

# Discussion Questions

## *for Military Wives*



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### **SESSION ONE: The Secret to Finding True Fulfillment** **Allowing God to Meet Your Deepest Needs**

*As a military wife, what unique demands are placed on you?*

*How can God help you to meet these demands, particularly when your husband is away?*

*Pray that as you walk through these sessions, the Holy Spirit will give you guidance for the challenges you face.*

### **SESSION TWO: The Secret to Embracing His Differences** **Understanding and Appreciating the Differences Between You and Your Husband**

*How can you show your husband that you support his commitment to the military?*

*Even though, as a wife, you are not under a military contract, what do you see as your role in helping your husband in his chosen profession?*

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and courageous.  
Do not be terrified;  
do not be  
discouraged,  
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(Joshua 1:9, NIV)



**SESSION THREE: The Secret to Genuine Love**  
**Loving Your Husband with Jesus' Love**

*When your husband is deployed or relocated, how can you support him even if the assignment is a disappointment to you?*

*Recognizing that your husband is subject to military orders that he has no control over, how can you demonstrate that your love for him is not affected by his military obligations?*

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**SESSION FOUR: The Secret to Meeting His Greatest Need**  
**Communicating Respect to Your Husband**

*How can you let your husband know that you respect him and his decision to be in the military even if you do not understand it?*

*Do you see yourself as part of a team? What support can you give that will help your husband's military career?*



**SESSION FIVE: The Secret to a Strong Inner Life**  
Pursuing Life in the Holy Spirit

*How can you keep yourself spiritually strong so that God can help you through the challenges of military life?*

*What can you do to help other military wives who might be struggling?*

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*What can you do to help your husband spiritually without demonstrating an attitude of self righteousness?*

**SESSION SIX: The Secret to Growing Intimacy**  
Guarding Your Heart, Mind, and Marriage

*How can you reestablish intimacy when your husband returns from a deployment?*

*How can you let him know he was missed without trying to lay a guilt trip on him for being away?*



**SESSION SEVEN: The Secret to Staying in Love**  
Establishing Healthy Boundaries to Keep First Things First

*What can you do to stay emotionally close to your husband during long separations?*

*What positive things can you do to avoid loneliness when he is away?*

*What boundaries can you establish to protect your marriage when your husband is deployed?*

**SESSION EIGHT: The Secret to Influencing Him**  
Positively Affecting Your Marriage with a Gentle and Quiet Spirit

*When your husband is away, you are often required to carry the full responsibility of the home. When he returns, how can you reintegrate him into the decision making process?*

*What steps can you take to avoid power struggles and accept his God-give role of leadership in the home?*

*If you have children, how can you reestablish your husband's authority over them when you have been the primary disciplinarian during his absence?*

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