



DEFINED

A Real Man Loves and
Protects God's Woman



BETTERMAN



SESSION 5

*Loving God's Woman by
Practicing Hope and Healing*



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1

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- He heals our souls through the gospel. Jesus came to heal our broken lives.
- He heals our hurts and sorrows.

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- Women carry different wounds than men, in part, because they have a different design and therefore different vulnerabilities.

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- Two important observations from 1 Peter 3:7:
 1. She needs to be known.

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- It is essential for a husband to learn his wife and to live with her in a way that demonstrates knowledge of her. She is unique, and he needs to take the time to know that.

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- It is essential for a husband to learn his wife and to live with her in a way that demonstrates knowledge of her. She is unique, and he needs to take the time to know that.
- 2. She has different vulnerabilities. Your wife is a sister in Christ, therefore equal to you—and she is more vulnerable because of her identification as a weaker vessel.
 - This vulnerability is not limited to physical pain but can include lots of different forms of hurt in a fallen world like ours.

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- When we empathize we slow our lives long enough to understand and identify with a hurting person. We are willing to ask ourselves questions like:
 - How would it feel to be in their situation?

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How do you heal her pain and sorrow? *Continued...*

- Why do they feel the way that they do?

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- Why do they feel the way that they do?
- What do I not understand about their situation that I should?

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- We might not fully understand their pain, but we should come alongside and identify with them as best we can.

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- Why do they feel the way that they do?
- What do I not understand about their situation that I should?
- We might not fully understand their pain, but we should come alongside and identify with them as best we can.
- As men we need to be aware of five dangers men face as they attempt to empathize with God's woman:
 - The danger of **dismissiveness**. Remember to acknowledge and appreciate her pain.

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How do you heal her pain and sorrow? *Continued...*

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- The danger of exploiting. Exploitation occurs when you shame her for her weakness or expose her to hurt from others.

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- If your strength does not help those who are experiencing weakness around you feel secure, protected, and equipped for their challenges then you are likely wasting what God has given you.

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C. He shares in her sorrow and pain to alleviate her aloneness.

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- She may need you to slow down, listen, and be with her more than you want.
- She may need **practical** help

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D. He brings her sorrow and pain to God by praying with her and for her.

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F. He stays present, steadfast, and strong for her all the way through her sorrow and pain

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Is there a doctor in the house? Yes, It is you!



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