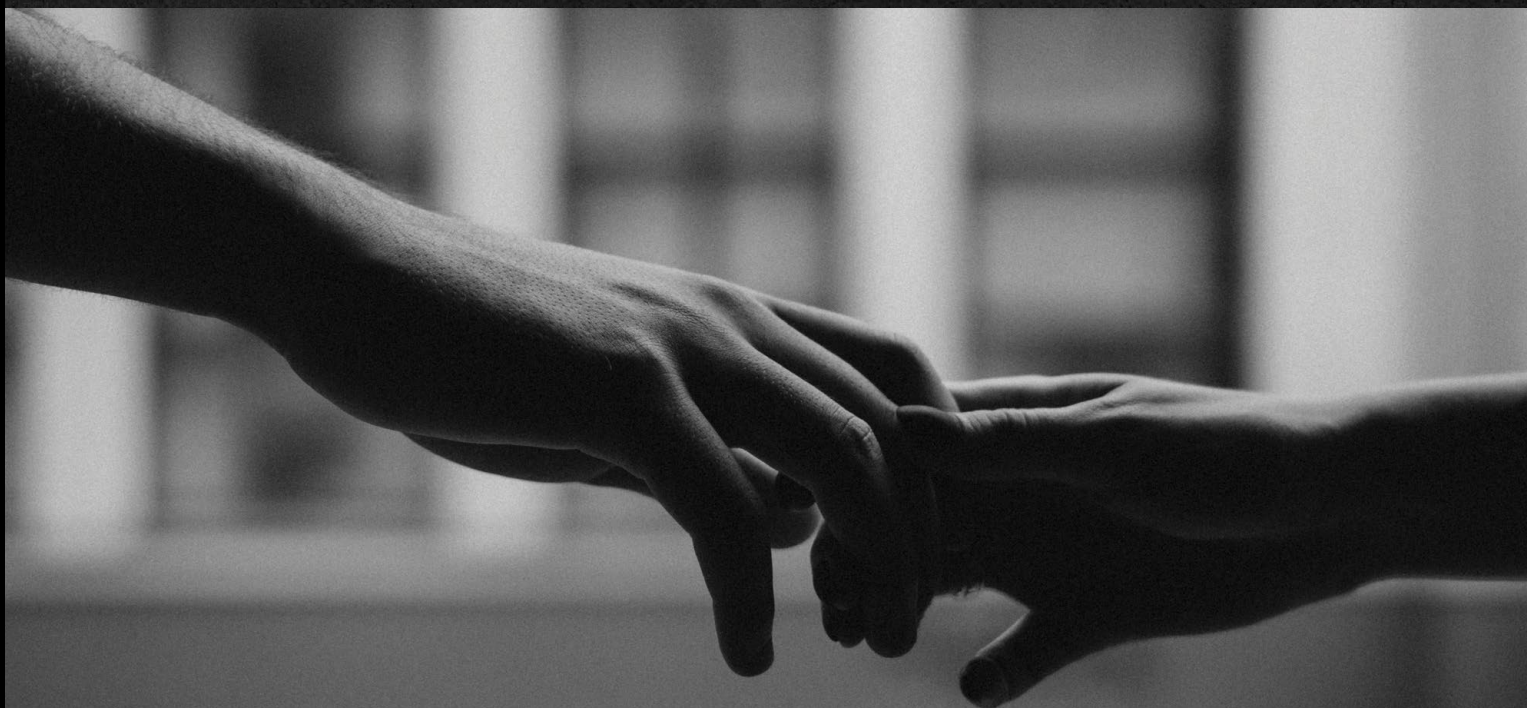


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A Real Man Loves and  
Protects God's Woman



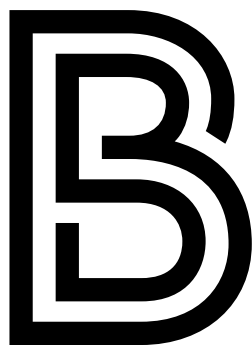
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# BETTERMAN DEFINED

A Real Man Loves and  
Protects God's Woman



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A special thanks to Dr. Bryan Hurlbutt,  
Bill Eubanks, and Dr. Chris Harper for their  
effort in creating this curriculum.



# SESSION 1



## LOVING GOD'S WOMAN BY PARTNERING WITH HER



# LOVING GOD'S WOMAN BY PARTNERING WITH HER

## 01

**IF WE DON'T KNOW WHAT IT MEANS TO LOVE, WE  
CAN'T EVEN GET OFF THE STARTING BLOCK TO LIVE  
OUT THIS PILLAR OF MANHOOD.**

- What does it mean to love God's woman? The term love might be the most commonly confused term in our culture.

**A.** Is love a \_\_\_\_\_ ?

- God has called us to love His \_\_\_\_\_.

**John 13:34:**

"a new command that I give you, that you love one another..."

**Ephesians 5:25:**

"Husbands, love your wives, as Christ loved the church and gave himself up for her..."

- So is loving God's woman a duty, like being called up for military service or a task handed down to you by your boss? Umm...Yes! But it's a lot more than that!

“*Dutiful roses are a contradiction in terms.*”

- JOHN PIPER

**B.** Is love a \_\_\_\_\_ ?

- Yes, you should desire God's woman! It is never  
\_\_\_\_\_ a duty to be her husband.

- But is desire the key? The answer is \_\_\_\_\_.
- While \_\_\_\_\_ for your wife is a good thing, is love the same as “\_\_\_\_\_” her? Couldn’t you \_\_\_\_\_ her for all the wrong reasons?

“Come on, baby, light my fire...”

- JIM MORRISON

- If love is not merely a duty or simply a desire, what is it?

C. A working definition of love... Love is \_\_\_\_\_ in \_\_\_\_\_ best \_\_\_\_\_.

**Matthew 22:36-39:**

“Teacher, which is the great commandment in the Law?” And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: **You shall love your neighbor as yourself.**”

- The \_\_\_\_\_ to loving someone well is wanting the \_\_\_\_\_ for them.

**This raises three questions:**

1. What does acting in another’s best interests look like?

Consider what Paul says later in **Ephesians 5:28-29:**

“In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh...”



- Paul rightly assumes that men will look out for their best interests. We intuitively know this and see this all around us.
- Though it's natural and often appropriate to act in our self-interest, the gospel teaches us that Christ is our model;

Husbands, love your wives, as Christ loved the church and gave himself up for her...

- King Jesus "*gave himself up*" for his bride, the church. He is our standard regarding acting in the best interests of another.
- Jesus did not mince words when he commanded us to love and declared what it looked like:

**John 15:13-14:**

"This is my commandment, that you love one another as **I have loved you**. Greater love has no one than this, that someone lay down his life for his friends."

- Simply put: love means \_\_\_\_\_.

2. Who defines the \_\_\_\_\_ of God's woman?

- Well, she is \_\_\_\_\_ woman; He designed and created her.

**Genesis 2:22:**

"And the rib that the Lord God had taken from the man he \_\_\_\_\_ into a woman and brought her to the man."

- Therefore \_\_\_\_\_ defines what is in her best interests, not you, not her, and not the culture.

3. How do we love God's woman?



- That is the point of this entire part of BetterMan Defined, so buckle up men! Let's goooooo!

**Remember: If we don't know what love is, then we will never be able to give it to God's woman.**

“*Marriage is a call to die [to self]... Christian marriage vows are the inception of a lifelong practice of death, giving over not only all you have but all you are. Is this a grim gallows call? Not at all! It is no more grim than dying to self and following Christ. In fact, those who lovingly die for their [spouses] are those who know the most joy, have the most fulfilling marriages, and experience the most love.*” - KENT HUGHES

## 02

### YOU BEST LOVE AND PROTECT GOD'S WOMAN WHEN YOU PARTNER WITH HER.

- A.** To understand the importance and nature of our \_\_\_\_\_ with our wives, we must go back to creation.
- Before man ever fell into sin he had a \_\_\_\_\_. We learn in Genesis 2 that it was not good for man to be \_\_\_\_\_.

**Genesis 2:18a:**

“Then the Lord God said, “It is not good that the man should be alone;”

- Men think that being alone and independent is a virtue, but it's not. The Bible teaches us that men face real \_\_\_\_\_ when they isolate themselves.

**Proverbs 18:1:**

“Whoever isolates himself seeks his own desire; he breaks out against all sound judgment.”

- Proverbs 18:1 teaches that when we are isolated:
  1. We become \_\_\_\_\_; *“he seeks his own desire...”*
    - If being \_\_\_\_\_ produces selfishness, then we should be careful not to go at life \_\_\_\_\_.

**1 Corinthians 13:4-5:**

“Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way...”

2. We lack \_\_\_\_\_; *“he breaks out against all sound judgment.”*
  - The book of Proverbs is all about wisdom, and we learn from it that listening to others is a pathway to wisdom.

**Proverbs 12:15:**

“The way of a fool is right in his own eyes, but a wise man listens to advice.”

**Proverbs 19:20:**

“Listen to advice and accept instruction, that you may gain wisdom in the future.”



- The Bible teaches that \_\_\_\_\_ breeds \_\_\_\_\_ and \_\_\_\_\_.

**B.** God provides a \_\_\_\_\_ for man's problem.

- In Genesis 2:18b, God says, *"I will make him a helper fit for him."*
- God's solution comes in the form of a \_\_\_\_\_. God makes \_\_\_\_\_ to be man's partner.

**Genesis 2:21-22:**

"So the Lord God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. And the rib that the Lord God had taken from the man he made into a woman and **brought her** to the man"

- She is God's gift that He brings to you. That means to ignore, resent, or not appreciate your wife as your partner is \_\_\_\_\_ God's design and despising His gift.

# 03

## GOD'S PROVISION OF A PARTNER HAS THREE FACES:

**A.** As your partner, she is your \_\_\_\_\_.

- As your companion, this means you do \_\_\_\_\_.
- Planning for time together
- Making decisions together

- Sharing your heart with her

**Ecclesiastes 4:9-12:**

“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow... Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.”

**B.** As your partner, she is your \_\_\_\_\_.

- Her differences are \_\_\_\_\_, meaning God intends them to assist you. She is your \_\_\_\_\_.

The Hebrew word for “helper” (ezer) is used in the Old Testament 19 times, and 16 of those are used in reference to God. It never speaks of a second-class person but rather one who is able to come alongside you.

**C.** As your partner, she is your \_\_\_\_\_-\_\_\_\_\_.

**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.”

- God has gifted you with His \_\_\_\_\_ and made her His \_\_\_\_\_. She is your King’s princess.

- Every \_\_\_\_\_/\_\_\_\_\_ wants his \_\_\_\_\_/  
\_\_\_\_\_ treated with dignity and honor.
- 

## 04

### YOUR PART OF THE PARTNERSHIP IS TO PROVIDE THE LOVING LEADERSHIP GOD HAS ASSIGNED TO YOU.

- A. As her \_\_\_\_\_, you are her complement. You are her loving leader who \_\_\_\_\_ her.
- God has given men a \_\_\_\_\_; man is called to love and protect the woman in his life. This is called \_\_\_\_\_.
  - Male headship should reflect \_\_\_\_\_, something every man must live up to.
  - Godly leadership is never portrayed in Scripture as a means for self-satisfaction or self-exaltation. Godly leadership is always \_\_\_\_\_.
  - For example, husbands are never commanded to rule their wives, but to \_\_\_\_\_ them (Ephesians 5:25).



- Godly leadership is more a \_\_\_\_\_  
than a \_\_\_\_\_; godly leadership is the  
\_\_\_\_\_ to \_\_\_\_\_.

“ If headship means ‘power’ in any sense, then it is power to care, not to crush; power to serve, not to dominate; power to facilitate self-fulfillment, not to frustrate or destroy it. And in all the standard of the husband’s love is to be the cross of Christ, on which he surrendered himself even to death in his selfless love for his bride.”

- JOHN STOTT

- B.** When you fulfill your role as a godly leader, you \_\_\_\_\_ and  
\_\_\_\_\_ your wife.

“ To be highly esteemed by someone you highly esteem is the greatest thing in the world.” - TIM KELLER, *THE MEANING OF MARRIAGE*, 164

- Your loving and sacrificial leadership will yield great fruit in her life. What are some of the fruits of loving leadership?
  - Your wife is \_\_\_\_\_ and cared for. (Session 2)
  - Your wife is \_\_\_\_\_ and made secure. (Session 3)
  - Your wife is \_\_\_\_\_ to \_\_\_\_\_ in love and compassion. (Session 4)
  - Your wife is \_\_\_\_\_ of wounds and given hope. (Session 5)

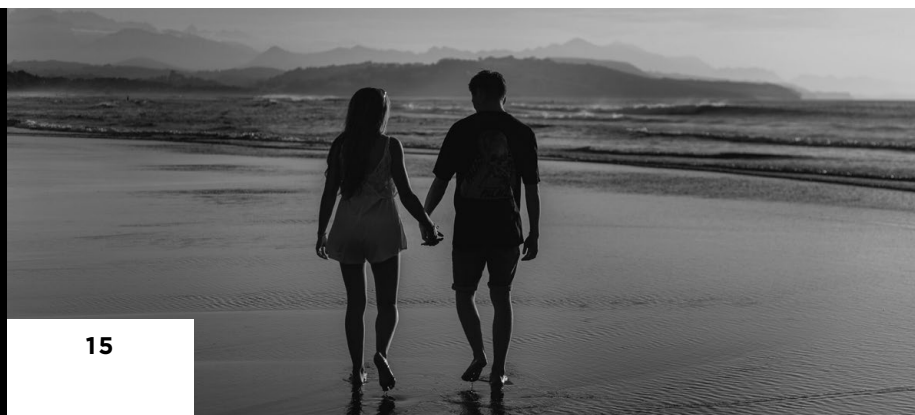
- C. When you realize that you have been blessed with a \_\_\_\_\_,  
you get to rejoice.

**Genesis 2:23-24:**

“Then the man said, “This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man.” Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.”

“ At last, my love has come along  
My lonely days are over  
And life is like a song”

- ETTA JAMES





## DISCUSSION QUESTIONS

1. Before this session, what was your idea/picture of love? What influences helped shape this idea?
2. Today, we learned about the “three faces” of God’s woman: that God created woman as man’s *companion*, *complement*, and *co-heir*. Have you ever thought about God’s woman in this way? How do these *faces* change your understanding today? Explain.
3. As a man you are called and created to LEAD. Where have you seen men abuse leadership—what did that look like? Where have you seen men lead well—what did that look like? How could applying what you learned today about male leadership help you? Explain.

### YOUR BETTERMAN REFLECTION:

Before our next session, take a moment this week to reflect on your notes, and then answer the following question: What is one thing you can do to **bless** and **esteem** God’s woman this week? Write your answer in the space below.

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# MY SPIRITUAL LOVE STORY

## AN INVITATION

Before coming back for Session 2, we invite you to spend some extended time this week with your table group members sharing your spiritual “love” story with one another. So today, your table leaders will help you schedule a meeting time.

At the beginning of your journey into *“Loving and Protecting God’s Woman,”* this storytelling meeting is a special opportunity to strengthen your table relationships and add depth and context to your future, weekly BetterMan discussions.

## WHEN YOU MEET

- Have your spiritual storytelling meeting in a private, comfortable, undisturbed setting. Provide light refreshments. A table leader’s home is a great option for this gathering.
- Allow at least two and a half hours for this meeting.
- Your table leaders will lead you through this sharing time.
- This is a time for everyone to have the opportunity to personally tell his spiritual love story. Each person will have up to 15 minutes to share. (Table leaders will keep time and give you a “heads up” when you need to begin wrapping up your story after 14 minutes.)
- To help prepare you for sharing your spiritual story, you will be given 5 minutes at the beginning of the meeting to write down your personal thoughts and answers under the three categories listed on the following page. Even better, you can prepare to share your story in advance by writing down your answers before meeting. These written reflections will help to focus and guide you as you share your spiritual story with your table-mates.
- Table leaders will share their spiritual stories first. After everyone has shared his story, take a few minutes for the group to reflect and comment on what they’ve just heard. What stood out in these stories? Did any common themes emerge? What was most impactful?
- Enjoy this special time together!



## MY SPIRITUAL LOVE STORY

- Briefly share how/when you met your wife, fiancée, or girlfriend. If you haven't met "the one" yet, describe what you are looking for.

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- In what ways have you grown since sharing your time and life with someone else? Mentally? Emotionally? Spiritually?

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- In 2-3 sentences, write your marriage "mission" statement—how do you see your role, and what are you looking to achieve in the relationship?

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## SESSION 2



### **LOVING GOD'S WOMAN BY PROVIDING FOR HER**



# LOVING GOD'S WOMAN BY PROVIDING FOR HER

## 01 A REAL MAN PROVIDES.

### Ephesians 5:28-30:

"In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, because we are members of his body."

- A. There is a \_\_\_\_\_ instinct of \_\_\_\_\_ - \_\_\_\_\_ in every man.
- Every man takes care of his body. He \_\_\_\_\_ it food and drink, and he \_\_\_\_\_ it from harm.
  - God's point in Ephesians 5 is that the man should do the same for God's woman: \_\_\_\_\_ for her and \_\_\_\_\_ her.
  - The man who leads like \_\_\_\_\_ meets the needs of his wife and family. A real man \_\_\_\_\_ for those under his care.
- 



## 02

### A MAN'S PROVISION IS PHYSICAL.

- A. The man provides and meets the physical needs of God's woman: food, clothing, shelter, and the resources to buy the essentials.

“ The husband bears the **primary** responsibility to put bread on the table. Again the word **primary** is important. Both husbands and wives always work. But their normal spheres of work are man: breadwinner; wife: domestic manager, designer, nurturer. And that never has meant that there are no seasons in life when a wife cannot work outside the home or that the husband cannot share the domestic burdens...”

- JOHN PIPER, *THIS MOMENTARY MARRIAGE*, 89-90

- The man is \_\_\_\_\_ for providing a safe home environment, a reliable vehicle, reasonable clothing, and sufficient food for those under his care.
- Providing for God's woman is such a \_\_\_\_\_  
\_\_\_\_\_ the Lord warns us:

#### 1 Timothy 5:8:

“But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.”

- God has promised to meet your \_\_\_\_\_. In the same way God will meet His woman's needs through \_\_\_\_\_.

# 03

## A MAN'S PROVISION IS EMOTIONAL.

A. Meeting her \_\_\_\_\_ needs is not enough. God's woman has \_\_\_\_\_ needs that must be met.

“ You can be a millionaire and buy your wife things untold and leave her emotionally bankrupt.” - ANONYMOUS

- King Jesus goes beyond our physical needs. He meets our emotional needs. He gives us joy and peace. He restores and gives rest to our souls.
- Like Jesus, we need to strive to meet the \_\_\_\_\_ of God's woman.

B. The Christ-like man provides emotional support, sincerely and often.

- Many women are dying inside for a \_\_\_\_\_, some \_\_\_\_\_, and positive \_\_\_\_\_.
- Women need to be \_\_\_\_\_ often, \_\_\_\_\_ often, and \_\_\_\_\_ with \_\_\_\_\_ love.
- Research on female infidelity indicates that women do not usually fall for a man who is good-looking or “sexy” but for one who pays attention to her and is sensitive to her specific needs.



“ I want a man with a slow hand  
I want a lover with an easy touch  
I want somebody who will spend some time  
Not come and go in a heated rush  
I want somebody who will understand  
When it comes to love, I want a slow hand”

- THE POINTER SISTERS

C. What are a woman's most \_\_\_\_\_ emotional needs?

1. Women need \_\_\_\_\_ and \_\_\_\_\_.
2. Women need partnership, and they want you to \_\_\_\_\_.
3. Women need \_\_\_\_\_, encouragement, and \_\_\_\_\_.
4. Women need to feel \_\_\_\_\_ and \_\_\_\_\_.
5. Women need to be \_\_\_\_\_.
6. Women need \_\_\_\_\_. As Proverbs 31:28 puts it:  
“... her husband ... praises her.”



# 04

## A MAN'S PROVISION IS SPIRITUAL.

### Ephesians 5:25-27:

"Husbands, love your wives, as Christ loved the church and gave himself up for her, **that he might sanctify her, having cleansed her by the washing of water with the word**, so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish."

A. As men, we love God's woman with a \_\_\_\_\_ love.

- To sanctify means "to set apart to \_\_\_\_\_".
- A man is to be a primary sanctifying \_\_\_\_\_ of God, the channel of His grace in his wife's life.

“The man is responsible for the spiritual well-being of his wife. Her sanctification is his responsibility. There is probably no male task that has been more neglected in our society than this one.” (JBMW, Spring, 2016)

- R. C. SPROUL

B. This is probably a good time for each of us to ask ourselves, "Is my \_\_\_\_\_ more like \_\_\_\_\_ because she is \_\_\_\_\_ me?"





- Do I hold her back \_\_\_\_\_?
- Is she a better \_\_\_\_\_?
- Is she a better \_\_\_\_\_?
- Is she a better \_\_\_\_\_?
- There is no spiritual \_\_\_\_\_; your words, thoughts, actions, and inactions have \_\_\_\_\_.
- You are \_\_\_\_\_ your wife towards King Jesus or \_\_\_\_\_ her away from Him.
- \_\_\_\_\_ or \_\_\_\_\_? You decide.

**C.** How do we sanctify God's woman?

- The \_\_\_\_\_ is the main instrument of sanctification. Jesus prayed, *"Sanctify them by the truth, your word is truth."* (John 17:17) Sanctification begins and ends with the Word of God.
  1. \_\_\_\_\_ her the Word.
    - Work through a Bible reading plan. This can be as simple as 5-10 minutes of reading, a few minutes of conversation together, and a couple of minutes of prayer.
  2. \_\_\_\_\_ her the Word.
    - This can look different for all of us. But it needs to be tangible:
      - Be an example: live the Word in front of her.
      - Be an educator: guide her the Word.
      - Be an encourager: build her up in the Word.

3. \_\_\_\_\_ a good church, and \_\_\_\_\_ every chance you get.

- Find a church where the Word of God is faithfully preached and taught.
- Men, see to it that your \_\_\_\_\_ is being cleansed \_\_\_\_\_ in the water of the \_\_\_\_\_.

**Hebrews 10:24-25:**

“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”

D. You're the \_\_\_\_\_ leader.

- You cannot \_\_\_\_\_ your wife what you do not \_\_\_\_\_. You cannot \_\_\_\_\_ her where you are not \_\_\_\_\_.

“To provide spiritual food for the family, you must know spiritual food. This means that a man must go hard after God. You can only lead spiritually if you are growing in your own knowledge of God and love for God.”

- JOHN PIPER

- Paul starts **Ephesians 5:25** with a call to husbands to love their wives sacrificially:

“Husbands, love your wives, as Christ loved the church and gave himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word.”



- You can't \_\_\_\_\_ her if you don't \_\_\_\_\_ for her.
- Notice the sacrifice has a \_\_\_\_\_ – “that he might sanctify her ....”
- It will take \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ . You may have to give some things up.

*According to a recent Nielsen Company audience report, the average man in the United States spends approximately 10 hours and 39 minutes each day in front of a screen.*

*iPhone. Netflix. Laptops. Video Games. 10 hours and 39 minutes a day.*

“ *The greatest thing about television, social media, and video games is that we no longer have an excuse for not doing more for those we love..”*

- CHRIS HARPER

## DISCUSSION QUESTIONS

1. As men, the world tells us we were created to consume. The Bible shows us that we were created to provide. What is your idea of providing for those you love? What influences helped shape this idea?
2. Today, we learned that a man's provision is *physical*, *emotional*, and *spiritual*. Which of these areas are you thriving in? Which areas do you need to grow in? Explain.
3. You are called to lead God's woman spiritually. Most men find this area of provision most difficult. Why do you think that is? Explain.

### YOUR BETTERMAN REFLECTION:

Before our next session, take a moment this week to reflect on your notes, and then answer the following question: What is one thing you can do to help spiritually provide for God's woman? Write your answer in the space below, and then do it!

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# SESSION 3



## LOVING GOD'S WOMAN BY PROTECTING HER





# LOVING GOD'S WOMAN BY PROTECTING HER

## 01

### LET'S TALK ABOUT WHAT IT MEANS TO PROTECT GOD'S WOMAN.

Jesus is the definition of what it means to protect your wife when Scripture says:

#### **Ephesians 5:25:**

"He gave Himself up for her..."

“ In the words ‘gave himself up for her,’ we hear the saving sacrifice of Jesus Christ. When Christ gave himself up for us, he took our place. He bore our sins (1 Peter 2:24) and became a curse for us (Galatians 3:13) and died for us (Romans 5:8); and because of all this we are reconciled to God and saved from his wrath...” - JOHN PIPER

**A.** When Paul calls a husband to love his wife like Jesus loves the church, he intends for him to \_\_\_\_\_ her at all costs.

- This begins with \_\_\_\_\_ protection. Men are to protect their wives from \_\_\_\_\_ danger and \_\_\_\_\_.
- Men, talk to your wife about her sense of security.
  - Does she feel \_\_\_\_\_ with you?
  - Does she feel \_\_\_\_\_ in your home?
  - Does she feel \_\_\_\_\_ in her car?

**B.** Never put your wife in \_\_\_\_\_ way; that's your \_\_\_\_\_.



- Hearing a loud noise downstairs, a real man would never say, *"I checked it out last time. It's your turn now."*
- Your call is to protect your wife, at all costs. She is a \_\_\_\_\_ from God, and her \_\_\_\_\_ is in your hands.

**C.** Encourage your wife to be wise, and see to it she has what she needs to be safe.

- This may include getting her special training or equipment. Find out her comfort level and equip her with what she needs to be safe.

**D.** Protection is written on a man's DNA, but realize this can be a very sensitive topic.

- A woman can feel \_\_\_\_\_ if her husband is too restrictive in his \_\_\_\_\_. But it is very important.
- Edgar Rice Burroughs wrote in *Tarzan of the Apes* that *"He (Tarzan) knew that she (Jane) was created to be protected and that he was created to protect her..."*
- A "protective" sentiment is not \_\_\_\_\_—it's natural.
  - Real men know that women are to be \_\_\_\_\_, not \_\_\_\_\_.
  - Real men know that women are to be \_\_\_\_\_, not \_\_\_\_\_.
  - Real men know that women are to be treated with \_\_\_\_\_ instead of nothing special whatsoever.

# 02

## A MAN GIVES EMOTIONAL PROTECTION.

A. A real man protects his wife from \_\_\_\_\_ harm.

- Be aware of emotionally \_\_\_\_\_ people. Life is full of emotionally \_\_\_\_\_ people. You must recognize those people and \_\_\_\_\_ your wife. This may include lovingly confronting:
  - Family \_\_\_\_\_
  - \_\_\_\_\_
  - Fellow \_\_\_\_\_

B. Protect her from \_\_\_\_\_.

### Colossians 3:19:

“Husbands, love your wives, and do not be harsh with them.”

- Paul instructs husbands to love their wives, and follows it with 7 words – “and do not be harsh with them.”

“ I used to think that if a man came into my house to attack my wife, I would certainly stand up to him. But then I came to realize that the man who enters my house and assaults my wife every day is me, through my anger, my harsh words, my complaints, and my indifference. As a Christian, I came to realize that the man I need to kill in order to protect my wife, is myself as a sinner...” - RICHARD PHILLIPS, *THE MASCULINE MANDATE*

- Paul singles out this one component – \_\_\_\_\_ – as his one specific concern for men.
- That tells us something about Paul’s awareness of the \_\_\_\_\_ and \_\_\_\_\_ of too many men.

C. Men, rather than being \_\_\_\_\_ we must be \_\_\_\_\_.

- Gentleness is a very important, but often undervalued, attribute of effective leadership – particularly in a husband.
- Gentleness is so essential to the Christian experience that Jonathan Edwards suggested it may very well be called “the Christian spirit.”
- “Gentleness” can be defined as mildness in dealing with others in light of their \_\_\_\_\_ and \_\_\_\_\_, which are rooted in the image of God.

“Gentleness is illustrated by the way we would handle a carton of exquisite crystal glasses; it is the recognition that the human personality is valuable but fragile, and must be handled with care.”

- JERRY BRIDGES, *THE PRACTICE OF GODLINESS*, 220

- Men, don't break the \_\_\_\_\_! Your wife is God's \_\_\_\_\_. Treat her with the gentleness you would want your daughter treated with.
- Men, do not be harsh with God's woman. Love her with a great measure of gentleness!



“ I choose gentleness... Nothing is won by force. I choose to be gentle. If I raise my voice may it be only in praise. If I clench my fist, may it be only in prayer. If I make a demand, may it be only of myself.” - MAX LUCADO

## 03

### A MAN GIVES SPIRITUAL PROTECTION.

- A. The spiritual \_\_\_\_\_ confronting marriages and families are \_\_\_\_\_ and often rooted in evil spiritual \_\_\_\_\_. We must protect God's woman.
- How do we spiritually protect God's woman?

- B. Protect her from false \_\_\_\_\_.

#### Acts 20:29-31:

“I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking twisted things, to draw away the disciples after them. Therefore **be alert**, remembering that for three years I did not cease night or day to admonish every one with tears.”



- As men, we are called to *be alert*, watching out for our wives and stewarding what they see, hear, and read.
- The world's largest library is at our fingertips, stocked with lousy literature, lies, and destruction. You must filter your family's intake.
- Check with your \_\_\_\_\_ if you are concerned about something you, your wife, or your children are reading.

**C.** Protect her from \_\_\_\_\_.

**1 Peter 5:8:**

"Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour."

- One way to protect your wife from Satan is by being quick to \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

**Ephesians 4:26-27:**

"Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil."

- \_\_\_\_\_ gives the devil an open door...
  - A \_\_\_\_\_ chance for Satan to speak lies and accusation
  - To \_\_\_\_\_ seeds of contempt
  - To \_\_\_\_\_ an attitude of bitterness and division in our hearts

- \_\_\_\_\_ your wife means taking the lead in  
\_\_\_\_\_ reconciliation.

D. Protect her from \_\_\_\_\_ and worldly  
\_\_\_\_\_.

**Mark 14:38:**

“Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.”

- Watch for worldly influences in your own life and that of your wife and children.
- \_\_\_\_\_, social \_\_\_\_\_, and worldly  
\_\_\_\_\_ can be spiritually devastating. Protect God's woman.

“ One man on the wall is better than 100 behind it...”

- DR. BRYAN HURLBUTT





## DISCUSSION QUESTIONS

1. Today, we learned that a man's protection is *physical*, *emotional*, and *spiritual*. Which of these areas are you thriving in? Which areas do you need to grow in? Explain.
2. Where has harshness manifested itself in your life? How did it creep in? How do you fight against it?
3. Unresolved anger gives Satan an open door. Men are prone to one of two responses: avoid anger and confrontation, or lash out in anger and create confrontation. Which are you inclined towards? Where does that come from? Discuss how you should resolve your anger.

### YOUR BETTERMAN REFLECTION:

Before our next session, take a moment this week to reflect on your notes and contemplate this thought: Satan is after the woman in your life, and he can use you to get to her. What is one thing/area in your life that is most susceptible to Satan's influence? How do you defend against the evil one?

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## SESSION 4



## LOVING GOD'S WOMAN BY POINTING HER TO CHRIST



# LOVING GOD'S WOMAN BY POINTING HER TO CHRIST

## 01 YOU BEST LOVE GOD'S WOMAN WHEN YOU POINT HER TO CHRIST.

“Father, make of me a crisis man. Bring those I contact to decision. Let me not be a milepost on a single road; make me a fork, that men must turn one way or another on facing Christ in me.” - JIM ELLIOT

A. Scripture teaches us that Jesus is the exact image of God.

- If we want to know what God looks like, all we have to do is look to Jesus.  
Jesus reflects and points us to God.

**John 14:9:**

“If you have seen me you have seen the Father...”

- In the same way, as a man, you \_\_\_\_\_ Christ to your wife.

B. If your wife wants to know what Jesus is like, all she should have to do is look to \_\_\_\_\_.

“The greatest privilege in marriage is reflecting our Savior. And, in God's design, the privilege is equally great even though Jesus is reflected differently and uniquely by a husband and his wife.” - P.J. TIBAYAN

- Your life is like a directional sign; you are either pointing your wife \_\_\_\_\_ Jesus or \_\_\_\_\_ from Jesus.

## 02

### WHICH WAY ARE YOU POINTING?

**A.** It is never too late to change directions. You can start right now. Here's a road map.

- To be sure, you are not Jesus. Your words, thoughts, and actions all fall short of His. But, this cannot keep you from trying. \_\_\_\_\_ is not the goal—\_\_\_\_\_ is.
- Point your wife towards Jesus with \_\_\_\_\_, not \_\_\_\_\_. Jesus gave up his life so that we might have life.

#### 1 Peter 3:18:

"For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring [you] to God"

- A "\_\_\_\_\_ - \_\_\_\_\_" is a contradiction in terms. By God's design and decree, a real man sacrifices for his wife.

**B.** Sacrifice your \_\_\_\_\_.

### WE TIME > ME TIME

- Studies and surveys repeatedly rank "time with my spouse" as a woman's top emotional need.





- This involves \_\_\_\_\_.
- Sacrificing time for your wife does not happen by \_\_\_\_\_.  
This time must be thought out, planned for, and executed on.
- \_\_\_\_\_ is key. The more you do it, the more it becomes your habit.
  - Make \_\_\_\_\_ your wife a priority and a regular event.
  - Plan weekend and week-long getaways—just you and her.
  - When you're \_\_\_\_\_, be \_\_\_\_\_. Be present and attune to her needs.
  - Practice active \_\_\_\_\_.

*A study from the University of Missouri shows that 45% of communication is listening, yet the average person remembers only 25% of the information they hear. Imagine being in a relationship and failing to hear 75% of what's said to you.*

*Active listening is making a conscious effort to hear, understand, and retain the information being relayed to you. It is a deep understanding of what you hear as you pick up on the speaker's intent, content, and emotion. Active listening requires paying attention. If you're watching Netflix or scrolling through TikTok on your phone while someone is talking, you're not actively listening.*

**C.** Sacrifice your \_\_\_\_\_.

- This looks like elevating her \_\_\_\_\_ above yours.
- When you practice putting your wife's needs above your own, she learns to \_\_\_\_\_ you. She knows you \_\_\_\_\_ her needs above your own.

### Philippians 2:3-4:

“Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.”

## 03

### EMBRACE LEADERSHIP AND REJECT LAZINESS.

A. You point your wife to Jesus when you \_\_\_\_\_ her well.

- Adam and Eve were created in the image of God, and by God's design, men and women have \_\_\_\_\_ value but \_\_\_\_\_ roles and responsibilities.

“Both Adam and Eve were created in God's image, equal before God as persons and distinct in their manhood and womanhood (Genesis 1:26-27, 2:18).” - DANVERS STATEMENT

“Distinctions in masculine and feminine roles are ordained by God as part of the created order, and should find an echo in every human heart (Genesis 2:18, 21-24; 1 Corinthians 11:7-9; 1 Timothy 2:12-14).”

- DANVERS STATEMENT

- Scripture teaches that the man is the head of the woman, much like Christ is the head of the church...

### 1 Corinthians 11:3:

“But I want you to understand that the head of every man is Christ, the head of a wife is her husband, and the head of Christ is God.”



**B.** A real man \_\_\_\_\_ a leader.

- He can \_\_\_\_\_.
- He can \_\_\_\_\_.
- He can \_\_\_\_\_.

To appropriate leadership is:

- to \_\_\_\_\_ it in light of God's Word.
- to \_\_\_\_\_ it as God's call.
- to \_\_\_\_\_ it \_\_\_\_\_ with Godly character.

**C.** We have forgotten that leadership is beneficial.

- Rightly held authority is not toxic.
- The culture around us is so focused on the \_\_\_\_\_ of \_\_\_\_\_ that we've forgotten the \_\_\_\_\_ of leadership.
- In 1 Kings 10, the Queen of Sheba is blown away by Solomon's wisdom and riches. So great is Solomon's reign and authority that the Queen says, *"Happy are your men! Happy are your servants, who continually stand before you and hear your wisdom"* (vs. 8).
- Wise rule is the \_\_\_\_\_ for true \_\_\_\_\_. There is a great lesson here:
- When you lead your wife and home well, you are life-giving. You produce \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

### 2 Samuel 23:3b-4:

“When one rules justly over men, ruling in the fear of God, he dawns on them like the morning light, like the sun shining forth on a cloudless morning, like rain that makes grass to sprout from the earth.”

- \_\_\_\_\_ and \_\_\_\_\_ in and of themselves are good. \_\_\_\_\_ rightly employed is a \_\_\_\_\_ to joy.
- Lead \_\_\_\_\_, and things go \_\_\_\_\_!

## 04

### POINT YOUR WIFE TO JESUS BY KNOWING HER.

**A.** Jesus knows you intimately, from your innermost desires to the number of hairs on your head. Jesus can read you like a book.

- Similarly, you should \_\_\_\_\_ your wife. A man best loves God’s woman when he is \_\_\_\_\_ her.
- When the Apostle Peter says, “[H]usbands, live with your wives in an understanding way” (1 Peter 3:7), he is saying we are to know who she is.
- Get a PhD in knowing your wife. Become sensitive to your wife’s needs:
  - Know her \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ needs.
  - Know her \_\_\_\_\_ and \_\_\_\_\_.
  - Know her \_\_\_\_\_ and \_\_\_\_\_.
  - Know her \_\_\_\_\_ and \_\_\_\_\_.





- Know her \_\_\_\_\_ and \_\_\_\_\_.
- Peter is calling husbands to be \_\_\_\_\_ and \_\_\_\_\_  
\_\_\_\_\_. Men are commanded to \_\_\_\_\_  
and \_\_\_\_\_ their wives (Ephesians 5:25-29).
- It isn't what you get out of \_\_\_\_\_ but what you put into it  
that brings glory to \_\_\_\_\_.

**B.** It's time to interview your wife.

- Q1** - What needs do you have that I am currently not meeting?
- Q2** - What are three things you want for your life moving forward?
- Q3** - How do I help you get there?
- Q4** - How has God uniquely gifted you?
- Q5** - How can I encourage you?
- Q6** - What are your three greatest disappointments?
- Q7** - How do I help you heal?
- Q8** - Where am I winning as a husband?
- Q9** - Where am I falling short?
- Q10** - What's one thing I haven't asked that you wish I would?

“ You're not supposed to treat her [your wife] generically — you're supposed to treat her uniquely.” - RANDY STINSON

## DISCUSSION QUESTIONS

1. Jesus images God to us. You reflect Jesus to your wife. How are you doing in pointing God's woman to Christ?
2. Where have you abdicated your leadership as a man/husband? Where have you abused it? Where are you rightly appropriating leadership?
3. You learned that a "self-centered husband" is a contradiction in terms. By God's design and decree, a real man sacrifices for his wife. In what areas in your life is selfishness manifesting itself? How do we fight against the dragon of self?

### YOUR BETTERMAN REFLECTION:

Before our next session, take a moment this week to reflect on your notes and interview your wife this week. Create a safe space and let her know that the more honest she is, the better equipped you'll be to serve her.

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## SESSION 5



### LOVING GOD'S WOMAN BY PRACTICING HOPE AND HEALING



# LOVING GOD'S WOMAN BY PRACTICING HOPE AND HEALING

## 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 \_\_\_\_\_!

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## 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!

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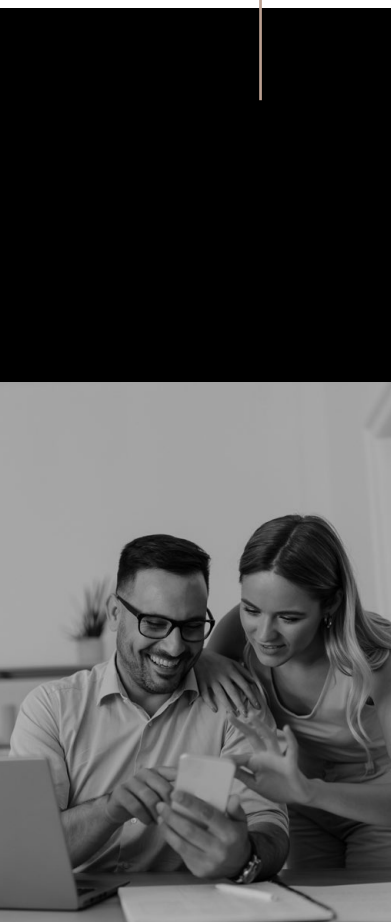
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# ANSWER KEY

## SESSION 1: LOVING GOD'S WOMAN BY PARTNERING WITH HER

**1. If we don't know what it means to love, we can't even get off the starting block to live out this pillar of manhood.**

- A. duty
  - woman
- B. desire
  - merely
  - no
  - desire, wanting, want
- C. acting, another's, interests
  - key, best
  1.
    - sacrifice
  2. best interests
    - God's
    - made
    - God
- D.

**2. You best love and protect God's woman when you partner with her.**

- A. partnership
  - problem, alone
  - dangers
  - 
  - 1. selfish
    - isolated, alone
  - 2. wisdom
    - isolation, selfishness, foolishness
- B. solution
  - partner, woman
  - rejecting

**3. God's provision of a partner has three faces:**

- A. companion
  - life together
- B. complement
  - complementary, helper
- C. co-heir
  - daughter, heir
  - father/king, daughter/princess

**4. Your part of the partnership is to provide the loving leadership God has assigned to you.**

- A. partner, serves
  - masculine mandate, male headship
  - godly leadership
  - other-focused
  - love
  - responsibility, right, authority, serve
- B. bless, esteem
  - 
  - provided
  - protected
  - pointed, Christ
  - healed
- C. partner

# ANSWER KEY

## SESSION 2: LOVING GOD'S WOMAN BY PROVIDING FOR HER

### 1. A Real Man Provides.

- A. natural, self-preservation
  - provides, protects
  - provide, protect
  - Christ, provides

### 2. A Man's Provision is Physical.

- A.
  - responsible
  - serious responsibility
  - needs, you

### 3. A Man's Provision is Emotional.

- A. physical, emotional
  - emotional needs
- B.
  - compliment, appreciation, attention
  - complimented, held, loved, unconditional
- C. common
  1. love, adoration
  2. lead
  3. support, respect
  4. safe, secure
  5. heard
  6. affirmation

### 4. A Man's Provision is Spiritual.

- A. sanctifying
  - God
  - influence
- B. wife, Christ, with
  - spiritually
  - mother
  - daughter
  - friend
  - neutrality, consequences
  - pulling, pushing
  - Pull, push
- C.
  - Word of God
    1. Read
    2. Teach
    3. Choose, go
      - wife, regularly, Word
- D. spiritual
  - give, have, lead, going
  - sanctify, sacrifice
  - goal
  - time, focus, discipline

## SESSION 3: LOVING GOD'S WOMAN BY PROTECTING HER

### 1. Let's talk about what it means to protect God's woman.

- A. protect
  - physical, physical, threats
  - - secure
    - secure

# ANSWER KEY

- secure
- B. harm's, position
- gift, safety
- C.
- D.
- oppressed, protection
- sexist
  - protected, exploited
  - defended, demeaned
  - special honor

## 2. A Man Gives Emotional Protection.

- A. emotional
  - harmful, unhealthy, shield
    - members
    - Friends
    - believers
- B. yourself
  - harsh
  - disposition, temperament
- C. harsh, gentle
  - worth, dignity
  - crystal, daughter

## 3. A Man Gives Spiritual Protection.

- A. dangers, innumerable, powers
- B. teachers
  - pastor
- C. Satan
  - forgive, apologize, reconcile
  - Unresolved anger
    - greater
    - plant
    - nurture
  - Protecting, quick
- D. temptation, influence
  - Television, media, friends

## SESSION 4: LOVING GOD'S WOMAN BY POINTING HER TO CHRIST

### 1. You best love God's woman when you point her to Christ.

- A.
  - image
- B. you
  - towards, away

### 2. Which way are you pointing?

- A.
  - Perfection, progress
  - sacrifice, selfishness
  - self-centered husband
- B. time
  - togetherness
  - accident
  - Consistency
    - dating
    - home, home
    - listening
- C. wants
  - preferences

# ANSWER KEY

- trust, value

## 3. Embrace Leadership and Reject Laziness.

A. lead

- equal, different

B. is

- abdicate
- abuse
- appropriate
- understand
- embrace
- live, out

C.

- abuse, leadership, value
- precondition, happiness
- joy, peace, light, love
- Authority, power, Authority, pathway
- well, well

## 4. Point your wife to Jesus by knowing her.

A.

- know, actively studying
- physical, emotional, spiritual
- strengths, weaknesses
- joys, sorrows
- wants, dreams
- hurts, fears
- thoughtful, respectful, nourish, cherish
- marriage, God

B.

## SESSION 5: LOVING GOD'S WOMAN BY PRACTICING HOPE AND HEALING

### 1. God is "the Great Physician".

A.

- bodies
- gospel
- hurts, sorrows

### 2. A real man has a unique opportunity to be the Great Physician's agent of healing love.

A. best interests

- design, vulnerabilities

B. proactive

- 1. known
- learn
- 2. vulnerability, hurt

### 3. How do you heal her pain and sorrow?

A. see

- sees
- seen, sorrow

B. identifies, empathy

- feel
- feel

# ANSWER KEY

- understand
- understand, alongside, identify
- - dismissiveness
  - distance
  - stereotyping
  - discontentment
  - exploiting
- secure, protected, equipped
- C. shares
  - listen
  - practical
- D. brings
  - Prayer, powerful
  - see, hear
- E. shows
- F. present, steadfast, strong
  - broken parts
  - standard
  - you





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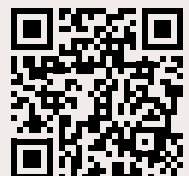
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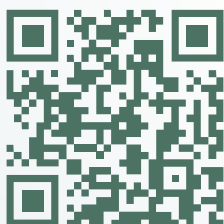


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## DR. CHRIS HARPER

Author, speaker, and disciple-maker, Dr. Chris Harper serves as BetterMan's Chief Storyteller and CEO. Be it Saturday morning living room wrestling with his three boys, or Sunday afternoon pedicures with his daughter, Chris is always looking to point the next generation to King Jesus.



BETTERMAN