

Common Ways in Which Husbands Sin Against Their Wives

The following checklist will help you identify some of the ways you have sinned against your wife and family. Although not exhaustive, this list represents some of the more common areas of sinful behavior and neglect among Christian husbands. The wording is already in the second person ("you" rather than the third person "her" or "my wife") to facilitate the confessing your sins directly to her later on. As you prayerfully read over each item, put a check next to those offenses which you believe are applicable to you. Fill in any blank spaces with more precise information. Confess each transgression to God and then prepare your heart to confess them, when appropriate, to your wife.

Remember, the more specific you can be, the more your wife will realize the degree to which you are serious about changing and the extent to which you are cognizant of how your sins have hurt her. This should make it easier for her to truly forgive you. Also, the more specifically you can identify *your* bad habits, the easier it will be for you, by God's grace, to change. Don't forget to add to the list any additional offenses which are not mentioned specifically on the list. When you are finished, look back over the checked items for specific patterns of behavior (common denominators) which may indicate a particular life-dominating sin (such as selfishness, anger, irresponsibility, lack of self-control, etc.).

Read: Proverbs 28:13-14; Matthew 6:14-15, 7:1-5; Romans 12:14-21; Ephesians 4:25-32; I Peter 3:7-9; I John 1:8-10

- Pleasing God is not the first priority in my life. What is? _____.
- I've not been a good example of a Christian to you and the children.
- I don't pray for you and our marriage regularly; I only pray for us when _____.
- I don't have a consistent personal devotional life (regular and routine Bible reading and prayer).
- I'm inconsistent with church attendance.
- I don't lead family devotions regularly.
- I don't seek Biblical help or accountability when I have a serious problem.
- I haven't readily sought out Biblical instruction (through the Bible, good books, mature Christian mentors, our pastor, etc.) that would help me to improve as a husband, father and Christian.
- I've not invested enough time cultivating biblical friendships for us to enjoy.
- I've not been totally truthful with you about _____.
- I don't reveal my heart to you as much as I should, especially in the area of _____.
- I don't express my love to you when I do not feel love for you; I allow my feelings to overcome my commitment to love you.
- I've not cultivated your friendship (companionship) enough.
- I have a closer relationship (I am more "one flesh") with _____ in some ways than I do (than I am) with you.

- I don't think of you or treat you as "*my wonderful helpmate.*"
- I seldom express my appreciation for you or compliment you.
- I don't try hard enough to find things for us to do together.
- I've neglected your desire for _____.
- I don't show you my love in the tangible ways that I know please you, such as _____ and _____.
- I haven't worked hard enough at correcting my annoying habits and mannerisms, especially _____ and _____.
- I make excuses (or simply refuse) when you ask me to do certain things that you want me to do, such as _____.
- I don't always remember birthdays, anniversaries and other special occasions.
- I haven't taken you out to dinner or shopping or _____ often enough.
- I don't show you enough affection.
- I don't kiss you when we meet or depart from one another.
- I'm usually affectionate to you only before I desire to have sexual relations with you.
- I do not work hard to understand why _____ is so important to you. Instead, I merely resent that it is so important to you.
- I don't ask for your advice or opinion as often as I should.
- I make important decisions without your counsel.
- I initiate plans without your input.
- I sometimes resist or resent your helpful suggestions.
- I don't ask for your advice or opinion as often as I should.
- I make plans without consulting God through prayer and the Word.
- I don't show you enough respect, especially by _____.
- I don't give you enough assistance with (child training, household task, etc.) _____.
- I've taken your love for granted by _____.
- I've been hypocritical with you in regards to _____.
- I'm still too dependent on my parents for _____.
- I've been lazy in _____.
- I've been selfish sexually by _____.
- I become angry or resentful when you give a reason for not having sexual relations.
- I expect you too often to drop what you are doing and give me attention.
- I become irritated when you are not ready to leave on time, but expect you to be patient when I am not ready on time.
- Even though I know it would please you, I don't keep my _____ neat and orderly.
- I leave food, clothing and other apparel lying around the house.

- I don't express myself clearly and thoroughly. I then get sinfully angry when you do not correctly interpret my intent.
- I interrupt you when you are talking.
- I respond to you before I understand what you are really saying.
- Many times, I allow my mind to wander when you're talking to me.
- I don't make it a point to spend time every day having significant communication with you.
- I'm too harsh with you.
- I tease you too much in front of others.
- I allow myself to become sinfully irritable with you about _____.
- I don't cover in love (or overlook) many things that you do; instead, I allow those things to irritate and annoy me.
- When you say/do _____, I allow myself to become impatient.
- I raise my voice rather than responding to you softly and graciously.
- I lecture and criticize you when you do something wrong rather than gently correct and encourage you to change.
- I use biting sarcasm when I talk to you.
- I criticize/argue with you publicly (or in front of the children) rather than gently correcting you in private.
- I judge your thoughts and motives without knowing them.
- Many times I don't put the best possible interpretation on the things you do but tend to be suspicious of you.
- I'm too distrustful of you, especially when it comes to _____.
- I get angry or withdraw or _____ when a problem or disagreement arises between us.
- I use manipulation and intimidation to win arguments rather than trying to resolve conflicts biblically.
- I become sinfully angry and lose my temper or withdraw and "clam up" when you or the children do not treat me with respect.
- I use hand gestures and facial expressions that clearly show disrespect.
- I say and do things that are vindictive in nature such as _____.
- I've been bitter and unforgiving toward you about _____.
- I don't try to overcome your evil (sin) with good.
- I murmur and complain about _____.
- I'm too critical of your family; I've not been gracious and loving toward them nor made enough effort to get along with them.
- I'm selfish when it comes to offering you help but often expect you to help me whenever I need it.

- I give in to depression rather than trying to overcome it (I listen to the lies my heart speaks instead of listening to God's word).
- I haven't been very sensitive to your problems and feelings.
- I spend too much money on _____.
- I'm too stingy with my money in that I _____.
- I've shown too much interest in other women by _____.
- I've said unkind things about you. (to whom? _____).
- I use profanity and/or I curse God's name (or use it in a vain manner) in front of you (or the children).
 - I call you names.
 - I drink too much.
 - I smoke too much.
 - I watch too much television.
 - I'm often too preoccupied with _____.
- I spend too much time away from home.
- I invest too much time in trying to advance my career.
- I don't invest enough time in trying to advance my career.
- I have bad manners, especially when it comes to _____.
- I'm difficult to satisfy when it comes to _____.
- I allow my feelings to get hurt too easily (I'm too sensitive because of my pride).
 - I take things too seriously and often make mountains out of molehills such as _____ and _____.
- I have blamed you for my mistakes such as _____.
- I don't often admit when I am wrong.
- I become bitter and angry when you do not discipline the children as I think you should.
- I haven't invested enough time discussing with you how to apply what the Bible says about raising/training children.
- I haven't cultivated the children's friendship enough.
- I'm inconsistent when it comes to disciplining the children.
- I don't teach or discuss God's Word to the children as often as I should.
- I don't spend enough time playing with the children.
- I make promises to you and the children and do not follow through on those promises.
 - I don't usually allow or truly consider appeals made by you or the children.
- I compare you and the children unfavorably with others.
- I do not take care of myself physically as I should.
- I don't protect you enough, especially in the area of _____.
- I'm too selfish with your time.
- Out of selfishness or worry, I prohibit you from doing certain things such as _____.

