

MARRIAGE EXERCISE #11 - HELPFULNESS

LIFTING A BURDEN

Rationale

You can't be married and not help each other out. Jumping in to help your wife says "I'm paying attention. I care about you. I've got your back."

Challenge Assignment

You're going to take one thing off your wife's back. Think of one thing your wife carries, dreads, and hates to do and do that for her . . . not just one time but from now on. Try to pick something without asking her . . . it'll show her that you know her well and know what bothers her. But if you have to ask, it might go something like this . . .

"Honey, you do so much for our family and much of it's pretty thankless stuff. I want to help you more around here and I want to do it by taking something off your plate that you dread . . . something you just hate having to do. Give me a couple of ideas on what that might be."

In all likelihood, this will be something you hate to do too. But giving love requires sacrifice and selflessness. Take it on without complaining. Don't trade for it. And don't brag about what you've done to anyone else. Just do it.

Come ready to share the burden you lifted and what happened at your next group session.

Debrief

Begin a conversation about the homework assignment. Start by hearing how 'lifting a burden' from your wife went. Share what you picked up . . . if you knew or had to ask her . . . what happened when you took it on . . . and how you feel about it now.

Let each man share his experience. Encourage them for giving their wives real, sacrificial love, and encourage them to keep it up.