

A romantic scene of a couple holding hands in a park at sunset. The background is a warm, golden glow from the setting sun, with blurred trees and a path. The couple's hands are the central focus, clasped together in a firm grip. The overall mood is intimate and peaceful.

THE HEART OF HER HUSBAND DOETH SAFELY TRUST IN HER...
PROVERBS 31:11

THE HEART OF
her husband

A 14 DAY DEVOTIONAL FROM AVIRTUOUSWOMAN.ORG

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INTRODUCTION

DO YOU EVER FEEL LIKE YOUR MARRIAGE IS IN A RUT?

Or maybe things have been tough lately and you and your husband are struggling to keep communication open and resentment at bay. Maybe you wish things weren't always so hard.

Well, you can't change your husband – only God can do that – but you can certainly work on yourself and in turn maybe he'll take notice of your efforts and return the favor!

Proverbs 31 tells us that the heart of the virtuous woman's husband could safely trust in her. Does your husband trust you or does his heart lie in fear of what is coming?

“The heart of her husband doth safely trust in her...” Proverbs 31:11



DAY ONE

DO YOU RESPECT YOUR HUSBAND?

Do you respect your husband?

Respect goes deeper than just being polite to your husband. Many women do not give their husbands the respect they deserve. The Bible is clear on this subject. As wives we are called to submit to our husbands and show them respect just as the church submits to Christ.

Whether our husband is the spiritual leader we have always dreamed of or has disappointed our expectations, we have an holy command from Scripture to submit our will to his. Does this mean we never have a voice or should not speak our opinion? No. But there is a difference in demanding our way and sharing our opinion with a meek and quiet spirit.

What does it really mean to submit?

Over the years, my thoughts on this subject have changed somewhat. The Bible tells wives to submit to their husbands. Part of the problem, besides the fact that we all struggle with a sinful, selfish nature, is that the word submission gives us the idea that a wife is never to have an opinion of her own. I used to think that submitting to my husband meant that I always did what I was told and that I should keep my opinions to myself whether I agreed or not.

But, after nearly twenty years of marriage, I do not believe that wives should never voice their opinions or that they should be controlled or have no will of their own. Submission has more to do with respecting your husband's place as spiritual leader of your home and allowing him to lead. Ideally, husbands will tenderly love their wives and in turn the husband will earn the respect of his wife.

The position a wife holds in the home is sacred and equal, although different, to the husband. In *An Exposition of the Old and New Testament* Matthew Henry said, "Women were created from the rib of man to be beside him, not from his head to top him, nor from his feet to be trampled by him, but from under his arm to be protected by him, near to his heart to be loved by him."

Whether our husband is the spiritual leader we have always dreamed of or has disappointed our expectations, we have an holy command from Scripture to submit our will to his. Does this mean we never have a voice or should not speak our opinion? No. But there is a difference in demanding our way and stating our opinion with a meek and quiet spirit.

Do you make it easy for your husband to lead? I regrettably made a mistake not so long ago that I wish I could take back. My husband had suggested that we read a particular book during family worship. My instant reaction was that it was not a good idea and I voiced my opinion. I immediately regretted it. I wanted to take the words back, but unfortunately, once something has been said it can't be undone.

I don't always think before I speak. I don't always have a meek and quiet spirit in my home the way I want to – the way I know God wants me to. I want to make it easy for my husband to lead me and our children. When we as wives give up our #1 status and allow our husbands to be the head our home, God will bless us.

Ask yourself some questions:

- Do I allow my husband the freedom to make decisions or do I always insist my way is better?
- Do I treat my husband like he is just another child, incapable of doing anything right?
- Do I belittle my husband's effort (however few) to be the leader of our home?
- Do I punish my husband with words or silence when I don't get my way?
- Do I insult his intelligence and his dignity with words of wrath?
- Do I harbor anger or resentment toward my husband?
- Do I allow God the opportunity to grow my husband as the head of our home?



DAY TWO

DO YOU PRAY FOR YOUR HUSBAND?

Do you pray for your husband?

Do you really pray for your husband? As wives, we should be on our knees every morning offering petitions on behalf of our spouse. Not selfish prayers (Lord, could you please make him a better husband?) but prayers that are fervent, earnest, and heartfelt.

Your husband leaves home each morning to go to work and will face frustrations and temptations. He needs a covering of prayer. Years ago, I read the book by Stormie Omartian, *The Power of a Praying Wife*. It is an excellent book you should read if you have not already!

In the first few pages she writes:

“As I sat there, God also impressed upon my heart that if I would deliberately lay down my life before His throne, die to the desire to leave, and give my needs to Him, He would teach me how to lay down my life in prayer for Michael. He would show me how to really intercede for him as a son of God, and in the process He would revive my marriage and pour His blessings on both of us....

I began to pray everyday for Michael, like I had never prayed before. Each time, though, I had to confess my own hardness of heart, I saw how deeply hurt and unforgiving of him I was. I don't want to pray for him. I don't want to ask God to bless him. I only want God to strike his heart with lightning and convict him of how cruel he has been, I thought. I had to say over and over, “God, I confess my unforgiveness toward my husband. Deliver me from all of it.”

Your prayers for your husband have power. Claim Scripture promises over him. When you have a disagreement with your husband, instead of arguing and raising your voice ask God to give you a meek and quiet spirit. Remember the words of the Bible that a soft voice turns away wrath. Go and pray about it.

There is power in prayer, but you need to have a right spirit. Ask God to forgive you of your own stubborn pride, your own selfish attitude and to create a clean heart within you.

There are so many things you can pray about for your husband. First and foremost, you can ask God to help you to become the wife He wants you to be – the kind of wife your husband needs you to be. Stormie lists thirty different ways to pray for your husband. Some of them include, his work, his finances, his temptations, his health, his priorities, his fatherhood. Think of some of the areas in your own husbands life that you can give some serious prayer attention and write them down.

I like to encourage women to keep a prayer journal. Writing down your prayers will help you stay accountable and focused when praying. Perhaps you would like to make a bookmark with a list of areas in your husband's life that you can pray about and put it in your prayer journal or Bible. However you decide to pray, make it a daily habit and watch how God will bless your marriage!



DAY THREE

ARE YOU A HOME MAKER?

Are you a home *maker*?

The Bible tells us that a wise woman builds her home, but the foolish one tears it down with her own hands. (Proverbs 14:1) Regardless of whether you work outside the home or are a full-time housewife, God has called you to be the homemaker. Homemaking has such value! Do not undermine the sacredness of what you do – not only for your children, but for your husband as well!

I like how Ellen White says, “Let woman realize the sacredness of her work and, in the strength and fear of God, take up her life mission.”

Home should be the place your husband longs to return after a hard day's work. The home should be inviting, loving, warm, free of tension and grief. The husband should be greeted not with a chaotic scene unfolding before him as he steps inside the threshold, but rather pleasantness. He should be able to walk in the door and find a neat and orderly home; a clean kitchen with something delicious cooking at supper time; children who are polite and happy to see him; and a wife who smiles and greets him with words of cheer. It may sound idyllic and it is. However, it is not impossible!

If you are struggling with homemaking, pray about it! Then make a plan.

Sit down with a pen and paper and make a plan of action to carry you through each day. You should have a routine that you preform on a daily basis. You should have a routine for morning, afternoon, and evening. Here is an example of a morning routine:

- Wake up early (5 or 6 am)
- Prayer and devotion
- Shower
- Cook breakfast, wake up children, eat
- Tidy up kitchen, sweep floor
- Start a load of clothes in washing machine
- Make beds, wipe down bathroom sinks

If your house is in a state of total chaos, make a commitment to begin clearing out the clutter one room at a time. Go to bed every evening with your house clean so that you wake up to a clean house. Then, take a few minutes throughout the day to tidy up. Make it a habit and you'll find a rhythm that works for you.

Your husband deserves fresh linens on his bed, socks in his drawer, good food on the table, and children who are well mannered. God has commissioned you to do it.

Don't forget my favorite verse, "I can do ALL THINGS through Christ who strengthens me."
(Phil. 4:13)

I'm not advocating perfection this side of heaven. However, strive for excellence and do the best you can.



DAY FOUR

CAN YOUR HUSBAND TRUST YOU?

Can your husband trust you?

Trust is one of the most important issues in any relationship. There are many levels of trust. The first idea that comes to my mind when I think of trust is adultery. Once the threat or reality of an affair has occurred, regaining trust can be very difficult and the feeling of betrayal runs deep.

Whether or not your husband can trust you to stay faithful, to give your heart, mind and body to no one else, trust is still an issue. There are other ways you can give your husband reason to doubt or mistrust you.

- Do you hide your purchases from your husband?
- Do you fail to do the “busy work” he asks you to do? (i.e. phone calls, pick up dry cleaning, etc.)
- Do you not work to keep the house clean so he is unable to spontaneously invite friends or co-workers over?
- Do you have a short temper or critical spirit?
- Do you fail to prepare food for him everyday so he can count on his meals?
- Do you waste money?
- Do you flirt with other men? (however “innocently”)
- Do you speak critically of or to his mother?
- Do you neglect to care properly for his children?

There are so many different ways you can tear down your own house. Only you know the method you are using. Ask God to deliver you from these sins and ask your husband to forgive you as well. Spend time daily in prayer seeking out that meek and quiet spirit that only comes from our Father in Heaven. He can restore the trust in your marriage.



DAY FIVE

ARE YOU THANKFUL?

Are you thankful?

Your husband goes out each day and does his best to provide a home, food, clothing, and more for you and your family. A lot of women don't really appreciate what their husbands do for them. All they choose to focus on is the negative things he does (or doesn't do).

When you first met the man you eventually married, I would bet that you only saw the good stuff and brushed off the bad, telling yourself that those things didn't really matter anyway. We all do it. That's why they say love is blind! But then, once marriage comes and the honeymoon wears off those negative irritants who seemed so small before become great big nuisances.

It's time to reclaim the good and let go of the bad. Show your husband how much you appreciate what he does do – even if you feel he could be doing more.

Women who stay home have no excuse for not doing their job and then expecting their husbands to come home and do all those things they didn't feel like doing – washing the dishes, cleaning the house, taking care of the kids. Give him a break! He's worked hard all day so you could have the gift of staying home! Own up to your responsibilities and show him how much you appreciate the gift he has given you.

Husbands are not that hard to please. A clean house, well-mannered children, some good food and a pleasant wife are really all it takes to show him that you appreciate what he is doing and that you love him. Everyone wants to be appreciated. Being thankful and showing your husband you appreciate him is part of respecting him. Spoil him! He deserves it!



DAY SIX

ARE YOU THOUGHTFUL?

Do you go out of your way to be thoughtful to your husband?

Do you remember those first days, weeks, months after you met your future husband? You probably daydreamed about him and thought up creative ways to show your love for him. After you were married, you probably continued to go out of your way to nurture your love for him and his love for you. Then came the baby and perhaps another... and another...

Has life gotten in the way of your love? What kinds of things does your husband really appreciate?

- A cold glass of lemonade when he's mowing the grass?
- A hot bath after a long, hard, stressful day at work?
- His favorite meal... just because?
- An hour spent detailing his car?
- A Sunday afternoon watching the game... without you bugging him about it?
- A hot breakfast in the morning – even if he leaves really early in the morning?
- A sack lunch filled with homemade goodies?
- A long kiss when he walks in the door?

What is it your husband really enjoys? What ways can you show him he is the king of his household and that he is adored?



DAY SEVEN

DO YOU NAG YOUR HUSBAND?

Do you have a habit of nagging your husband?

“A nagging wife is as annoying as the constant dripping on a rainy day.” Proverbs 27:15 (NLT)

Have you ever found yourself nagging your husband to do basic chores around the house? Pick up your socks! Take out the trash! Don’t leave your dirty dishes on the table. Go mow the grass. Yada, yada, yada.

The Bible tells us that a nagging wife is like the annoying sound of a leaky faucet. A lot of wives feel that the only way they’ll ever get help from their husbands is by nagging them... over and over again. Nagging rarely ever works and when it does there is likely to be a feeling of resentment on both sides of the issue. It seems a little funny to me that husbands and wives way back in the Bible times had the same issues married couples face today. Obviously, some things never change!

However, there are some things you can do to help the situation if you feel like you need to nag your husband to get him to do anything.

1. Pray about it. God is always there waiting to listen and help. He knows your concerns, so go ahead and lay it on Him. Maybe you’ll get a new perspective on things or even see a change in your husband’s willingness to help!
2. Ask your husband once or twice and if the chore does not get done, do it yourself or let it go.
3. Work out a compromise. Calmly discuss which chores/ activities each of you is responsible and then make a pact to each hold up your end of the deal.

Nagging your husband on a regular basis can cause lasting damage to your marriage. “It is better to live alone in the desert than with a crabby, complaining wife.” Proverbs 21:29 (NLT)



DAY EIGHT

EXPRESS YOUR LOVE... WITH LOVE NOTES.

Express your love... with love notes.

I don't know about you, but when my husband and I were dating all those years ago, the moments we were forced to spend apart were agonizing. We wanted to be together forever... all the time. So, when we did have to be apart, we wrote love letters to one another. Sweet, beautiful words of love. Those letters from our years before marriage are gathered together in a box in my husband's office as a reminder of our love.

Well, it never hurts to express your love in written form – even if you've been married for years! In fact, writing love letters to your spouse is one way you can really tell your husband how much he means to you. Be open and honest, but leave out any negatives that may be present in your mind. This is a time to express love words in flowery prose. If you need to, pretend you're back in time and remember those delicious feelings you had for your guy way back when. Young love is so sweet! It never hurts to pump up your husband's ego – he will appreciate the praise!

“My beloved is mine, and I am his: he feedeth among the lilies.” Song of Solomon 2:16

Try leaving love notes for the next 7 days around the house, in his lunch, on the bathroom mirror (in lipstick, of course), in his car, etc. He'll enjoy the sentiment.



DAY NINE

DO YOU MANIPULATE YOUR HUSBAND?

Do you manipulate your husband?

I was listening to Focus on the Family on the radio this morning. The guest speaker mentioned something I wanted to share. She talked about how, often, women will manipulate their husbands to get their way. There are hundreds of ways to manipulate your husband.

- You could pout and give him the silent treatment.
- You could refuse to be physically intimate.
- You could work behind the scenes to get your way.
- You could make your husband feel inferior or inept at making decisions.
- You could get your kids to ask for something you really want.

Have you ever done any of these things... or maybe manipulated your husband in other ways? When wives manipulate their husbands into getting their way, it can cause hurt and resentment on his part. He may no longer trust you. He may feel that no matter what decisions he makes you are never happy. He may feel betrayed and angry. He may feel like he cannot trust you with his feeling, his thoughts, his dreams.

If you find yourself wanting your way no matter the cost, pray about! Ask God to give you a submissive heart and to help you trust your husband as the head of your household. Instead of manipulating the situation, ask God to give your husband wisdom to make the right choices. Your marriage will be stronger for it.



DAY TEN

DO YOU EXPECT PERFECTION?

Do you expect your husband to be perfect?

You probably thought your husband was pretty near perfect when you met, maybe even in the first days and weeks of your marriage. And then real life happened and he disappointed you. Now, you can't understand why your husband doesn't know what you want when you want it, he isn't nearly as thoughtful as he should be, he makes a mess like a child and doesn't clean up, he doesn't watch the kids the way you would, he doesn't see the need for romance, etc.

Now, when he disappoints you, you feel resentment toward him, maybe even indifferent and you let him know just how unhappy you are with his thoughtless behavior. You want him to provide you with every want, every need, every desire and be your perfect companion.

Unfortunately, you married a mortal man; a sinful human being.

Only Jesus Christ can fill all the desires of your heart. If you are looking to your husband to complete you in every way possible, you will always be disappointed. He is not perfect, nor will he ever be until you are together in heaven.

Christ came to this earth and lived here among a sinful race. He died an excruciating death for you... and for your husband. Neither one of you deserve the grace of God, but it is a gift you will receive if you reach out and take it.

Sin is such a wicked, putrefying thing in the sight of God. And yet, He loved us enough to show us grace even though we will never deserve it as long as we are living in this sinful world. Grace is not something we deserve - it is a gift.

Perhaps today you can stop seeing all of the shortcomings in your husband and start seeing him the way God sees him - as a precious child of the King. Someone who deserves love at all costs. Someone who deserves forgiveness - not because he is so great, but because God was loving enough to forgive you. Love him. Because in the end, what else really matters?

“The heart of her husband doth safely trust in her...” Proverbs 31:11



DAY ELEVEN

MEN ARE BASICALLY EASY TO PLEASE...

Men are basically easy to please. Feed them good food, keep the house clean, and give them plenty of...

Okay, so husband's aren't usually too hard to keep happy if they are getting the big three at home from their wife. Good food, a clean house, and a wife who doesn't withhold sex.

First, let's talk about the bedroom. It should be neat, tidy, and fresh smelling. In other words, your bedroom should not be full of clutter, laundry, dust, etc. and the bed linens should smell good. So, if your bedroom is looking a little less than it's best, go ahead and give it a good once over today and tomorrow.

If you visit Real Relationships, Drs. Les and Leslie Parrot have a newsletter you can subscribe to and when you sign up you'll receive The Ultimate Guide to Crazy Good Sex. Their secret for a happy married life full of great sex for women is this: seduce your husband wildly at least once a week. He'll be a happy man and far less likely to be tempted by women he meets on a daily basis when he is away from home.

Go the extra mile this weekend. Light some candles. Run him a bath (maybe even join him?), wear something sexy. Be his fantasy this weekend.... and then try to make it a weekly occurrence.

“Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control.” 1 Corinthians 7:5



DAY TWELVE

WHAT DO YOU COOK FOR YOUR HUSBAND?

What do you cook for your husband?

- Do you like to cook?
- Day in and day out, do you provide nutritious, home cooked, meals?
- Do you go out of your way to prepare food your husband will enjoy?

I am at home typically all day everyday. Since we homeschool, everyone (aside from my husband) is home for every meal. Rarely will we ever eat out. So, I cook a lot. I like to make a wide variety of foods from scratch including ethnic foods. My husband always “brags” about what a good cook I am to others. Having a big family means I have to cook a lot of food everyday.

I have also, over the years tried to make my cooking healthier which often means less “comfort foods.” I realized one day a few years ago that my husband just isn’t as happy if all I cook is “light” salads, Mediterranean style meals, etc. He really feels taken care of and loved if I cook his favorite comfort foods. So, I try to make his favorite foods several times a week. Maybe your husband is the opposite and really wants to eat only low-fat or vegan dishes. Whatever it is that makes your husband feel loved when he sits down to dinner should be made a priority in your meal planning.

Even if you think your husband should eat more vegetables, don’t dismiss his favorite meals! Instead, try to find ways to cut out the fat and add more nutrients. You could even try some recipes from the book *Deceptively Delicious* by Jessica Seinfeld and learn how to disguise veggies in your recipes.

I have met a lot of women over the years who claim to be terrible cooks. Maybe you are one of them. If you burn everything you bake and can’t seem to get it right, I want to encourage you to get a basic cookbook and choose a new recipe several times a week to try. Follow the instructions carefully and then pay attention! Burned food only happens when we get distracted! Practice makes perfect. Do it for your husband and for your children. Food creates memories that will be carried in the hearts of your family for a lifetime. It is so important!

“The heart of her husband doth safely trust in her...” Proverbs 31:11



DAY THIRTEEN

LOVE YOUR KIDS, LOVE YOUR HUSBAND.

You love your husband when you love your kids.

Are you tired and anxious, annoyed and irritated on a regular basis with your kids? Do you find yourself being short or yelling at them... all day long? Do you long for time away from your family?

I want to encourage you to take a step back and think about your children. Really think about them. Not as little monsters who came into this world to ruin your life, but as precious gifts from God.

Nothing will teach us more about patience than motherhood. God has a plan for you and for each of your children. It is up to you and only you whether this season of motherhood brings you joy and peace and patience.

Delight in your children. Spend time with them – just being with them, talking to them, getting to know them. If you are bothered every time your child interrupts your activities or wants your attention, the irritation does not come from God but from the one who seeks to destroy. Stop what you are doing and really pay attention to your children – before it is too late! They grow up so fast and the moments you have right now will be gone forever ten minutes from now.

It's okay to have quiet time or "me time" every now and then, but during this season of your life, God has given you the awesome responsibility of raising your children for His kingdom. The best way you can do that is to show your children by your example what it means to live for Him and then spend quality time every day training them, teaching them His ways.

Finally, show your children what a wonderful father they have. Instead of rolling your eyes when he makes a request or snapping back at him when he asks a question, love him and teach your children to love him. Make daddy the hero of your home. Don't waste this time that God has given you. Life is too short to not enjoy the blessings around you.

"The heart of her husband doth safely trust in her..." Proverbs 31:11



DAY FOURTEEN

ARE YOU A HELPMEEET?

Are you a helpmeet?

The Bible says, “The LORD God said, “It is not good for the man to be alone. I will make a helper suitable for him.” Genesis 2:18. (NIV) Have you been a helper suitable to your husband or have you been like the foolish woman and torn apart your home and marriage with your own hands?

Jesus said, “There is no greater love than to lay down one’s life for one’s friends.” John 15:13. (NLT) We could say it this way, “There is no greater love than for a wife to die to herself daily in order to serve her husband as well as Christ with a pure heart.” It is our selfish desires - our yearning to be #1 - that causes us to say and do things that destroy rather than uplift. In the book, *The Excellent Wife*, by Martha Peace she says:

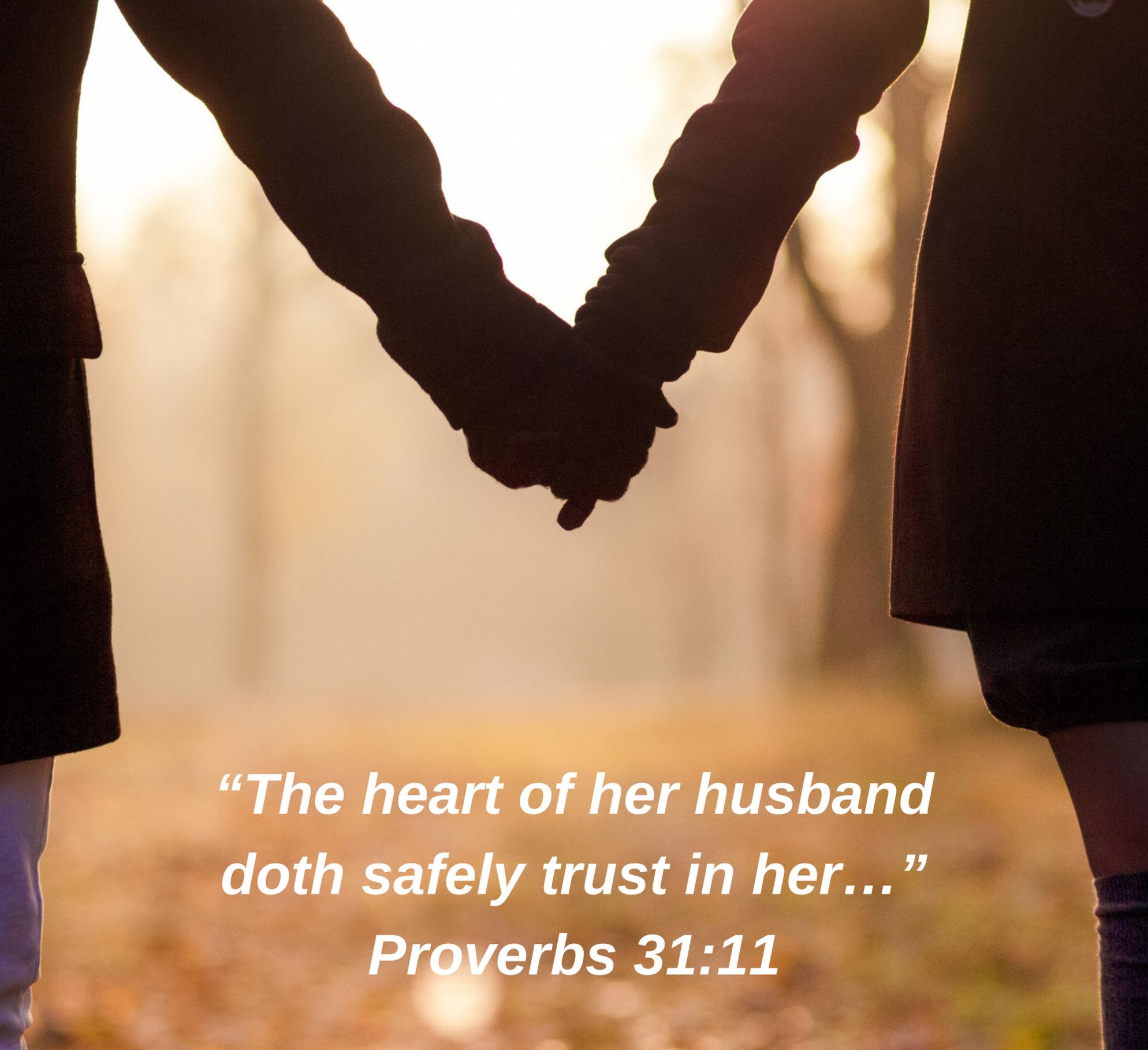
Eighteen Ways a Wife May be the Glory of Her Husband

1. Ask your husband, “What are your goals for the week?”
2. Ask your husband, “How can I help you accomplish these goals?”
3. Ask your husband, “Is there anything that I can do differently that would make it easier for you?”
4. Be organized with cleaning, grocery shopping, laundry and cooking. As you fulfill your God-given responsibilities, your husband is then free to do his work.
5. Save some of your energy every day for him.
6. Put him FIRST over the children, your parents, friends, job, ladies’ Bible studies, hobbies, etc.
7. Willingly and cheerfully rearrange your schedule for him when necessary.
8. Talk about him in a positive light to and around others. Do NOT slander him at all, even if what you are saying is true.
9. Do whatever you can to make him look good, to accomplish his goals. Some examples are to run errands for him, organize your day to be available to help him with projects, pray for him and make good suggestions. Give him freedom to not use your suggestion, and do not be offended when he does not follow it.

“The heart of her husband doth safely trust in her...” Proverbs 31:11

10. Consider his work (job, hobbies, goals, work for the Lord) as more important than your own.
11. Think of specific ways that you can help him accomplish his goals. Examples are to get up early in the mornings to help him get off to work having had a good breakfast, take care in recording phone messages for him, anticipate any needs he may have in order to attain a specific goal, and keep careful records of money spent to keep up with the budget.
12. Consider the things that you are involved in. How do they glorify your husband? Ask his guidance.
13. Be warm and gracious to his family and friends. Make your commitment to him obvious.
14. Do and say things to him that build him up instead of tear him down.
15. Dress and apply your make-up in an attractive manner that is pleasing to YOUR husband.
16. When your husband sins, reprove him gently and privately, always giving him hope and pointing him to the Lord.
17. Encourage him to use his spiritual gifts in ministry.

Realize that just as God is glorified when man obeys Him, your husband is glorified when you obey your husband.



***“The heart of her husband
doth safely trust in her...”
Proverbs 31:11***

Do you ever feel like your marriage is in a rut? Or maybe things have been tough lately and you and your husband are struggling to keep communication open and resentment at bay. Maybe you wish things weren't always so hard.

Well, you can't change your husband – only God can do that – but you certainly can work on yourself and in turn maybe he'll take notice of your efforts and return the favor!