

SESSION 5



LOVING GOD'S WOMAN BY PRACTICING HOPE AND HEALING



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01 GOD IS "THE GREAT PHYSICIAN".

A. God shows us His love for us in healing us.

- He heals our _____.

Psalms 103:2-3:

"Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases"

- He heals our souls through the _____. Jesus came to heal our broken lives.

1 Peter 2:24:

"He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed."

- He heals our _____ and _____.

Psalms 147:3:

"He heals the brokenhearted and binds up their wounds."

02 A REAL MAN HAS A UNIQUE OPPORTUNITY TO BE THE GREAT PHYSICIAN'S AGENT OF HEALING LOVE.

A. Remember: love acts in another's _____.

- Because God in Christ acted in our best interests, we get to reflect that love in the lives of those God has called us to protect and care for.

1 John 4:10-12:

“In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another. No one has ever seen God; if we love one another, God abides in us and his love is perfected in us.”

- Women carry different wounds than men, in part, because they have a different _____ and therefore different _____.

“Women exceed men in internalizing problems of anxiety and depression, in which problematic feelings are turned inward against the self. This includes both milder and more severe forms of depression, as well as most types of anxiety, including generalized anxiety disorder and phobias. Greater depression means that more women than men live with feelings of profound sadness and loss, serious problems with negative self-concept, and feelings of guilt, self-reproach, and self-blame.” - SARA ROSENFELD AND DENA SMITH, *A HANDBOOK FOR THE STUDY OF MENTAL HEALTH*

- B.** A real man's job is to be _____ in attending to the wounds and challenges of God's woman.

1 Peter 3:7:

“Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered.”

- Two important observations from 1 Peter 3:7:
 1. She needs to be _____.

- It is essential for a husband to _____ his wife and to live with her in a way that demonstrates knowledge of her. She is unique, and he needs to take the time to know that.

[Revisit your interview from week 4]

2. She has different vulnerabilities. Your wife is a sister in Christ, therefore equal to you—and she is more vulnerable because of her identification as a weaker vessel.

The Greek word for “vessel” (skeuos) is used multiple times in the New Testament to refer to the physical body. She has many strengths, but he is her protector, in part, because she is physically more vulnerable to harm.

- This _____ is not limited to physical pain but can include lots of different forms of _____ in a fallen world like ours.

03

HOW DO YOU HEAL HER PAIN AND SORROW?

- A. You _____ and pay attention to her sorrow and pain.



- God models for us what it is to see a woman in pain and attend to her in Genesis 16. Hagar had been hurt and wounded by Sarah. When God came and ministered to her in the wilderness the following is recorded of her:

Genesis 16:13-14:

“So she called the name of the Lord who spoke to her, “You are a God of seeing,” for she said, “Truly here I have seen him who looks after me.” Therefore the well was called Beer-lahai-roi; it lies between Kadesh and Bered.”

- Hagar gives God the name *El Roi* – “the God who _____”.
- God’s woman needs to know that she is _____ in her _____.

B. He _____ with her sorrow and pain by learning and practicing _____.

- The word “empathy” comes from two Greek terms:
 - em – which means “in”
 - pathos – which means to “feel”
- When we empathize we slow our lives long enough to understand and identify with a hurting person. We are willing to ask ourselves questions like:
 - How would it _____ to be in their situation?
 - Why do they _____ the way that they do?
 - What do I not _____ about their situation that I should?

- We might not fully _____ their pain, but we should come _____ and _____ with them as best we can.

Proverbs 14:10:

“The heart knows its own bitterness, and no stranger shares its joy.”

- As men we need to be aware of five dangers men face as they attempt to empathize with God’s woman:
 - The danger of _____. Remember to acknowledge and appreciate her pain.
 - The danger of _____. Remember that aloofness only makes her pain worse.
 - The danger of _____. Remember that she is a particular woman and not “just a woman”.
 - The danger of _____. Her pain is not about you, but you are God’s man for her in these circumstances.
 - The danger of _____. Exploitation occurs when you shame her for her weakness or expose her to hurt from others.

Romans 15:1:

“We who are strong have an obligation to bear with the failings of the weak, and not to please ourselves.”

- If your strength does not help those who are experiencing weakness around you feel _____, _____, and _____ for their challenges then you are likely wasting what God has given you.

C. He _____ in her sorrow and pain to alleviate her aloneness.

- She may need you to slow down, _____, and be with her more than you want.
- She may need _____ help:
 - Find her professional help.
 - Serve her.
 - Rally others around her.
 - Pick up the slack and take on other responsibilities.

D. He _____ her sorrow and pain to God by praying with her and for her.

- _____ has always been and will always be a real man's most _____ tool.

“...the Christian leader must be in the future what he has always had to be in the past: a man of prayer, a man who has to pray, and who has to pray always.” - HENRI NOUWEN

- She needs to _____ you and _____ you pray for her.

E. He _____ her how to have hope in God by:

- Reminding her of the character God
- Sharing the Word of God regularly with her
- Speaking words of encouragement to her
- Carrying an optimistic attitude
- Rehearsing God's faithfulness in his own life

F. He stays _____, _____, and
_____ for her all the way through her sorrow and pain

Proverbs 19:22a:

“What is desired in a man is steadfast love,”

- The height of a man’s sacrifice for his wife is seen in how he lays down his life on a daily basis for the _____ of her life.
- Never forget the _____ of husbandly love is to love “as Christ loved the church and gave himself up for her.” (Ephesians 5:25b)

Is there a doctor in the house? Yes, It is _____!



DISCUSSION QUESTIONS

1. Men and women carry and experience wounds differently? How have you seen this play out in your context (i.e., marriage, friendship, family)?
2. In what ways can showing empathy be more powerful than showing sympathy?
3. In section E, we talked about five ways to show God's woman the hope you have in God. Which if these five comes easily to you? Which is difficult? Discuss.

YOUR BETTERMAN REFLECTION:

Never forget that the standard of husbandly love is to love "as Christ loved the church and gave himself up for her" (Ephesians 5:25b). Write down three ways you can begin to love God's woman as Christ loved the church. Now, get to work!

