

## Common Ways in Which Wives Sin Against Their Husbands

The following checklist will help you identify some of the ways you have sinned against your husband and family. Although not exhaustive, this list represents some of the more common areas of sinful behavior and neglect among Christian wives. The wording is already in the second person ("you" rather than the third person "him" or my "husband") to facilitate you confessing your sins directly to him 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 it to your husband.

Remember, the more specific you can be, the more your husband 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 him. This should make it easier for him 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 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 in your life (lack of submission, selfishness, anger, irresponsibility, lack of self-control, etc.).

**Read:** Proverbs 28:13-14; Proverbs 31; Matthew 6:14-15, 7:1-5; Romans 12:14-21; Ephesians 4:25-32; I Peter 3:1-6; I John 1:8-10

- Pleasing God is not the first priority in my life. What is? \_\_\_\_\_.
- I don't pray for you or our marriage regularly. I only pray for us when \_\_\_\_\_.
- My personal devotions (regular and routine bible reading and prayer) are not a priority in my life.
- I usually don't attend church services with a joyful spirit.
- I don't seek Biblical help or accountability when I have a serious problem.
- I resent the fact that we live where we do. (I do not trust that God in has sovereignly placed us where we are.)
- I murmur and complain about \_\_\_\_\_.
- I demand too much from you in the area of \_\_\_\_\_.
- I'm too worldly in my thoughts, actions and dress. Explain in detail. \_\_\_\_\_.
- I don't always dress modestly.
- I fantasize about the "pretend lives" that are portrayed on television, in motion pictures and secular literature.
- I compare myself and our life with others; I'm too concerned with how others view us.

- I sometimes get angry/depressed because I think I am inferior to \_\_\_\_\_ . About what? \_\_\_\_\_ .
- I'm more concerned about the children's social well-being than their spiritual well being.
- I conceal how I really feel about \_\_\_\_\_ .
- I have not been totally truthful with you about \_\_\_\_\_ .
- I resent being tied down by the children.
- I resent that we don't have children.
- I've been jealous and suspicious about \_\_\_\_\_ .
- I spend too much time on \_\_\_\_\_ .
- I spend too much money on \_\_\_\_\_ .
- I become sinfully bitter toward you about the way you spend money and criticize you about it.
- I'm too moody.
- I'm apt to use my hormonal changes as an excuse to sin against you and find that I \_\_\_\_\_ , \_\_\_\_\_ , and \_\_\_\_\_ rather than bringing my thoughts and actions captive.
- I give in to depression or \_\_\_\_\_ rather than trying to fight it (I listen to the lies I tell myself rather than talking to myself biblically).
- I'm a perfectionist about my housekeeping. My perfectionism manifests itself by \_\_\_\_\_ .
- I'm a poor housekeeper, and do not take proper care in the appearance of our home.
- I'm not your best friend. I am more intimate (more "one-flesh") in some ways with \_\_\_\_\_ than I am with you.
- I don't properly arrange to spend time alone with you when you come home from work.
- I don't make enough of an effort to demonstrate to the children that my relationship with you is the primary relationship in our home.
- I don't compliment/appreciate you enough for \_\_\_\_\_ .
- I'm more concerned with pleasing my parents than I am about pleasing you. Explain \_\_\_\_\_ .
- I'm very dependent on my parents for \_\_\_\_\_ .
- I've not been willing to go \_\_\_\_\_ with you, or to do \_\_\_\_\_ when you have wanted to.
- When I am not feeling 100%, I use that to avoid doing those things you want or need me to do for you, but I always seem to be able to do those things that are important to me.
- I'm abrupt in my speech and responses rather than being gentle.
- I've been too bossy with you or the children about \_\_\_\_\_ .
- I nag you about \_\_\_\_\_ and \_\_\_\_\_ .
- I use gestures and facial expressions that clearly show disrespect.
- I'm very sarcastic in my responses when I don't agree with you.

- I'm not patient with you, especially about those things I would most like to see you change.
- I am not gracious and loving toward your parents (or some other member of your family. Who? \_\_\_\_\_).
- I call your siblings names or refer to them in ways that are not biblical.
- When I think I am being used and taken for granted by you or the children, I give in to bitterness and anger.
- \_\_\_\_\_ is more important to me than our marriage or being a mother.
- I contradict/argue with you in public and/or in front of the children.
- I'm critical of you to others. Who? \_\_\_\_\_.  
About what? \_\_\_\_\_.
- I've been too critical with you in regard to \_\_\_\_\_.
- I don't always pay attention when you are telling me things that don't interest me.
- I do not work hard to understand why \_\_\_\_\_ is so important to you; instead I resent that it is important to you.
- I don't ask your opinion or advice about \_\_\_\_\_.
- I make decisions without first asking you for guidance.
- I make decisions without considering God's will (what the Bible says).
- I allow worry to dominate my thinking in ref. to \_\_\_\_\_.
- I don't give you assistance with \_\_\_\_\_ even though I know you would appreciate my help.
- I've neglected your need/desire for \_\_\_\_\_.
- I don't express affection the way you want me to. I know that I need to \_\_\_\_\_.
- I know that \_\_\_\_\_ annoys you, but am too stubborn to change.
- I have not worked hard enough at correcting my annoying habits and mannerisms, especially \_\_\_\_\_ and \_\_\_\_\_.
- I don't enthusiastically support your role as the leader of our home, and I \_\_\_\_\_ rather than lovingly submitting to you.
- Even if I know that it will hurt you, I will go to great lengths to have my own way. Explain. \_\_\_\_\_.
- I manipulate you to get what I want. How? \_\_\_\_\_.
- I get physically abusive with you when I don't get my own way.
- I stop listening to you when I don't like where you're going, especially when you want to hold me accountable or discuss \_\_\_\_\_.
- I blame you for things that are actually my fault.
- I'm quick to judge your motives, especially when \_\_\_\_\_.

- I expect you to always be on time. Yet when we are going someplace and I'm running late, I resent it if you say anything to me.
- I become irritated when you don't immediately stop what you are doing if I want to discuss something with you.
- I expect you to "grovel" before I will even consider forgiving you.
- I lose my temper frequently. About what? \_\_\_\_\_.
- I become sinfully angry when \_\_\_\_\_.
- I don't confront your sin; instead I give in to bitterness and sinful anger.
- I get my feelings hurt very easily. (I am sensitive because of my pride)
- I often make unreasonable demands on you and expect too much, especially in regard to \_\_\_\_\_.
- I often refuse to have sexual relations and rarely initiate them. Most times I'm only interested in my own sexual needs.
- I make promises to you that I don't keep.
- I expect you to know my thoughts, opinions, feelings and concerns without first expressing them to you. When you don't perceive these things, I think you don't care about me, and I \_\_\_\_\_.
- I sometimes flirt with other men to make you jealous or to make myself feel good about my desirability to other men.
- I complain about your lack of assertiveness or lack of initiative, but become angry when you are decisive or open in expressing your opinions.
- I use profanity.
- I curse God and use His name in a vain manner.
- I smoke too much.
- I drink too much.
- I don't often admit when I am wrong.
- I watch too much (or inappropriate) television.
- I allow the children to watch too much (or inappropriate) television.
- I'm not easily satisfied, especially about \_\_\_\_\_.
- I have bad manners when it comes to \_\_\_\_\_.
- I don't take proper care of myself physically. Explain. \_\_\_\_\_.
- I expect you to help me in the evening (with the children, etc.) even if I know that you're very, very tired.
- I selfishly want all your free time.
- I don't discipline the children in accordance with biblical principles and/or your desires.
- I do not teach, and discuss the Lord with the children enough.
- I'm inconsistent in the discipline of our children.
- I make promises or threats to the children that I don't keep.

**Additional Areas of Failure:**