

CHARACTER IN MARRIAGE SERIES:
A character-based counseling resource for couples.

— THE —
GENTLE
HUSBAND

*Handling Your Strength
With Care*



LOVE **CAN** LAST
RESOURCES

What Is Gentleness?

Gentleness is often mistaken for weakness. In reality, it is a mature expression of strength. A gentle husband does not avoid difficult conversations or surrender his convictions. He chooses to use his strength to protect rather than wound.

A gentle husband handles his wife with care. He makes room for her feelings, respects her vulnerability, and treats her heart and weaknesses with dignity—even when they disagree or face difficult circumstances.



THE BIG IDEA

*Gentleness is
using my
strength to
protect rather
than wound.*



What Does a Wife Experience?

When a husband is gentle, his wife experiences the freedom to be honest and vulnerable. She can express her feelings, share her weaknesses, and disagree without fearing that his strength will be used against her.



REFLECT

If my wife were describing my gentleness today, what would she say she experiences?

When Gentleness Is Missing

Every husband has strength. Through his words, emotions, decisions, leadership, and influence, he has the ability to shape his wife's experience of their marriage. **The question is not whether he has strength, but how he uses it.**

When gentleness is missing, a husband's strength can become a source of harm. He may become harsh when frustrated, dismissive when his wife is emotional, controlling when they disagree, or intimidating when he feels challenged. He may not intend to wound her, but his strength can still make her feel small, guarded, or afraid to be honest.

Gentleness does not mean giving up strength. It means learning to handle strength with care. A gentle husband can be firm, speak truth, address problems, and disagree with his wife without using his strength to intimidate, control, shame, or overpower her.



His wife should never have to wonder whether her vulnerability will become ammunition, her feelings will become a burden, or his strength will be used against her.



THE BIG IDEA

The same strength that can protect can also wound.



AS YOU REFLECT

- Do my words protect my wife's dignity or diminish it?
- When she expresses strong emotions, do I make room for them or try to shut them down?
- Do I ever use what I know about her weaknesses against her?
- When we disagree, does my strength make the conversation safer or more intimidating?
- Does my wife experience my strength as protective or harmful?

A Gentle Husband Handles With Care

Gentleness is shown in how a husband handles
what has been entrusted to him.

FIVE EXPRESSIONS OF GENTLENESS



HER HEART

He chooses words
and actions that protect
rather than wound, especially
when emotions are high or
difficult conversations are
necessary.



HER FEELINGS

He makes room for her
emotions. He allows her
the freedom to express them
and responds with
care and respect.



HER WEAKNESSES

He does not use her failures,
insecurities, or struggles
against her. What she
entrusts to him in
vulnerability is handled
with care.



CONFLICT

He handles conflict without becoming
destructive. He does not use anger,
harsh words, intimidation, or control
to overpower or get his way. He
protects her dignity and treats her
with respect.



HIS STRENGTH

He understands that his strength
is something to steward. Through
his words, emotions, leadership,
or influence, he chooses to use his
strength to protect rather than
overpower.



REFLECT

Of these five expressions, which area do I most want to grow in right now?

Growing in Gentleness

As you reflect on the five areas of gentleness, consider not only how you see yourself, but how your wife might describe her experience of you. Her perspective can reveal areas of strength as well as places where your gentleness needs to grow.



Her Heart

- Does my wife experience my words and actions as careful or hurtful?
- What is one way I could handle her heart with greater care?



Her Feelings

- Does my wife feel free to express her emotions, even when they are strong?
- When her feelings are different from mine, do I make room for them or try to shut them down?



Her Weaknesses

- Does my wife trust me with the things she struggles with?
- Have I ever used something she shared in vulnerability against her?



Conflict

- When we disagree, does my wife experience me as respectful or intimidating?
- Do I protect her dignity even when I am angry or strongly disagree?



My Strength

- How do I use my words, emotions, leadership, and influence when I have the ability to get my way?
- Would my wife say that my strength consistently protects rather than wounds?

Gentleness Is Experienced

Gentleness is not measured only by the intentions behind a husband's actions. It is measured by what his wife consistently experiences when he uses his words, emotions, strength, and influence.

A husband may believe he is simply being honest, direct, or strong. But gentleness becomes meaningful when his wife experiences that strength as care rather than harm.

HOW DOES MY WIFE EXPERIENCE MY GENTLENESS?



She Experiences Care When...

My words and actions handle her heart with thoughtfulness rather than carelessness.



She Experiences Freedom When...

She can express her feelings and be honest without fearing that I will dismiss, ridicule, or punish her for what she shares.



She Experiences Dignity When...

I treat her weaknesses, mistakes, and struggles with care rather than using them against her.



She Experiences Protection When...

I use my strength, leadership, and influence to protect rather than intimidate, control, or overpower.



REFLECT

What is one thing I could do differently to help my wife experience greater gentleness from me?



Begin the Practice

Gentleness is built through the ordinary moments when I choose how to use my strength. The goal is not perfection, but becoming more intentional about how my wife experiences my words, responses, and influence.



Gentleness is not weakness. It is strength handled with care.



MY VISION

What do I want my wife to consistently experience from my gentleness?



MY PRACTICE

Which expression of gentleness will I intentionally practice?

☐ Her Heart ☐ Her Feelings ☐ Her Weaknesses ☐ Conflict ☐ My Strength

What will this look like in my everyday life?



MY COMMITMENT

When I am frustrated, angry, or tempted to use my strength to get my way, I will remember:

