

# THE ULTIMATE HUSBAND

*Unraveling the Mysteries of the Female Mind*



Reb  
Bradley

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VERSION 2010

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## SESSION 1

# Understanding the Female Mind

### *General Differences Between Men and Women*

MEN	WOMEN
A. LIFE PURPOSE: Gen 2:15 oriented	A. LIFE PUPOSE: Gen 2:18 oriented
B. RELATIONSHIPS: 1 Cor 11:8	B. RELATIONSHIPS: Gen 3:16
C. ROMANCE:	C. ROMANCE: Song of Solomon
D. MARRIAGE:	D. MARRIAGE: 1 Pet 3:6 and
E. EMOTIONS:	E. EMOTIONS: 1 Tim 2:14; 1 Pet 3:7
F. CONVERSATION:	F. CONVERSATION: 1 Tim 5:13
G. PHYSICAL AFFECTION:	G. PHYSICAL AFFECTION:

## SESSION 2

# Following Christ's Example of Leadership Part 1

I. As the head of the church, Christ \_\_\_\_\_ for her

*Eph 5:23 For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior.*

A. Headship means to \_\_\_\_\_ the \_\_\_\_\_ of running the home

⇒ Headship does not mean \_\_\_\_\_ or \_\_\_\_\_

*Mat 20:25 Jesus called them together and said, "You know that the rulers of the Gentiles lord it over them, and their high officials exercise authority over them. 26 Not so with you. Instead, whoever wants to become great among you must be your servant, 27 and whoever wants to be first must be your slave – 28 just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."*

B. Christ is responsible to \_\_\_\_\_ for his Bride

*Ps 33:11 But the plans of the LORD stand firm forever, the purposes of his heart through all generations.*

*Prov 19:21 Many are the plans in a man's heart, but it is the Lord's purpose that prevails.*

*Jer 29:11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.*

C. The existence of a "head" indicates a wife's need for \_\_\_\_\_

1. Remember that the side effect of good leadership is \_\_\_\_\_ for followers

2. Set \_\_\_\_\_ and \_\_\_\_\_ for your family

II. vs 25 Christ expressed his love through \_\_\_\_\_ and \_\_\_\_\_

*Eph 5:25 Husbands, love your wives, just as Christ loved the church and gave himself up for her*

*John 15:13 Greater love has no one than this, that he lay down his life for his friends.*

A. Nothing was \_\_\_\_\_ him -- he sacrificed his \_\_\_\_\_ and \_\_\_\_\_ and came as a human  
*Phil 2:6-8*

B. He \_\_\_\_\_ with our \_\_\_\_\_

*1 Cor 13:7 [love] ...bears all things, believes all things, hopes all things, endures all things.*

C. The call to sacrifice indicates the extent of \_\_\_\_\_ required to love your wife properly

D. How can we show our wives self-sacrificing love?

1. Loving her takes \_\_\_\_\_

2. Loving her may not be \_\_\_\_\_ or \_\_\_\_\_

3. Sacrificing for her communicates to her \_\_\_\_\_

➤ Inconveniencing yourself says to her \_\_\_\_\_

III. vs 26-27 Christ

her spiritually

*Eph 5:26 to make her holy, cleansing her by the washing with water through the word, 27 and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.*

A. He us from by his death

*Heb 10:22 let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.*

B. He our through the Word

*Titus 3:5 he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit,*

*John 15:15 I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father **I have made known to you.***

C. He continues to invest himself in us – we are his

*Phil 2:13 for it is God who works in you to will and to act according to his good purpose.*

*Eph 2:10 For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

D. The call to spiritual nurturing reveals a wife's

E. How can we nurture our wives spiritually?

1. Make certain she is in the

2. Take her to the Lord in

3. Make sure she is in

## SESSION 3

# Following Christ's Example of Leadership Part 2

IV. vs 28-29 Christ regarded his \_\_\_\_\_ in the same way he \_\_\_\_\_ for his own  
*Eph 5:28 In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. 29 For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church.*

A. He came for \_\_\_\_\_ – not \_\_\_\_\_ -- he has no needs that we meet – He lacks nothing

B. He sought us \_\_\_\_\_ we \_\_\_\_\_ him  
*John 15:16 You did not choose me, but I chose you and appointed you to go and bear fruit--fruit that will last. Then the Father will give you whatever you ask in my name.*

C. He \_\_\_\_\_ us when were his  
*Rom 5:8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us ... 10 For if, when we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life!*

D. The call to meet her needs as we do our own, reveals the importance of \_\_\_\_\_ her first

E. How can we care for our wives in the same way we care for ourselves?

1. vs 29 Do not exempt yourself because of \_\_\_\_\_

2. \_\_\_\_\_ her \_\_\_\_\_ -- don't talk her out of them.

*John 11:35 Jesus wept*

*Heb 4:15 For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are--yet was without sin.*

a. Do not \_\_\_\_\_ her when she needs

b. Do not \_\_\_\_\_ yourself when she accuses you of not \_\_\_\_\_ her. Express

3. Do not \_\_\_\_\_ her for her \_\_\_\_\_ – \_\_\_\_\_ her from them

4. We must treat our wives \_\_\_\_\_ -- as the

*Col 3:19 - not be harsh with his wife*

*1 Pet 3:7 - be considerate and respectful of his wife as the weaker partner*

5. Pray that you will \_\_\_\_\_ your wife through God's

*Phil 1:9 And this is my prayer: that your **love may abound** more and more in knowledge and **depth of insight**, (Prov 2:2, 3; 3:5, 13; 4:5, 7; 16:16, 22; 23:23)*

V. vs 29,33 Christ \_\_\_\_\_ and \_\_\_\_\_ his bride

*Eph 5:29 Eph 5:29 For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church... 33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband*

A. He saw our \_\_\_\_\_ and \_\_\_\_\_ condition, and came to \_\_\_\_\_ us  
*Rom 8:3 For what the law was powerless to do in that it was weakened by the sinful nature, God did by sending his own Son in the likeness of sinful man to be a sin offering. And so he condemned sin in sinful man,*

B. He elevates his love to us, because he knows we cannot \_\_\_\_\_ without \_\_\_\_\_ it  
*Eph 3:16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And **I pray that you, being rooted and established in love, 18 may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.***

C. The call to be a \_\_\_\_\_ reveals your wife's

> \_\_\_\_\_ and \_\_\_\_\_ means physically, emotionally, morally, spiritually

D. The call to **cherish** reveals a woman's \_\_\_\_\_ for it

1. Break the habit of communicating that she is

2. \_\_\_\_\_ value to you and the kids

3. \_\_\_\_\_ to her when she speaks to you. Try to \_\_\_\_\_ her.

4. Touch her without

5. Allow her to catch you \_\_\_\_\_ at her from across the room.

6. Affirm her about her

7. Learn to speak her

8. \_\_\_\_\_ her.

VI. vs 31 Christ is a \_\_\_\_\_ to his Bride

*Eph 5:31 "For this reason a man will leave his father and mother and be **united** to his wife, and the two will become **one flesh**."*

A. Christ is faithful to us when we

*2 Tim 2:13 if we are faithless, he will remain faithful, for he cannot disown himself.*

B. He \_\_\_\_\_ everything he

*Phil 1:6 being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*

C. He \_\_\_\_\_ with \_\_\_\_\_ when we attack or complain

*Mark 4:38 Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" 39 He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. 40 He said to his disciples, "Why are you so afraid? Do you still have no faith?"*

D. Her need for security is rooted in her

E. How can we help our wives find security?

1. We must remember that a woman's greatest need is for

*1 Pet 3:6 like Sarah, who obeyed Abraham and called him her master. You are her daughters if you do what is right and **do not give way to fear**.*

2. Consistent \_\_\_\_\_ can alleviate their

*1 John 4:18 There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.*

3. Aim her at the \_\_\_\_\_ of \_\_\_\_\_ all the time -- not just in times of crisis

4. Never threaten

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