

10 Things I Have Learned the Hard Way After 30 Years of Marriage

Vicki Bigney (vickiabigney@gmail.com)

1. Self-Pity Versus Dependence on God

“And my God shall supply all your needs according to His riches in glory in Christ Jesus”
Philippians 4:19

“I will never leave you or forsake you.” Hebrews 13:5

2. Don't Be Your Husband's Holy Spirit

“She opens her mouth with wisdom.” Proverbs 31:26

“Do you see a man (woman) hasty in his (her) words, there is more hope for a fool than for him (her).” Proverbs 29:20

We tell our husband so much that when God's Holy Spirit IS truly trying to speak to him, he just thinks he is hearing our voice in his head voicing our 1000th opinion.

Don't tell him how to drive, where to park, how to bathe the kids, etc.

In decision making, say to your husband, “I am praying for you as you make this decision regarding our family. I know God will show you. You are a good leader and whatever you decide, I will happily follow you.” It would be better for your husband to lead poorly, than for you to lead well.

3. Physical Intimacy Should Be a Priority

“Stop depriving one another, except by agreement for a time that you may devote yourselves to prayer, and come together again lest Satan tempt you because of your lack of control.” I Corinthians 7:5

5 Reasons we say 'no' to sexual intimacy.

- a. Guilt over past wrong relationships
- b. Associate it with 'bad' (pornography, child molestation, rape)
- c. Unhappy with personal appearance
- d. Unresolved conflicts (You are ticked off at him!)
- e. Just plain 'tired.' Could you go on a free shopping spree to Macy's?

Recommend Intimate Issues – Linda Dillow

4. God's Will is for You to Stay Married to Your Husband

- Steps to Adultery

5. Be Willing to Admit You are Wrong

Move toward your husband versus pouting, being sullen and pulling away.

“God resists the proud but gives grace to the humble.” James 4:6

“A wise woman builds her house, but the foolish tears it down with her own hands.” Proverbs 14:1

LIG ‘Let it Go!’ I Peter 4:8 “Love covers a multitude of sins” (and preferences!)

Get into the habit of saying, “You were right; I was wrong” in times of non-conflict over smaller issues, so that it will be easier to say with harder issues.

6. A Good Helpmeet Works, Learns and Helps With the Daily Tasks of Life

“Then the LORD God said, "It is not good for the man to be alone; I will make him a helper suitable for him." Genesis 2:18

Be a TEAM player with your husband. We would often rather pursue our own agenda.

“A wise woman is not pitiful, puny or whiney. She makes herself confident, capable, useful and thankful.”
Debi Pearl

7. PRACTICE Joy vs. Discontent

Proverbs 19:13 “A nagging wife is like a leaky faucet” (The Message)

“An obstinate, argumentative woman is literally like a leak so unrelenting that one has to run from it or go mad.” John Mc Arthur

Do you want your husband to want to run from you? Are you driving him mad?

Be Brave: Ask your husband how you are doing in this area. Ask your close friends to point it out when they see you bad mouthing your husband.

8. Give Up the Martyr Complex - “No one around here sees all I have to do and no one ever helps me.”

“To the extent that you did it to one of these brothers of Mine, even the least of them, you did it to Me.”
Matthew 25:40 Jesus sees all that you are doing.

“Learn to love your duties.”

9. Start Using Some Phrases Your Husband May Have Never Heard But Would Love To!

- a. You’re a good leader....a good husband to me and father to our children
- b. You are such a hard worker...thank you for not being lazy and bringing hardship to our family
- c. Can we have sex tonight?
- d. What could I do today to help YOU?

10. Put God in His Proper Place and Cling to Him Daily

“Be still and know that I am God.’