

SESSION 18: 25 WAYS TO BE A LOVING HELPER

- 1) A Loving Helper sees herself as the key player on her husband's team.
- 2) A Loving Helper is a student of her husband.
- 3) A Loving Helper admires her husband.
- 4) A Loving Helper supports her husband in his work.
- 5) A Loving Helper supports her husband in public.
- 6) A Loving Helper supports her husband through the seasons of life.
- 7) A Loving Helper provides companionship to her husband by sharing his interests.
- 8) A Loving Helper dreams with her husband.
- 9) A Loving Helper adapts her expectations to her understanding of her husband.
- 10) A Loving Helper encourages her husband to take time to "re-juice."
- 11) A Loving Helper assumes the best of her husband's efforts and intentions.
- 12) A Loving Helper expresses appreciation for her husband regularly.
- 13) A Loving Helper enjoys her husband.
- 14) A Loving Helper interacts with her husband as a wife, rather than a mother or a daughter.
- 15) A Loving Helper is responsive physically to her husband.
- 16) A Loving Helper pursues her husband sexually.
- 17) A Loving Helper keeps her primary focus on the home and works hard at those responsibilities.
- 18) A Loving Helper loves and disciplines her children in cooperation with her husband.
- 19) A Loving Helper works toward creating the atmosphere they desire for their home.
- 20) A Loving Helper manages her household to live within their means.
- 21) A Loving Helper recognizes her husband as the spiritual leader of their home and looks for how God wants to use him in her life.
- 22) A Loving Helper listens to her husband's counsel.

BIBLICAL WOMANHOOD

- 23) A Loving Helper focuses on growing her own character rather than on changing her husband's character.
- 24) A Loving Helper depends on God for her value and significance.
- 25) A Loving Helper prays for her husband frequently.

Discussion Questions:

1. From your reflection assignment, which of the “Core Concerns” of women do you most connect with? Are there any of the man’s “Core Concerns” you have trouble appreciating or understanding?
2. What difference does it make to think of being “a loving helper” instead of “a dutiful wife?”
3. Look back over the 25 Ways to be a Loving Helper:
 - a. Name one you like!
 - b. Name one that surprised you.
 - c. Name one that’s “difficult.”
 - d. Name one that you think your husband would appreciate.
 - e. Name one you will try *this week*.

Reflection Assignment:

Identify two or three items on this list that you think you do well. Make an effort to continue practicing these good habits this week. Then, identify two or three areas where you’d like to improve. Make a *specific* list of your own for how you will put these helpful habits into practice *this week!*

For Extra Credit J: Ask your husband to help you with this assignment. What does he think you do well? What would he find even more helpful?

Passage to Ponder this week: Ephesians 5:15

Week Eighteen Summary:

While “the big picture” can be exhilarating and breathtaking, it can also be a little overwhelming. For many of us, principles and theories are fine, but the detailed, practical application of them is even better. Case in point, it is all well and good to tell us that a wife’s role is to be her husband’s loving helper, but what does that really MEAN? What can we do in a down-to-earth, day-to-day sense that will be helpful?

Here is a short (!) list to get us started:

(If this isn’t detailed enough, listen to the lecture on line.)

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