**Table of Contents**

1. Introduction: What Does Submission Really Mean?

2. God’s Design for Marriage

3. The Heart of a Submissive Wife

4. Respecting His Role: Leadership and Authority

5. When Submission Is Hard

6. Submission in Action: Everyday Examples

7. Balancing Submission and Strength

8. What Submission Is Not

9. Encouraging Your Husband’s Leadership

10. Praying for Your Marriage and Your Role

11. Conclusion: A Reflection of Christ and the Church  
  
  
 **Chapter 1: Introduction — What Does Submission Really Mean?**

The word submission often stirs strong emotions. In today’s culture, it can feel outdated, oppressive, or even offensive. But when we look closely at Scripture, we find that biblical submission is not about inferiority or silence—it's about honor, order, and love.

> “Wives, submit yourselves unto your own husbands, as unto the Lord. For the husband is the head of the wife, even as Christ is the head of the church: and He is the saviour of the body.”

— Ephesians 5:22–23 (KJV)

Biblical submission is about willingly placing yourself under your husband’s leadership, not because you are weak, but because you trust in God’s design. It is an act of faith, a choice made not out of fear, but out of love and reverence for the Lord.

Submission doesn’t mean you lose your voice or your value. In fact, Scripture elevates the role of a godly woman:

> “Who can find a virtuous woman? for her price is far above rubies.”

— Proverbs 31:10 (KJV)

This book is not about rules or rigidity, but about walking in harmony with God’s plan for marriage. Submission, when understood properly, becomes a powerful, freeing, and deeply spiritual way to love your husband and serve the Lord.

Let’s begin this journey not with shame or fear, but with grace, wisdom, and a desire to reflect the beauty of Christ and His church in our marriages.

**Chapter 2: God’s Design for Marriage**

To understand submission in marriage, we first need to understand marriage itself—God’s original design, purpose, and pattern. In the very beginning, God established the institution of marriage—not as a social construct, but as a divine covenant.

> “Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.”

— Genesis 2:24 (KJV)

**A Partnership with Order**

While man and woman are created equal in value, they are given distinct roles in marriage. God created Eve as a helper for Adam—not as a lesser being, but as a necessary companion.

> “And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him.”

— Genesis 2:18 (KJV)

The term "help meet" means a suitable helper—one who complements, supports, and strengthens.

The New Testament reaffirms this divine order in the home:

> “But I would have you know, that the head of every man is Christ; and the head of the woman is the man; and the head of Christ is God.”

— 1 Corinthians 11:3 (KJV)

This order does not indicate superiority but rather reflects God’s blueprint for peace, unity, and purpose.

**Submission Mirrors Christ's Love**

When a wife submits to her husband, she’s not just following him—she’s honoring Christ.

> “As the church is subject unto Christ, so let the wives be to their own husbands in every thing.”

— Ephesians 5:24 (KJV)

Submission is not about control—it’s about love and trust. Just as Jesus submitted to the Father’s will (Luke 22:42), we are called to follow the roles God has lovingly set before us.

When a husband leads with humility and a wife submits with grace, the marriage becomes a picture of the gospel.

**Chapter 3: The Heart of a Submissive Wife**

Submission isn’t just an action—it’s an attitude. A truly submissive wife begins with a heart posture that is yielded to God first. This kind of heart isn’t passive or weak—it’s strong, trusting, and rooted in love.

> “Likewise, ye wives, be in subjection to your own husbands; that, if any obey not the word, they also may without the word be won by the conversation of the wives; While they behold your chaste conversation coupled with fear.”

— 1 Peter 3:1–2 (KJV)

This passage shows us that submission begins in the heart and overflows into actions that speak louder than words. A wife’s quiet strength, respectful behavior, and gentle spirit can be a powerful testimony—even to a husband who is not walking with God.

**The Fruit of a Submissive Spirit**

A submissive heart reflects the fruit of the Spirit (Galatians 5:22–23). Here are a few key traits that characterize a godly wife:

* Humility – Not thinking less of herself, but thinking of herself less. (Philippians 2:3)
* Gentleness – Choosing kindness over criticism, peace over power.
* Patience – Trusting God’s timing, especially when her husband makes mistakes.
* Faith – Believing God is at work in her marriage even when things feel uncertain.

> “Whose adorning let it not be that outward adorning... But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.”

— 1 Peter 3:3–4 (KJV)

**Submission Is Rooted in Trust**

True submission is not about trusting your husband to be perfect. It’s about trusting God to work through your husband’s leadership—even when you don’t fully understand it.

It means saying, “Lord, I trust You, so I choose to honor the man You have given me.”

It doesn’t mean agreeing with everything or never speaking your mind. A submissive wife can have strong opinions and a wise voice—but she speaks the truth in love, not rebellion.

**A Daily Choice**

Submission is not a one-time vow. It’s a daily, sometimes hourly, decision to walk in God’s ways. It’s in how we speak, how we listen, how we respond—and most of all, how we pray.

**Chapter 4: Respecting His Role — Leadership and Authority**

At the heart of biblical submission is a deep respect for God’s order in the home. When a wife honors her husband’s leadership, she isn’t just respecting him—she’s honoring the One who gave him that position.

> “For the husband is the head of the wife, even as Christ is the head of the church: and He is the saviour of the body.”

— Ephesians 5:23 (KJV)

Just as Christ lovingly leads the church, God calls husbands to lead their families. This leadership isn’t about dominance—it’s about responsibility. And when a wife embraces her husband’s role, she empowers him to walk boldly in it.

**What Godly Leadership Looks Like**

Biblical leadership is servant-hearted, self-sacrificing, and rooted in love. A husband’s role is not to control, but to lead with wisdom, grace, and spiritual discernment.

> “Husbands, love your wives, even as Christ also loved the church, and gave himself for it.”

— Ephesians 5:25 (KJV)

This means that your husband’s role is weighty—and your respect helps carry that weight. When a man feels respected, he is more likely to rise into the role God has called him to fulfill.

**Practical Ways to Show Respect**

* Let him lead: Give him space to make decisions without constant correction or second-guessing.
* Speak well of him: Honor him with your words in public and private.

> “She openeth her mouth with wisdom; and in her tongue is the law of kindness.” — Proverbs 31:26

* Seek his input: Show that you value his wisdom and insight, especially in matters affecting your home and family.
* Support his vision: Even if it’s different from yours, be willing to walk with him in faith and unity.
* Avoid comparison: Don’t measure him against other men. Respect who he is and how God is growing him.

**When You Don’t Agree**

Submission doesn’t mean silence in the face of disagreement. A wife can voice her concerns with honor and grace. What matters is the tone of the heart. Do you speak to win—or to build up? Do you confront to challenge—or to understand?

> “A soft answer turneth away wrath: but grievous words stir up anger.”

— Proverbs 15:1 (KJV)

Even in disagreement, you can still show respect by listening, praying, and choosing unity over pride.

**The Blessing of Order**

God is not a God of confusion but of peace (1 Corinthians 14:33). When His order is followed, there is clarity, peace, and blessing. Respecting your husband’s role doesn’t diminish your identity—it magnifies God’s wisdom in your home.

**Chapter 5: When Submission Is Hard**

Let’s be honest—submission isn’t always easy. It can feel nearly impossible when your husband makes poor decisions, lacks spiritual maturity, or doesn't seem to appreciate your role as his helper. What then? Is submission still God's will when it's hard?

Yes—but with wisdom, prayer, and trust in God’s higher purpose.

> “Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

— Proverbs 3:5–6 (KJV)

This chapter is for the wife who’s trying, hurting, or even questioning. Let’s walk through the truth together.

**1. Submission Doesn’t Mean Silence in Suffering**

God does not call wives to endure abuse, neglect, or sin in silence. Submission is not blind obedience—it’s faithful surrender to God, not a license for a husband to mistreat or manipulate.

If you're in a dangerous or abusive situation, seek safety and wise counsel immediately. God values your life, health, and dignity.

> “The Lord is a refuge for the oppressed, a stronghold in times of trouble.”

— Psalm 9:9 (NIV)

There is a difference between difficult seasons and destructive situations. God sees both—and He walks with you in all of it.

**2. When He Isn’t Leading Spiritually**

One of the most painful situations is when a husband is passive or spiritually distant. You may long for him to pray with you, lead the family, or grow in God—but feel like you’re carrying the weight alone.

This is where submission becomes an act of deep faith. Instead of criticizing or controlling, you pray. You encourage. You lead by example without stepping into his role.

> “They also may without the word be won by the conversation of the wives.”

— 1 Peter 3:1

Your faithfulness can soften his heart over time. God is always working, even when you can’t see it.

**3. What If He Makes a Wrong Decision?**

Trusting your husband’s leadership doesn’t mean you’ll always agree with his choices. And yes, sometimes he may choose wrong. But that’s where submission becomes surrender—not to your husband’s ability, but to God’s sovereignty.

God can use even a wrong turn for your good and His glory.

> “And we know that all things work together for good to them that love God...”

— Romans 8:28 (KJV)

It’s okay to respectfully share your concerns. In fact, wise husbands value their wives’ discernment. But once a decision is made, support him and trust God with the outcome.

**4. Strength in the Secret Place**

Submission in hard seasons requires supernatural strength. You can't do it in your own power—you need grace, prayer, and the Word of God to carry you.

* Pour out your heart to God (Psalm 62:8).
* Ask Him to renew your patience, wisdom, and joy.
* Surround yourself with wise, godly women who can encourage you in love and truth.

You may not always feel strong—but God’s strength is perfected in your weakness (2 Corinthians 12:9).

**5. You Are Not Alone**

Many women have walked this road—and God has been faithful through it all. Whether your marriage is struggling or simply stretched, He sees you, knows your heart, and honors your obedience.

Submission in hard times isn’t a sign of weakness—it’s the mark of a woman anchored in Christ.

**Chapter 6: Submission in Action — Everyday Examples**

Submission isn’t just a theory or a verse quoted at weddings—it’s lived out in the little things, day after day. It’s seen in the tone of your voice, the way you handle conflict, how you support your husband’s decisions, and how you carry your role with grace.

This chapter is all about making it real—how to put biblical submission into practice in your everyday life.

**1. Honoring His Decisions**

There will be times when you and your husband don’t see eye to eye. You might feel like your way is more efficient, wiser, or simply better. But submission means allowing your husband to lead, even if you would’ve chosen differently—unless his decision goes against God’s Word.

> “Wives, submit yourselves unto your own husbands, as it is fit in the Lord.”

— Colossians 3:18 (KJV)

**Example:**

He chooses a family vacation destination you weren’t thrilled about. Instead of sulking or making snide remarks, you support his choice, look for the joy in it, and encourage the family to have fun.

**2. Your Words Matter**

Your tone and words can build up or tear down. A submissive spirit doesn’t mean you never speak your mind—but it does mean you speak with honor and humility.

> “A wise woman buildeth her house: but the foolish plucketh it down with her hands.”

— Proverbs 14:1 (KJV)

**Example:**

When you disagree, instead of saying, “You never listen,” try:

**“Can I share my thoughts with you? I trust you’re trying to do what’s best, and I just want to understand.”**

Kindness and clarity go a long way.

**3. Following His Lead Spiritually**

Even if your husband isn’t spiritually mature, look for ways to support and encourage him in growing his faith.

**Example:**

Invite him to pray over dinner or read a Psalm together before bed. If he’s not ready for that, pray silently for him, and let him see the peace and strength your relationship with God gives you.

**4. Giving Him Room to Lead**

Sometimes, submission is simply stepping back so he can step up.

**Example:**

When making a big decision (like finances, parenting, or housing), instead of planning it all yourself, ask:

**“What do you think we should do?”**

Even if he doesn’t have an immediate answer, you’ve shown him that you believe in his leadership.

**5. Respecting Him Publicly and Privately**

Honor shouldn’t be saved for church or social media—it should show up at the dinner table, in front of the kids, and behind closed doors.

> “Let the wife see that she reverence her husband.”

— Ephesians 5:33 (KJV)

**Example:**

Speak highly of him when he’s not around. Defend his character. Thank him for the ways he provides, protects, or simply tries. Respect invites respect in return.

**6. Serving With Joy**

Serving your husband isn't about being a maid—it’s about being a minister in your home. Submission includes a willing, joyful attitude in how you love and care for him.

**Example:**

Cooking his favorite meal, folding his laundry with a prayer, or making the home peaceful when he comes in from a stressful day. These acts, done with love, become worship to God.

> “Whatsoever ye do, do it heartily, as to the Lord, and not unto men.”

— Colossians 3:23 (KJV)

**Little Choices, Big Impact**

Submission shows up in small, everyday choices that build trust, love, and unity. The more you walk in this spirit, the more natural it becomes—and the more your marriage becomes a living reflection of God’s heart.

**Chapter 7: Balancing Submission and Strength**

One of the biggest misconceptions about submission is that it means weakness. But the truth? It takes strength to submit. It takes courage to yield when your flesh wants to control, speak up when silence would be easier, and trust God when the path is unclear.

Biblical submission is not the absence of strength—it is strength under control.

> “She girdeth her loins with strength, and strengtheneth her arms... Strength and honour are her clothing; and she shall rejoice in time to come.”

— Proverbs 31:17, 25 (KJV)

The Proverbs 31 woman was strong, wise, industrious, and respected. And yet, she operated within the framework of biblical order—using her strength to support, bless, and honor her home and husband.

**1. You Are Your Husband’s Helper—Not His Shadow**

Submission does not mean you have no voice, no vision, or no identity. You are your husband’s helper (Genesis 2:18)—and that means you bring value, wisdom, and discernment to the marriage.

Being a helper doesn’t mean you’re behind him.

It means you’re alongside him—helping him succeed in the role God has given him.

**2. Strong Women in Scripture Submitted Too**

Look at Sarah. She submitted to Abraham and followed him into the unknown (Genesis 12). But she was no pushover. She spoke, advised, and even challenged him (Genesis 21:10–12). And God told Abraham to listen to her.

> “Even as Sara obeyed Abraham, calling him lord... whose daughters ye are, as long as ye do well...”

— 1 Peter 3:6 (KJV)

Submission doesn’t silence your wisdom—it simply channels it with humility.

**3. Speaking the Truth in Love**

A submissive wife does not bite her tongue at all costs—she speaks with both truth and grace.

> “Let your speech be alway with grace, seasoned with salt...”

— Colossians 4:6 (KJV)

You can express your thoughts, concerns, and ideas—just do it with the intent to build, not break. With the goal to honor, not overpower.

Strength is not measured by volume, but by impact.

**4. Boundaries Are Biblical**

Being submissive doesn’t mean you allow sin, mistreatment, or manipulation. You are still a daughter of the King, called to walk in truth and righteousness.

> “Have no fellowship with the unfruitful works of darkness, but rather reprove them.”

— Ephesians 5:11 (KJV)

If your husband is in sin or leading your home down a destructive path, it’s not dishonoring to seek help. In fact, it’s wise and godly. Submission does not mean enabling sin—it means trusting God enough to respond with both grace and truth.

**5. Walking in Quiet Confidence**

You don’t have to shout to be heard. The most powerful influence a wife can carry is quiet confidence—anchored in God, clothed in dignity, and walking in peace.

> “In returning and rest shall ye be saved; in quietness and in confidence shall be your strength...”

— Isaiah 30:15 (KJV)

When you know who you are in Christ, you can submit to your husband without fear of losing yourself.

**Submission Is Not the Absence of Strength—It’s the Redirection of It**

Your strength is not wasted in submission—it is magnified. Because now, it’s aligned with God’s will, empowered by His Spirit, and used to build a home that honors Him.

**Chapter 8: What Submission Is Not**

It’s crucial to clear up any misunderstandings about what biblical submission is and what it isn’t. Submission in marriage, as laid out in Scripture, is not about weakness, inferiority, or silencing your voice. Understanding these boundaries helps you walk confidently in the freedom and strength God has designed for you.

**1. Submission Is Not Silence**

Submission does not require you to remain silent when there is injustice, sin, or confusion. You are still a person with a voice, wisdom, and gifts that contribute to the marriage. Your thoughts, feelings, and opinions matter, and they can be expressed respectfully.

> “The wise woman buildeth her house: but the foolish plucketh it down with her hands.”

— Proverbs 14:1 (KJV)

Silence is not a biblical virtue when it comes to accepting sin or dysfunction. You may speak your mind in truth and love—but always with humility and respect.

**2. Submission Is Not the Absence of Your Opinion**

Many assume that submission means you must defer to your husband’s decisions without input. But that is not the case. A submissive wife is still a partner in decision-making. Her role is to offer wise counsel, to share her perspective, and then to trust her husband’s leadership when a decision is made.

> “Where no counsel is, the people fall: but in the multitude of counsellors there is safety.”

— Proverbs 11:14 (KJV)

Your voice is valuable in the decision-making process, especially when it concerns your family, finances, or future. Submission is not about having no voice, but about choosing to submit to his leadership after you’ve shared your heart.

**3. Submission Is Not About Control**

Biblical submission is not about controlling your husband or manipulating him into doing what you want. It’s about walking in grace, loving him, and honoring his decisions—even when they don’t align with your personal preferences.

> “Wives, submit yourselves unto your own husbands, as unto the Lord.”

— Ephesians 5:22 (KJV)

Submission means letting go of your need to control. Instead, it means choosing to trust God’s sovereignty and your husband’s leadership, even when things don’t go as planned.

**4. Submission Is Not About Enabling Sin**

If your husband is engaging in sin, submission doesn’t mean you sit by passively. You can support your husband in love, but that does not mean tolerating harmful or sinful behavior. You are still called to uphold righteousness and encourage your husband toward repentance and growth.

> “Have no fellowship with the unfruitful works of darkness, but rather reprove them.”

— Ephesians 5:11 (KJV)

It’s crucial to speak the truth in love, stand firm on God’s Word, and encourage your husband to walk in alignment with it. This is an act of submission that honors both your marriage and your calling as a wife.

**5. Submission Is Not About Inferiority**

Biblical submission does not make women inferior to men. Both husband and wife are equal in worth before God. The husband’s role as head does not imply that he is more valuable; rather, it is a responsibility given by God to lead, protect, and love his wife sacrificially.

> “So God created man in his own image, in the image of God created he him; male and female created he them.”

— Genesis 1:27 (KJV)

God’s design is one of complementary roles, where the husband leads and the wife helps. Both roles are necessary and equally valuable in God’s eyes.

**Chapter 9: Encouraging Your Husband’s Leadership**

One of the most powerful ways a wife can encourage her husband’s leadership is by supporting him wholeheartedly. A godly wife can be a true helpmeet, assisting her husband in fulfilling his God-given role as the head of the home.

**1. Recognize His Leadership**

Your husband might not always feel like a natural leader. He may not always lead in the way you want or expect, but by recognizing and respecting his leadership, you give him the space to grow and lead confidently. Encouragement and respect give him the courage to step up to his role as the spiritual head of your family.

> “Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband.”

— 1 Corinthians 7:3 (KJV)

Encourage him by acknowledging his efforts, big and small, and express gratitude for his leadership. Your praise and affirmation will encourage him to continue growing in his role.

**2. Serve with Joy and Willingness**

Supporting your husband’s leadership isn’t just about following—it’s also about serving alongside him. A wife’s willing spirit and joyful service contribute to the overall strength of the marriage.

> “She will do him good and not evil all the days of her life.”

— Proverbs 31:12 (KJV)

Look for practical ways to support him—whether it’s through prayer, showing kindness, or stepping in to help with family responsibilities. When you serve with joy, you create an environment of mutual respect and love.

**3. Pray for Him**

Pray for your husband’s strength, wisdom, and leadership. Ask God to guide him, protect him, and give him clarity in decisions that impact your family. Your prayers for him are a powerful way to encourage his leadership.

> “I will therefore that men pray every where, lifting up holy hands, without wrath and doubting.”

— 1 Timothy 2:8 (KJV)

Your prayers invite God into your marriage and your husband’s leadership.

**Chapter 10: Praying for Your Marriage and Your Role**

Prayer is the foundation of any strong marriage, and praying for your marriage is a key part of walking in submission. As you pray for your husband, your marriage, and yourself, you are inviting God to work in ways you may not even be able to see.

**1. Pray for Wisdom and Patience**

Pray for the wisdom to support your husband’s leadership in a way that honors God. Pray for patience when you face challenges, and ask for understanding when things are difficult.

> “If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”

— James 1:5 (KJV)

God will give you the wisdom to navigate difficult moments and discernment to make wise choices in your role.

**2. Pray for Unity and Peace**

Pray for unity in your marriage and for peace to reign in your home. Marriage can be a battlefield, but prayer invites God’s peace to settle your hearts and guide you through each season.

> “And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

— Philippians 4:7 (KJV)

When peace reigns, submission becomes a natural outflow of trust and love.

**3. Pray for Strength to Submit**

Pray for the strength to submit when it’s difficult. God will equip you with everything you need to fulfill His calling in your marriage. Trust that He sees your heart and will give you the grace to walk in submission with joy and confidence.

**Chapter 11: Conclusion — A Reflection of Christ and the Church**

At the end of the day, biblical submission is about reflecting the relationship between Christ and the Church. As a wife submits to her husband, she is echoing the heart of the Church as it submits to Christ’s loving leadership.

> “For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body.”

— Ephesians 5:23 (KJV)

Submission isn’t about losing yourself—it’s about becoming more like Christ. As you embrace the beauty of biblical submission, you become a living testimony of God’s love, grace, and faithfulness in the world.

God’s plan for marriage is beautiful. Trust Him, submit to His will, and allow your marriage to be a shining reflection of Christ’s love for His Church.