneness and happiness of human life.

Yet, many couples spend a lifetime struggling in this area. Sex is the number one thing husbands would like more of. A man's sex drive is one of his strongest drives, especially when unmet. Sex is the only thing that brought King David to disgrace. Most men find it difficult to exercise control over their sexual arousal. Husbands are more motivated by sex than their wives. Generally speaking, it is simply not as strong a drive for women.

A man wants and needs an **active romantic life**. A husband needs physical love in the same way a wife needs emotional love. A husband needs sexual gratification in the same way a wife needs routine acts of kindness.

## How is he wired for sex?

Husbands and wives come to the marriage bed with entirely different concepts and expectations. The husband views sex the way he views everything else in life. It is a **project**. He's a man on a **mission!** For him, sex is sudden, it's impulsive, it's intense, it's raw, it's fast, it's furious, and it's over! Arousal desire in a man is almost anything – it's visual, instantaneous, and complete.

## How is she wired for sex?

For wives, sexual desire is a by-product of many small kindnesses done throughout the week. For her, desire bubbles up from deep wells of intimate conversation and sharing with her beloved husband. It is a response to the non-sexual touching he invests in her during the week. For wives, sexual desire is **slow, meditative, earned**. Arousal is a choice she makes based on a response to the emotional love she receives from him. She views sex the way she views everything else. It's a **relationship**.

He says, *"Let's make love, and then we'll talk!"*

She says, *"No, no, no...Let's spend time drinking of each other, learning to really **know** each other, and then make love to celebrate!"*

The difference? She wants a **soul mate**; he wants a **lover**. We need to communicate about each other's priorities in sex.

***What are your sexual wants and needs?***

## Practical Tips

Touch each other several times a day by kissing, hugging, squeezing, patting, holding hands, and sitting close. We must encourage each other with affectionate pre-foreplay – admiring glances, a smile/wink across the room, etc.

Plan with time in developing closeness in sex – set aside special times. Lock your bedroom door and shut the world out. Make sure the children are settled to prevent interruptions. You should be able to concentrate on each other completely in a relaxed, pleasant and romantic atmosphere. Husband, your wife needs a **romantic** prelude to sexual intercourse. You may not realize how much your wife desires this or what it means to her. Women must be aroused emotionally as well as physically. They enjoy closeness and intimacy of sex; **gentle** touching and **total** body caressing done in a **meaningful**, not mechanical way. They want their husbands to appreciate their **entire** body, not just to provide some breast or genital fondling as a means of quick arousal.

The physical side of love rests on the human need for close personal contact, especially the need to be touched in a way that expresses warmth, gentleness, softness, and caring. Men have this need for warmth and affection in addition to sexual satisfaction but they are much less apt than women to admit it or even to be aware of it.

For **maximum** enjoyment of sexual release, husbands should know they need to have at least **twenty minutes** of sexual arousal beforehand. We call **orgasm** a **climax** and it should be just that: the highest point of interest and excitement in a series of happenings. How do we reach the high point? By climbing to it. **Climax** is a Greek word meaning "ladder". You move to a climax with a **slow, progressive build-up** resulting at the highest point in a sudden thrilling release – something like a roller coaster ride – a long slow climb and then it's exciting plunge downward from the peak. **Take time** to build desire. **Take time** to enjoy physical closeness and sensuousness. **Take time** to love each other with words.

When couples strive to obtain an orgasm without regard to enjoying their time together, sex becomes **work** rather than pleasure. Remember, orgasm only lasts a few seconds. Emotional satisfaction and gratification occur during the entire episode.

### **Techniques that wives report as hindrances to their enjoyment of sex:**

- The husband's stimulation of his wife during foreplay is mechanical rather than spontaneous.
- The husband is more interested in perfecting physical technique than in achieving emotional intimacy.
- The husband seems overly anxious for his wife to have an orgasm because that reflects upon his success as a lover, instead of simply wanting to please her and give her enjoyment whether it results in orgasm or not.
- The husband is repetitious and boring in his approach.
- The husband is not sensitive to her preferences.
- The husband seems too serious about sex.

Sex should be **fun** – recreation for husband and wife planned by the Creator.

The husband greatly desires response from his wife. She can give him this beautiful gift and delight his heart. Many women do not understand how important, both physically and psychologically, the sexual relationship is to their husband. They do not seem to realize that their **avoidance of sex** or their **lack of response** will affect their entire marriage in the most **negative way**.

**WARNING:** When there is no physical intimacy between you and your husband, whatever emotional and spiritual closeness you have will tend to fade as well.

We are not speaking of a wild passionate response, but only a **positive response**. It can be **gentle, simple, and loving**. A wife should meet her husband with open arms and a **warm acceptance**. A lack of response means that you are ignoring one who in some way is reaching out to you, and there is no worse treatment to give to one who cares for you. **Indifference is the enemy of love.**

Some interesting studies have been done to determine underlying emotional factors that hinder a partner's response. A primary finding indicates that failure in women to attain orgasm is linked to her feeling concerning the dependability of her relationship with her husband. In other words, the **highly orgasmic wife** feels she can **trust** her husband; the low responder fears that her husband will let her down. She cannot relax and let herself go in his arms.

Husband's, the answer to your longing for your wife to become sexually responsive: you need to give her the **absolute security** of your love in the context of **permanent commitment**.

***Wives, have you misused your sexual relationship in the past? Have you used sex as a tool of manipulation or as a weapon? Have you withheld physical favours to get even with you husband? Have you rejected him? Have you battered his sexuality through hostility or criticism or ridicule?***

You should realize that your husband is psychologically vulnerable to injury in the area of sex just as he is physically vulnerable to injury. If you have damaged his sense of manhood and participated in producing an attitude of **failure** within him, you will have to start all over again and **build him up** by your **tenderness**, your **sensitivity**, your **respect**, and your **responsiveness**.

Only you can do it, Ladies! – his heart is in your hands. God will bless you for sexually ministering to your husband and for placing him in the position that God has appointed him to fill.



## Spiritual Intimacy

In building a healthy marriage relationship there are different aspects of intimacy that need to be developed:

- Intellectual intimacy
- Emotional intimacy
- Social intimacy
- Physical intimacy
- Spiritual intimacy



We will focus on spiritual intimacy as a closing chapter of this study. As the saying goes: **A family that prays together stays together.**

Spiritual intimacy does not require agreement in all aspects of Spirituality. As in all other areas of intimacy, we are seeking to tell each other what is going on in the inner self. When we talk about our emotions, thoughts, and experiences, we are telling something the other person would not have known unless we had chosen to talk about it. The process is much the same in building spiritual intimacy. We are each telling the other our own personal thoughts, experiences, feelings, and interpretation of spiritual things. The purpose is not agreement but **understanding**.

**Spiritual intimacy** is discussing with each other some of your thoughts about spiritual things. It is fostered not only by verbal communication, but also by **shared experience**, e.g., going to church together, conferences, singing songs of worship together, holding hands during prayer times and listening to the sermon, etc. **Praying together** is another way of spiritual intimacy. Few things are more personal than sincere prayer. Two people joining in honest prayer will discover a deep sense of spiritual unity. We are seldom more vulnerable than when we are praying sincere prayers with each other.

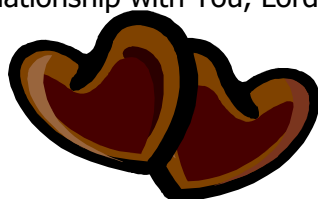
***How close do you feel to your spouse in the spiritual area of marriage?  
How free do you feel in expressing Godly ideas?***

If we do not develop this area in our marriage we will limit our marital intimacy.

Heavenly Father,  
We come before You as a couple in the Name of Jesus and we ask You to help us to open our hearts to each other concerning our personal relationship with You. Help us to grow in spiritual intimacy so that we can be free to speak to You in front of each other and that together we can enjoy being in Your presence.

*Ecc 4: 12: "And though a man might prevail against him who is alone, **two** will withstand him. A **threefold cord** is not quickly broken."*

We ask for this kind of relationship with You, Lord, in Jesus Name. Amen.



## The Power of Praying Petitions

(See Teachings on Petitions available from Kanaan Ministries)

### WHAT IS A PETITION?

The Hebrew words for "petition" are *shelah* or *mishelah*, meaning *ask, beg, borrow, lay to charge, consult, demand, desire earnestly, inquire, pray, request, require, petition or wish.* (Col 2: 14)

The use of petitions is a very effective form of prayer and warfare.

In *1 Tim 2:1* we see that petitions are one of the different forms of prayer. It is vital that we make use of this weapon in our pursuit of God's fullness for our lives.

When a husband and wife pray together and write a petition before the Lord for a specific request, then it is VERY powerful and stands as a **Prayer of Agreement** before the throne of God. God assigns His angels to answer your prayer, which you have asked according to His will. His will is to **bless** and **prosper** you as family.

*Jer. 29: 11: "For I know the **thoughts** and **plans** that I have for you, says the Lord, thoughts and plans for **welfare** and **peace** and not for evil, to give you **hope** in your final outcome."*

### Our Commitment to Pray Together

On this day \_\_\_\_\_ we, \_\_\_\_\_ and \_\_\_\_\_, covenant together with God's help to seek the Lord in prayer together each day, for His blessings on our marriage and for His mercy in this world.

*Matt 18: 19: "Again I tell you, if two of you on earth agree (harmonize together, make a symphony together) about whatever [anything and everything] they may ask, it will come to pass and be done for them by My Father in heaven.*

Signed: \_\_\_\_\_

## PETITION FOR MARRIAGE

Father, in the Name of Jesus Christ of Nazareth, Your living Son, I come before Your Throne to petition for my marriage. Thank You that, according to Your Word in Ps 20:4 and I John 5:5, You will grant me my petitions.

Father, in the Name of Jesus Christ I confirm my **covenant** with You. I also confirm the **covenant** between my marriage partner and me. I confess that my marriage covenant was **sealed** by the **Blood of the Lamb** and that He alone is worthy to ever break the seals.

I come before Your throne to petition against any **curses of divorce** or **adultery**. I pray that You would break these curses and change them into blessings. I cut my marriage loose from the **spirit of death** that wants to bring **death** and **destruction** to my marriage.

I petition against the **spirit of Jezebel**. I forbid her to have any authority over my marriage. In the Name of Jesus I petition before Your throne that the Blood of Jesus would wipe our names from the book of the whore of Babylon. I confess that our names are written in the **Book of Life** in the New Jerusalem.

In the presence of Your throne I declare a **divorce** from the **Cup of Jezebel**. If we or any of our forefathers have drunk from her cup, I ask You now to cleanse us - **spirit, soul and body** - from any poison coming from this cup. I ask that the **Fire** of the Holy Spirit would come to destroy the influence of this cup over our lives.

I petition against any **marriage contracts** with any **human spirits, dead human spirits, demons and any spiritual husbands or wives**. I sever the **soul ties** and declare a divorce in the spirit. I ask the Fire of the Holy Spirit to destroy any physical or spiritual **rings**. I declare *Hosea 2: 5-6* over any **third person** who might be sent against my marriage.

I petition against **the Ancient Serpent, bewitchment**, spirits of **deception** and **seduction**. I cancel any orders given to them with regard to my marriage and declare them null and void in the Name of Jesus Christ of Nazareth.

I petition against any **rituals** against my marriage. In the Name of Jesus I break the power of the **rituals** and the **seals** placed upon them. Thank You, Father, that You now **reverse** all those rituals in the spirit and **dismantle** them in Jesus Name. I petition against any form of **sexual magic**.

I petition against any **defilement of seed**. I pray that all seed testifying against us in the physical or in the spiritual, would be destroyed by the Fire of the Holy Spirit.

I petition against the god of this world, the spirit of this world and the mind of this world. I cancel any authority given to this spirit over my marriage and declare that the purposes, will and plan of the Almighty God, the Father of Abraham, Isaac and Jacob, will be fulfilled in my marriage.

I petition against any plans of **Abaddon** and **Baal** over my marriage. I break any **traps** or **snares** set against us in the physical or in the spiritual and render them powerless in the Name of Jesus Christ of Nazareth.

I petition against any **programming** against my marriage in the **sun, moon, stars** and **planets**. I ask You to destroy those programmes with the Blood of Jesus Christ of Nazareth.

Father, in the Name of Jesus Christ of Nazareth I now petition before Your throne that any of Satan's petitions against my marriage would now be thrown out of the heavenly courtroom. I ask this on account of the price that Jesus paid on the cross.

I petition against any **hex, spell, curse, chanting, incantation or white, black, red or green magic** being used against my marriage.

I petition that Your **voice** would now **thunder** in the heavenlies with regard to my marriage; that Your **Light** and **Truth** would prevail over my marriage. I pray that Your voice would now declare in the heavenlies that none of Satan's petitions against my marriage would be granted.

Father, in the Name of Jesus Christ of Nazareth I now declare my marriage to be **sealed by the Blood of Jesus**. Thank You that You have spoken Your blessing over my marriage. Father, in the Name of Jesus I pray that there would be **love, unity and peace** in my marriage.

Thank you, Father, that Your Holy Spirit watches over my marriage.

*AMEN.*



## SPIRIT OF JEZEBEL

### JEZEBEL SPIRIT ... *REV. 2:20-23*

#### PRAYER OF RENUNCIATION

Counselee:

Father, today I stand before You in the Name of Jesus Christ, Your Son, on behalf of myself, as well as on behalf of my ancestors. I plead guilty for the fact that I have allowed the **Jezebel spirit** with her **5 cords** to work and rule through and over me, as well as that I have moved in the spirit of **Ahab** at times.

I choose to submit myself under Your Almighty Hand today, in order that You may lift me up again at the appointed time.

I sincerely repent that I, through my lifestyle and behaviour, have committed the following sins:

- Destroyed/opposed Your **true prophets** (e.g. your marriage partner, child, others, etc.)
- Destroyed/opposed Your ordained authority-structures (e.g. parents, teachers, marriage, government, etc.)
- Satisfied my own **ego**.
- Opposed the work of the Holy Spirit and obstructed the flow of Your Spirit.
- **Idolatry** (e.g. knowledge, own views, church, traditions, etc.)
- **Witchcraft** (e.g. the occult, emotional manipulation, etc.)
- Walked after the desires of the flesh.
- Evoked the **Ahab** spirit in others.
- Allowed the Ahab spirit to manifest through me.
- Abused my authority and leadership.
- Distorted other peoples' words to look good myself.
- Distorted Your words, even by speaking in Your Name that which You have not really spoken.
- Opposed leaders.
- **Woman**: I have undermined and opposed my husband, father, leaders, employers and parent's authority.
- **Man**: I have not treated my wife, family-members (children), subordinates, parents, etc. according to Your precepts and I have not taken up my responsibility as priest, king and prophet.
- Lies and underhandedness / putting blame and suspicion on others.
- I have **dominated, intimidated and manipulated**.
- I have not obeyed Your Word.
- I have, through my behaviour, discouraged others from following and obeying You.
- **Rebellion** in all its forms in my life!
- **Stubbornness**.
- **Pride**, arrogance and argumentativeness.
- Falsely accusing others, discouraging them and caused bitterness in them (e.g. marriage, family-members [children], employees, others).
- **Criticism**, lies and breaking down of others.

- That I have allowed a desire for **material wealth** to influence me to land myself and others in problems, whilst ignoring the warnings of the Holy Spirit.
- **Sexual immorality** in all its forms.
- **Manipulation** through sex.
- I have transferred this spirit to my children and descendants.
- I have attempted to intimidate others with **fear**.
- I have followed **tradition** in stead of revelation.
- I have followed **law** in stead of the Holy Spirit.
- I have brought others into **bondage** (e.g. marriage, relationships, children, subordinates, etc.).
- I have tried **to control** others through a religious mask knowledge, secretiveness, works, long and empty prayers, 'unique' experiences and super-spirituality.
- **Anger outbursts** and the **confusion** I have created as a result thereof.
- That I have stepped on people to get what I wanted.

Father, I ask forgiveness for all these sins. I stand before You today on the grounds of Your mercy and the perfect work of the Cross of Jesus, as well as the reconciliation that He has worked for me, with You. On these grounds, I want to ask You today that You will cleanse these hands of mine from all of these sins, even those sins I haven't realized yet. Please cleanse my heart also, Father!

I also stand before You and petition for every soul and the redemption of every other person whom I have ever polluted with my behaviour. I humbly ask for forgiveness, for the fact that I have been a stumbling block for them, and I pray that You will remove this foul **mantle** I have worn up to now - and clothe me with new clothes, fragranced with Your love and acceptance.

I ask forgiveness for the fact that I **drank from the cup of Jezebel** and that I have allowed the following to control me:

1. Occult spirits
2. Compromise (idolatry) through ignoring Your discipline and not having respect for You.
3. Immorality and idolatry.
4. Domination, intimidation and manipulation.
5. False religion.

I now ask You to free and redeem me from these **5 cords** with which this spirit of Jezebel has controlled me for so long, in the Almighty Name of Jesus Christ of Nazareth.

Thank You for **complete redemption** through the Name and the Blood of Jesus, through the Sword of Your Word and the word of my testimony: - *Rev. 12:11* - "And they have overcome him by means of the Blood of the Lamb and by the utterance of their testimony."

I also pray, Holy Spirit, that You will lead me on this new road and that You will help me in this process of **renewing of the mind** in all of these areas. I pray that You will take hold now of all the branching and

infiltration and working of the Jezebel spirit in all parts of my body and soul, and pull it out of me until nothing remains!

Counsellor:

Example of prayer:

Take these **5 cords** and cut them one by one:

1. I now address you, Jezebel in the spiritual realm, and I declare that I recognize that cord of **OCCULTIC POWERS** between you and your seat in ..... I now take the Sword of the Spirit and I sever this cord of OCCULTIC POWERS in the Almighty NAME OF JESUS CHRIST!

It is written in 2 Sam. 22:32-37: "For Who is God but the Lord? And Who is a Rock except our God? God is my strong Fortress; He guides the blameless in His way and sets him free. He makes my feet like the hinds'; He sets me secure and confident upon the heights. He **trains my hands for war**, so that **my arms** can bend a bow of bronze. You have also given me the shield of Your salvation; and Your condescension and gentleness have made me great. You have enlarged my steps under me, so that my feet have not slipped."

2. I now address you, Jezebel in the spiritual realm, and I declare that I recognize that **cord of COMPROMISE** between you and your seat in ..... I now take the Sword of the Spirit and I sever this cord of COMPROMISE in the Almighty Name of Jesus! It is written in *Acts 24:14* - "*But this I confess to you, however, that in accordance with the Way, which they call a sect, I worship the God of our fathers, still persuaded of the truth of and believing in and placing full confidence in everything laid down in the Law of Moses or written in the prophets.*" And *Matt. 22:37*- "*And He replied to him, you shall love the Lord your God with all your heart and with all your soul and with all your mind.*"

3. I now address you, Jezebel in the spiritual realm, and I declare that I recognize that **cord of IMMORALITY (IDOLATRY)** between you and your seat in ..... I now take the Sword of the Spirit and I sever this cord of IMMORALITY in the Almighty Name of Jesus! It is written in *Rev. 19:7* - "Let us rejoice and shout for joy! Let us celebrate and ascribe to Him glory and honor, for the marriage of the Lamb at last has come, and His bride has prepared herself."

4. I now address you, Jezebel in the spiritual realm, and I declare that I recognize that cord of DOMINATION, INTIMIDATION AND MANIPULATION between you and your seat in ..... I now take the Sword of the Spirit and I sever this cord of domination, intimidation and manipulation, in the mighty Name of Jesus! It is written in *John 10:2-5* - "*But he who enters by the door is the shepherd of the sheep. The watchman opens the door for this man, and the sheep listen to his voice and heed it; and he calls his own sheep by name and brings them out. When he has brought his own sheep outside, he walks on before them, and the sheep follow him because they know his voice. They will never follow a stranger, but will run away from him because they do not know the voice of strangers or recognize their call.*"

5. I now address you, Jezebel in the spiritual realm, and I declare that I recognize that cord of FALSE RELIGION between you and your seat in ..... I now take the Sword of the Spirit and I sever this **cord of FALSE RELIGION** in the Almighty Name of Jesus! It is written in *John 4:24 - "God is a Spirit and those who worship Him must worship Him in spirit and in truth."*

Counsellor:

Father, in the Name of Jesus Christ Your Son, I now declare:

- **a divorce** with the spirit of Jezebel
- **a cancellation** of all worship she ever received through me, my ancestors or descendants
- **nullification** of any and every covenant ever made with her
- renunciation of the **Ahab spirit**

In the authority of the Name of Jesus Christ, I now take this seat in myself and hand it over to the Kingdom of God.

Father, in Jesus Name I ask that You will remove the **following curses** and results due to my ancestors' and my own involvement with this Jezebel spirit's activities:

1. Curse of a bed of anguish and suffering
2. Downheartedness
3. Curse of the utmost judgement
4. Curse of death (Rev.2:22,23)
5. Curse of humiliation and nakedness
6. Curse of slavery
7. Curse of senility
8. Curse of homosexuality and lesbianism
9. Curse of cancer
10. Schizophrenia
11. Curse of divorce
12. Curse of female domination
13. Curse of male domination
14. Incest
15. Blasphemy
16. Curse of loss of children
17. Loss of marriage partner
18. Curse of disasters and evil
19. Loneliness and desolation
20. Curse of witchcraft
21. Curse of persecution

I pray that You will **change** each one of these **curses to blessings** in my ancestor's, my own, and my descendant's lives, in the Name of Jesus.

In the Name of Jesus Christ, I now bind and rebuke the spirit of Jezebel from my life.

I speak **destruction over the altars** where the spirit of Jezebel received worship in my life, and I erect an altar there for God.

It is written: *"David built there an altar to the Lord and offered burnt offerings and peace offerings. So the Lord heeded the prayers for the land, and Israel's plague was stayed." 2 Sam.22:25.*

The **stronghold** in my life where Jezebel has lived, is now destroyed and a throne for Christ Jesus erected there.

In the Name of Jesus Christ, I now speak withering and death over all fruits of manipulation through the **spirit of witchcraft** in my life.

I pray that You will remove **all leaven** that caused me to walk under the control of this spirit, from my habits of thinking, my will, emotions and body.

Father, in Jesus precious Name, I pray that the **spirit of Elijah** will rise up within me to expose the spirit of Jezebel in the Body of Christ. I pray Father, that **the hearts of the fathers** will be turned towards the children according to **Malachi 4:5,6**.

I pray that the disobedient will be turned towards the wisdom of the righteous - that You will enable me to outwork Godly principles to handle problems in my life.

I pray that more and more **spiritual fathers and mothers** will come forth out of our midst to show the way and to take Your children by the hand and to lead them on paths of righteousness.

I pray Father, that You will see to it that, through Your Spirit, I will be prepared as part of Your **Bride** without **spot or wrinkle**.

Thank You, **Abba Father**, for Your great mercy and grace. Please seal this prayer now with the **precious Blood of Jesus Christ** and thank You that You have heard me and that You free me! AMEN.