

STANDING IN OBEDIENCE WHEN YOUR SPOUSE DOES NOT

Companion Workbook

A Biblical Reflection, Obedience, and Prayer Workbook

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Scripture quotations are taken from the King James Version (KJV) of the Bible.

Published by Joe Soares Music & Publishing LLC

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PREFACE

This workbook was not designed to help you examine your spouse. It was designed to help you stand honestly before God.

In difficult marriages, the natural tendency is to focus outward. The mind begins to study the other person, measure what they are doing wrong, and rehearse the ways they are not responding. But Scripture consistently brings the focus somewhere else.

Back to your own walk. Back to your own obedience. Back to your own relationship with Jesus Christ.

Each chapter is designed to guide you into self-examination, prayer, surrender, trust, obedience, and steadiness before God. The goal is not to produce resentment toward another person. The goal is to deepen your dependence on Christ.

As you work through these pages, do not ask, "What is wrong with them?" Instead ask, "Lord, what are You showing me about my own heart?"

That is where spiritual growth begins. And that is where lasting peace is found.

CHAPTER 1

WHEN OBEDIENCE IS NOT MUTUAL

"Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?"

2 Corinthians 13:5

Scripture Focus

"Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?"

2 Corinthians 13:5

Heart Examination

- Where has my focus shifted away from my walk with God and onto another person?

- How do I typically respond when my expectations are not met?

- Have I become more aware of another person's failures than of my own need for growth?

Quiet Reflection Before God

When tension rises in your marriage, where does your mind naturally go first? Toward prayer, toward self-examination, or toward analyzing another person? Write honestly before God.

Truth Before God

Scripture calls you to examine yourself before trying to measure someone else. What areas of your own walk need renewed attention right now?

Prayer

Lord, help me keep my eyes on You instead of becoming consumed with another person's actions. Expose what is unsettled in my own heart and teach me to walk honestly before You. Remove pride, comparison, and self-righteousness from me. Help me remain humble, teachable, and faithful. Amen.

Obedience Step

Spend one full day intentionally refusing to mentally rehearse another person's failures. Each time your thoughts drift there, redirect your attention toward prayer and your own response before God.

Continued Prayer Focus

Ask God daily to deepen your awareness of your own walk before Him.

CHAPTER 2

**YOU ARE NOT RESPONSIBLE FOR
THEIR OBEDIENCE**

"So then every one of us shall give account of himself to God."

Romans 14:12

Scripture Focus

"So then every one of us shall give account of himself to God."

Romans 14:12

Heart Examination

- Where do I struggle to release control?

- Have I been carrying responsibilities that belong to God?

- How has trying to manage outcomes affected my peace?

Quiet Reflection Before God

Think about moments where frustration rises because things are not changing. What are you truly trying to hold onto in those moments? Control, understanding, results, or relief? Write honestly before God.

Truth Before God

You are responsible for your obedience before God. You are not responsible for changing another heart. How does that truth challenge the way you have been responding?

Prayer

Lord, teach me to release what does not belong to me. Help me stop trying to carry outcomes that only You can control. Give me peace in obedience and trust in Your ability to work beyond what I can see. Amen.

Obedience Step

Before speaking into a difficult situation this week, pause and ask, "Am I speaking in obedience to God, or am I trying to control the result?"

Continued Prayer Focus

Pray daily for deeper trust in God's timing and His ability to work where you cannot.

CHAPTER 3

THE TRAP OF WAITING FOR THEM

"But be ye doers of the word, and not hearers only, deceiving your own selves."

James 1:22

Scripture Focus

"But be ye doers of the word, and not hearers only, deceiving your own selves."

James 1:22

Heart Examination

- Have I delayed obedience because I am waiting for someone else to change first?

- In what areas has my faithfulness become conditional?

- Have I allowed disappointment to slow my spiritual growth?

Quiet Reflection Before God

Where have you become hesitant, discouraged, or spiritually passive because the situation around you has not improved? Write honestly before God.

Truth Before God

Obedience is not dependent on another person's response. What would it look like for you to move forward faithfully regardless of what others do?

Prayer

Lord, forgive me for allowing disappointment to slow my obedience. Teach me to follow You fully, even when others do not. Help me remain steady and willing in every season. Amen.

Obedience Step

Identify one area where you have delayed obedience and take a clear step forward this week.

Continued Prayer Focus

Ask God to strengthen your willingness to obey Him immediately and consistently.

CHAPTER 4

**FAITHFULNESS WHEN YOU FEEL
ALONE**

*"For we ourselves also were sometimes foolish, disobedient, deceived,
serving divers lusts and pleasures, living in malice and envy, hateful,
and hating one another."*

Titus 3:3

Scripture Focus

"For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful, and hating one another."

Titus 3:3

Heart Examination

- When I feel spiritually alone, where does my heart turn?

- Have I forgotten how patient God has been with me?

- Am I allowing loneliness to weaken my trust in God?

Quiet Reflection Before God

Think about a time when God patiently worked in your own life. How does remembering that season affect the way you view others now?

Truth Before God

God worked in your life in His timing, not yours. How does that truth help you trust Him more fully now?

Prayer

Lord, remind me of the mercy You have shown me throughout my own walk. Teach me to trust Your timing and to remain faithful even when I feel alone. Deepen my relationship with You above everything else. Amen.

Obedience Step

Set aside intentional daily time this week for prayer focused entirely on your relationship with God, not on changing another person.

Continued Prayer Focus

Ask God to help you remain rooted in Him rather than emotionally dependent on others.

CHAPTER 5

WHEN IT FEELS UNFAIR

"For do I now persuade men, or God? or do I seek to please men? for if I yet pleased men, I should not be the servant of Christ."

Galatians 1:10

Scripture Focus

"For do I now persuade men, or God? or do I seek to please men? for if I yet pleased men, I should not be the servant of Christ."

Galatians 1:10

Heart Examination

- Where has comparison affected my peace?

- Have I allowed fairness to influence my obedience?

- What expectations am I still holding onto?

Quiet Reflection Before God

When frustration rises because things feel unequal, what does that reveal about where your focus has settled?

Truth Before God

Faithfulness before God is not built on equal return. What would it look like to obey God without measuring what you receive back?

Prayer

Lord, remove comparison and resentment from my heart. Teach me to obey You because You are worthy, not because circumstances feel balanced. Help me remain faithful even when things feel unfair. Amen.

Obedience Step

Choose one act of obedience this week that you will do quietly before God without expecting recognition or response.

Continued Prayer Focus

Pray for freedom from comparison and deeper contentment in Christ.

CHAPTER 6

SPEAKING WITHOUT CONTROLLING

*"But speaking the truth in love, may grow up into him in all things,
which is the head, even Christ."*

Ephesians 4:15

Scripture Focus

*"But speaking the truth in love, may grow up into him in all things,
which is the head, even Christ."*

Ephesians 4:15

Heart Examination

- Do I speak truth with trust, or with pressure?

- Where have I tried to force understanding?

- Have I confused obedience with control?

Quiet Reflection Before God

Think about a recent conversation that unsettled you. What was happening in your heart during that moment?

Truth Before God

Truth spoken in obedience does not need to be forced. What would it look like to speak honestly and then release the outcome to God?

Prayer

Lord, teach me to speak truth with humility, restraint, and trust. Help me stop trying to control outcomes that belong to You alone. Give me wisdom to know when to speak and when to remain quiet. Amen.

Obedience Step

Before entering a difficult conversation this week, pause and pray before speaking.

Continued Prayer Focus

Pray for wisdom, gentleness, and discernment in every conversation.

CHAPTER 7

WHEN THEY RESIST GOD

*"For what knowest thou, O wife, whether thou shalt save thy husband?
or how knowest thou, O man, whether thou shalt save thy wife?"*

1 Corinthians 7:16

Scripture Focus

*"For what knowest thou, O wife, whether thou shalt save thy husband?
or how knowest thou, O man, whether thou shalt save thy wife?"*

1 Corinthians 7:16

Heart Examination

- Have I begun assuming things that only God truly knows?

- Have I allowed frustration to harden my heart?

- Am I remembering how patient God has been with me?

Quiet Reflection Before God

Think about areas where God showed patience toward you throughout your own spiritual growth. How should that shape your heart now?

Truth Before God

God is able to work in ways you cannot see. How does that truth change your posture before Him?

Prayer

Lord, keep my heart soft before You. Remove judgment, pride, and frustration from me. Help me trust that You are able to work in ways I cannot fully see or understand. Amen.

Obedience Step

Spend intentional time praying for another person this week without mentally rehearsing their faults.

Continued Prayer Focus

Pray for patience, humility, and deeper trust in God's work.

CHAPTER 8

WALKING IN CONSISTENCY

"Moreover it is required in stewards, that a man be found faithful."

1 Corinthians 4:2

Scripture Focus

"Moreover it is required in stewards, that a man be found faithful."

1 Corinthians 4:2

Heart Examination

- Where have I become inconsistent in my walk with God?

- Have discouragement or disappointment weakened my faithfulness?

- What spiritual disciplines need strengthening?

Quiet Reflection Before God

What areas of obedience become hardest for you to maintain over time? Why?

Truth Before God

Consistency is not sustained by visible results. It is sustained by conviction and trust in God. What does that mean for your daily walk?

Prayer

Lord, strengthen me to remain faithful over time. Help me continue steadily even when circumstances do not change quickly. Teach me to remain rooted in You above everything else. Amen.

Obedience Step

Establish one consistent daily spiritual discipline this week and commit to it faithfully.

Continued Prayer Focus

Pray for endurance, steadiness, and faithfulness over time.

CHAPTER 9

**TRUSTING GOD WITH THE
OUTCOME**

*"Commit thy way unto the LORD; trust also in him; and he shall bring it
to pass."*

Psalm 37:5

Scripture Focus

"Commit thy way unto the LORD; trust also in him; and he shall bring it to pass."

Psalm 37:5

Heart Examination

- Am I still holding onto outcomes?

- Is my peace dependent on whether things change?

- Where do I struggle to fully trust God's timing?

Quiet Reflection Before God

What expectations do you need to place fully into God's hands? Write honestly before Him.

Truth Before God

Trusting God means releasing what you cannot control while continuing in obedience. How does that truth challenge your current thinking?

Prayer

Lord, teach me to trust You fully with what I cannot control. Help me release outcomes, timelines, and expectations into Your hands. Let my peace remain rooted in You rather than in changing circumstances. Amen.

Obedience Step

This week, intentionally stop mentally measuring whether visible progress is happening.

Continued Prayer Focus

Pray for deeper surrender and peace rooted in God alone.

CHAPTER 10

WHAT GOD IS DOING IN YOU

"And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope."

Romans 5:3-4

Scripture Focus

"And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope."

Romans 5:3-4

Heart Examination

- What has God been revealing in my own heart?

- How have my responses changed through this process?

- Where is God teaching me greater dependence on Him?

Quiet Reflection Before God

Describe ways God has been shaping your character through difficulty.

Truth Before God

God is not only working around you. He is working within you. What qualities is He developing in your life?

Prayer

Lord, continue Your work within me. Expose what needs to change and strengthen what honors You. Teach me to trust Your refining process and to walk humbly before You. Amen.

Obedience Step

Choose one area where you once reacted emotionally and intentionally respond differently this week.

Continued Prayer Focus

Pray for continued growth, humility, and spiritual maturity.

CHAPTER 11

**THE DECISION TO REMAIN
FAITHFUL**

"But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself."

Daniel 1:8

Scripture Focus

"But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself."

Daniel 1:8

Heart Examination

- Have I truly settled how I will live before God?

- Where do I still become unstable?

- Is my obedience dependent on circumstances?

Quiet Reflection Before God

What would it look like for your faithfulness to become fully settled before God?

Truth Before God

Faithfulness is not built on feelings or outcomes. It is built on a settled decision to obey God. What does that decision look like in your life?

Prayer

Lord, help me become steady and settled in my walk before You. Strengthen my resolve to remain faithful regardless of what happens around me. Keep my heart rooted in obedience and trust. Amen.

Obedience Step

Write a personal commitment before God concerning how you desire to walk moving forward.

Continued Prayer Focus

Pray for firmness, consistency, and enduring faithfulness.

CHAPTER 12

THE CALL TO CONTINUE

"Fear none of those things which thou shalt suffer: behold, the devil shall cast some of you into prison, that ye may be tried; and ye shall have tribulation ten days: be thou faithful unto death, and I will give thee a crown of life."

Revelation 2:10

Scripture Focus

"Fear none of those things which thou shalt suffer: behold, the devil shall cast some of you into prison, that ye may be tried; and ye shall have tribulation ten days: be thou faithful unto death, and I will give thee a crown of life."

Revelation 2:10

Heart Examination

- Am I willing to continue faithfully even when the path feels difficult?

- Has my focus become more centered on Christ?

- What has God taught me throughout this journey?

Quiet Reflection Before God

How has your understanding of obedience, surrender, and trust changed through this workbook?

Truth Before God

Your calling is not to control outcomes. Your calling is to remain faithful before God. How does that truth shape the way you move forward from here?

Prayer

Lord, help me continue faithfully before You. Keep my heart humble, obedient, and surrendered. Strengthen me to walk steadily regardless of circumstances and to trust You completely with what I cannot see. Amen.

Obedience Step

Commit to a daily pattern of prayer, surrender, and personal obedience before God.

Continued Prayer Focus

Pray for continued faithfulness, deeper trust, and a closer walk with Christ.

FINAL REFLECTION

The purpose of this workbook was never to help you fix another person. It was to help you walk faithfully before God.

As you move forward, remember that your obedience is not dependent on another person's response. Your calling is not to control outcomes, but to remain steady before the Lord in truth, humility, prayer, and trust.

God sees what you cannot see. He works in ways you cannot work. And His timing is always greater than your own understanding.

Continue walking faithfully before Him. Not with your eyes fixed on another person, but with your eyes fixed on Christ.

A PRAYER OF SURRENDER

Lord, teach me to walk faithfully before You regardless of what happens around me. Keep my heart soft, humble, and obedient. Help me trust Your timing, Your wisdom, and Your work in places I cannot reach.

Guard me from bitterness, pride, comparison, discouragement, and self-righteousness. Keep my eyes fixed on Christ and strengthen me to continue in truth, patience, prayer, and faithfulness.

May my life reflect Your goodness, Your mercy, and Your grace.

In Jesus' name, Amen.