

# Fathers' Studies: Husband-Wife Relationships

"...that the man of God may be complete, thoroughly equipped for every good work."

LESSON 25 OF 52

## A WOUNDED SPIRIT

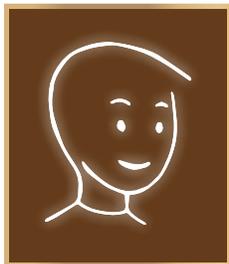
**LESSON AIM:** To become aware of ways in which the spirit can be hurt.

### KEY VERSE:

1. **PROVERBS 18:14** A person can bear many things, but it is almost impossible to bear a \_\_\_\_\_  
\_\_\_\_\_.
2. **PROVERBS 15:4** Cruel and sinful words crush \_\_\_\_\_.
3. **PROVERBS 15:13** A spirit is broken by a \_\_\_\_\_ heart.
4. **RUTH 1:20-21** Naomi was sad and bitter (Mara means bitter) because the Lord had \_\_\_\_\_  
\_\_\_\_\_.
5. **JAMES 5:16** You can heal a wounded spirit by \_\_\_\_\_ your sins to each other and  
by praying for \_\_\_\_\_.

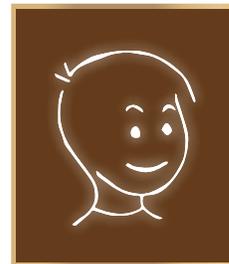
### PERSONAL NOTES:

## For You To Do



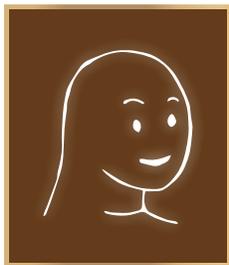
### By Yourself

Look for signs of a wounded spirit in your wife's behaviour: downcast eyes, sighing, nagging. Try to find out the cause of her hurts.



### With Your Wife

Ask her to tell you some things that you have done or said that hurt her. Be willing to share with your wife about some of your own hurts if it seems an appropriate time. Together, do what James 5:16 says and tell each other how sorry you are.



### With Your Children

Listen for teasing, name-calling, or other behaviour that hurts. Explain to them how this makes other children (and Jesus!) feel.

# A WOUNDED SPIRIT

LESSON 25 OF 52

A healthy spirit can strengthen a marriage; a wounded spirit can weaken it. When you cut your finger, it hurts and bleeds on the outside. When your spirit is wounded, it hurts and bleeds on the inside. If your spirit is not healed, it can weaken or even break a marriage. It can burn inside and bring anger, bitterness, or even violence.

The deepest wounds often come from those closest to you. Here are ways in which a husband often wounds his wife.

1. Letting other people or things take first place in his life. A wife wants to be number 1. She can usually tell when something or someone is more important to her husband than she is.
2. Being angry, impatient, or easily offended.
3. Comparing his wife to other women by admiring qualities in other women that his wife does not have.
4. Not accepting his wife's opinions as important.
5. Correcting her in public. Making jokes about her that tell of something that he is trying to change in her.
6. Not noticing when his wife makes special efforts to please him.
7. Failing to praise his wife and say nice things about her.
8. Taking sides with the children in discipline.

If you think your wife's spirit has been wounded, find a quiet place where you can talk about it. Ask her to tell you about her hurts. If you have been the cause of the hurt, confess your fault to her and tell her how sorry you are. Then plan some steps of action to make sure that you do not hurt her again in the same way.

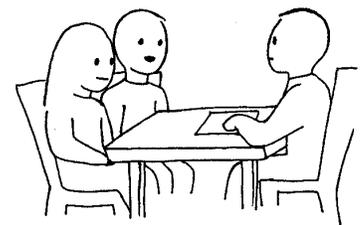
...WHO CAN CARRY A BROKEN SPIRIT? (PROVERBS 18:14)

## WINDOW TO LIFE

One day a young couple went to see a marriage counsellor. As they talked, the husband began to tell of a relationship he had once had with another woman. He seemed to enjoy talking about it in detail.

His wife had forgiven him already, but the counsellor could see that she was feeling hurt now. Her face got more unhappy all the time. After the story was over, it took a lot of talking about other things to cheer her up.

The counsellor worked with the husband, helping him to see how this kind of talk hurt his wife. He showed the husband that forgiven wrongs should not be talked about.



**A wounded spirit weakens a marriage.**

**A wounded spirit can cause bitterness.**

**The spirit is wounded by:**

- wrong values
- anger and impatience
- public embarrassment
- lack of praise
- taking sides