

## **The Resolution For Wives: “10 commitments for a healthy relationship”**

- 1) I will seek to please God above all other people and expect to fill my need for security, significance and love from Christ alone. (Galatians 1:10, 1 Thessalonians 2:4, Philippians 4:19, Galatians 4:6-7, Jeremiah 29:11, Ephesians 3:17-19)
- 2) As a wife, I commit to helping my husband by offering him respect, appreciation, and encouragement as he carries his daily load, but I will not regularly take care of my husband’s responsibilities or solve his problems. (Ephesians 5:33, Hebrews 3:13, Hebrews 10:24-25, Galatians 6:5)
- 3) When I see my husband is facing an unusually heavy burden, I will lovingly assist him in carrying that burden, as God directs me. (Galatians 6:2, Luke 6:36, Psalm 82:3)
- 4) I commit to praying for my husband and will seek to consider my husband’s best interests and perspective, not just my own self-centered desires. (Colossians 1:9-10, Philippians 2:3-4)
- 5) I will work diligently to keep our home organized, tidy and healthy, and I will also look for ways to bless my husband daily with small acts of kindness that reflect God’s love for him. (Proverbs 31:27, Matthew 5:16, Titus 2:5, Ephesians 4:32)
- 6) I agree to gently, but firmly, establish boundaries with my husband if he has a pattern of sinful behavior which is harming me and/or my children (or has the potential to harm us). (Matthew 18:15-17, Luke 17:3-4, Ephesians 5:7&11, Galatians 6:1, 1 Peter 3:4)
- 7) I agree to allow space for my husband to lead our family and to respectfully submit to my husband’s leadership, unless he is leading our family into sin or danger. (Colossians 3:18, Ephesians 5:23)
- 8) I recognize that I am highly cherished by God and that my needs and feelings matter, and therefore I will courageously express my needs and feelings to my husband. (Zephaniah 3:17, Proverbs 4:23, Proverbs 31:17, Proverbs 29:25, Zechariah 8:16)
- 9) I will seek to build a robust sex life with my husband, and seek help from mentors or counselors if I have issues preventing me from engaging in healthy physical intimacy with my husband. (1 Corinthians 7:3-5)
- 10) I commit to reflecting the nature of God in my relationship with my husband and children, and so I will ask God to transform my heart so that I am compassionate, gracious, slow to anger, and abounding in love. (Psalm 103:8)