

Submission Is Not Weakness

Companion Workbook

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Introduction

This workbook is designed to help you apply what you have read. It is not meant to be rushed through. Take your time. Pray as you work. Be honest in what you write. Do not answer with what sounds spiritual. Answer with what is true.

Each chapter includes a short guiding paragraph so you know what the chapter is aiming at, followed by heart-check questions, real-life application, and a clear obedience step. This is not about collecting thoughts. It is about walking in obedience.

Chapter 1

Why Submission Is Resisted

Scripture Focus

Submit yourselves therefore to God. - James 4:7

What This Chapter Exposed

Resistance to submission usually shows up before the subject is even understood. What rises in that moment often reveals a heart that does not want to come under authority.

Heart Check

Answer honestly. Do not answer for your spouse. Let these questions search your own heart first.

What is your first inward reaction when you hear the word submission?

Where do you tend to resist correction, instruction, or authority?

Do you struggle more with trust, with control, or with being told what to do?

Real Life Application

Think about a recent moment when you resisted. It may have been in marriage, in conversation, or even in your response to God.

What happened?

What rose up inside you first?

What did that reaction reveal about your heart?

Obedience Step

Do not leave this as an idea. Write a clear response you can act on this week.

This week, when resistance rises, pause before speaking and ask, "Am I responding from self, or am I coming under God?"

Write one specific way you will practice that:

Prayer

Lord, show me where I resist You. Help me come under Your authority with a willing heart.

What Submission Actually Means

Scripture Focus

Submit yourselves one to another in the fear of God. - Ephesians 5:21

What This Chapter Exposed

Submission is not silence, inferiority, or losing your voice. It is placing yourself under God and responding from a heart that fears Him.

Heart Check

Answer honestly. Do not answer for your spouse. Let these questions search your own heart first.

What false ideas about submission have shaped how you think?

Do you associate submission with weakness, fear, or loss? Why?

Where have you defined submission by experience instead of by Scripture?

Real Life Application

Take a moment to separate what God says from what culture, hurt, or confusion has taught you.

What do you now see that submission is not?

What does biblical submission mean in your own words?

Obedience Step

Do not leave this as an idea. Write a clear response you can act on this week.

Choose one area this week where you will slow your response and bring yourself under God before speaking.

Write that area here:

Prayer

Lord, correct my understanding. Strip away confusion and teach me to see submission as You do.

Submission Is Strength

Scripture Focus

He that ruleth his spirit is better than he that taketh a city. - Proverbs 16:32

What This Chapter Exposed

Strength is not forcing your way, winning the moment, or controlling others. Strength is ruling your own spirit under God.

Heart Check

Answer honestly. Do not answer for your spouse. Let these questions search your own heart first.

Where do you confuse strong reactions with true strength?

What situations tempt you to speak quickly, defend yourself, or push your way through?

Do you see restraint as weakness or as strength under God?

Real Life Application

Think about a moment when you reacted strongly. Look past the moment and examine what controlled you.

Describe that moment.

What were you trying to protect, prove, or control?

What would strength under God have looked like instead?

Obedience Step

Do not leave this as an idea. Write a clear response you can act on this week.

This week, when tension rises, stop, breathe, and choose restraint before response.

Write one situation where you know this will be tested:

Prayer

Lord, teach me to rule my spirit and show strength through obedience rather than reaction.

Submission Begins With God

Scripture Focus

Submit yourselves therefore to God. - James 4:7

What This Chapter Exposed

Submission in marriage does not begin with your spouse. It begins with God. When your response is tied to Him first, your obedience becomes steady.

Heart Check

Answer honestly. Do not answer for your spouse. Let these questions search your own heart first.

Do you base your obedience on your spouse's behavior, tone, or response?

Where have you made your spouse the standard instead of God?

In what situations do you react to them instead of responding to God?

Real Life Application

Bring one recurring situation before God and look at it again from the right starting point.

Describe the situation.

How have you been responding to your spouse instead of to God?

What would it look like to respond to God first in that same moment?

Obedience Step

Do not leave this as an idea. Write a clear response you can act on this week.

Before your next hard response, ask, "What is right before God right now?"

Write how you will remind yourself to do that:

Prayer

Lord, anchor my obedience in You, not in the actions or attitudes of someone else.

Authority in Marriage

Scripture Focus

For the husband is the head of the wife, even as Christ is the head of the church. - Ephesians 5:23

What This Chapter Exposed

Authority in marriage is responsibility before God, not control. Biblical order brings clarity when both husband and wife live under God.

Heart Check

Answer honestly. Do not answer for your spouse. Let these questions search your own heart first.

Where has authority been misunderstood in your marriage?

Have you resisted godly order because of pride, fear, or past misuse?

If you are a husband, where do you need greater humility in leadership? If you are a wife, where do you need greater faithfulness in response?

Real Life Application

This chapter is not about power. It is about responsibility and order under God.

Write one area where your role has been handled poorly or unclearly.

How has self gotten in the way of godly order?

Obedience Step

Do not leave this as an idea. Write a clear response you can act on this week.

Write one step you will take to walk in your role with greater humility and obedience:

Prayer

Lord, align my heart with Your order and teach me to walk in my place before You.

When Submission Is Misused

Scripture Focus

We ought to obey God rather than men. - Acts 5:29

What This Chapter Exposed

Submission does not mean following someone into sin, ignoring what is wrong, or allowing truth to be silenced. Misuse does not cancel what God actually teaches.

Heart Check

Answer honestly. Do not answer for your spouse. Let these questions search your own heart first.

Have you rejected submission because you have seen it misused?

Do you know the difference between biblical submission and harmful control?

Where do you need discernment instead of reaction?

Real Life Application

Ask God for clarity where confusion, misuse, or fear has clouded your understanding.

Describe a situation where discernment is needed.

What would obedience to God look like in that situation?

What would be confusion, compromise, or fear instead?

Obedience Step

Do not leave this as an idea. Write a clear response you can act on this week.

Write one way you will stand with God while remaining under Him in your attitude and response:

Prayer

Lord, give me discernment, courage, and a heart that stays submitted to You above all.

Submission in Real Life Moments

Scripture Focus

A soft answer turneth away wrath: but grievous words stir up anger. - Proverbs 15:1

What This Chapter Exposed

Submission is not mainly proven in quiet ideas but in everyday responses. It shows up in tone, restraint, timing, and whether your spirit stays under God.

Heart Check

Answer honestly. Do not answer for your spouse. Let these questions search your own heart first.

Where do you react quickly in ordinary moments?

What kinds of comments, tones, or situations stir you up fastest?

Do you usually pause and govern your response, or answer as soon as something rises inside you?

Real Life Application

Think about a recent tense moment in your marriage or a close relationship.

Describe what happened.

How did you respond?

What would submission have looked like in that exact moment?

Obedience Step

Do not leave this as an idea. Write a clear response you can act on this week.

Choose one practical area this week - your tone, your timing, or your restraint.

Write how you will practice obedience in that area:

Prayer

Lord, help me respond with wisdom, restraint, and a spirit that reflects You.

Submission When You Don't Agree

Scripture Focus

Let your speech be always with grace, seasoned with salt. - Colossians 4:6

What This Chapter Exposed

Submission is not agreement. It is how you respond when you do not agree, and whether you can speak clearly without trying to control the outcome.

Heart Check

Answer honestly. Do not answer for your spouse. Let these questions search your own heart first.

Do you keep pressing until you are heard, accepted, or agreed with?

Where do you struggle to speak and then release the matter to God?

Do disagreements become conversations, debates, or battles?

Real Life Application

Think about a disagreement where your thoughts were not accepted the way you wanted.

What was the disagreement about?

How did you handle it?

What would it have looked like to speak clearly and then release the outcome?

Obedience Step

Do not leave this as an idea. Write a clear response you can act on this week.

Write one disagreement pattern you need to change and how you will respond differently next time:

Prayer

Lord, help me trust You when I disagree and keep my spirit under You in the middle of it.

Submission When It Feels Unfair

Scripture Focus

If, when ye do well, and suffer for it, ye take it patiently, this is acceptable with God. - 1 Peter 2:20

What This Chapter Exposed

Obedience is not based on fairness. Submission is tested when you do what is right and do not receive the response you think should follow.

Heart Check

Answer honestly. Do not answer for your spouse. Let these questions search your own heart first.

Where are you keeping score in your heart?

What feels unfair to you right now?

How has the desire for balance, recognition, or equal response shaped your obedience?

Real Life Application

Bring the area that feels unfair into the light and examine it before God.

Write what feels unfair right now.

How has that unfairness affected your response?

What would it look like to obey God there without measuring your spouse?

Obedience Step

Do not leave this as an idea. Write a clear response you can act on this week.

Write one place where you will stop keeping score and continue doing what is right before God:

Prayer

Lord, free me from scorekeeping and teach me to obey You even when things do not feel fair.

Submission When You're the Only One

Scripture Focus

So then every one of us shall give account of himself to God. - Romans 14:12

What This Chapter Exposed

You are not responsible for your spouse's obedience. You are responsible for yours. Submission remains personal even when it is not mutual.

Heart Check

Answer honestly. Do not answer for your spouse. Let these questions search your own heart first.

Where are you waiting for your spouse to change before you obey?

Have you stopped doing what is right because nothing around you seems to be changing?

What thoughts rise when you feel like you are the only one trying?

Real Life Application

Be honest about where weariness, disappointment, or isolation has affected your obedience.

Write where you feel alone in obedience.

How has that affected your heart and your response?

What does it mean to obey God there even if nothing changes immediately?

Obedience Step

Do not leave this as an idea. Write a clear response you can act on this week.

Write your next faithful step, even if your spouse does not respond the way you hope:

Prayer

Lord, help me stay steady in obedience even when I feel alone in it.

Freedom in Submission

Scripture Focus

Thou wilt keep him in perfect peace, whose mind is stayed on thee. - Isaiah 26:3

What This Chapter Exposed

Submission is not bondage. It frees you from the exhausting weight of control, reaction, and outcome-management.

Heart Check

Answer honestly. Do not answer for your spouse. Let these questions search your own heart first.

What are you trying to control right now?

Where do you feel pressure because you are carrying what belongs to God?

Do you believe obedience without control can still be safe and steady under God?

Real Life Application

Think about the areas where your heart stays tense because you are trying to manage too much.

What do you need to release to God?

What would peace look like in that area?

Obedience Step

Do not leave this as an idea. Write a clear response you can act on this week.

Write one outcome, burden, or pressure you will stop carrying and place before God:

Prayer

Lord, teach me to release control and walk in the peace that comes from staying under You.

The Decision

Scripture Focus

But be ye doers of the word, and not hearers only. - James 1:22

What This Chapter Exposed

This book does not end with understanding. It ends with a decision. Truth must be obeyed, not merely agreed with.

Heart Check

Answer honestly. Do not answer for your spouse. Let these questions search your own heart first.

What is God specifically asking you to change?

What have you delayed, excused, or explained away?

What conditions have you tried to place on obedience?

Real Life Application

This is your opportunity to write plainly before God and choose your direction.

What needs to change in your responses, attitudes, or actions?

What one step of obedience will you take now, not later?

Obedience Step

Do not leave this as an idea. Write a clear response you can act on this week.

Write your decision before God:

Prayer

Lord, help me choose obedience without delay and walk in what You have shown me.

Moving Forward

This workbook is not the end. It is a tool to help you keep walking in what God has shown you. Do not aim for polished answers. Aim for honest obedience.

Return to these pages as needed. Keep bringing your heart before God. Walk this out one decision at a time.

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