

# Freedom FOCUS

## NEWSLETTER

Spring 2010

“...to turn them  
from darkness  
to light...”

[www.indianabcc.com](http://www.indianabcc.com)

### Family Series: Ministering to the Heart of Your Wife

“Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.” (1 Peter 3:7)

“Husbands, love your wives, just as Christ also loved the church and gave Himself for her, that He might sanctify and cleanse her with the washing of water by the word....” (Ephesians 5:25-26)

Men, do you understand the heart of your wife? To win a woman's heart, men need to be aware of the three questions every little girl asks:

“Am I loved?”

“Am I lovable?”

“Am I lovely?”

A little girl wants to be loved and delighted in. She longs for attention and affection. When a woman knows that someone loves and delights in her, her heart is deeply impacted.

Think back to when you met your wife. What brought you two together? How did you win her heart? You answered her three questions. You made her feel loved, lovable, and lovely. There are many ways husbands can show their wives that they are loved. Consider the following experiences that bring couples together:

- Faces that light up and say “I am glad to be with you!”
- Surprises that bring joy
- Encouraging words in difficult times
- Enjoying quiet times together
- Feeling safe with one another
- Loving touches
- Spiritual intimacy-building experiences
- Being genuinely glad to be together on a daily basis
- Happy memories of being together in the past, and the anticipation of being together in the future



Throughout Scripture, God calls husbands to love their wives and to live with them in an understanding way. Here are some practical ways husbands can minister to their wives:

1. **A husband needs to treat his wife in a loving way.** (Colossians 3:19)
  - Forgive her.
  - Control your anger.
  - Speak in a kind tone of voice.
2. **A husband needs to demonstrate leadership, covering, and protection.** (Ephesians 5:22-24)
  - Understand her need for security.
  - Help her with her fears.
3. **A husband must be willing to sacrifice himself for his wife.** (Eph. 5:25a)
  - Be willing to lay down your life for your wife.
  - Be willing to die to self in loving your wife.
  - Be willing to be uncomfortable and to get hurt.
4. **A husband is to nurture his wife spiritually.** (Eph. 5:25b-27)
  - Take care of your own spiritual growth.
  - Accept and love her unconditionally.
  - Care about what God is doing in her life.



### Prayer Needs

We thank God for each one of you who prays faithfully for our ministry!

Pray with us for:

- God to open the hearts of our clients to receive and respond to His truth
- Rev. Jeff Pokone & his family
- Anjali Rao & her family as they serve the Lord in India this summer
- God's continued provision for our financial needs
- God to use our resources and materials to help others

### Online Donations

Donations to IBCC can now be made online via Paypal! To make a donation:

1. Go to [www.indianabcc.com](http://www.indianabcc.com).
2. Go to **About IBCC**.
3. Click on **Donate**.

Or, just click on the “Make a Donation” link at the bottom of the weekly email devotionals!

Continued on Page 2

## Family Series: Ministering to the Heart of Your Wife, *cont.*

- Make certain she is in the Word and growing.
  - Take her to the Lord in prayer.
  - Make sure she is in fellowship with others.
5. **A husband is to cherish his wife.** (Eph. 5:28-30)
- Affirm her value to you.
  - Be glad to be with her (all the time).
  - Try to understand when she feels rejected by you; do not defend yourself.
  - Give her “I love you” hugs.
  - Pay attention to her when she speaks to you.
  - Ask her about her thoughts, feelings, hopes, and desires.
  - Learn to speak her love language.
6. **A husband is to dwell with his wife with understanding.** (1 Peter 3:7a)
- Learn how she is processing events, decisions, and life situations.
  - Build your emotional vocabulary.
  - Realize that understanding helps a person to open up their heart, while misunderstanding causes a person to want to withdraw their heart.
7. **He must honor her as the weaker vessel and treat her as a joint heir in Christ.** (1 Peter 3:7b)
- Acknowledge your wife’s emotional and physical vulnerabilities.
  - Be the emotionally strong one.
  - Protect your spiritual intimacy and the prayer life you share.

One obstacle that keeps husbands from ministering to their wives' hearts is looking to their wives for validation rather than to the Lord. When this happens, a man develops fear toward his wife, because she knows all his weaknesses, sins, and shortcomings. Men, you cannot take your need for validation to your wife. You must look instead to Christ, for He alone can meet that need. You cannot allow the inadequacy you feel or the disapproval you have experienced get in the way of loving and pursuing your wife.

Wives, your attitude toward your husband can either help or hinder him from ministering to you. First, remember that your husband stands alone before God with the responsibility to love and take care of you. You are not responsible to be his teacher. Second, recognize that your husband alone will never be able to meet your needs for love, acceptance, and security. Only an intimate relationship with Christ can satisfy those needs. Your husband's efforts will never be enough until you learn to look first to Christ for love and security.

What a beautiful thing it is when husbands and wives look to Christ to meet their needs, and then in Christ learn to understand and validate one another's hearts! This is God's design for your marriage—that you walk as one in Christ, living together in an understanding way. Husbands, are you learning to understand and minister to the heart of your wife?

-Rev. Jeffrey Pokone

This message entitled *Ministering to the Heart of Your Wife* is available at [www.indianabcc.com](http://www.indianabcc.com). For more information on this subject, we invite you to download Rev. Pokone's [family\\_series.htm](#).

## Testimonies from Changed Lives



*“Under the direction of the Holy Spirit, Reverend Pokone worked with me as I struggled with unresolved past issues and the Lord’s acceptance of me. Our time of prayer and meditation in Ephesians I revealed to me that I am a beloved child of God, and that the Lord’s acceptance of me is not dependent on my works.*

*Through our sessions, God showed me that I don’t have to live in condemnation when I make mistakes and made me aware of the desires that come out of my new heart in Christ. I have found closure to some past unresolved issues. Thank you!”*

*“These sessions have helped me immensely. I will use what you have given and learned to help push me to the other side—pushing through to completion and coming out whole and healthy, reflecting more the character of God.”*

*“Reverend Pokone was very instrumental in helping me to heal and have a greater understanding of what God wants for me. Specifically I have been learning how God wants me to respond in the areas of anger and forgiveness. I am very thankful for the way God used IBCC at a very dark time in my life.”*

*“Thank you, thank you for the help you gave me by helping me identify lies, find God's truth to apply to the lie, and understand my identity in Christ. I have had several meetings with my family within the past year. The Lord enabled me to stand strong through their attempts to “pull me back.” Additionally, the Lord has given me much victory over anorexia. I am enjoying food and living at my highest weight ever! I gained twenty pounds within a year of the time I had my last counseling session. I have had several opportunities to share with other girls/young people struggling with eating issues or family issues. Thanks again for the investment made in my life!”*