

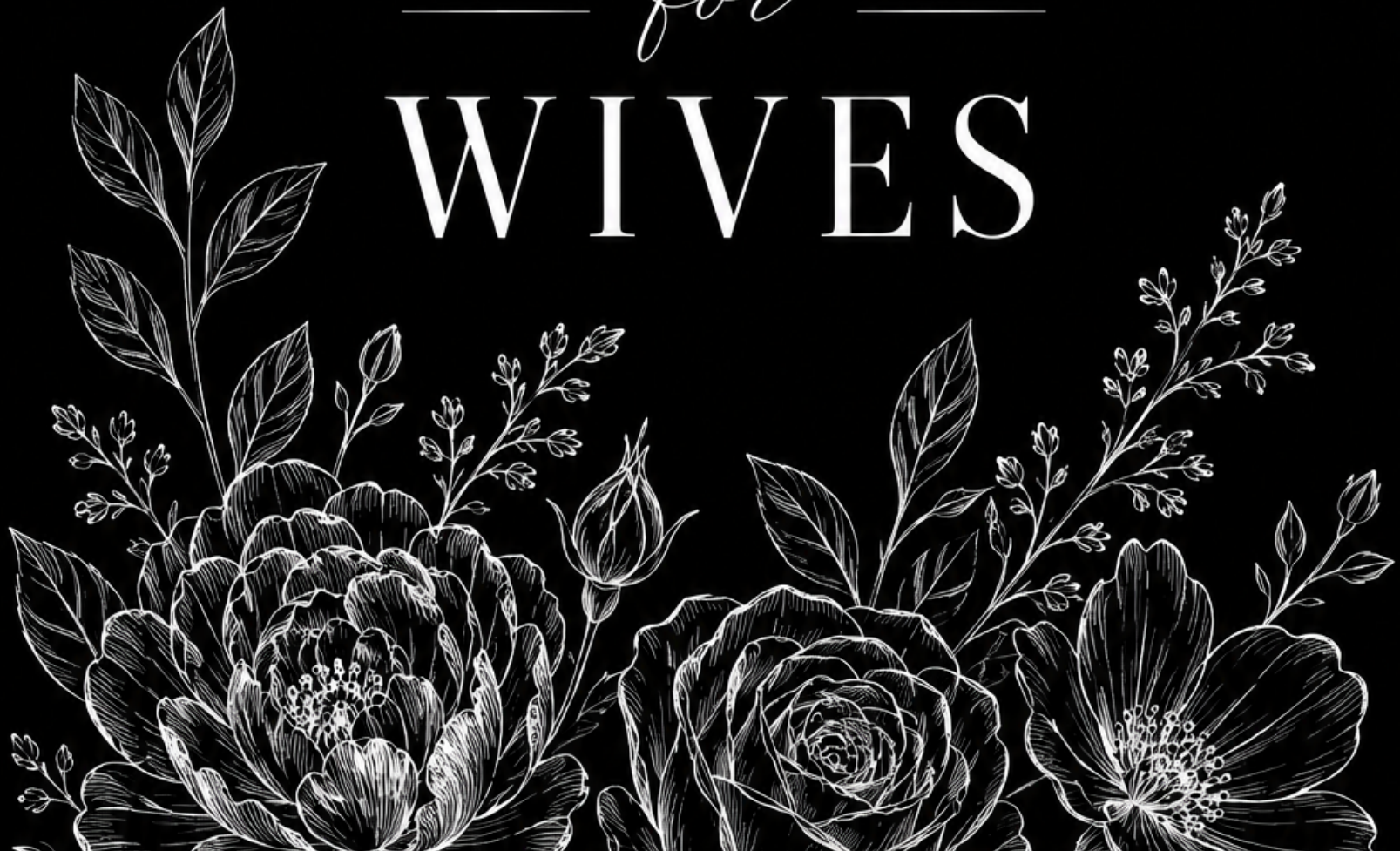
FREEDOM

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14 DAY
PRAYER GUIDE
for

WIVES



Dear wives of the men of Freedom Con,

Welcome to this group of Noble Women, expectantly praying for incredible things for our Stronger Men! It is my hope that this prayer guide would help you as you walk alongside your husband in the days leading up to the *Freedom Conference 2026: Rise of the Statesmen*. I am so excited for you and your household and I am praying that your marriage and family would be changed for good as your husband's life is impacted at this great event.

I'd love for you to follow along each day as I share a small thought and prayer for the wives specifically. As our husbands grow and change, we must be growing and learning alongside them. As the Lord does a miraculous work in their hearts, so too should we be open and ready for the Lord to do a great work in ours.

Too often, I hear of men who are experiencing the transforming work of Jesus and excitedly return to their marriage and home motivated and newly equipped to lead like never before, only to be faced with a wife who has held on to the past with resentment or condemnation, unwilling to forgive and move forward with her husband and his new convictions.

Ladies, this guide is designed to help you support your man as I believe in faith that his life will be changed as a result of this

weekend. And in order for that good work to continue in our homes, we must be allowing the Holy Spirit to do good work in us simultaneously! This guide is a tool for just that. Yes, it is a tool to help us pray together for our men, but even more, it is designed to help you, as a wife, continue to grow in sanctification and beauty as the Lord refines you.

So welcome to the joyous band of Noble Women, ready to stand with their men and fight! Join me as we endeavor to help, nurture and love our men better than ever before.

I look forward to hearing all the stories of God's work in your life, your husband's life and your marriage as you grow in your call to do good.

with hope,

Sharon McPherson

Wife of Pastor Josh



*Me and my man
-circa 2000*

Monday, June 8

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

The Bible is very clear regarding women: we are made for good. It's part of His perfect design and original intent. We are the ones who were created *after* the Lord said "it is not good for man to be alone". We were the answer, designed and specifically engineered, to complement and complete man. We were given a unique temperament, specially-designed body, and emotional frame that are fit specifically to help him. Helper is our intended role and designed purpose. We are called to help our husbands and to do him good.

During these days leading up to the Freedom Conference, the need for you to be intentionally helping your husband is great. In every area: physically, emotionally, spiritually and practically. Consider your husband and how he feels most encouraged by you. Start thinking strategically how you can help him in these days. Then walk with us over the next 2 weeks as we intentionally help our husbands prepare for Freedom Conference and all God has in store for each man. We are believing that this event will be the catalyst to ignite the spark in thousands of men as they return to their homes

and lead with conviction. That those around them would live in freedom because of the consecrated lives they live for Jesus.

But that could easily be derailed if your husband returns home and you are not ready to help him. You are God's gift to your man—an agent of good, designed to help him reach his maximum capacity. But you must be seeking the Lord with your whole heart, committed to the covenant of marriage you have entered into and fully trusting the Lord and His ability to do good works in your life and the life of your man.

Will you join us in preparing your own heart? As we pray for our husbands and seek to do good to them specifically in the days leading up the event, will you commit to allowing your own heart to be changed and refined by your Heavenly Father? He has great plans for your man, but you must be ready as well. He has great plans for you dear friend.

Let's dive in together and let Him change us and mold us to be even better agents for good in our marriage. We are made for this.

Prayer: Lord, thank you for your word and it's clear directive to me as a woman to be a helper. Please give me the wisdom and passion I need to help my husband specifically, intentionally and beautifully.

Let my heart be ready to love and care for him with joy as we prepare for Freedom Con. Thank you for making me this way Lord. Help me live into this call with great hope and devotion. Amen.

Tuesday, June 9

Bless the Lord , O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's.

Psalm 103:2-5

Throughout scripture we are told to “not forget” or specifically to “remember”. Remember what the Lord has done for you. Remember how He created you. Remember how He saved you. Remember His goodness to you. So as we start in on a 2-week endeavor to bring good to our husband and see growth in our own mind and hearts, we should start by *remembering*. For if we fail to remember what the Lord has done, we may be inclined to think this little prayer guide is just a to-do list to be marked off and accomplished on our own strength. If we just work hard enough, then maybe we can bless our husband and ensure an outcome of awesomeness when he goes and then returns home. Hold on friend. If you thought that, you would be mistaken.

Do we hope this guide will help you bring good to your man and encouragement as he gets ready to head out to Freedom Con? Yes. But do we expect this to be a checklist,

untethered from the work of Jesus in your own heart?
Absolutely not.

If you think these next couple weeks depend solely on your own goodness or righteousness or amazing-ness, you are surely wrong. And if you think that what you've done in the past would keep you from being able to bring good to your marriage and to your man, you are definitely mistaken. Many of you may be viewing this time of prayer and preparation all wrong.

That's why I think its best to start here:

"Forget not all His benefits."

Remember ladies, He is one who *forgives* you.

He is the one who *heals* you.

He is the one who *redeems* you.

He is the one who *crowns* you.

He is the one who *satisfies* you.

He is the one who *renews* you.

No matter how these next couple weeks go, remember this list. Do not be tempted to think you cannot grow and change or that you cannot leave old habits behind and start fresh in your marriage. Do not forget that He has called you,

saved you, redeemed you and said, “You are Mine.” (Isaiah 43:1)

Most certainly, you mustn't carry the full burden and weight of changing your marriage. As much as it depends on you, submit yourself to Christ and obey Him with all you have. Remember He is the one that can strengthen you and carry you. He is the one who does the work and heavy lifting. (Matthew 11:30)

If you are in Christ, you are a new creation. Your past is in the past, according to Jesus. He has redeemed you from whatever pit you were in before you met Him. And He will renew you in the days to come as you endeavor to submit to Him and love your man with all you have.

So remember rightly, friends and bless the Lord. Thank Him and praise Him and honor Him all of your days. Then from the overflow of gratitude, and from a right view and remembrance of God, you can be satisfied with good and, in turn, bless your man from that overflow.

Prayer: Lord, thank you for forgiving me. Thank you for healing me. Thank you for redeeming me. Thank you for crowing me.

Thank you for satisfying me. Thank you for renewing me. Help me to live like it. And help me to not forget all your benefits.

You are so good to me Father. I love you. Help me as I help my man these next couple weeks, in your strength and not mine. Amen.

Wednesday, June 10

A wife of noble character is her husband's crown, but a disgraceful wife is like decay in his bones.

Proverbs 12:4

Cancer in the bones is a silent and hidden killer, bringing decay and destruction under the surface. It is often difficult to diagnose because its symptoms are hard to pinpoint and can go unnoticed for quite some time. But the reality remains: cancer is destructive and will result in loss and sometimes death. Many of us know this from experience in our life or in the life of our loved ones. We have seen the havoc cancer can inflict.

This verse in Proverbs equates a disgraceful wife to a cancer of the bones. She brings decay, destruction and deterioration, rotting the life of her husband from the inside out.

Conversely, a wife of “noble character” is a crown for her husband. Her life is one that brings him honor, respect and success. Her noble qualities—purity, wisdom, discretion, self-control, and kindness—are a beautiful display of his leadership in her life and her godly character. For a wife who is lead well, loved well and submitted to Christ well, will radiate beauty as bright as a polished crown of gold.

It seems like such a stark contrast here in this proverb to compare a cancer of the bone with a glittering crown of jewels. A little harsh maybe? Not so my friends, for all too often, this proverb is proven true.

The imagery is helpful as we consider our ability to bring life or death to our husband. What power we possess and how wisely we should use it! What an honor to be given such a call! Think how marriages could change and flourish if we lived as noble women. Oh how the enemy would cringe. Excellent!

Let us live as women of noble character, friends, and bless our husbands with honor.

Prayer: Lord, help me be a noble woman. Protect my mind from discouragement or despairing thoughts, shame or guilt. Thank you that you have saved me and made me clean. Thank you for giving me the Holy Spirit and calling me to live as a wife of noble character. Help me to obey your word and reject evil. Keep me from saying or doing or being a wife of disgrace. Help me to defeat my flesh when it rises up. Teach me to use your word to fight temptation. And lead me in your truth that I may bless my husband and be the radiant crown for his life. Amen.

Thursday, June 11

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

1 Peter 5:6-7

I am not sure where I first heard this sentiment, but it is one that has come to mind so many times when thinking about relationships, friendships, and specifically marriage.

“There is nothing that cannot be resolved between two humble people.”

It's a bit of a double negative, so you could also say it this way.

“Any conflict can be worked out between two humble people.”

This is the magic key, if you will, to relationships.

As Christians, we humble ourselves under God. He is our spiritual authority. When we are willing to submit to Him and His headship over our lives, then we can walk in humility, knowing that He is the one who rules and reigns

and is worthy of our worship. We gain a right view of His greatness and our finiteness.

This text in Peter shows us that it is through submission and humility that we find peace. We can give Him our worries, anxieties and all the unknowns of this life and know that He will care for us and keep us. But it has to start with a humble heart.

The humble woman is free from arrogance and knows she can be wrong. A humble woman does not have an inflated view of her own gifts and abilities. She accepts feedback and admits when she has messed up. She does not make excuses, blame shift or treat others as inferior just because she has done something well.

Think about this concept applied to your marriage. You and your husband have a disagreement about something. First, you humble yourself before God, asking Him to reveal any sin or heart attitudes that are not submitted to Him. If He shows you things in your own heart, you ask Him for forgiveness. You ask Him for wisdom to know how to move forward in this disagreement with your husband. You tell your husband you want to be humble and hear his side. You

apologize specifically for what you have done wrong against him.

Then, your husband in turn, does the same.

Imagine how your arguments and disagreements would go. Do you think there might be a better percentage of resolution in these moments? Absolutely!

I realize some of you are saying, “Yeah, but my husband doesn’t do this. He’s stubborn and prideful. Even if I did humble myself, it wouldn’t make a dent.” I know this may be true for some of you. But I will encourage you with something we talk about often in our home.

You are responsible for you.

You will be held accountable before the Lord someday for each word *you* spoke, not each word your husband spoke. You are responsible for *your* attitude, *your* obedience, and *your* willingness to walk in truth.

You cannot control your husband’s responses or words. You cannot make him humble or talk him into a place of

submission to Christ. But you can still *help* your husband in this area.

Your continued humility and obedience to the Lord could be just the thing your husband needs to see that will help flip the switch in his heart. Your help in this scenario may not come through words, a new book or sending him this Bible verse each morning as a reminder. In fact, I don't recommend that at all.

Helping him may mean you continue to live a life of submission and humility to God. Each time you choose to respond with the fruit of the Spirit instead of your own flesh, you are helping him.

Remember, this is not a quick fix that works everytime. Just say these things and "presto", you have a humble husband! No, but I do know of countless stories where a wife has been faithful to stay humble and the Lord has blessed her perseverance, "...lifting her up in due time."

The reality is we are called to be women of humility, regardless of our circumstances and regardless of our marriage situation. What we do know is that, in doing so, we

can be women of peace who rest in the work of our mighty God.

Prayer: Lord, help me be a woman of humility. Let me not be puffed up by my own abilities or even my own righteousness. Help me to walk in submission to you first and then to my husband. Thank you for being a mighty God who can be trusted. Thank you that you are over all and working in all things.

Help me to choose to be humble each time I find myself at odds with my husband. Give me wisdom to know what to say and how to say it. Help me to apologize when needed and seek forgiveness as you show me my own sin.

Let me be a woman who brings peace to my marriage and home. And help my husband to grow in this as well. Let us be united in this call to humble ourselves before you.

Thank you God for your grace! Amen.

Friday, June 12

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

James 1:2-5

One of the goals we should have as Christian women and wives is to be women of maturity.

When we begin our walk with Jesus, we are immature in the faith. We are still learning and understanding new things about our Savior. We may be naive about certain truths or lack knowledge that comes from learning about, experiencing and knowing God. But maturity comes as we walk with faith and perseverance through the trials this life brings.

James reminds us that each trial we face is a test for our faith. It's a test to see if we truly believe what we say we believe. It's a test to see if we truly trust our Heavenly Father and His good plans for us. It's a test to see if what He says is true about this life and His provision. As we continue to put our faith in Him

and persevere with hope in the midst of difficult circumstances , we grow in maturity.

This will in turn result in a wholeness or completeness, the Bible says. What a wonderful thing to be!

When we continually go to Jesus with our troubles and challenges, asking Him for wisdom and help, when we rely on Him and continue to say “You are still good. You are still faithful”, even in the midst of great trials; we demonstrate our absolute faith and trust in Him. We mature in our understanding of Him and cling to Him more and more. This is how life-change happens, friends!

And as it changes us, think of how it can change our marriage! What would be different about your marriage if you viewed trials as soil for cultivating maturity? How would that change your response to difficulties and unknowns? What would change in your marriage if you “considered it all joy when you face trials of many kinds...”?

Infertility, broken trust, grievances, disagreements, pet peeves, medical diagnosis, loss, frustration, financial difficulties—there are so many kinds of trials we can and will face in this world!

But as Joni Eareckson Tada, one of my favorite modern day heroes has said,

“Heartache forces us to embrace God out of desperate, urgent need. God is never closer than when your heart is aching.”

You may be in the middle of some very challenging trials right now, friend. I am so sorry. Hold tight to your faith. Cling to Jesus. Cry out to Him. Do not persevere as one who has no hope. Remind yourself of the truth of the gospel. Recount the character of God and His attributes. And ask Him to continue to do a great work in you, molding and shaping you into a woman of maturity and grace.

Prayer: Lord, you know the difficult things we facing right now in our marriage and family. You are not surprised or shocked. You have not left us or abandoned us. Help me to persevere with hope. Help me to allow these trials to cultivated in me a deeper faith and trust in you. Help me to persevere and not give up.

I want to be a woman who is mature in her faith, who is able to stand firm on the truth of who you are and the promises you have made.

Thank you that you are with me. I trust you. Amen.

Saturday, June 13

For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.

Ephesians 5:31

Do you remember being in grade school and doing an art project where you had to use glue to attach two pieces of paper together? I don't know about you, but if my two pieces weren't exactly lined up, I just had to redo it until they were.

But there was one problem. Once you glue two pieces of paper together, they are stuck that way. And if you are absolutely determined to pull them apart, there will be damage to each paper. A part of one paper will stick to the other one and then when you peel them apart, there is tearing and ripping and sadness. At least for my little second grade self, there was sadness. There was definitely ripping and tearing.

The papers would never be individual pieces again.

This was one of the word pictures my father-in-law used during our premarital counseling when he described the nature of the "oneness" God designed for marriage. Like two pieces of paper permanently glued together, you cannot tell where one end and another begins. They are one.

This oneness is the “one flesh” that the Bible is talking about here in Ephesians. And although many of us may think of the physical intimacy of marriage as “one flesh”, that is not all it is referring to.

Being “one flesh” or experiencing “oneness” in marriage is something far deeper than the act of sex in marriage alone. Yes, God designed our bodies to literally meld into one as we experience the beautiful gift of sex, and that is an incredible and wonderful thing. But He also allows us to become one with our husband emotionally and mentally, not just physically.

My husband Josh and I have talked about oneness extensively in our marriage workbooks and video series, *Fruitful Marriage*, so if you want a deep dive into this topic, we’d encourage you to check it out.

But let’s talk some basics here.

To experience oneness, we must start with the simple steps of leave, cleave and weave. It’s right there in the text of Ephesians. Once again, I have to give credit to my father-in-law Greg McPherson who quotes this often when speaking of the steps to oneness.

First of all we as wives must *leave* the home we came from. This means launching from our parents and into adulthood as individuals—physically, spiritually, emotionally and even financially.

Next we must *cleave* to our husband. Simply put, he must be the most important human relationship in our life. He is our first priority after Christ and the relationship we should invest in most intentionally.

Then we must *weave* our lives together as one. We must get on the same page, going towards the same goals and united in vision and purpose.

So friends, how is your oneness with your man?

If you are struggling, consider these three areas and ask yourself:

Did I leave my parents completely?

Do I cleave to my husband primarily?

Do I intentionally work to weave my life, goals, dreams and hopes in with his?

If you are stuck with any of these steps, ask the Lord to give you wisdom to make a change.

Do you spend more time consulting with your parents about decisions than you do with your husband? Perhaps you have not left completely.

Do you struggle to submit to your man in areas he is trying to lead? Maybe you are not cleaving to him obediently.

Do you find yourself pulling your marriage and family in one direction while your husband seems headed in another? Consider the need for you two to weave your visions and goals together into one.

As you walk through these steps, the fruit in your marriage can be oneness. Not just physical oneness, but emotional, mental and even spiritual oneness. And this, dear friends, is when our marriages can make a great and lasting impact for the kingdom.

This is when children thrive, societies flourish and communities are blessed. When there is oneness in our marriage, we take that with us everywhere we go. And with us, we bring peace and hope that is found in living out the created order and design of our Father.

Prayer: Lord, thank you for your design of marriage. Thank you that you gave it as a gift to us and a megaphone to the world.

We know this design is under attack, so please help us to be an example and vision of what you meant when you created us to be one. Help me if there are areas where I have not been able to leave my family of origin. Give me a vision for how to continually cleave to my husband. And help us to weave our lives together so intimately that we would experience being “one flesh” in every way. Amen.

Sunday, June 14

With his wife's full knowledge he kept back part of the money for himself, but brought the rest and put it at the apostles' feet.

Acts 5:2

If you're not familiar with this story in Acts, I would encourage you to read it in its entirety (Acts 5:1-11).

It's only eleven verses, but it paints a sobering story. A husband and wife agree that they will short the Lord some money, secretly. They've sold their land and have been called to give the profit to the work of the Lord, but they decide together to keep some back. According to the text, it appears to be the husband's idea, "with his wife's full knowledge...".

And although the wife has a chance to come clean and be honest later in the text, she fully embraces the sin they had agreed upon and is met with stiff consequences. (I'll let you read it all to find out the end.)

As a wife, I am called to submit to my husband. According to God's word, he is charged with leading, loving and sacrificing as he carries the full weight and responsibility of being the head of our home. That is why our role as helpers

is so crucial. Our husbands need our help as they stay out in front, slaying dragons, protecting us and our children.

But this text helps us consider another aspect of our role as helpers; we are not called to be complicit in or supportive of our husband's sin. Part of being the helper God designed us to be is when we are willing to respectfully and clearly tell our husbands that we will not join him in sin.

This could be sin of any kind, not just keeping a portion of money that God has called you to give, as we see in our story in Acts. It could be joining him in the use of pornography or continuing a conversation that is critical or divisive about members of your church family. It could be standing silent while he speaks with unholy anger toward your children or allowing defiling entertainment to have an entry point in your home.

I don't know the exact circumstances of your marriage, but I do know that as helpers, we are called to bring wise reminders and godly help to our men. They will not be perfect leaders, lovers, protectors and providers. They will fail and fall into sin many times in your married life. So will you.

However, just because your man sins, does not give you permission to join him! Do not give the enemy more ground by joining your husband if he succumbs to temptation.

If he responds to you with harsh words, do not respond in anger and escalate the situation by yelling louder. If he asks you to do something that is sinful or ungodly, speak the truth in love and tell him you are not willing to join him in it.

One of the best ways to help your husband is to continue growing closer to Jesus and allowing the Holy Spirit to continue to refine you. As your conscience becomes more in tune with God and His heart, you will become more aware of things that could grieve the Holy Spirit. And as a helper, you can bring those concerns to your husband with grace, humility and clarity.

With Freedom Con less than one week away, ask the Lord to reveal areas of sin in your life. Consider praying specifically for areas in your husband's life where he may be vulnerable to temptation. In what ways you have been complicit with him in his sin and allowed him to lead you in an ungodly direction? What areas of sin in your own life need the Lord's intervention and freedom?

Let's be agents of good to our men as we walk in step with the Lord and allow Him to work through us with grace and wisdom.

Prayer: Lord, thank you for the gift of marriage. Thank you for how you designed our roles as leader and helper. Help me as a wife, to live a holy and gracious life as I help my husband.

If he brings things to our marriage or asks me to do things that are sinful, please help me to speak truth and not simply "go along with it" or join in. Give me the wisdom to know how to respond and what to do. And if I am the one bringing the sin to our home, forgive me Lord.

Show me and help me to be an agent of good and not of harm to my marriage and family. I pray against the enemy and his desire to divide our home and marriage. Protect my man and protect our covenant. We want to stand for you and stay pure. Amen.

Monday, June 15

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32

Being unforgiving is nasty business. It is a dangerous root that can grow into a full blown weed, choking out and overshadowing the good we want to cultivate in our lives. If left unchecked, unforgiveness acts as a poison that slowly brings death and destruction to whatever relationship it touches.

As the famous saying goes, “Unforgiveness is like drinking poison and expecting the other person to die.”

Unforgiveness is a marriage destroyer, a covenant underminer, and a silent killer. It hides under the surface and slowly progresses into resentment, bitterness and self-pity. It is a ticking time bomb for relationships.

And sadly, it is in the relationship of marriage that the poison of unforgiveness can do some of its most destructive work. As a wife, we must be diligent to keep the slate clean with our man. This means we are both quick to ask for forgiveness and eager to give it. As Paul says in his letter to the Ephesians, we are to forgive each other, just as Christ

forgave us. This is so helpful! When you are faced with the need to forgive your man, consider how much the Lord has forgiven you. This is a humbling thought that puts things into right perspective.

This forgiveness is coupled with two important words in this text: kindness and compassion. I don't know about you, but sometimes I find that it is easier to extend kindness and compassion to strangers than it is to treat my husband this way. A person messes up your coffee order and says they are sorry, but their dog just died and they are distraught. I'm pretty sure you and I will say "no problem" with kindness and compassion and not fly off the handle because your latte is hot and not iced.

But picture when your husband leaves his socks on the floor at the foot of your bed. Again.

Do you respond with compassion and kindness, considering the burden he is carrying at work or the challenges you know he's been facing with his dad lately? Or do you skip past kindness and compassion and go full-on angry wife mode with comments like, "I have to do everything around here... what a burden I bear...you are such a slob"?

Or maybe you just silently resent his *obvious* attempt to undermine your desire for cleanliness and orderliness in the home and you secretly decide he will be getting no sex later tonight because of those darn socks.

Friends. This is egregious. Whether you fly off the handle in anger or harbor resentment and feed it secretly, both responses are neither compassionate nor kind, nor forgiving. Your barista gets a better version of you than your man. And this is where things can get way off track.

Consider today if there are areas where you are not extending forgiveness, kindness or compassion to your husband. Ask the Lord to show you, and make a plan to go to your husband and ask for forgiveness. Do it before he leaves this weekend. Don't let there be unresolved difficulty between you as he prepares to go. As long as it depends on you, bring things into the light and wipe the slate clean. This will free him to be fully present and ready to receive all the Lord has for him this weekend.

Prayer: Lord, thank you for forgiving me of my sins. Thank you for continuing your kindness and compassion towards me when I come to you and ask forgiveness. Remind me of this when it feels hard to forgive my man. Help me to treat him with kindness

and compassion, even when I am frustrated. Help us clean the slate so he can be ready for all you have for him this weekend. Thank you for helping us. Amen.

Tuesday, June 16

Better to live in a desert than with a quarrelsome and nagging wife.

Proverbs 21:19

*Therefore encourage one another and build each other up,
just as in fact you are doing.*

1 Thessalonians 5:11

Hot, dry, barren, lonely, oppressive—this is life in the desert. Don't picture a tropical beach with an ice-cold cold piña colada in your hand. Picture a desolate wasteland with no water, no trees, and no comfort. Just prickly, sticky heat and relentless sand blowing in a hot wind. Now picture that this is your daily reality, day and night. It's depleting and discouraging, knowing that you'll never leave to see the ocean and stand beside a mountain stream again.

This. Sounds. Horrible.

Now consider the proverb about this desert life in relation to how a wife interacts with her husband. It says that it is better to live in the desolate, dry, oppressive heat of a desert than it is to live with a wife who argues and nags.

OK friends. Let's all take a moment to reflect. Is this me? Am I worse to live with than a dry and barren wasteland? Is it

better to be hot, sticky, parched and lonely than to listen to what comes out of my mouth?

Don't move on quickly friends. Let the Lord convict if He needs to. If this is you, there is a husband you need to apologize to. As he prepares to leave for Freedom Con this week, consider how you are speaking in these days before he goes. Have your words been nagging and quarrelsome? Do you consistently present problems without offering solutions or ideas? Are you considerate of his day and how he comes home from work? Are your conversations always honey-do lists or things that need to be discussed?

If any of these things are true, work to make them right and make a change.

Many times the desire to nag and argue comes from a heart of control and the need to be right. It can stem from a lack of trust in our husbands to lead well (or in the way we think is best). We can quarrel because we think we know better or are unwilling to give up our preferences.

I don't know your reasons for those moments when you quarrel and nag, but the Lord has a way for you to grow in

this area. It is not “just how you are wired as a woman”. That is a lie the enemy loves to use. But it is just that—a lie.

Friends, we are called to “*encourage one another and build each other up*”, and that includes your husband, not just your children or your best friend.

Are we called to discuss things with our husband and trouble-shoot problems? Yes. Will we always agree on things? No. But does that give us an excuse to be quarrelsome and nagging. Absolutely not.

We are called to trust our Heavenly Father and walk in submission to the man the Lord has given us to follow. As we encourage and build him up, refusing the temptation to nag and argue continually, we can be the cool and refreshing stream our husband needs to fight on.

As you reject the world’s expectation that a wife’s job is to nag and argue, and instead follow God’s command to encourage and build up, you will see good grow and flourish in your husband’s life. Work to cultivate a garden of beauty in your marriages and leave the dry, scorched earth in the Sahara where it belongs.

Prayer: Lord, thank you for your word that instructs us and helps us. Thank you for giving us word pictures that help us see the destructive nature of our sin.

Please help me to be an encourager and builder of good in the life of my marriage. Help me to reject the temptation to drag desert-like speech that is full of desolation and despair into our marriage. Keep my mouth from nagging and arguing, cursing and degrading.

Help me to overflow with your Living Water in all I do and say. I want to be a blessing to my man and help bring about flourishing in his life. Amen.

Wednesday, June 17

*He who finds a wife finds what is good and receives favor
from the Lord.*

Proverbs 18:22

If someone asked your husband if this was true about his life, would he say yes? Would he say that having you as his wife is a good gift and that you bring good things to his life?

As wives, we are called to be agents of good in the life of our husband. We should bring him good food, good sex, good words, good honor, good encouragement, good ideas, good responses, good grace and good attitudes. Choosing you as his wife should be the best decision he ever made, second only to following Jesus. The way you love your man can make this statement from the Proverbs true. The way you live as his wife can be the tangible expression of the Lord's favor to him.

Consider today what things you are currently doing that bring good to your husband. Make a list and ask the Lord to help you continue doing these things. Then make a list of the ways you are not bringing good to your husband. Maybe it is your sharp and cutting words, your emotional instability, your petty unforgiveness or your undermining attempts at his God-given leadership. Ouch.

Whatever this list holds, you can be sure that it is not bringing good to your marriage. Take this list and consider the root of each one. Start with God's word and see what it has to say about such things. If it's a harsh tongue, read Proverbs 12:18 and Ephesians 4:29-32.

If it's emotions that run unchecked, consider Philippians 4:6-7 or Isaiah 26:3. Go through your list and search the scripture for help and instruction to change.

Be diligent and honest as you read the word and let it mold and shape you. Let it be said of you, "*he who finds a wife finds what is good*".

Prayer: Lord, thank you for my husband. Thank you for bringing us together in marriage and for giving us this gift. I want to bring good to my husband. I want to be to him the tangible expression of your favor.

Please help me to grow in areas I am weak or lacking. Open my eyes to see my own sin and shortcomings. Give me the strength to do good to him in all areas of our marriage relationship. Help me see a vision of what this specifically means for my man.

Give me grace when he is tired, hope when he is discouraged, wisdom when he is unsure, joy when he is defeated and peace when

he is stressed. Thank you for making me for good things. Help me now to do them. Amen.

Thursday, June 18

Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

Psalm 42:5

The time is almost come. Your husband is heading out tomorrow for Freedom Con. Maybe he is going with his father and sons, or with a group of friends. Maybe he is heading out on his own. Maybe he is solid and walking firmly in Christ, leading your home as a stronger man. Yes!

But maybe he is struggling and troubled, feeling the weight of leading and not loving it. You may be feeling discouraged even after these couple weeks of prayer and intentionality. Maybe you have not seen a change in your man or noticed your efforts resulting in better fruit.

Or maybe the circumstances of your life have been more difficult than normal these past few weeks. It's possible the enemy has been attacking from all sides or just the challenges of life have brought discouragement.

Whatever the case may be, we have a reminder from scripture (many, actually!) to help us when we are feeling discouraged. It's short and sweet.

“Hope in God.”

Whew. Say it with me.

“I will hope in God.”

Easy for you to say, Sharon. You don't know what I have been going through. You're right, I don't know. We don't fully know what the Psalmist was going on in his life either. But we do know that his response was clear, full of resolve and action-oriented.

“Hope in God.”

Praise Him. Remember that He is your salvation. Remember that He is God. And consider all that entails. As God, He is sovereign. He is omnipotent. He is omniscient. He is not surprised or caught off guard. He is not sleeping or taking a break. He is working all things for His glory and our good.

He is the only one we can firmly place our hope in. There is nothing and no one in the world that will not, at some point, let us down.

Don't hope in Freedom Con. Don't hope in your small group. Don't hope in your own good works. Don't hope in your husband. Don't hope in your circumstances or plans.

All of these things will ultimately let you down. They are not designed to carry the weight of worship and ultimate hope that we often mistakenly lay on them. They can be used for good and the Lord can surely work through them and in them—but they are not the resting place for our hope.

That is reserved for God.

So in these last days before your man heads out, make sure your hope is in the right place. Go to God with your prayers, concerns, troubles, needs, dreams and plans—and hope in Him. He can be trusted.

Prayer: Lord, I want to be a woman who hopes in God. I don't want to put that weight on other people or things because I know I will only be disappointed.

Help me to cling to you, trust in you and lean on you. Be with my husband. I give him to you. I love him, but I know I cannot lay my hope on him. Change him and grow him and mold him and make him into the man you want him to be. Let this weekend bring about a miraculous work in his life.

Thank you Lord that you can be trusted. Amen.

Friday, June 19

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

James 1:19-20

Most of us are sending our men to the conference today! It is finally here! They may be driving or flying, but most of them will be leaving home and we will say our goodbyes as they go out the door.

This should be exciting!

Our words today will be the last things they remember as they head out. How likely do you think it is that you end up in some sort of a disagreement before he goes? I'm not saying it's inevitable, but it surely is possible. Last-minute communications or misunderstandings can often come out as anger or frustration when you're trying to get out the door.

So let me encourage you today friends as the book of James exhorts us; listen first, think before you speak and refuse the temptation to get angry.

Don't barrage your man with all your final thoughts as he leaves and not let him get a word in. Resist the urge to get angry because he packed in a hurry and left his dirty clothes on the floor and the toothpaste out, again.

Let your words be full of encouragement and kindness, hope and joyful expectation. Tell him how proud you are of him for going, how confident you are that the Lord will do a great work on his trip and that you will be praying for him. Tell him you will hold down the home front, that you and the kids have a plan while he's away and that you will be excitedly waiting for his return.

If you're able, sit down as a family and pray together for your husband. If you have kids, have them join in as you ask your husband what he is most excited for, how you can be praying for him and if there's anything he'd like when he gets home in order to feel welcomed and loved.

Listen first. And love him by speaking only words of hope over him as he goes.

Consider writing him a note to tuck in his suitcase. Let him know how proud you are of him, recount things he has done for you with gratitude or ways you've seen him invest in your

children. Think of how your words could be vehicles of grace and encouragement in the midst of his time away.

Send him off with great hope and peace and trust the Lord to do amazing things in him this weekend. And then pray!

Prayer: Lord, thank you for my husband. Thank you for the opportunity for him to go to Freedom Con. Please do an incredible work in his life while he is there. Let his heart and mind be open to what you have for him.

Help me to send him off with peace and blessing. Keep me from speaking words without thinking or getting angry at petty things. Help me to ask good questions, listen with excitement and lead our children to bless their dad as he goes.

Keep him safe and bring him home to us renewed and filled with a heart to serve you, our family, your church, and the city and state you have placed us in. Amen.

******If possible, stop right now and write a note to your man. Stick it with his underwear in his suitcase. Encourage him. Praise him. Tell him you will be praying for him. And honor him for what he already does for you and your family. If the Lord has given you a verse to pray for him, share that too. We as women have no idea how powerful our words can be to encourage our husbands.******

Saturday, June 20

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

1 Peter 5:8-9

The playbook of the enemy is not a creative one. He uses the same tactics over and over to tempt us and ensnare us. He is “on the prowl” like a lion, looking for the weak and injured, those who have wandered off or drifted from the pack.

I have no doubt that you have experienced some increased temptations with your man away. The enemy would like nothing more than to undermine your home while your man is gone. I don’t know what the enemy would like to ensnare you with, but you probably have a good idea.

Be alert, friends. Stand firm. Resist the devil.

Don’t binge-watch that questionable Netflix show. Don’t ignore the Lord’s prompting to pray for your man. Don’t complain and grumble to your kids that dad is gone. Don’t read or listen to that book that glorifies sexual sin. Don’t ignore your home and duties, succumbing to self-pity or laziness.

Instead, be sober minded. This means being self-controlled, not given to impulsive behavior. It is the call to be level-headed and grounded, not swayed by distractions. It is the mentality of a warrior and the call to us as noble women.

The fight is real. The enemy delights in lulling us into sin or luring us with the reminder that no one will know what we are choosing to do. Our husband is gone, the kids are in bed, it's not that big of a deal. We are seduced by the promise of "me-time" and the thought, *I deserve this. My husband is gone. This little sin won't even affect him.*

Whatever it may be—lust, erotica, gluttony, gossip, laziness, criticism, lying—stand firm dear friends! Resist the temptation!

Your ability to stay the course and refuse to cave to the Enemy this weekend while your husband is gone will have a direct impact on your home and your husband's ability to implement what he brings home and learns from this weekend.

"Consider your regrets", they say. Which for us wives means, think through what it will be like when your man returns.

“What did you do this weekend?”, he asks. “Nothing really,” you reply, unwilling to talk about the sin you succumbed to during his absence. And just like that, your first interaction with your husband is a lie—and the enemy has a foothold.

Instead, consider your husband arriving home and you being free to welcome him with a clear conscience and a heart that has stood firm and resisted the enemy. You have been in the word, filling your home with great worship music, encouraging your children, leading them with intentionality and keeping your mind stayed on Jesus while your husband is away.

Notice I did not say that you had to do a certain list of household chores or projects, or that you must be the perfect mom or that you ate organic, paleo, vegetarian meals on your best plates all weekend. No! This is not a call to perfection, it is a call to continued sanctification.

It is the reality that you and your husband are one flesh through the covenant of marriage, and that what you do with your body and mind and heart, will *always* affect your man.

So stand firm, friends. Expect an attack and resist the enemy. And if you falter or fall, seek forgiveness and then walk in the victory our Heavenly Father provides.

Be ready to welcome your man home with a clear conscience and a pure heart, as a noble warrior who put up a fight against the enemy and won.

Prayer: Lord, give me the strength to be a warrior for my marriage. Help me to fight temptation and stand firm against the enemy in these days while my husband is at Freedom Con. Give him strength to stand as well.

Help us as we grow and continue being sanctified. Give us eyes to see the enemy when he is tempting and attacking. Help us to be vigilant and steady in the fight. And keep us clear headed to know that the enemy is the Devil and not each other.

Thank you that you promised to be with us and be our Helper. Thank you that we do not have to fight alone. Keep my eyes fixed on you Father. Amen.

Sunday, June 21

When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell. All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison. With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.

James 3:3-10

Your husband returns home today! Yay! Just picture it. He walks in the door from an epic weekend and you greet him with something like this: "So glad you are finally home! It's been a zoo around here. Tommy threw up and the baby has a cold. I haven't slept all weekend and the bathroom sink is leaking *again*. It is so brutal when you leave me here all alone. I hope you had a great time, because I sure didn't." Followed by a big sigh and a rolling of the eyes.

Oh my. Ladies, this text in James speaks to one of the most incredible and potentially destructive instruments we have as humans. *“With the tongue we praise our Lord and Father, and with it we curse human beings...out of the same mouth come praise and cursing. My brothers and sisters, this should not be.”*

The words we speak can burn like a forest fire or be pungent as poison. They can bring life to our husband or cause him great harm.

Consider my example above of words spoken to a husband returning home. Were they especially sharp or harsh? Not really. Were they critical or mean? I don't think so. But were they full of blessing and peace? Hardly. Were they meant to encourage and be filled with grace? Not exactly.

Granted, there is a time and place for you to give the blow-by-blow of your weekend while he was gone. That's part of being a team and sharing all of life together. And I have been there, friends—I have definitely experienced some wild child behavior or unexpected home repair needs when my man is gone for work. I, too, have been tempted to barrage him with all my problems and sufferings the minute he walks in the door, just to make sure he knows I have sacrificed greatly while he was away.

Sadly, it was often selfishness and self-pity that drove me to drown him with my sorrows the moment he walked he got home, not a holy desire to update him on the happenings on the home-front.

Friends, when your man returns today, consider what he has just experienced. Think of all you have been praying for, what you have been hoping would take place in his heart during this time. Ponder all the Lord could have done in him and the freedom that he may be experiencing as a result of this weekend. And then consider how the words above (or something similar) would land on him as he entered your home.

Would they cause him to be open to you, wanting to share the things God had done? Would they make him feel loved and cared for? Would he be filled with confidence in his wife and her ability to run the home and rely on the Lord when her man is not there to be the tangible leader?

Let us choose wisely the way we receive our men home today. When he returns, welcome him and provide for him a place of peace and joy. Maybe that means a meal is waiting or the kitchen is clean. Maybe that means you and the

children race to see who can hug him first. Maybe that means you taking off his shoes while he sits in the chair and telling him you can't wait to hear about his weekend as soon as he is ready to share!

Whatever will convey warmth and peace and love to your man—do that! And specifically consider your words. Ask the Lord to use them to speak life and praise. Resist the temptation to use your words to spout self-pity or criticism. Have the self-control to hold your tongue as needed. And use this incredible tool to speak good over your man today as you welcome him home.

Prayer: Lord, help me hold my tongue when I'm tempted to speak that which can hurt or harm. Let me be a woman who has the self-control over this tiny part of my body. I want to speak blessing and life over my man and receive him home today with joy. Let my words show him how much I love him. And may our reunion be sweet.

Help him to share with me all that you have done in his life. Help me to listen with grace and ask good questions. Help me to not interrupt or respond with criticism. Help me look for opportunities to encourage him and praise him and help my words convey my respect for him as the leader of our home.

Take the work you have done in him this weekend and use it to transform our marriage and home. Thank you Lord! Amen.

A Final Word

Well done, friends.

I pray that the work the Lord has done in your heart these past weeks will combine with the work the Lord has done in the life of your husband. And together, I pray your marriage will grow and flourish and make a great impact on your family, community, and your local church. I pray that you will both choose Jesus first, humility continually, and each other—always.

Continue on as Noble Women—*help* and *nurture* and *make* and *love*. Be *warriors* who battle the lies of this world, be *gardeners* who cultivate truth and beauty, be *teachers* who mentor the younger ones and be *daughters* who are secure in their identity in the King.

I hope to meet you someday on the battlefield, dear ones. Do not grow weary. Keep doing good.

with great hope,

Sharon

<https://gracecitychurch.com/noble-women>