

Angie's Marriage Column – January 7, 2015

Jealous Husband: What You Can Do & What He Can Do

ASK ANGIE: I love my husband very much. We have been married 2 years and he is a very jealous, insecure man. He has no confidence in himself he's always worried what I'm doing or where I'm at and who I talk to thru out the day. I'm a stay at home mom we have 1 yr old little girl. I am losing my mind at times, I have asked him to give me more space and reassure him constantly I would never do anything to hurt him. I'm very stressed out, please help me and my family.

Marriage Guidance: “Jealousy” is a very strong word and a very strong emotion from a wound in the past that has not healed. Your husband is trying to protect his marriage the only way he knows how, and in doing so he is actually pushing you away.

Many folks come to us complaining about the other spouse but we cannot heal anyone's spouse from past wounds that are haunting them and neither can you heal your spouse. Can you provide your husband with the inner healing he needs? NO, you cannot heal your husband. Inner healing is an individual thing between the person who is hurting and Jesus Christ.

You must stop trying to control how someone behaves and just take care of you. The funny thing is, once you begin to detach with love and take care of you, your spouse will see how his behavior has been inappropriate.

However, there is more to this picture than meets the eye. **You both need to work together at making JESUS CHRIST NUMBER ONE IN your lives and marriage**, and while doing that work on your individual relationships with Christ.

Here's how it works: We can tell you what needs to be done, but you have to put in the effort...YOU and your HUSBAND.

What this means is your husband needs to read this marriage column too and put in the effort, otherwise he will not get the healing he needs.

What You Both Can Do Together

1) **Read about how marriage should be** (from the bible) and pray for marriage restoration. Here's a good place to start. Ephesians 5:22-33 King James Version (KJV) If you do not have a KJV bible, please go buy one, or borrow one.

2) **Understand and apply accountability solutions into the marriage.** If wife is at home with children, going out doing the shopping, doing other errands, visiting with family and friends during the day, she needs to show her husband where she is at, at least until healing has taken place.

NOTE: Some husbands have a real reason for being jealous: perhaps his wife dresses in a manner that is not appropriate, or she carries herself inappropriately around other men and he observes this about her. Or perhaps she has shown in the past that she simply cannot and should not be trusted, etc, etc.

Understand, I'm not saying this is the case with your situation, however, for others reading this today, it might be the case for them and therefore accountability is a must. It is very sad that married couples cannot trust one another but when one of them or both of them shows the opposite of that then without accountability in place the marriage will fall down.

8 Ways to Show Accountability in Marriage

NOTE: Dear readers, these ways to show accountability are good to do not just for a jealous spouse, but for couples where one or both spouses were somehow unfaithful in the marriage, whether emotionally or physically. Put them to good use; they REALLY work!

1. Switch your cell phones. Example, wife uses the husband's cell for the day, and husband uses the wife's. This should be done two three times a week until trust is reestablished.

2. Call each other whenever you feel like it.

3. Wife being allowed to go to husbands work whenever she likes, without calling first.
4. Husband being allowed to come home for lunch or just show up at the house whenever he feels like it.
5. Allow your spouse to see your social network sites such as any forums you belong to, groups, Facebook, etc.
6. Give your spouse ALL of your passwords to EVERYTHING you do online!! (This includes both husband and wife).
7. **Take your role as the husband/wife with the seriousness that it deserves.** You are not dating anymore; therefore understand, your marriage needs commitment from you!! You need to take your position seriously. Make God your number source today! Do you have a growing, learning relationship with Jesus Christ?
8. Read this article: [How to Take Responsibility and Protect Your Marriage](#)
9. Every night before you go to sleep, look your spouse in the eyes and tell them you were faithful that day. Do this every night. *"I was faithful today"*. (When I use the term "I was faithful" it implies in all ways of unfaithfulness, not just having sex with someone else outside of your marriage.)

What a Jealous Husband Can Do

Jealousy is a strong emotion that is used to control or manipulate others and this is why, we as Christ-followers need to control this emotion; it can do a lot of damage in a relationship. You are pushing your wife further away from you rather than pulling her towards you, meaning the closeness she once had with you is disappearing because of the emotion called jealousy.

Many people equate jealousy with loving someone very much, but in truth the exact opposite is true. Jealousy and all of the feelings that come with it ARE NOT LOVE. Being jealous of someone is NOT loving them...it is hurting them.

1. If you want to protect your marriage and actually love your wife, then be the man God created you to be for your wife. [How Should a Husband Love His Wife?](#)

2. Read these guidance articles below and absorb them into your being and then do what it says. Throughout the bible Christ states how people “listen to the word” and then never do what it says. This is why people are so confused about what their purpose is in their Christian life!! Most people do not apply “Christ Living Principles” into their life and marriage!

3) Study the bible and pray with your wife - Ephesians 5:22-33- King James Version (KJV)

4. Make God number one in your life. Before you can LOVE your wife appropriately, you need to heal the wounds from the past, and you cannot do that without God. Without God we are Nothing, With God we can be Something!!

A. [Why Am I Jealous?](#)

B. [Are your emotions controlling you?](#)

C. [Why Jealousy Hurts so Bad](#)

Our Christian walk is a lifestyle, not something you listen to only and then just go about living the way you want. Understand that your emotions can be controlled through Jesus Christ. He washes us clean and helps us to be people who can actually love others properly.

What a Wife of a Jealous Husband Can Do

1. Make God number one in your life. Without making Christ number one in your life, you will not be able to love your husband properly. Christ shows us how to love and how to be a good wife for our husband's.

2. UNDERSTAND: your husband is only trying to love you the only way a scarred person knows how. He needs healing, but so do you. Stop trying to control his healing and only take care of your healing. [Detach with love.](#)

3. If you have nothing to hide then you will not have any trouble being accountable for your where-about's during the day.

4. Read these articles and apply the principles into your marriage.

A. [How to Treat Your Husband Like a Man!](#)

B. [How to Be a Good Spouse by Being Healthy in Mind and Body](#)

C. [Choosing to Work on Your Marriage](#)

So that's it. Work together but work on yourselves as you work together. It's now up to you both. Do you want marriage restoration? Then put in the spiritual effort. God helps those who help themselves. Take care and God Bless everyone!!

Blessings in Christ

Frank and Angie

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Do you have a marriage question that you want biblical answers to? Let us know and we'll pray about it, research it and answer it with the understanding and wisdom God has blessed us with. It's not what Frank or Angie can do for your marriage; it is between YOU and God. We're just the messengers.

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