

# RENOVATED

**A Wife According to God's Design**

**A Well Training Ministry Event**

**designed to strengthen marriages and  
forever change the lives of women**



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**RENOVATED**

**A Wife According to God's Design**

*Renovated: A Wife According to God's Design*

Published by The Well Training Ministry, Inc.

Updated 2021 for The Well Training Ministry, Inc.

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Odessa, FL 33556  
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“Forget the former things; do not dwell on the past.  
See, I am doing a new thing! Now it springs up!  
Do you not perceive it? I am making a way in  
the wilderness and streams in the wasteland.”

**Isaiah 43:18-19**

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# SESSION ONE

## AN ABSOLUTELY NECESSARY INTRODUCTION

### MANAGING EXPECTATIONS

This is a *wife* \_\_\_\_\_.

It's an intensive on marriage with a specific focus on understanding the role of women within it.

The best way to hang on to what you learn is to \_\_\_\_\_ your main take-aways with someone.

Single women: Glean what you can and let the content help you make better choices!

You're *not* going to get a lot of how-to's.

Sometimes how-to's \_\_\_\_\_ the need to rely on the Holy Spirit to reveal what only He can reveal to us.

The content isn't \_\_\_\_\_.

It's not exposure to truth that fixes us. It's the \_\_\_\_\_ of truth that changes things.

The conference *won't* speak to \_\_\_\_\_ situation.

See, the *Recommended Reading* list on p. 32

*Highly recommended:* Christian counselors or support groups, especially if you're dealing with sexual addictions, substance abuse, betrayal, or some other level of trauma in the marriage.

See, *Ministry Resources* on p. 33

It's okay if you don't \_\_\_\_\_ with everything.

Focus on what you \_\_\_\_\_ agree with and ask God to show you how to start applying it.



## WORLDVIEW MATTERS

We live in an anti-Bible, post-Christian, highly feminized, hedonistic culture. This is the water in our fishbowl that impacts our understanding about men and women, husbands and wives.

The conference content is built on a *biblically-based* framework, which means the starting point is a \_\_\_\_\_ worldview:

The Bible is the \_\_\_\_\_ of God to humankind.

The Bible is \_\_\_\_\_.

All Christian theology can be summed up in four words:

\_\_\_\_\_ Heaven and Earth are one, the Kingdom is here, humans are the image of God, co-ruling with Him on the earth. *Genesis 1-2*

\_\_\_\_\_ Hell on Earth, the image of God in humanity is corrupted, the Evil One rules on earth with humans serving his plans and purposes. *Genesis 3-4*

\_\_\_\_\_ God fixing the world and humans by entering it and drawing people back to Himself and His Kingdom. *Genesis 3-Jude*

\_\_\_\_\_ Heaven and Earth are one, the Kingdom is here, humans are the image of God, co-ruling with Him on Earth. *Revelation*

Jesus is the \_\_\_\_\_ Lord and Savior.

Jesus is the fulfillment of Adam's call and Israel's call, the Promised Messiah, the Son of God, the second Adam, the rightful Lord of the earth, and the only One through whom humankind must be redeemed from its present condition.

Jesus *alone* restores our relationship *with* God, the image of God \_\_\_\_\_ us, and the purpose of God \_\_\_\_\_ us.

Jesus \_\_\_\_\_ everyone to leave the kingdom of hell and walk with Him in the Kingdom of Heaven, *now* and for all eternity.





Is the Bible a God-made book or a man-made book?

If you *don't* believe God is the Bible's source, then you are:

More likely to \_\_\_\_\_ it when you don't agree with it.

Less likely to \_\_\_\_\_ what it says and live by its truth.

Not inclined to \_\_\_\_\_ its values to others.

### A RENOVATED PERSPECTIVE

We need to let God's word and His vantage point impact our worldview on *everything*, including marriage, which requires gaining a renewed perspective. *Isaiah 55:8-9*

Perspective #1: You're either building or \_\_\_\_\_, whether you know it or not.  
*Proverbs 14:1*

Building up involves things like:

\_\_\_\_\_

Choosing to be affirming and encouraging

Using \_\_\_\_\_

Serving and helping

\_\_\_\_\_ communication

Exercising self-control

Showing \_\_\_\_\_

Tearing down involves things like:

Constant \_\_\_\_\_

Constantly challenging his ideas/opinions/decisions

Making him feel \_\_\_\_\_

\_\_\_\_\_ and affairs

Comparing him to other men

\_\_\_\_\_ him for all the problems





Perspective #2: The \_\_\_\_\_ over your marriage matters.

*Luke 14:25-27; Romans 14:17; Galatians 5:22-23; James 3:13-17*

Your marriage is being influenced by the one \_\_\_\_\_ it. You can place your marriage under God's authority, or you can place your marriage under your \_\_\_\_\_ authority. Whatever authority we choose shapes the kind of fruit our marriage bears.

A marriage under God's authority would be characterized by:

Perspective #3: *Your* marriage is part of \_\_\_\_\_ discipleship.

Discipleship is God's \_\_\_\_\_ for producing His fruit in and through us.

Marriage \_\_\_\_\_ in us what *still* needs to be transformed.

Perspective #4: Your marriage is like a \_\_\_\_\_.

A marriage is the \_\_\_\_\_ of the spiritual union between a man and woman, and now they have something that must be *nurtured* and *cared* for.

Be aware of what you're \_\_\_\_\_ to do based on what your husband is not doing because if both of you stop taking care of the baby, the baby is going to die.

Perspective #5: Your husband might feel \_\_\_\_\_ by you.

Men marry women hoping they \_\_\_\_\_ change. Women marry men hoping that they \_\_\_\_\_.

*If you're the wife with the broken dream:* you might feel like it's your right to \_\_\_\_\_ him for blowing up your world.

Perspective #6: Marriage can't \_\_\_\_\_ us from sin.

*Acts 4:12; Titus 2:14*

Only Jesus can redeem sin, not a \_\_\_\_\_ marriage.

If you need your marriage to \_\_\_\_\_ something in you, or in your husband, then you will make your marriage an \_\_\_\_\_.

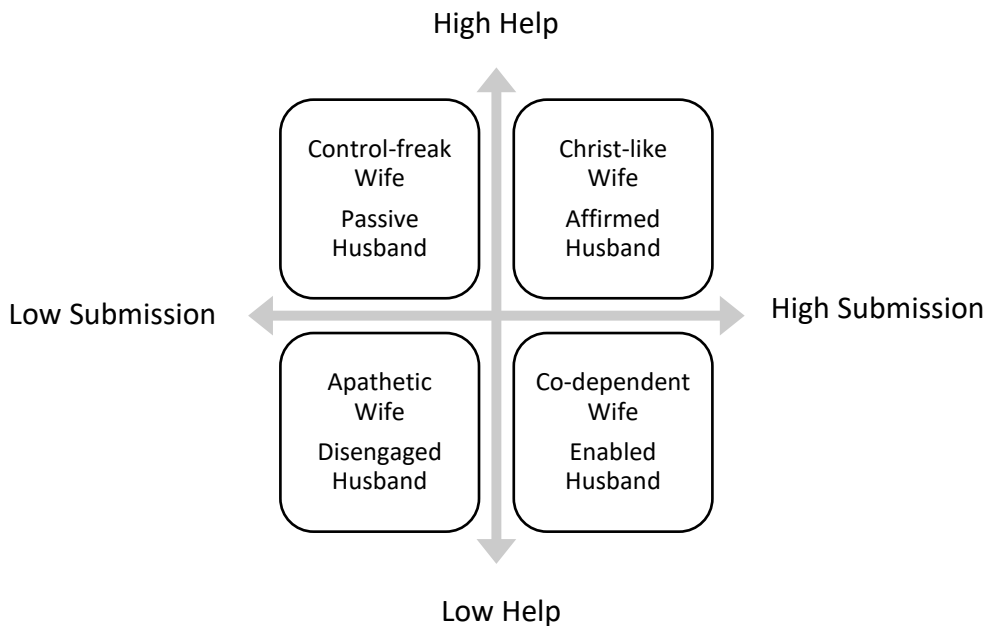


Perspective #7: Every wife needs \_\_\_\_\_.

There are two (2) main components in God’s design of a wife that need fine tuning – *Helpmate* and *Submission* because we don’t come into marriage *automatically* calibrated.

We’re *naturally* pre-disposed to one over the other, which means we must \_\_\_\_\_ at cultivating what’s less natural to us in order to become a more balanced wife.

What the calibration and miscalibration of Help and Submission produce:



“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up! Do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”  
*Isaiah 43:18-19*

**Be of good courage!**  
**Our good God can do a *new* thing in YOU and in your marriage – if you let Him!**

## BONUS MATERIAL

### I DON'T WAIT ANYMORE: A SINGLE'S PERSPECTIVE

When I was 16, I got a purity ring. And when I was 25, I took it off. I didn't tell anyone I was doing it – it wasn't a statement or an emotional thing. I just slipped it off my finger that day and, before tucking it away in a box, ran my finger around the words on the familiar gold band. "True Love Waits." Waits. What's it "waiting" for, anyway?

I had my reasons for deciding not to wear it anymore. Other people might have other reasons. It's a graveyard of hearts, this place where single church girls crash into their late 20s and early 30s. Churches see the symptoms. They scramble to reach out to the ever-growing young adult singles crowd who feels alienated by family-oriented services. But there's something bigger behind it than that. Much bigger.

There are a lot of girls out there who don't know who God is anymore – the God of their youth group years just isn't working out. Back then, that God said to wait for sex until they are married, until He brings the right man along for a husband. They signed a card and put it on the altar and pledged to wait. And wait they did. And waited and waited and waited.

Some of them have prayed their whole lives for a husband, and he hasn't shown up. They've heard the advice to "be the woman God made you to be, focus on that, and then the husband will come." They've read "Lady in Waiting," gotten super involved in church and honed their domestic skills. And still they wait.

More than a decade ago, a youth leader handed them a photocopied poem in Sunday School written to them from "God" that said, "The reason you don't have anyone yet is because you're not fully satisfied in Me. You have to be satisfied with Me and then when you least expect it, I'll bring you the person I meant for you." And the girls see it posted on their bulletin boards from time to time.

"You're right, God," they say. "We're not satisfied in You yet. We will put You first and then You can bring us a husband in Your timing." But many of them – if they're honest – will tell you that time has passed, and it's wrecking their view of God.

If this is who God's supposed to be, then He's tragically late. So, some decide to chuck "Lady in Waiting" out the window...and possibly their virginity with it. Church goes next. God might go next, too. If He doesn't answer these prayers after they've held up their end of the bargain, why would He answer any others? Whether it was the fault of the leaders, the fault of us girls, or both, a tragedy happened back then.

A lot of girls were sold on a deal and not on a Savior. I had that poem on my bulletin board all through high school – the one where "God" was telling me to fall in love with Him first and then I would be able to fall in love with a husband later. Who wrote that poem anyway? Pretty sure it wasn't God.

When Jesus was here on the earth, the crowds would follow Him because they saw He gave good things. But that's not what He wanted. He wanted their hearts for Himself. So, He would turn to them and say things like, "If you don't love Me so much that every other relationship in your life looks like hate by comparison, you can't follow Me." (Matthew 10:34-39, paraphrase)



That sounds a lot different from the poem. Christ is the source of everything we need and the Giver of all good gifts...but in telling people about Him, it's possible we've sold them on a solution for life's problems and not life itself. What if we as girls had learned early on that having Him was everything, not a means to the life we think He would want us to have.

If we had learned we don't abstain from sex because we're "waiting." We abstain because we love Him.

If I'd had on my bulletin board, "Fall in love with Jesus." That's it. Bottom line. That's everything you need to know, to work toward, to put your hope in.

If I'd learned who He is, what He wants, how to give Him everything, not "wait" so that one day I could give my everything to someone else.

If I'd learned that it's not bad to pray for a husband, but that my greater prayer should be for Him to spend my life as He chooses for His glory.

If we as believers make that our message, things could be drastically different for a lot of girls wondering why the God they think they learned to follow doesn't compute. It doesn't necessarily stop the desire for a husband or end all feelings of loneliness, but it does show a God who provides, loves and gives infinite purpose even to our singleness rather than a God who categorically denies some who pray for husbands while seemingly giving freely to others. It shows that while marriage is good, He is the greater goal.

Don't think I've done this perfectly. I'd be deceiving you if you thought that. I've had relationships where I made major mistakes. I've gone through angst-ridden phases where I met with friends to plead together with God to bring us husbands. I've planned major life decisions around possibilities. I lived like I was waiting for something.

And that's why I slipped off my ring that day. It wasn't that I wanted to sleep with people – I haven't. It wasn't a slap to True Love Waits, or to anyone who wears a purity ring – saving sex for marriage is good and is His design.

I just didn't want to wait anymore – didn't want to live like I was waiting on anyone to get here. I already have Him...and He is everything.

*"Follow Christ for His own sake, if you follow Him at all." – J.C. Ryle*

# **BONUS MATERIAL**

## **A MAN'S GUIDE TO WORDS WOMEN USE**

(Just for Laughs)

### **FINE**

This is the word women use at the end of any argument that they feel they are right about, but need to shut you up. NEVER use "fine" to describe how a woman looks. This will cause you to have one of those arguments.

### **FIVE MINUTES**

This is half an hour. It is equivalent to the five minutes your football game is going to last before you take out the trash, so they feel it's an even trade.

### **NOTHING**

This means something and you should be on your toes. "Nothing" is usually used to describe the feeling a woman has of wanting to turn you inside out, upside down, and backwards. "Nothing" usually signifies an argument that will last "five minutes," and will end with the word "fine."

### **GO AHEAD (WITH RAISED EYEBROWS)**

This is a dare which will result in a woman getting upset over "nothing" and will end with the word "fine."

### **GO AHEAD (WITH NORMAL EYEBROWS)**

This means "I give up" or "do what you want because I don't care." You will get a raised eyebrow in just a few minutes, followed by "nothing" and "fine" and she will talk to you in about "five minutes" when she cools off.

### **LOUD SIGH**

This is not actually a word, but is still often a verbal statement very misunderstood by men. A "loud sigh" means she thinks you are a fool and wonders why she is wasting her time standing around and arguing with you over "nothing."

### **SOFT SIGH**

This, also, is not a word, but a verbal statement. "Soft sighs" are one of the few things that some men actually understand. She is content. Your best bet is not to move or breathe or say a word and she will remain content.

### **THAT'S OKAY**

This is one of the most dangerous statements a woman can say to a man. "That's okay" means she wants to think long and hard before paying you retributions for whatever it is you have done. "That's okay" is often used with the word "fine" and is used in conjunction with a raised eyebrow "go ahead." At some point in the near future, when she has plotted and planned, you are going to be in some really big trouble.



**PLEASE DO**

This is not a statement; it is an offer. A woman is giving you a chance to come up with whatever lame excuse or reason you have for doing whatever it is you have done. You have a fair chance to tell the truth, so be careful, and you shouldn't get a "that's okay."

**THANKS**

A woman is thanking you. Do not faint. Don't comment. Just say "you're welcome."

**THANKS A LOT**

This is much different from "thanks." A woman will say "thanks a lot" when she is really ticked off at you. It signifies that you have hurt her in some callous way, and it will be followed by the "loud sigh." Be careful not to ask what is wrong after the "loud sigh" as she will only tell you "nothing" and now you know what will happen from here.

# SESSION TWO

## HELPMATE: OUR *PURPOSE* IN MARRIAGE

### GAINING A BIBLICAL PERSPECTIVE

Foundational verse: *Genesis 2:18*

Women were NOT created to submit. We were created to \_\_\_\_\_.

1<sup>st</sup> Operating Principle for marriage and the Helpmate: God's \_\_\_\_\_ *Over Everything*



*Do you believe God is the author and source of the Bible? If yes, then you'll let the Bible \_\_\_\_\_ your mind. Isaiah 55:8-9*



*Do you believe the Bible is authoritative? If yes, then you'll \_\_\_\_\_ by what it says.*

Everything in creation is \_\_\_\_\_ by God's rules and laws. These allow the created order to \_\_\_\_\_, to be sustainable, and to exist in harmony with other things in creation.

Human \_\_\_\_\_ are governed by laws. We might not like the rules God has designed to govern our relationships, but we can't \_\_\_\_\_ or violate those laws without consequence.

*The role of the helpmate is governed by God's relational laws, like everything else in creation.*

2<sup>nd</sup> Operating Principle for marriage and the Helpmate: God is the \_\_\_\_\_

Foundational verse: *Romans 1:20*

God doesn't just \_\_\_\_\_ us laws to follow. God is also \_\_\_\_\_ Himself in creation. This includes His creation of man and woman and the institution of marriage.

Some of God's "invisible qualities" that are meant to be seen in creation and marriage:

God is Triune, but \_\_\_\_\_ God.

He is one God in three distinct Persons. *Luke 3:21-22*



He is  $1 \times 1 \times 1 = 1$  God, not  $1 + 1 + 1 = 3$  different Gods.

*God is our blueprint for how two distinct \_\_\_\_\_ can be "one flesh."*

God is \_\_\_\_\_.

The Father, Son and Holy Spirit are not just related, but they \_\_\_\_\_ in relationship with each other with all their interactions energized by a holy love.

They are active and responsive to each other, communicating and having all things in common.

*God is our blueprint for how to be in \_\_\_\_\_ with each other.*

God's nature is \_\_\_\_\_ masculine and feminine.

Neither masculinity nor femininity are \_\_\_\_\_ than or less than the other because that would mean that one part of God's nature is better than or less than the other.

*God is our blueprint for how to \_\_\_\_\_ one another, and not compete against each other.*

God is \_\_\_\_\_.

He is NOT characterized by independence. Each member of the Trinity isn't trying to carve out His own existence or space \_\_\_\_\_ from the other.

*God is our blueprint for how to work together as a \_\_\_\_\_.*

God \_\_\_\_\_ to God.

The Father, Son, and Holy Spirit have *personal* equality, but don't operate from \_\_\_\_\_ equality. *1 Corinthians 15: 23-28; Philippians 2:5-7*

*God is our blueprint for how to \_\_\_\_\_ to one another.*





God \_\_\_\_\_ God.

They want all creation to see the \_\_\_\_\_ of the other.

*God is our blueprint for how to \_\_\_\_\_ each other.*

## UNDERSTANDING OUR PURPOSE

We must understand WHAT God designed women to do and HOW we are to meaningfully contribute as the Helpmate.

Our role is one of great power because it comes with a great ability to \_\_\_\_\_. Therefore, we need to channel that power of influence correctly.

God designed us to *help* our husbands be \_\_\_\_\_.  
*Proverbs 18:22; Proverbs 31:10-12, 23*

We help our husbands by helping them *do* what \_\_\_\_\_ created them to do, which we learn from their original mandate:

To \_\_\_\_\_ God                      *Genesis 2:16-17*

To \_\_\_\_\_                              *Genesis 2:15*

To \_\_\_\_\_ a woman              *Genesis 2:18; 23-25*

When God created Eve and told her to help Adam, *his* mandate \_\_\_\_\_ the direction of her help.

God hardwired your husband in such a way that he \_\_\_\_\_ your help to succeed in his God-given calling! So, ask yourself:

How can I HELP my husband be great in his obedience to God?  
*1 Peter 3:1-2*

Step 1     \_\_\_\_\_ your mouth.

Step 2     \_\_\_\_\_ Jesus to your husband.

The most effective thing you can do to affect your husband's obedience and faith is to \_\_\_\_\_ for him *regularly*.



How can I HELP my husband be great at his job or ministry?

Are you giving him the \_\_\_\_\_ he needs to do his work or ministry?

Don't underestimate the power of an " \_\_\_\_\_ " in helping your husband be great!

How can I HELP my husband be great at loving *me*?

Your husband doesn't *automatically* know how to love you as a wife and there's NO way he can figure YOU out \_\_\_\_\_ your help!

God designed us to be \_\_\_\_\_.

*Genesis 3:20*

A wife can *become* a mother, but our \_\_\_\_\_ role in marriage is to be the wife. It's *always* wife first, mom \_\_\_\_\_.

When we put our children before our husbands, we don't do our children ANY favors:

They can wind up \_\_\_\_\_ and self-absorbed.

They will be raised in a marital model that is \_\_\_\_\_ of God's design.

Their marital \_\_\_\_\_ will be the model we gave them.

God designed us to \_\_\_\_\_ with men.

*Genesis 1:27-28; Ecclesiastes 4:9-12*

*Together* men and women, husbands and wives were given a \_\_\_\_\_ work to do.

God created us to subdue and rule the earth as co-\_\_\_\_\_, to care for the earth and its people, to reproduce the image of God and advance the culture of heaven here.

**MAKES NO DIFFERENCE IF YOU'RE MARRIED OR SINGLE**

Whether you're single or married doesn't change your design and what you were created to contribute:

Foundational verse: *1 Corinthians 7:34-35*

Marriage doesn't make you whole, it \_\_\_\_\_ you!



\_\_\_\_\_ we're called to live out *physically* when we marry, we are *already* called to do *spiritually* in Christ. We are:

The \_\_\_\_\_ of Christ

\_\_\_\_\_ Mothers

\_\_\_\_\_ in the Body of Christ

You DON'T \_\_\_\_\_ the "help" when you get married. You're already the help! When you marry, the way you help is divided – helping a \_\_\_\_\_ family and a \_\_\_\_\_ man.

## HELP DEFINED

The Hebrew word is "Ezer." The word is used to describe God's creation of woman and to describe \_\_\_\_\_.

The help precedent in Scripture:

Eve helped Adam, God helped Israel, the tribe of Levi helped the High Priest, Jesus helps the Father receive glory, the \_\_\_\_\_ helps Jesus receive glory, the Spirit helps the ministry of Christ continue, the Body of Christ helps \_\_\_\_\_, etc.

The meaning of help:

To surround, \_\_\_\_\_, to assist, to aid, to \_\_\_\_\_ by coming to the aid of, to furnish relief.

To "relieve" means: to \_\_\_\_\_ a burden, to \_\_\_\_\_ something enough to make it tolerable, to lessen the monotony.

When God entrusts you with a job:

*Matthew 25:14-19, 26-27*

God expects a \_\_\_\_\_.

We have zero \_\_\_\_\_.

We will give an \_\_\_\_\_.



# FOR PETE’S SAKE, HELP THE BROTHER!

Foundational verse: *Proverbs 12:4*

“Disgraceful” or “shameful” in Hebrew means: \_\_\_\_\_, to put to shame, to bring confusion, to become \_\_\_\_\_.

Our help can run in one of two directions – we can be a crown or a \_\_\_\_\_.

Some things that help you to be his “crown:”

Watch your \_\_\_\_\_.

Constant \_\_\_\_\_, ongoing criticism, sarcasm, and \_\_\_\_\_ are NOT help!

Be aware of YOUR unrealistic \_\_\_\_\_.

God expects \_\_\_\_\_ to help our husbands, but we keep expecting \_\_\_\_\_ NOT to need our help!

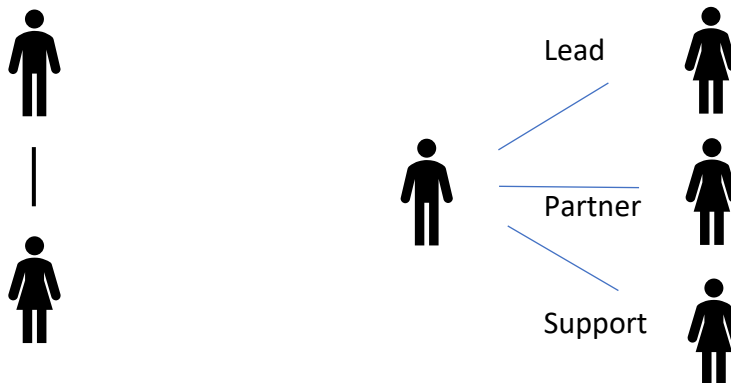
\_\_\_\_\_ to his cry for help.

Our problem isn’t that we don’t KNOW what our husbands need. Our problem is we \_\_\_\_\_ want to help them!

YOUR husband \_\_\_\_\_ what YOUR help looks like.

WRONG model = function is to submit

GOD’S model = function is to help



Headship and leadership are NOT the same thing! Though headship is leadership, not all leadership is headship.

You have to \_\_\_\_\_ him to help him:

What's your husband's \_\_\_\_\_?

What's his \_\_\_\_\_ language?

What kind of \_\_\_\_\_ support does he need or want?

What \_\_\_\_\_ or de-energizes him?

What are his spiritual \_\_\_\_\_ or passions?

What is his \_\_\_\_\_?

## A CLOSING THOUGHT

“Your husband was loved by a mother who thought him to be at his birth, wonderful and beautiful in every way. He was her baby boy, and she was his mother. She had hopes and dreams for his life, hopes of what he could be, of what he would be. Soon enough, her boy grows up and one day this mother must give her beloved son to another woman to love, releasing him into the arms of a woman he will call his wife. Will this wife also believe that her boy is wonderful? Will she believe in what he could be? Will she treasure him, nurture him, honor him, protect him? Will she? Will you?” – *Luci Stanley*

**Your husband's ability to fulfill his God-ordained purpose lies with your willingness to contribute to his life the way God designed you to contribute. And when you help him rise, you will also rise.**



# BONUS MATERIAL

## GENERAL PERSONALITY INFORMATION

*Know yourself. Control yourself. Die to yourself.*

<p><b>Melancholy</b> (<i>Beaver</i>)</p> <p>Introvert Task oriented</p> <p><b>Motto:</b> “Do it right”</p> <p><b>Wants:</b> compliance</p> <p><b>Needs:</b> sensitivity, space, support, silence, exact details/explanations</p> <p><b>Values:</b> order</p> <p><b>Makes a great:</b> inventor philosopher researcher designer programmer</p> <p><b>Method of Control:</b> moods/threat of mood</p> <p><b>Strengths:</b> analytical thoughtful devoted planner detailed</p> <p><b>Weaknesses:</b> too sensitive skeptical isolates critical unrealistic expectations</p> <p><b>Possible Bible Character:</b> Jeremiah Martha</p>	<p><b>Choleric</b> (<i>Lion</i>)</p> <p>Extrovert Task oriented</p> <p><b>Motto:</b> “Git r’done”</p> <p><b>Wants:</b> dominance</p> <p><b>Needs:</b> to lead, activity, respect, loyalty, freedom</p> <p><b>Values:</b> work</p> <p><b>Makes a great:</b> CEO manager producer head coach leader</p> <p><b>Method of Control:</b> anger/threat of anger</p> <p><b>Strengths:</b> bold self-reliant confident leadership assertive</p> <p><b>Weaknesses:</b> tactless unaffectionate workaholic competitive bossy</p> <p><b>Possible Bible Character:</b> Paul Deborah</p>	<p><b>Sanguine</b> (<i>Otter</i>)</p> <p>Extrovert People oriented</p> <p><b>Motto:</b> “Let’s have fun”</p> <p><b>Wants:</b> influence</p> <p><b>Needs:</b> attention, approval, acceptance, affection, freedom from control and details</p> <p><b>Values:</b> fun</p> <p><b>Makes a great:</b> salesman teacher entertainer encourager cheerleader</p> <p><b>Method of Control:</b> charm/wit (to get out of trouble)</p> <p><b>Strengths:</b> persuasive optimistic imaginative forgives easily inspirational</p> <p><b>Weaknesses:</b> show off disorganized restless inconsistent irresponsible</p> <p><b>Possible Bible Character:</b> Peter Mary (Martha’s sister)</p>	<p><b>Phlegmatic</b> (<i>Golden Retriever</i>)</p> <p>Introvert People oriented</p> <p><b>Motto:</b> “Get along”</p> <p><b>Wants:</b> steadiness</p> <p><b>Needs:</b> routine, feeling of worth, lack of stress, time to adjust, appreciation</p> <p><b>Values:</b> peace</p> <p><b>Makes a great:</b> diplomat parent counselor participant team member</p> <p><b>Method of Control:</b> procrastination (I’ll just take my time...)</p> <p><b>Strengths:</b> consistent diplomatic adaptable competent patient</p> <p><b>Weaknesses:</b> compromising passive anxious indecisive lazy</p> <p><b>Possible Bible Character:</b> Abraham Esther</p>
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NOTE: Other factors influence our personality development – life experiences, the temperament and propensities of parents, circumstances, unresolved life issues, etc.

Most people are a combination of at least 2 primary personality types (e.g. Melancholy/Choleric, etc.).



# SESSION THREE

## SUBMISSION: OUR *POWER* IN MARRIAGE

### HOW WE *REALLY* FEEL

What *automatically* comes to mind when we hear the word submission:

Oppression

Loss of \_\_\_\_\_

Loss of rights

Loss of \_\_\_\_\_

Becoming mindless

\_\_\_\_\_

Feels \_\_\_\_\_

Might as well be a slave

You'll be used or \_\_\_\_\_

You have \_\_\_\_\_

Your opinion/rights don't matter

You \_\_\_\_\_ matter


You'll be taken advantage of

Feels like \_\_\_\_\_

### GAINING A BIBLICAL PERSPECTIVE

In God's design of marriage, submission is a foundational component. Submission is one of God's relational laws, based on His own example, that \_\_\_\_\_ a relationship.

 *Do I believe God is the source of the Bible?* This impacts \_\_\_\_\_.

 *Do I believe the Bible is authoritative?* This impacts \_\_\_\_\_.

1<sup>st</sup> Operating Principle of Submission: The \_\_\_\_\_ of Created Things

The one who "names" has natural \_\_\_\_\_ *over* and \_\_\_\_\_ *for* what is named.

Biblical authority is about caring for and \_\_\_\_\_ others. It is NEVER about domination. Domination is always a \_\_\_\_\_ of authority.

Some definitions:

Authority is the \_\_\_\_\_ to rule

Power is the \_\_\_\_\_ to rule



Naming has *nothing* to do with \_\_\_\_\_:

Jesus and the Father are equally God, and Jesus has authority *with* the Father, but Jesus \_\_\_\_\_ to function within His Father's authority.

Adam and Eve are equally made in the image of God, and Eve has authority as a co-laborer, co-regent, and co-ruler with Adam, but God designed Eve to use her \_\_\_\_\_ to function within Adam's authority.

In the biblical authority/submission paradigm, men and women aren't \_\_\_\_\_ forces. They are \_\_\_\_\_, with each leveraging what God has given them to benefit the other.

2<sup>nd</sup> Operating Principle of Submission: The Effect of the \_\_\_\_\_  
*Genesis 3:16-19*

The curse didn't \_\_\_\_\_ women under authority. We were already under \_\_\_\_\_, God-ordained authority!

The curse didn't change our *position*; it changed our \_\_\_\_\_.

At creation, submission was natural, and rebellion was \_\_\_\_\_. *After the Fall, rebellion became natural, and submission became unnatural.*

Jesus works in our lives to transform us \_\_\_\_\_ from our rebellion, back to God's supernatural design.

## SUBMISSION DEFINED

Submission and subjugation are NOT synonyms:

*Subjugation* is the action of someone bringing \_\_\_\_\_ under *domination*, it's enslavement, loss of freedom, \_\_\_\_\_, conquest, defeat.

*Submission* means to subject \_\_\_\_\_, to put *oneself* under authority, to yield, a \_\_\_\_\_ surrender, deference.





Biblical submission is:

A \_\_\_\_\_

No one forces you because your \_\_\_\_\_ is involved.

\_\_\_\_\_

Your ability to \_\_\_\_\_ help and influence your husband is as good as your submission.

**HELP + SUBMISSION = Your SUPERPOWER**

Without submission your husband won't \_\_\_\_\_ the "help" you try to give him because it will feel like manipulation.

Your submission will help your "help" stay \_\_\_\_\_.

\_\_\_\_\_ in God

God wants to \_\_\_\_\_ for you, but you have to \_\_\_\_\_ of His way.

Use your \_\_\_\_\_, make your case, \_\_\_\_\_ to your husband's reason, and if he's not listening – trust God and let God deal with your husband.

\_\_\_\_\_ to God

Nowhere in the Bible does God command \_\_\_\_\_ to tell their wives to submit.

Submission isn't an issue between you and your husband. Submission is an issue between you and God, who is \_\_\_\_\_ your faithfulness to *Him* by way of your submission to another.

**WHAT SUBMISSION IS NOT**

Biblical submission is *not*:

\_\_\_\_\_

Submission *always* involves a \_\_\_\_\_ of your will.



When there's a \_\_\_\_\_ in the road between YOUR will and your husband's will, the *sacrifice* is choosing \_\_\_\_\_ will over your own.

About your \_\_\_\_\_

Your humanity isn't \_\_\_\_\_ because you choose to yield your will.

The loss of your \_\_\_\_\_

Submission kills off your \_\_\_\_\_, not your personhood.

God designed \_\_\_\_\_ to contribute beneficially to your husband's life and for you to succeed as a \_\_\_\_\_.

Submission doesn't make *you* disappear, just some of your \_\_\_\_\_ and inordinate self-love.

\_\_\_\_\_ obedience

*Acts 5:1-10*

The Bible does NOT command a woman to tolerate sin, \_\_\_\_\_ in sin, or violate her conscience, all in the name of submission to a husband.

*Don't deceive yourself!* If you accommodate his sin, you are NOT being submissive. *You* are \_\_\_\_\_ and have made your husband or marriage an \_\_\_\_\_.

## WHAT MAKES SUBMISSION IMPOSSIBLE

Believing and rehearsing \_\_\_\_\_ thoughts about our husbands

*Acts 3:19*

*Turn to Page 24*

Justifying and nursing \_\_\_\_\_

*Luke 6:32-36*

The thing that caused the offense was an \_\_\_\_\_; to be offended is a \_\_\_\_\_.



## Disrespect

Disrespect \_\_\_\_\_ the person on the receiving end of it. It doesn't make them stronger or better.

"If you treat your 20% husband like he's 20%, he'll always give you 20%. But if you treat your 20% husband like he's 100%, he'll rise and give you 100%." – *Debi Pearl*

## YOU WILL REAP WHAT YOU SOW

### The Law of the Harvest

You will \_\_\_\_\_ what you sow.

You will reap \_\_\_\_\_ than when you sow.

You will reap \_\_\_\_\_ than what you sow.

If you sow a lack of submission, you will reap the consequences of that! The NEGATIVE harvest:

### In Your *Husband*

#### Confusion and Passivity:

We say we \_\_\_\_\_ their leadership, then when they try to lead, we refuse to \_\_\_\_\_, so they don't bother trying to lead anymore.

#### Drifting:

Men are \_\_\_\_\_ by God for respect and admiration.

If a man doesn't get respect and admiration from his wife, he'll \_\_\_\_\_ towards what he thinks will provide it.

### In Your *Home*

A house full of anger and \_\_\_\_\_

A house with no \_\_\_\_\_, friendliness, or fun



In You

An \_\_\_\_\_ prayer life

\_\_\_\_\_ versions of you

Loss of \_\_\_\_\_ with God and your husband

You won't \_\_\_\_\_ *yourself*

BUT a woman characterized by submission can produce a POSITIVE Harvest:

A home that's a \_\_\_\_\_ instead of a warzone

Positively affects your \_\_\_\_\_ emotional health

Helps a \_\_\_\_\_ husband turn back to God

Increases your \_\_\_\_\_

Helps you become more \_\_\_\_\_ and less like a *mostly-religious-church-going-woman-whose-faith-hasn't-changed-her-very-much*

Helps a husband regain his God-given \_\_\_\_\_

**If you cultivate a more submissive spirit, you will *actually* like the woman you're becoming,  
and so will your husband!**



## BONUS MATERIAL

### BITTER THOUGHTS THAT WORK AGAINST SUBMISSION

He doesn't love me. He only loves himself.

How dare he come home in a bad mood and take it out on me!

I do so much for him and look at what I get in return!

He's only thinking of himself.

He's stupid; see if I ever try to talk to him again!

I can't believe what he did. I will *never* forgive him.

He'll *never* change.

There is no hope for him.

He did that on purpose to hurt me.

We *never* should have gotten married.

God understands that I can't take this.

I hate him.

I prayed about it and have peace about divorcing him.

I wish he were dead.

I'll show him what it's like.

He's repulsive to me.

The thought of him touching me is nauseating.

How could God let him do this to me?

He should have known better.

Martha Peace, *The Excellent Wife* (Focus Publishing, 1999), p. 94-95



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## SESSION FOUR

### SEX: OUR *PROTECTION* IN MARRIAGE

#### THE DISCLAIMERS

There will be no punches pulled to try and protect any possible sensitivities about this topic.

We're talking in generalities based on the most common scenario in marriage, which is a husband with a higher libido than his wife's. That doesn't mean you're abnormal if your sex drive is higher than your husband's.

If you're single, you need to know that in God's design for sex, only married people are supposed to be having it. Not you, not yet.

#### THE BIBLE'S SEXUAL NARRATIVE

God designed sex to be exclusive. It was to be experienced **ONLY** within the boundaries of a covenant commitment between a man and a woman who become husband and wife. In this relationship of mutual allegiance and fidelity, God gives the couple the gift of sex. When God created sex, He intended a couple to open His gift as often as they wanted for the rest of their married lives, as long as they were physically able. God designed sex to contain a type of pleasure no one else was allowed to experience, making marriage something to be desired. God created the male sexual organ to fit perfectly into a female sexual counterpart. He wanted couples to kiss and hug and touch and fondle and play. God intended sex to be enjoyable for both the husband and the wife, so He put all kinds of nerve endings in their private, sexual areas so they'd experience a pleasure that could lead them both to orgasm. Orgasms aren't necessary *at all* for pro-creation. They're purely the result of intense sexual pleasure. God even gave women an extra, special little part that's completely useless for conception and childbearing. It's simply a pleasure spot on her body, designed by God just for women, so that we too could experience sexual pleasure in an extra special way.

#### SEX IN THE BIBLE

*Song of Songs/Solomon 4:5-7, 9-11, 16; 5:1, 13-16; 6:2-3; 7:6-9; 8:10, 14*

Translation Key (some of these words are interchangeable between the categories):

*Vaginal area:* cistern, well, fountain, mountain of myrrh, hill of incense, garden, bed of spices

*Breasts:* fawns, gazelles, towers, clusters of fruit

*Her body:* choice fruits, lilies, a wall, palm tree, vineyard, spice-laden mountains



## CALIBRATING INTIMACY

Intimacy is key to God's design for sex, and intimacy has two sides that must be calibrated – \_\_\_\_\_ intimacy and \_\_\_\_\_ intimacy.

We start our relationship as husband and wife \_\_\_\_\_:

Generally speaking, women lean hard towards \_\_\_\_\_ intimacy, which we experience through \_\_\_\_\_ and time spent with us.

Generally speaking, men lean hard towards \_\_\_\_\_ intimacy, which they experience through actually having \_\_\_\_\_.

Men have to calibrate by making an adjustment towards the *emotional*, and women have to make an adjustment towards the *physical*.

To calibrate, we have to do what's \_\_\_\_\_ for us and choose the *opposite* of what we want to do, which means intimacy is cultivated through \_\_\_\_\_, not through feelings!

Without the calibration, the marriage becomes dominated by \_\_\_\_\_, not intimacy.

## BROKEN EXPECTATIONS

Men marry women hoping we never change, but then – we change.

You were his \_\_\_\_\_ girlfriend, and now you're his \_\_\_\_\_ wife, and he doesn't know what to do or how to get the woman he dated back!

Now he's stuck – for the rest of his life – with a woman who doesn't even \_\_\_\_\_ him.

## WHY MARRIED WOMEN DON'T CHOOSE SEX

A non-exhaustive list of reasons for why so many married women aren't having sex:

\_\_\_\_\_

Too busy

Our \_\_\_\_\_

Poor or chronic health issues

\_\_\_\_\_

"Mother-mode"

\_\_\_\_\_

Anger or unforgiveness



Feeling \_\_\_\_\_

Time of the month or menopausal

Lack of desire

Unhelpful \_\_\_\_\_ habits

Fear of \_\_\_\_\_

Physical pain or incontinence

Our reasons aren't illegitimate, but we need to \_\_\_\_\_ against letting them produce a sexless marriage as the norm.

God's list of reasons for refraining from sex:

*1 Corinthians 7:3-5*

## WHEN SEX GOES BAD IN MARRIAGE

God designed sex in marriage, not only for procreation and pleasure, but also to protect it. We must protect our marriages from many things such as:

A lack of intimacy due to \_\_\_\_\_ misalignment of the emotional and sexual

Satan, who is actively working to \_\_\_\_\_ us and our marriages through temptation

Sexual \_\_\_\_\_

Things that cause sex to go bad:

\_\_\_\_\_ illegitimate options

Women can experience emotional intimacy with or without our husbands, and we have lots of options that can make us feel emotionally satisfied that don't compromise our walk with God.

After you \_\_\_\_\_ your husband sexually, he has \_\_\_\_\_ legit options for sexual fulfillment!

You are your husband's \_\_\_\_\_ God-ordained, *legitimate* source of sexual relief, intimacy, and fulfillment!

It's a great \_\_\_\_\_ on our part to sexually deny our husbands on a regular basis when they're designed by God to feel loved through sexual intimacy, *and this is the only thing in his life that ONLY his wife can do!*





\_\_\_\_\_ illegitimate options

Physical affairs, emotional affairs, online affairs, sexting and texting affairs, indulging in romance novels and mommy porn, fantasizing, and daydreaming of being divorced or widowed ARE ALL ILLEGITIMATE OPTIONS.

Satan always wants you to believe that you're coming \_\_\_\_\_ when he's actually destroying you.

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If your husband needs to view porn to have sex with you, then you have become a \_\_\_\_\_.

If YOU need to view porn to have sex with your husband, then you're bankrupting yourself \_\_\_\_\_.

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Some repercussions of habitual masturbation:

You \_\_\_\_\_ need each other anymore

You \_\_\_\_\_ satisfy each other anymore

He stops \_\_\_\_\_ you

Some reasons our husbands stop pursuing us sexually:

His \_\_\_\_\_ dynamics

You're \_\_\_\_\_ the sex

You're no longer the \_\_\_\_\_ of his heart



Sex in marriage can operate from \_\_\_\_\_ and deprivation instead of oneness and intimacy. That loss spills over into \_\_\_\_\_, words, and actions. You start *hating* him for the man he's become, and he starts *hating* you for the woman you've become.

BUT the Good News is that God is committed to redemption! He knows how to raise dead things and give them life! He can breathe new life into you, your husband, your marriage, and your family – if you let Him!

## JUST DO *IT* ALREADY!

Calibrating intimacy the way God designed it to be calibrated includes having sex! Here are some practical tips to get you going and keep you going in a sexually and emotionally healthy direction:

\_\_\_\_\_

Find a \_\_\_\_\_ rhythm

Think \_\_\_\_\_ thoughts about him

Stop \_\_\_\_\_ parenting

\_\_\_\_\_ every now and again

\_\_\_\_\_ up

Set the \_\_\_\_\_ YOU need

\_\_\_\_\_ him

Give \_\_\_\_\_, *not* rejection

**Work to get the disease OUT of your marriage bed, calibrate physical and emotional intimacy and you'll begin experiencing God's good, and highly enjoyable, design for your sexual relationship!**



# BONUS MATERIAL

## NAKED PICTURES

There is no command in Scripture that says, “Thou shalt not take a full frontal naked or sexy rear end picture of yourself and send it to your husband via Snapchat or your cell phone.” However, the Apostle Paul didn’t have any commands in Scripture, either, to deal with the specific marital and sexual questions and problems the Corinthian church was asking and having, but he submitted direction to them anyway based on the timeless Kingdom principles that exist in Scripture.

And just as the Apostle Paul needed to guide the Corinthian church to righteousness, that’s what we need to attempt to do regarding the question of sending sexually provocative pictures of ourselves to our husbands (or ANY person for that matter). Ultimately, your decision is going to be between you and God, but never forget - you will stand and give an account of yourself before God for your choices. That’s a Scriptural promise for all of us - with no exceptions. So, I suggest that you think through the grid of Scripture that already exists to determine your choices regarding the righteousness, or lack thereof, of sending pictures of your naked body parts to your husband. Ask yourself:

Will this help him subdue a porn addiction, start an addiction, or stoke the addiction he already has?

Will this help him in his allegiance to God? Am I helping him choose holiness, causing him to sin *less*? Am I helping him become more self-less and Christ-like?

Does this encourage sexual independence from me or interdependence and oneness?

Does my husband masturbate after seeing naked pictures of me? Is masturbation God’s design for our sexual intimacy?

Does this action make my marriage bed public or private? Safe or unsecured? *Hebrews 13:4*

Does this action violate my conscience? *Romans 14:23*

Am I taking my sexual cues from the world or Jesus? Am I calling good evil and evil good?

Are my actions motivated by fear of losing him to porn or someone else? A feeling of sexual power? A false sense of “control?” Do I feel it’s my right to do whatever I want?

Will this help my husband learn how to love me? Will this draw him closer to emotional intimacy with me? Will this help me feel chosen, dearly loved, cherished, respected, and honored by him?

### Key Verses:

*1 Thessalonians 4:3-5*

*1 Peter 3:7*

*Colossians 3:19*

*Ephesians 5:1-14*

*1 Thessalonians 4:7-8*

*1 Peter 1:15-16*

We are to treat our own bodies in a holy and honorable manner

Men are to treat their wives with respect

Men are to love their wives morally

There’s to be NO hint of sexual immorality among us as Christians

We are warned not to reject God’s instructions regarding sex

We are commanded to be holy



# BREAKOUTGROUPS

## FIRST GROUP TIME

This group time is an icebreaker. Just relax and get to know each other.

Share your name and why you chose to come to *Renovated*. Use the following list of reasons as a starting point:

*I like doing regular marriage maintenance – going to marriage studies and conferences*

*I was invited by a friend*

*My marriage needs a tune up or some repair*

*My marriage is nearing a breakdown*

*I don't know why I'm here*

*FOMO (fear of missing out)*

*Other (please state what the "other" reason is)*

## SECOND GROUP TIME

This group time is aimed at reflection with application in view.

Look over Session 1 and share which perspective resonated with you the most.

Look over Sessions 2 and 3 and share where you feel you need to make an application as a wife – helpmate or submission, and in what way specifically.

## THIRD GROUP TIME

This group time is dedicated to praying together.

Each woman takes a turn praying in the direction of each segment. Be real and transparent with each other. God can do a miracle if you let Him!

Pray for yourself

Pray for your husband

Pray for God's Kingdom to manifest in and through your marriage  
(*e.g., joy, forgiveness, to be made new, oneness, kindness, purity, etc.*)

Pray for someone else's marriage

## RECOMMENDED READING

### **Be Attitudes of Marriage** by Mark Gungor

Nine straight-to-the-point devotionals emphasizing a way to “be” that allows us to experience the kind of marriage God intended for us to have.

### **Every Woman’s Battle** by Shannon Ethridge

*Understand the four components of female sexuality, design a new defense, cultivate intimacy with your husband and develop intimacy with the One and Only Lover who will satisfy your innermost needs – Jesus Christ.*

### **The Five Love Languages Series** by Gary Chapman

*Discover the ingredient missing from many relationships and learn how to communicate love in a way that can transform any relationship.*

### **For Women Only** by Shaunti Feldhahn

*An inside look at what’s going on in your husband’s head: understand his inner life, know his fears and needs, and hear what he wishes he could tell you.*

### **I Don’t Wait Anymore** by Grace Thornton

*Are you single and have been waiting for life to turn out the way you expected? This encouraging book offers inspiration on how to let go of expectations that keep you stuck in waiting, and how to grasp God’s adventure for you.*

### **If My Husband Would Change I’d Be Happy** and Other Myths Wives Believe by Rhonda Stoppe

*Take captive the lies and myths you believe about your marriage and find fulfillment through God’s truth.*

### **Intimate Issues: 21 Questions Christian Women Ask About Sex** by Dillow and Pontus

*Insights about God’s perspective on sex, and a variety of practical and creative ideas for enhancing your physical relationship with your husband.*

### **Keep it Shut** by Karen Ehman

*A sobering look at how our words have the power to build or tear down everyone around us by either giving glory to the evidence of God in us, or to the raging fire consuming us.*

### **Kingdom Marriage** by Tony Evans

*Learn how to grow your marriage into God’s designed purpose as you live and love in the authority of the Kingdom of God.*

### **Laugh Your Way to a Better Marriage** by Mark Gungor

*A humorous, yet provocative look at what’s necessary to generate and maintain healthy habits and communication in your marriage.*

### **Living Single** by Tony Evans

*Encouragement to fully embrace your life based on the truths found in 1 Corinthians 7 – waiting on the Lord, working for the Lord, fulfilling your personal calling, and what it means to be wedded to Him.*

### **Sacred Marriage** by Gary Thomas

*Learn to understand your marriage as a doorway to a closer walk with God that has holiness as an objective rather than mere happiness.*

### **What’s It Like to Be Married to Me?** by Linda Dillow

*An honest look at yourself from your husband’s perspective and practical help to encourage any necessary changes.*

### **Wired That Way** by Marita Littauer

*Understand the strengths and weaknesses of your own personality type and that of your husband to gain the necessary perspective to overcome differences that appear irreconcilable.*

*Books are recommended based on overall content.*

*A recommendation does not imply agreement with every point of the authors’ theology, interpretation, or praxis.*

# MINISTRY RESOURCES

This conference and simulcast is not designed to address serious problems that exist or persist in marriage. Sometimes a marriage needs much more. If that is your marriage, we encourage you to seek additional help immediately. Here are some ministries and people who are equipped to help beyond what this event can provide:

LOCAL Ministries: Tampa, FL

## **Boundless Hope Christian Clinical Counseling**

Jolene Lantz, MA, LMHC | [boundlesshope.net](http://boundlesshope.net)

Strong and compassionate, biblically centric mental health clinicians and counselors serving children, adolescents, adults and families

## **Healing Grace**

Debbie Hamby | [oasispregnancycenter.org](http://oasispregnancycenter.org)

Confidential Bible studies and support groups aimed at encouraging recovery and restoring freedom to post-abortive women and women who have experienced sexual abuse and/or sexual sin

## **L.I.F.E. Recovery**

Cathy Stone | [idlewild.org/support-groups](http://idlewild.org/support-groups)

Small group ministry and Bible study for co-dependent wives of husbands with addictions, especially drug, alcohol or sexual addictions

NATIONAL Ministries:

## **Deeper Still Retreat**

Karen Ellison | [godeeperstill.org](http://godeeperstill.org)

Yearly weekend retreats for both women and men who have experienced or participated in an abortion as the mother or father of the child, moving each person toward lasting freedom

## **Fight the New Drug**

[fightthenewdrug.org](http://fightthenewdrug.org)

A non-Christian but must-see docuseries (Three 30-minute videos) on the effects of pornography on the brain, relationships, and the world in general. Excellent blogs and resources available via the website

## **Laugh Your Way to a Better Marriage**

Mark Gungor | [markgungor.com](http://markgungor.com)

A funny, but no fluff, conference that is highly insightful and practical and something a husband wouldn't mind attending. It explores the underlying dynamics of male/female relationships while offering great solutions to common relationship issues.

## **WIT (Whatever It Takes)**

Paul Speed | [witministries.com](http://witministries.com)

Conferences for men, women, and singles characterized by sexual addiction with an emphasis on breaking addictions and restoring the person and the marriage.

## WELLINFO

For more information about The Well, our conferences, trainings, or groups:

**[thewelltraining.org](http://thewelltraining.org)**

Follow us on Social for more info:

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# OPERATION TRAIN UP A WOMAN

*Breaking the Cycle of Non-Discipleship*

**September 16-17, 2022**

Tampa Airport Marriott

Tampa, FL

Operation Train Up a Woman (OTUAW) explores the critical need for discipleship in women's ministry. This two-day conference is a spiritual boot camp designed to equip and recalibrate women towards the biblical model of discipleship. The conference includes keynote messages, small groups, and workshops.

**[thewelltraining.org/conferences](http://thewelltraining.org/conferences)**





*A renovated* life and  
*a renovated* wife can  
change the world