**Surviving and Thriving as a Ministry Wife**

Rebecca Lutzer

1. **Remember God’s faithfulness and trust Him**.

Lamentations 3:22-23

1. Nothing can separate us from God’s love.

Romans 8:35-39

1. Look outside of yourself and your emotions
2. Psalm 143:8-10
3. **Read large sections of God’s Word at a time**.
4. Love God’s Word and pray Scripture back to God.
5. The Word washes and cleanses the heart and soul. John 17:17
6. Overcome sadness, loss, grief, and depression by reading the Psalms
7. **Choose a life verse and chapter**.
8. My life verse: I Corinthians 15:10
9. My chapter: Psalm 25
10. Memorize and meditate on Christ-exalting Scripture: Hebrews 1:1-3
11. **Confess sin and put temptation away from you.**
12. I John 1:9
13. Forgive those who have wronged you

Colossians 3:13

1. Let go of the past. A bad attitude is sinful.

Philippians 3:12-15: I press on….

1. **Pray often and earnestly**. Philippians 4:6
2. Put on the armor of God through praying Ephesians 6:11-18
3. Pray an intense warfare prayer
4. Resist the devil. I Peter 5:8-9
5. Singing
6. **A few personal things to pray about**:
7. To have a teachable heart and spirit.

Proverbs 2:10-11

Proverbs 8:32-33

Proverbs 3:5-6

1. To not be easily hurt or offended.

I Corinthians 13:5-7

Psalm 31:24

1. To have a gentle, quiet spirit.

I Peter 3:3-4

1. To not be a critical person.

Proverbs 10:19 and Proverbs 19:14

1. To be a woman of discretion and modesty.

Proverbs 11:22

Romans 13:14

1. To be willing to change.

Proverbs 15:22

I Peter 5:7

1. To be the fragrance of Christ.

2 Corinthians 2:14-16

1. **Choose JOY! Be a grateful person every day**.
2. I Thessalonians 5:16-18

Stop whining and complaining. Philippians 4:4-9

1. List a few of your favorite things
2. Begin and end each day with giving thanks
3. **Learn how to behave while suffering**.
4. We suffer according to the will of God.

I Peter 4:19

1. Jesus is our example.

Hebrews 5:7-8.

Hebrews 12:3

1. Understanding the purpose of suffering.

James 1:3-6

I Peter 5:10

1. **How to work through marital conflict**.
2. Every marriage encounters pain and conflict.
3. Gold Standard verse:

Ephesians 4:32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

1. **Kindness** relates to our physical relationship
2. **Tenderhearted** relates to our emotional relationship
3. **Forgiving** relates to our spiritual relationship
4. Ask God to remove any bitterness in your heart
5. **Change what you can and leave the rest to God**.

Psalm 16:7-8

1. Choose one major thing and one minor thing to change….
2. “In acceptance there is peace.”
3. Our hope and assurance: 2 Corinthians 4:7-10; 4:16