

# *A Notebook on My Wife*

*Edited and compiled by Justin Erickson*



*“You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered.”*

**1 Peter 3:7**

**Name:** \_\_\_\_\_

## UNDERSTANDING MY WIFE

### “OUTLINE”

#### 1. *How my Wife is Unique* – **Psalm 139:13-18**

- Key Information
- Special needs and prayer requests
- Spiritual Gifts
- Reasons why I married her
- Her name described in an A.C.R.O.S.T.I.C.
- Special Memories with her
- Things she really enjoys
- Things she does not enjoy
- The 10 Most Influential People in her Life

#### 2. *How to Praise my Wife* – **Proverbs 31:31**

- Reasons I need her
- Gift ideas
- Date ideas
- Vacation ideas
- Things I want our children to learn from our relationship

#### 3. *How to Love my Wife* – **Ephesians 5:25-33**

- Ways to Show Love to My Wife
- “Dying to Self,” *Anonymous*
- Ways to communicate with her
- Things that are important to her
- Important questions to ask her
- Ways to encourage her when she is down
- Areas where she needs my help or protection
- Ways to touch her heart and mind before I touch her body
- List of 25 consequences to immorality
- Home Repairs (AKA, Honey-do List)

It is recommended that you get a binder or folder with pockets to store the following:

- Favorite Pictures
- Love Notes

# *How my Wife is Unique:*

“For You formed my inward parts; You wove me in my mother’s womb. I will give thanks to You, for I am fearfully and wonderfully made; Wonderful are Your works, And my soul knows it very well. My frame was not hidden from You, When I was made in secret, And skillfully wrought in the depths of the earth; Your eyes have seen my unformed substance; And in Your book were all written The days that were ordained for me, When as yet there was not one of them. How precious also are Your thoughts to me, O God! How vast is the sum of them! If I should count them, they would outnumber the sand. When I awake, I am still with You.”

**Psalm 139:13-18**

## KEY INFORMATION ABOUT MY WIFE

**Full Name:** \_\_\_\_\_

**Birthday:** \_\_\_\_\_

**Anniversary:** \_\_\_\_\_

**Height:** \_\_\_\_\_ **Weight:** \_\_\_\_\_

**Shoe Size:** \_\_\_\_\_ **Dress Size:** \_\_\_\_\_ **Waist Size:** \_\_\_\_\_

**Blouse Size:** \_\_\_\_\_ **T-shirt Size:** \_\_\_\_\_

### Fun Favorites:

Flower \_\_\_\_\_

Food \_\_\_\_\_

Restaurant \_\_\_\_\_

Dessert \_\_\_\_\_

Ice Cream \_\_\_\_\_

Clothes Store \_\_\_\_\_

Shoe Store \_\_\_\_\_

Perfume \_\_\_\_\_

Color \_\_\_\_\_

Candy \_\_\_\_\_

Magazine \_\_\_\_\_

Activity \_\_\_\_\_

Outfit \_\_\_\_\_

Winter Activity \_\_\_\_\_

Spring Activity \_\_\_\_\_

Summer Activity \_\_\_\_\_

Fall Activity \_\_\_\_\_

Drink \_\_\_\_\_

Movie \_\_\_\_\_

TV Show \_\_\_\_\_

Musical Artist \_\_\_\_\_

Make-up \_\_\_\_\_

Coffee Flavor \_\_\_\_\_

Tea \_\_\_\_\_

Radio Station \_\_\_\_\_

Web Site \_\_\_\_\_

Sport \_\_\_\_\_

Childhood Memory \_\_\_\_\_

\_\_\_\_\_  
School Teacher or Subject \_\_\_\_\_

**Spiritual Favorites:**

Attribute of God \_\_\_\_\_

Bible Verse \_\_\_\_\_

Bible Book \_\_\_\_\_

Bible Character \_\_\_\_\_

Christian Hymn or Song \_\_\_\_\_

Trait of Jesus Christ \_\_\_\_\_

Christian Book \_\_\_\_\_

Christian Musical Group \_\_\_\_\_

## **SPECIAL NEEDS AND PRAYER REQUESTS**

*On this page, record and maintain the specific areas of need where you will regularly present yourself to God on behalf of your wife in faithful prayer.*

<b>Date</b>	<b>Specific Request</b>	<b>Bible Verses</b>	<b>Answer by God</b>
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## SPIRITUAL GIFTS

*On this page, identify your wife's spiritual gifts, how you think she is uniquely equipped by God, and ideas as to how you might move her into more faithful service. Everyone has one or more spiritual gifts, as described below, where only those gifts given for the permanency of the church are listed.*

### Speaking Gifts:

- Teaching – the ability to understand, apply, and communicate Biblical truths to others, in a clear and practical way.
- Exhortation – the ability to make necessary and personal application of Scripture to a given situation.
- Leadership – the ability to guide a person with God-given influence, into the will of God.

### Serving Gifts:

- Service – the ability to survey a situation, identify a problem, and recommend a Biblical solution that edifies.
- Helps – the ability to labor in order to the meet needs of others.
- Giving – the ability to use wisdom in the area of finances to invest God's resources for the maximum eternal dividends.
- Showing Mercy – the ability to comfort, strengthen, and encourage another who is suffering misery from discouragement, despair, or doubt.
- Administration – the ability to organize people and resources for the sake of effectiveness for ministry.

*For further reference, read the passages on spiritual gifts in Romans 12:3-8; 1 Corinthians 12-14; 1 Peter 4:10-11; and Ephesians 4:11-16.*

*"Husbands, live with your wives in an understanding way..." 1 Peter 3:7*

## **REASONS WHY I MARRIED HER**

*Studying the Word of God, especially Song of Solomon, reveals that true Biblical marriages are grounded and sustained by a thorough appreciation of one another. In other words, the substantial things that brought you together must constantly be rehearsed if the relationship is to mature and deepen. Below, spell out what drew you to your wife when you began to pursue her, and what draws you to her now.*

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## **HER NAME DESCRIBED IN AN A.C.R.O.S.T.I.C.**

*Take your wife's first name and use each letter of her name for a word that best describes her virtues.*

## **SPECIAL MEMORIES WITH HER**

*As you think back on your relationship with your wife thus far, record the times and events in your dating or marriage that are especially meaningful to you. Update this page regularly.*

## **THINGS SHE REALLY ENJOYS**

*As a man who serves his wife, you will want to keep in mind the kinds of things she really enjoys in life so that you can plan to demonstrate kindness and servanthood to her.*

*Begin a list below.*

## **THINGS SHE DOES NOT ENJOY**

*As a man who serves his wife, you will want to keep in mind the kinds of things she really does not enjoy in life so that you can plan to demonstrate kindness and servanthood to her – things that irritate, offend, or exasperate. Begin a list below.*

## **THE 10 MOST INFLUENTIAL PEOPLE IN HER LIFE**

*Ask your wife about the ten most influential people in her life and why they are so meaningful. This will give you valuable insight into how to lead her as you study not only how this legacy has impacted her over time, but how you too can be used of God to shape and influence her.*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Was there anything similar about the people she named?

Were there any surprises about the people she named?

What qualities mentioned do you possess and need to strengthen?

What qualities mentioned do you lack and need to pursue?

# *How to praise my wife:*

*“...Her husband also, and he praises her,  
saying: “Many daughters have done nobly,  
But you excel them all....Give her the  
product of her hands, And let her works  
praise her in the gates.”*

**Proverbs 31:28-29, 31**

## **REASONS I NEED HER**

*In Scripture, God says that He designed the woman to be man's helper. He also said that it is not good for man to be alone, because in himself, man is incomplete. Therefore, God says that we need our wives. In the space below, list as many reasons as possible as to why you need the woman God gave you.*

## **GIFT IDEAS**

*This is a place for you to brainstorm about different gifts that you can give to your wife in appreciation of her love. When you are with your wife, keep a sharp eye and an eager ear for items that she mentions, with which you can surprise her randomly, or prepare for a special occasion.*

## **DATE IDEAS**

*Date night should be a non-negotiable. You should never miss. Scribble down some ideas that you have as to how you might cherish your wife, based on what you know about her preferences and be creative and varied. Think formal and casual, expensive and economical, local and distant. Decide whether you should tailor the event according to a theme or style, a location or event; whether the venue is restful or active, cozy or public, etc. In addition, guard against making the event passive, so that the time is productive, and above all refuse to have any other expectations that to simply serve her.*

## VACATION IDEAS

*Jesus Himself knew when to retreat and pull away for the purpose of rest and refreshment (Mark 6:31), and so should you. Plan to give your wife time away from the daily responsibilities that can eventually weigh her down, and design a vacation that is spiritually invigorating and relaxing. Learn how she vacations best. For example, if she is a stay at home mom with young kids, consider a vacation that allows her to get out of the home and enjoy grown-up conversation. Maybe you even surprise her with special time away to be with a beloved girl-friend, while you assume her duties at home.*

## **THINGS I WANT OUR CHILDREN TO LEARN FROM OUR RELATIONSHIP**

*If you have been graced with children, they are watching your relationship to your wife as a model of how they should relate to Christ, and also to their future spouse. With that in mind, write out what you hope your kids will learn and continue as one day they move towards the altar.*

# *How to Love my Wife:*

"Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, so that He might sanctify her, having cleansed her by the washing of water with the word, that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless. So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church, because we are members of His body. For this reason a man shall leave his father and mother and shall be joined to his wife, and the two shall become one flesh. This mystery is great; but I am speaking with reference to Christ and the church. Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband."

**Ephesians 5:25-33**

## **WAYS TO EXPRESS LOVE TO MY WIFE**

*In this section, brainstorm about possible ideas as to how you might practically show love to your wife, and then consider showing the list to your wife, allowing her to add to it. Ask other men about ideas they have and keep a running list. An excellent list has been provided by Wayne Mack, in his book, Homework Manual for Biblical Living, Volume 2.*

## **“DYING TO SELF,” ANONYMOUS**

*The following reflection has application to every Christian, but especially to the Christian husband. God calls you to love your wife like Christ loved the church, who “gave Himself up for her” (Ephesians 5:25). Dying to self is being like Christ, into whose likeness we are to be continually transformed. Review this weekly.*

“When you are content with any food, any offering, any climate, any society, and any raiment, and any interruption by the will of God, that is dying to self. When you are forgotten or neglected, or purposely set at naught and you don't sting and hurt with the insult of the oversight, but your heart is happy, being counted worthy to suffer for Christ, that is dying to self.

When your good is evil spoken of, when your wishes are crossed, your advice disregarded, your opinion ridiculed, and you refuse to let anger rise in your heart, or even defend your self, but take it all in patient, loving silence, that is dying to self. When you lovingly and patiently bear any disorder and irregularity, or any annoyance, when you stand face to face with waste, folly, extravagance, spiritual insensibility, and endure it as Jesus endured, that is dying to self.

When you never care to refer to yourself in conversation, or to record your own good works or itch after commendations, when you can truly love to be unknown, that is dying to self. When you can see your brother prosper and have his needs met and can honestly rejoice with him in spirit and feel no envy, nor question God, while your own needs are far greater and in desperate circumstances that is dying to self.

When you can receive correction and reproof from one of less stature than yourself and can humbly submit inwardly as well as outwardly, finding no rebellion or resentment rising up within your heart, that is dying to self.”

What aspects of dying to self do you think, if you improved, would make the most significant difference in your relationship to your wife?

What 3 steps do you need to take to begin change in that area?

- 1.
- 2.
- 3.

## **WAYS TO COMMUNICATE WITH HER**

*Any relationship takes healthy communication, which as a norm is typically harder for men than women. Think through your communication, even ask your wife about your communication and ways to improve. Give consideration to the content of your words, the tone and volume of voice you use, possible non-verbal distractions, the amount of time you devote to regular and purposeful communication with her. Write down the things that are helpful to remember as well as the things that are necessary to avoid.*

## **THINGS THAT ARE IMPORTANT TO HER**

*Your wife has values and convictions that set her apart from any other person in the world. List those particulars that you can do, which are especially significant to her. Some examples might include: punctuality, meal times, medical quality, etc.*

## **IMPORTANT QUESTIONS TO ASK HER**

*Understanding your woman requires deep understanding. Proverbs 20:5 says, “A plan in the heart of a man [or woman] is like deep water, but a man of understanding draws it out.” In this case, it means that a wise husband will know how to fish for the things in his wife’s heart that reach to the innermost depth of her being. In short, studying your wife means learning to be a discerning and persistent question-asker. Think about what kinds of questions would be important to ask your wife on a regular basis.*

## **WAYS TO ENCOURAGE HER WHEN SHE IS DOWN**

God has made it so that the woman in your life looks to your leadership for motivation.

Many times, because we live in a broken world, she comes to know the difficulty of perseverance in hard times. It is especially important that you have certain guidelines on hand to help you when these times come, especially since what might lift you up might not be the same for her. Below, explain what comforts and encourages your partner when she is discouraged.

## **AREAS WHERE SHE NEEDS MY HELP OR PROTECTION**

You are your wife's protector and provider. She is a weaker vessel according to the Word of God and needs your sensitivity for things that God calls you to give or guard.  
What are those areas where your wife specifically needs you?

## **WAYS TO TOUCH HER HEART AND MIND BEFORE I TOUCH HER BODY**

*C.J. Mahaney, in his must read book, Sex, Romance, and the Glory of God, says that the key that unlocks marital intimacy is learning how to touch your wife's heart and mind **before** you touch her body. This means that more significant to her than the physical passion of sex is the intellectual and emotional stability and joy of careful nurturing and romance. List some special ways you can do this for your wife.*

## **LIST OF 25 CONSEQUENCES TO IMMORALITY**

Nothing is more destructive to your marriage than a compromise of integrity in the area of purity. Throughout the word of God, the most threatening consequences of divine justice are aimed at the immoral. Therefore, affair-proofing your marriage requires extensive meditation on the consequences of failing in your fidelity. Specify as many consequences as you can that you will face if you go down in a moral collapse.

## **HOME REPAIRS (AKA, “HONEY-DO” LIST)**

*One of the most precious privileges to a woman is the home that she seeks to nurture. As a man, your leadership in making the home environment a pleasing and efficient place for your wife to work is most useful by taking care of the larger projects that are more tailored to a man than a woman. Here is a place for you to list the kinds of projects that would serve your wife (and you in return), well.*

## **RECOMMENDED RESOURCES FOR LOVING YOUR WIFE BIBLICALLY**

*Consider one or more of the following resources to enhance your relationship with your wife, for the sake of further learning and growing in the great privilege you have of caring for the stewardship of your wife. An asterisk (\*) appears next to the volumes that are most highly recommended.*

Adams, Jay. Christian Living in the Home.

Lahaye, Tim. The Act of Marriage.

\_\_\_\_\_. The Act of Marriage After 40.

MacArthur, John F. Different by Design.

\* \_\_\_\_\_. The Fulfilled Family.

\*Mack, Wayne. Homework Manual for Biblical Living, Vol. 2.

\* \_\_\_\_\_. Strengthening Your Marriage.

\_\_\_\_\_. Your Family, God's Way.

\*Mahaney, C.J. Sex, Romance, and the Glory of God.

\*Piper, John and Justin Taylor. Sex and the Supremacy of Christ.

\*Scott, Stuart. The Exemplary Husband.

Sproul, R.C. The Intimate Marriage.

Wheat, Ed. Intended for Pleasure.