

The Complete Husband

a practical guide to biblical husbanding

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Appendix C: Common Ways in Which Husbands Sin Against Their Wives*

The following checklist will help you identify some of the ways you have sinned against your wife and family. Although not exhaustive, this list represents some of the more common areas of sinful behavior and neglect among Christian husbands. The wording is already in the second person (“you” rather than the third person “her” or “my wife”) to facilitate confessing your sins directly to her later on. As you prayerfully read over each item, put a check next to those offenses which you believe are applicable to you. Fill in any blank spaces with more precise information. Confess each transgression to God and then prepare your heart to confess them, when appropriate, to your wife.

Remember, the more specific you can be, the more your wife will realize the degree to which you’re serious about changing and the extent to which you are cognizant of how your sins have hurt her. This should make it easier for her to truly forgive you. Also, the more specifically you can identify your bad habits, the easier it will be for you, by God’s grace, to change. Don’t forget to add to the list any additional offenses which are not mentioned specifically on the list. When you are finished, look back over the checked items for specific patterns of behavior (common denominators) which may indicate a particular life-dominating sin (such as selfishness, anger, irresponsibility, lack of self control, etc.).

- I've not been a good example of a Christian to my family.
- I don't have a consistent personal devotional life (Bible reading and prayer).
- I'm inconsistent with church attendance.
- I don't lead family devotions regularly.
- I'm not as involved in Christian ministry as I should be.
- I've been bitter and unforgiving toward you.
- I don't reveal my heart to you as much as I should, especially in the area of _____.
- I've not cultivated your friendship (companionship) enough.
- I have a closer relationship (I am more "one flesh") with _____ in some ways than I do (than I am) with you.
- I fail to realize why _____ is so important to you.
- I don't ask for your advice or opinion as often as I should.
- I don't show enough concern for your interest in _____.
- I don't give you enough assistance with _____.
- I've taken your love for granted by _____.
- I've neglected your desire/need for _____.
- I do not show you my love in the tangible ways that I know please you, such as _____ and _____.
- I've not nourished you or cherished you as the Bible commands me to.
- I've been hypocritical with you in regards to _____.
- I'm still too dependent on my parents for _____.
- I become irritable with you about _____.
- I've been lazy in doing yard work or odd jobs around the house.
- I've been lazy in _____.
- I've been selfish sexually by _____.
- I expect you too often to drop what you are doing and give me attention.
- I become irritated when you're not ready to leave on time, but expect you to be patient when I'm not ready on time.
- I've unreasonable expectations, such as _____.
- I don't give you enough candy, flowers, gifts and surprises.

- I don't keep my _____ neat and orderly.
- I don't express myself clearly and thoroughly.
- I interrupt you when you are talking.
- I'm inattentive to you.
- My attention often wanders when you're talking to me.
- I'm often too preoccupied with _____.
- I'm too harsh with you.
- I'm impatient with you, especially when _____.
- I raise my voice rather than responding to you softly and graciously.
- I use biting sarcasm when I talk to you.
- I respond to you before I understand what you're really saying.
- I rebuke you publicly rather than trying to lovingly correct you in private.
- I judge your thoughts and motives without knowing them.
- I don't cover in love (or overlook) many things that you do which irritate me.
- I don't put the best possible interpretation on the things that you do, but tend to be critical and even suspicious of you at times.
- I lecture and criticize you when you do something wrong rather than comforting and encouraging you to change lovingly.
- I use manipulation and intimidation to win arguments rather than trying to resolve conflicts biblically.
- I say and do things that are vindictive in nature such as _____.
- I don't treat you as though you were a weaker vessel (a fragile vase).
- I don't show you enough respect, especially by _____.
- I don't show you enough affection in our home.
- I don't show you enough affection in public.
- I'm usually affectionate to you only before I desire to have sexual relations with you.
- I don't make it a point to spend time every day having significant communication with you.

- I spend too much time away from home.
- I'm slow to offer you help with the housework and dishes.
- I haven't helped enough with _____.
- I initiate plans without your input.
- I make plans without consulting God through prayer and the Word.
- I tease you too much in front of others.
- I leave food, clothing and other apparel lying around the house.
- I selfishly play music too loudly.
- I haven't been exercising leadership in our family in that I _____.
- I murmur and complain about _____.
- I haven't taken you out to dinner or shopping or _____ often enough.
- I'm too critical of your family.
- I haven't made enough effort to get along with your family.
- I don't invest enough time in trying to advance my career.
- I invest too much time in trying to advance my career.
- I'm not as thankful as I should be for all of God's mercy and blessings.
- I'm selfish when it comes to offering you help but often expect you to help me whenever I need it.
- I give into depression rather than trying to overcome it.
- I haven't been very sensitive to your problems, moods and feelings.
- I haven't been as sympathetic as I should have been to your _____.
- I seldom express my appreciation for you or compliment you.
- I spend too much money on _____.
- I'm too stingy with my money in that I _____.
- I don't try hard enough to find things for us to do together.
- I don't kiss you when we meet or depart from one another.
- I've shown too much interest in other women by _____.
- I've said unkind things to you.

- I've said unkind things about you.
- I've not been totally truthful with you about _____.
- I use profanity.
- I call you names.
- I drink too much.
- I smoke too much.
- I watch too much television.
- I'm too legalistic, especially in the area of _____.
- I make excuses or simply refuse when you ask me to do certain things that you want me to do, such as _____.
- I have bad manners especially when it comes to _____.
- I criticize you for your faults and mistakes rather than investing the time and effort to lovingly help you correct them.
- I'm difficult to satisfy when it comes to _____.
- I get angry or withdraw or _____ when a problem or disagreement arises between us.
- I'm too ambitious about _____.
- I've blamed you for my mistakes such as _____.
- I don't seek help when I have a serious problem.
- I don't often admit when I am wrong.
- I'm too distrustful of you especially when it comes to _____.
- I become angry when you do not discipline the children as I think you should.
- I haven't invested enough time discussing with you our philosophy of raising children.
- I haven't cultivated the children's friendship enough.
- I'm inconsistent when it comes to disciplining the children.
- I don't teach God's Word or discuss it with you and the children as often as I should.
- I don't spend enough time playing with the children.
- I've not helped you enough with the children's _____.
- I make promises to you and the children and do not follow through with them.
- I don't give enough of my _____ to the Church.
- I've not invested enough time cultivating biblical friendships

for us to enjoy.

- I become angry or resentful when you are too tired to have sexual relations.
- I lose my temper or _____ when you or the children do not treat me with respect.
- I'm not easily entreated by you or the children.
- I'm sometimes unreasonable with you or the children.
- I get my feelings hurt too easily (I'm too sensitive because of my pride).
- I haven't done enough reading that would help me to improve as a husband, father and Christian.
- I compare you and the children unfavorably with others.
- I take things too seriously and often make mountains out of molehills such as _____ and _____.
- I have not worked hard enough at correcting my annoying habits and mannerisms, especially _____ and _____.
- I do not take care of myself physically as I should.
- I often neglect your sexual needs and am mostly concerned about my own.
- I don't express my love to you when I do not feel love for you.
- I don't try to overcome your evil (sin) with good.
- I don't protect you enough, especially in the area of _____.
- I don't always remember birthdays, anniversaries and other special occasions.
- I sometimes resist or resent your helpful suggestions.
- I haven't handled our family finances biblically, especially in the _____ area.
- I don't run errands gladly.
- I'm too selfish with your time.
- I allow my anxiety over your safety and the safety of the children to selfishly prohibit you from doing certain things such as _____.
- I haven't made ministering to you and the children enough of a priority.

List Additional Areas of Failure.

* The material in this appendix has been adapted and expanded from *A Homework Manual for Biblical Living*, volume 2, by Wayne A. Mack (Phillipsburg, NJ: P&R Publishing), "Sample Log List: Husband and Father," pp 35-38. Used by permission.