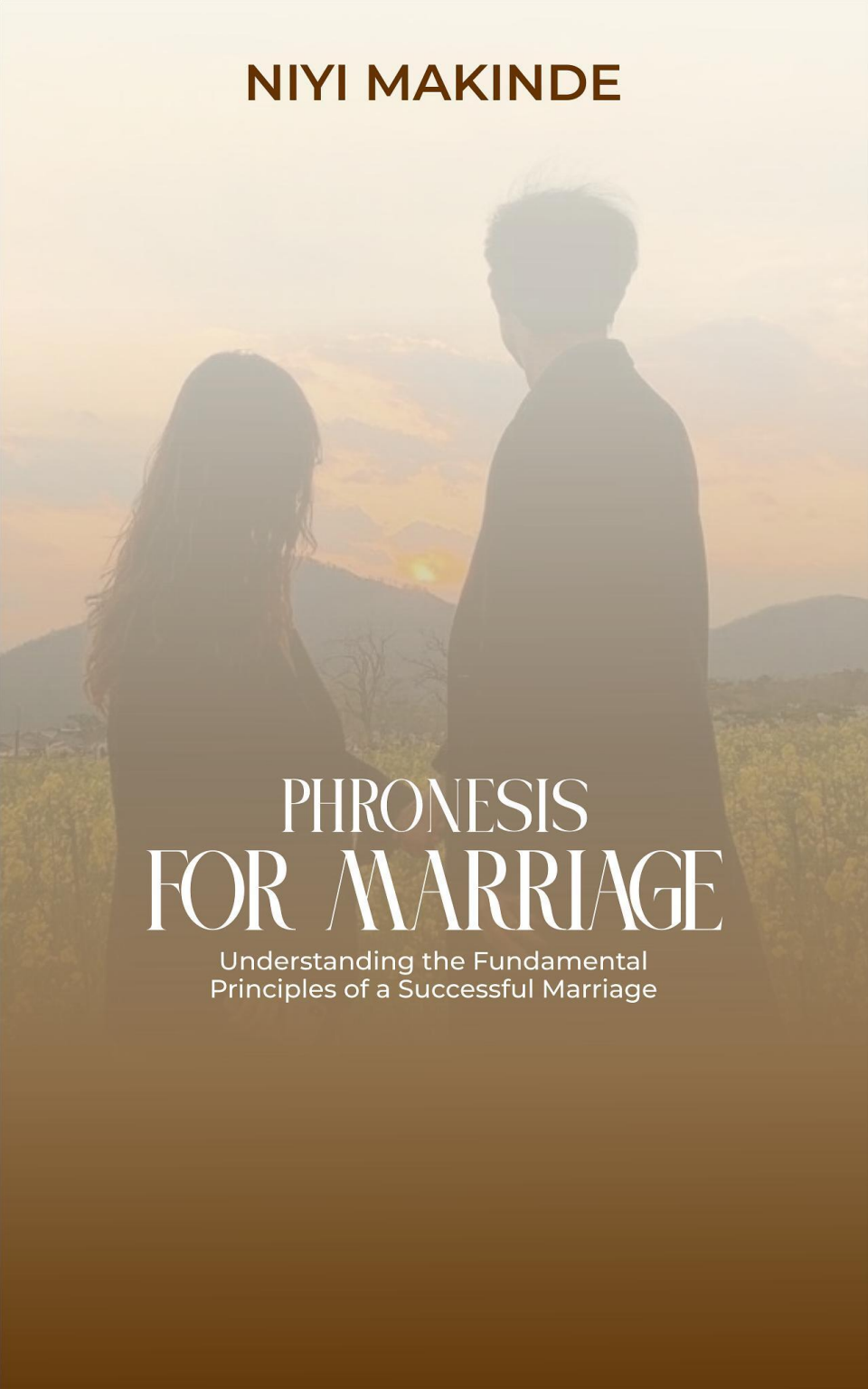


A romantic scene of a man and a woman standing in a field, looking out at a sunset over mountains. The couple is in silhouette, and the sky is a warm mix of orange and yellow. The overall mood is peaceful and intimate.

NIYI MAKINDE

PHRONESIS FOR MARRIAGE

Understanding the Fundamental
Principles of a Successful Marriage

NIYI MAKINDE

PHRONESIS FOR MARRIAGE BY
NIYI MAKINDE

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Contents

<i>Preface</i>	iv
1 PROPER INTERPRETATION OF THE FOUNDATIONAL TRUTHS ABOUT...	1
2 BECOMING AN EXCELLENT WOMAN, WIFE AND ROLE MODEL FROM GOD'S...	14
3 AN EXAMINATION OF THE MISTAKES NEW COUPLES MAKE	19
4 SACRED ESSENTIALS: WHAT NO MAN TAKES LIGHTLY IN MARRIAGE	25
5 THE BIBLICAL PERSPECTIVE ON SEXUAL LIFE AND MAINTAINING...	33
6 EARNING THE RESPECT OF YOUR SPOUSE	44
7 BECOMING A RESPONSIBLE MAN, HUSBAND AND ROLE MODEL FROM...	51
<i>About the Author</i>	61
<i>Also by Niyi Makinde</i>	62

Preface

INTRODUCTION

Your marriage is not meant to be a constant source of conflict, but a place of joy, peace, and fulfillment. While challenges may arise from time to time, the wisdom you will glean from this book will equip you to overcome and subdue any issue that seeks to disrupt or negatively influence your relationship.

I strongly encourage every couple to obtain a copy of this book individually, so that each person can clearly identify the changes to make and the areas that require improvement within the marriage. This piece of writing is designed to bring about meaningful transformation and lasting growth in your union.

This book is not only for married couples but also for those preparing for marriage. It can serve as a valuable resource for personal or family retreats. Set aside quality time to study and meditate on the principles shared, allowing them to strengthen and fortify your relationship. You may choose to dedicate a few days—perhaps a week—to intentional study, reflection, and application, enabling you to make the necessary adjustments that will enhance your marriage.

I offer this counsel especially to intending wives and those already married: do not read with a biased mind. Rather, approach this book with an open heart. It is often assumed that when marital matters are discussed, the content may favor one party over the other. However, I have been deliberate

and balanced in presenting these truths, not taking sides, but faithfully conveying the mind of God concerning marriage. This book is a practical guide for building a successful Christian home.

I also urge you not to approach certain insights in this book with criticism. Many individuals have developed fixed patterns of thinking—strongholds that shape their perspectives. True growth requires a willingness to unlearn, relearn and embrace a renewed mindset. An open heart is essential for this transformation.

You only need to turn on the light to overcome darkness. This book brings the light of God's Word concerning marriage, relationships and family life. As you engage with its message, may your home be illuminated with wisdom, understanding and grace.

Be blessed as you read.

PROPER INTERPRETATION OF THE FOUNDATIONAL TRUTHS ABOUT MARRIAGE

The Place of Oneness

There are essential truths about marriage that are firmly rooted in the Word of God. In Genesis 2:24, the Scripture declares, “Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.” The first concept to examine here is oneness. When a man and a woman are joined together in marriage, they become one. It is therefore necessary to carefully examine the Scriptures to understand the nature and depth of this oneness. In 1 Thessalonians 5:23, the Bible says, “Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.” This passage reveals that the human being consists of three dimensions: the spirit, the soul, and the body. As a man, you possess a spirit, a soul, and a body; likewise, as a woman, you also possess a spirit, a soul, and a body. The harmony of these

three components sustains human existence on earth. The moment they are separated, death occurs. As James explains, “the body without the spirit is dead.” Understanding this helps to clarify the nature of oneness in marriage. The oneness experienced in marriage begins with the physical union—the body. Marriage does not make two individuals one in spirit. At the point of salvation, a believer is joined to Christ. As Scripture declares in 1 Corinthians 6:17, “But he who is joined to the Lord is one spirit with Him.” This indicates that the human spirit becomes united with the Lord at salvation. The Church is described as the bride of Christ, which implies that, spiritually, the believer is joined to Christ. However, in marriage, the union between a man and a woman primarily establishes physical oneness—one flesh. On the wedding day, the man is joined to the woman, and the woman is joined to the man in a covenant that establishes their physical and relational union. This physical oneness, however, is not meant to remain superficial. A husband and wife are expected to grow into a deeper unity that reflects oneness across all dimensions of life. Therefore, a man and a woman who are married should strive to become one in the following ways:

- a. One before God
- b. One before people
- c. One in their minds

True oneness in marriage is not merely a physical reality but a progressive unity that touches every aspect of life, reflecting divine order and purpose.

On Becoming One before God

At what point do a man and a woman who intend to marry become one before God? It is important to understand that this

oneness is not established merely by a wedding ceremony—whether traditional, civil, or church. It is not a government official at a registry that makes a couple one before God. Neither is it the payment of dowry, parental consent, nor the pronouncement of a pastor that establishes this dimension of oneness. According to Scripture, oneness before God is deeply connected to the union of the body. It is through sexual union that a man and a woman become one flesh. As 1 Corinthians 6:16 states, “Or do you not know that he who is joined to a harlot is one body with her? For ‘the two,’ He says, ‘shall become one flesh.’” This reveals that sexual intimacy creates a profound bond—one that God recognizes as a form of oneness. This understanding carries serious spiritual implications. Sexual union is not merely a physical act; it establishes a connection that transcends the physical realm. It creates a bond that can open doors to spiritual influences in both directions. Therefore, any prior sexual relationships form connections that should not be ignored, especially for those who now walk in the light of Christ. For the believer, freedom and restoration are found in salvation. Through Christ, every negative influence can be broken. However, there is also a responsibility to consciously renounce and disconnect from past ungodly ties. This can be done through faith-filled declarations and a deliberate stand in the authority of Christ, affirming that every past connection contrary to God’s will is broken. It is also important to note that if a couple engages in sexual relations before formal ceremonies—whether traditional, civil, or church—they have already established a form of oneness before God. This truth underscores the sacredness of sexual union and calls for wisdom, discipline, and reverence in relationships.

On Becoming One before People

Oneness before people is established through visible and recognized processes. This dimension of unity is expressed through the fulfillment of societal, legal, and cultural requirements of marriage. When a couple fulfills the necessary rites—whether at the traditional level, in a court registry, or within a church setting—and is publicly recognized and pronounced as husband and wife, they become one before people. These ceremonies and formalities serve as a public acknowledgment of their union. Furthermore, oneness before people is reflected in how the couple presents themselves in society. Their shared identity is seen in their association, their public appearances, and the way they are recognized as a unit in various gatherings and occasions. Thus, while oneness before God speaks to a deeper spiritual and covenantal reality, oneness before men reflects the outward, visible acknowledgment of that union within the human community.

On Becoming One in the Mind

Oneness in the mind is not achieved in a single day or through a one-time event. It is a gradual and continuous process that requires alignment in thoughts, opinions, perspectives, and decision-making. This dimension of unity often takes time—sometimes years—and is largely dependent on the willingness of both partners to grow together. Flexibility plays a crucial role in achieving oneness of mind. If either partner is rigid, this unity becomes difficult to attain. However, when there is a readiness to yield, adjust, and understand one another, the process becomes smoother and more attainable. Even in old age, oneness of mind remains something couples must intentionally cultivate. In many relationships where a high level of mental

unity is evident, one or both partners demonstrate remarkable flexibility and maturity. The reason this form of oneness does not come easily is that both individuals come from different backgrounds. Their experiences, upbringing, exposure, education, and cultural influences are often not the same. A husband's life experiences with his family and environment may differ significantly from those of his wife. These differences naturally shape how each partner thinks and responds to situations. As a result, achieving oneness of mind requires patience and intentional effort. It is a continuous process that cannot be rushed or neglected. The key lies in embracing each other's differences and working toward mutual agreement on important matters. Developing shared understanding through consistent communication and compromise is essential in becoming one in the mind.

Individual Weaknesses Can Be Seen as Differences

Many of the things couples identify as weaknesses in each other are, in reality, differences. It is important to recognize that what may appear as a flaw could simply be a unique trait that distinguishes one partner from the other. Often, husbands and wives list certain characteristics as weaknesses without understanding that these traits are part of what makes each individual unique. The qualities you may describe as your spouse's weaknesses are often the very differences that set them apart from others. This applies both to the husband and the wife. These differences usually become more evident when couples begin to live together. It is in close daily interaction that variations in thought patterns, preferences, and behaviors become clear. At this stage, disagreements may arise because both partners may not naturally see or interpret things in the

same way. Before marriage, certain issues may be overlooked or minimized. However, living together in marriage brings reality into sharper focus. It removes the illusion of perfection and presents an opportunity for growth and understanding. To build a strong and lasting union, it is essential to appreciate the uniqueness of your spouse. Focus on the strengths and distinctive qualities they bring into the relationship. These differences, when properly understood and embraced, can become sources of blessing and balance. Patience is also vital. Growth and change take time, and transformation does not happen overnight. Therefore, you must be willing to bear with one another, trusting that as you both grow, greater harmony and unity will be achieved.

Achieving Oneness in the Mind

Oneness in the mind is a continuous process that lasts throughout a couple's lifetime. It is not a destination that is reached once and for all, but a journey that must be intentionally cultivated until the very end of life. However, this process can be nurtured and strengthened by applying the following principles:

a. Learn to Complement Each Other

You complement each other through your words, speech, and actions. Be intentional about affirming your spouse, as this helps you to focus on their strengths rather than their shortcomings. A husband should consistently acknowledge and appreciate the strengths of his wife, and a wife should do the same for her husband. This mutual affirmation builds unity and strengthens emotional connection.

b. Learn to Complete Each Other

Each partner must be willing to fill the gaps where the other may be lacking. This requires sensitivity, support, and a readiness to step in when needed. By assisting and uplifting one another, you create a sense of partnership and reliability. When you intentionally meet your spouse's needs, it fosters openness and deepens the bond between you.

c. Learn to Correct Each Other

Correction is necessary, but it must always be done in love. It should never be expressed in anger or harshness. Both partners must understand that they are works in progress, continually growing and learning. When correction is given with patience, humility, and genuine care, it becomes a tool for growth rather than a source of conflict.

d. Learn to Commend Each Other

Be generous with praise and appreciation. Regularly acknowledge your spouse's efforts and express gratitude. Simple words like "thank you" can have a profound impact, opening your spouse's heart and encouraging greater unity. A culture of appreciation strengthens emotional intimacy and fosters harmony within the relationship. By consistently applying these principles, couples can steadily grow into deeper oneness of mind, building a relationship marked by understanding, unity, and lasting peace.

Things to Avoid in Order to Achieve Oneness in the Mind

In the journey toward oneness of mind, there may be moments of resistance that can lead to misunderstanding and disagreement. However, certain attitudes and behaviors must be avoided to keep your spouse's heart open and receptive to you.

a. Avoid Excessive Complaining

Your spouse should not perceive you as someone who complains constantly. Learn to manage your expectations and exercise restraint when necessary. There are times when silence is more constructive than repeated complaints. Let your spouse see that you recognize and appreciate the good in their reasoning and actions. Reducing the frequency and manner of complaints will foster peace and openness in your relationship.

b. Avoid Excessive Criticism

Too much criticism weakens the bond of unity in the mind. Instead of focusing on faults, learn to see what may appear as weaknesses as unique traits that distinguish your spouse. Be open to your partner's ideas and innovations. Both partners should value and appreciate each other's contributions and sacrifices within the relationship.

c. Avoid Condemnation

Constant condemnation can damage emotional connection. Rather than condemning or judging harshly, be thoughtful and measured in expressing your views. Communicate your intentions with wisdom, patience, and understanding.

Practices to Embrace for Achieving Oneness in the Mind

a. Learn to Listen to Your Spouse

It is unfortunate that many couples are not open to each other's opinions. Both husband and wife must intentionally cultivate the habit of listening. Do not interrupt your spouse while they are speaking. Avoid the mindset that your opinion or authority is final. Recognize that both of you are intelligent individuals with your own thoughts, emotions, and perspectives.

Mutual respect in communication is essential for unity.

b. Learn to Explain Your Perspective

Be willing to clarify your thoughts and intentions. Avoid making rigid or final pronouncements without explanation. Take time to express why you believe certain things should be done in a particular way. When understanding is built through clear communication, oneness of mind becomes easier to achieve.

c. Allow the Right Idea to Prevail

For true unity to exist, both partners must be willing to set aside ego. This can sometimes be a challenge, especially when one feels the need to assert authority. However, wisdom demands that the best and most constructive idea should prevail, regardless of who presents it. Be quick to embrace what is right, even if it is not your own suggestion. Flexibility in decision-making is key to building unity.

d. Be Cautious of Third-Party Interference

External influences can sometimes complicate and escalate issues within a marriage. It is important to limit unnecessary interference from outsiders. If counsel is needed, it should come from a trusted and mutually respected authority—such as a mentor, pastor or spiritual father in the faith. Such guidance should only be sought when both partners are unable to resolve an issue. Couples should primarily develop the ability to resolve matters within their own home.

e. Avoid Imposing Opinions

Do not force your views or assert superiority over your spouse's thoughts and decisions. This is especially important in maintaining mutual respect. Instead, learn to reason together, listen to one another, and arrive at decisions through understanding and agreement. By avoiding destructive habits

and embracing these constructive practices, couples can steadily cultivate oneness of mind, creating a relationship built on respect, harmony, and shared understanding.

The Place of Spirituality in Marriage

After salvation, the next vital step is transformation. Transformation becomes possible when a believer is consistently exposed to sound teaching of the Word of God. This is why every believer must be connected to a Bible-believing church where truth is taught with clarity and depth. As a couple, it is important to belong to the same church as a family, alongside your children. Attending different churches should be avoided, as it can lead to divided beliefs, conflicting doctrines, and confusion—especially for the children. Unity in spiritual instruction strengthens the home and fosters a shared understanding of God’s will. In addition, every family should have a spiritual authority—such as a pastor or mentor—to whom they are accountable. This provides guidance, correction, and stability in spiritual matters. Spiritual growth within the home must be handled with intentionality and understanding. Unfortunately, many parents are not effective spiritual role models for their children due to a lack of knowledge and discipline in this area. It is important to recognize that there is a difference between individual spiritual growth and collective (family) spiritual growth. Personal growth must first be established before it can effectively translate into growth within the marriage and family. In marriage, it is also common for one partner to grow spiritually at a faster pace than the other. This could be either the husband or the wife. However, both individuals must remain committed to continuous growth.

Attaining Personal Spiritual Growth

a. Study the Word of God Regularly

Develop the habit of reading the Bible consistently with the goal of gaining understanding, not just fulfilling a routine.

b. Maintain a Consistent Prayer Life

Prayer should be a regular and intentional practice, fostering communion with God.

c. Listen to Sound Teachings

Engage with sermons and teachings that impart knowledge, wisdom, and spiritual insight.

d. Meditate on the Word of God

Meditation involves deeply reflecting on God's Word—whether received through personal study, prayer, or teachings. This practice helps you to apply the Word effectively in your daily life and strengthens its impact within you.

e. Seek Spiritual Guidance

Remain connected to a mentor, pastor, or spiritual father who can provide counsel, direction, and accountability.

f. Read Proven Spiritual Materials

Learn from the insights and experiences of others by reading sound, time-tested spiritual books that deepen your understanding.

How to Attain Spiritual Growth in Marriage

Spiritual growth begins as a personal journey, but in marriage, it must also become a shared pursuit. When couples grow together spiritually, it strengthens their bond and deepens their unity. For this to happen, both partners must intentionally engage in spiritual activities together on a consistent basis. To achieve spiritual growth as a couple, the following principles should be applied diligently:

a. Pray Together Regularly

Couples who desire spiritual growth must cultivate the habit of praying together. This should include prayers of thanksgiving, supplication, and praying in the Spirit (speaking in tongues). Establish a consistent time each day to pray together, as this builds unity and spiritual strength.

b. Read the Same Bible Passages

Make it a practice to study the same portions of Scripture. You may not always be in the same physical location, but you can agree on specific passages to read regularly. This creates a shared understanding of God's Word and encourages meaningful discussions.

c. Study Spiritual Books Together

Read the same spiritual materials and create time to discuss the lessons learned, with the goal of applying them to your lives. Choose sound and proven authors whose teachings align with your beliefs. Be mindful of what you expose your minds to, as it influences your spiritual growth as a couple.

d. Listen to Sermons and Teachings Together

Develop a shared interest in listening to sermons and teachings. While music can refresh the soul, sound teaching imparts understanding to both the spirit and the mind. Both have their place, but balance is essential. Make it a habit not only to listen but also to practice the truths you receive.

e. Share Spiritual Insights with Each Other

Be willing to share revelations, insights, and spiritual experiences with your spouse. This should not be done to compete or prove spiritual superiority, but to edify and strengthen one another. Always check your motives and ensure that your goal is mutual growth.

f. Attend Spiritual Gatherings Together

Participate together in church services, conferences, seminars, and special programs. Encourage one another to be present at such gatherings, as they provide opportunities for growth, impartation, and renewed focus.

The principles shared here have the capacity to transform and distinguish your marriage when applied consistently. Be intentional about putting these practices into action within your home. God has given you the capacity to create the changes you desire in your marriage. Your family should reflect righteousness, peace, and joy in the Lord. Marriage is not meant to be endured but to be enjoyed—peacefully and in continuous harmony. By prioritizing spirituality both individually and collectively, couples can build a strong, unified foundation that supports lasting growth, stability, and purpose in marriage.

BECOMING AN EXCELLENT WOMAN, WIFE AND ROLE MODEL FROM GOD'S PERSPECTIVE

An Overview of a Contentious Woman

Proverbs 21:9, 19 declares, “Better to dwell in a corner of a housetop, than in a house shared with a contentious woman. Better to dwell in the wilderness, than with a contentious and angry woman.” These Scriptures paint a vivid picture of the difficulty of living with a contentious woman. Such a woman makes peaceful coexistence nearly impossible, and her presence can turn even a well-furnished home into a place of discomfort. Indeed, the Bible emphasizes that it is preferable to live in isolation than to endure a life filled with strife and conflict. A **contentious woman** is one who constantly strives with her husband. She struggles for control, authority, and dominance in decision-making, often insisting on having her own way. She disregards her husband's opinions and resists his leadership, making it difficult to build unity within the home. Instead of fostering harmony, she creates tension, making the home

uncomfortable not only for her husband but also for others connected to the family. Over time, such an atmosphere may even discourage visitors and weaken relationships. The Living Bible (TLB) further explains Proverbs 21:19 as, “Better to live in the desert than with a quarrelsome, complaining woman.” This highlights another characteristic of a contentious woman—she is often quarrelsome and given to constant complaints. In such an environment, disagreements become frequent, and peace is rare. As a woman, it is pertinent to guard against these tendencies. God’s desire is for the home to be a place of love, peace, and mutual respect. A wife is called to contribute to an atmosphere that nurtures unity rather than conflict. Ephesians 5:22–24 (NKJV) states, “Wives, submit to your own husbands, as to the Lord. For the husband is head of the wife... Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything.” Similarly, the Living Bible (TLB) expresses this truth clearly, emphasizing a willing and respectful submission to a husband’s leadership.

Furthermore, Ephesians 5:33 (TLB) says, “So again I say, a man must love his wife as a part of himself; and the wife must see to it that she deeply respects her husband—obeying, praising, and honoring him.” These instructions highlight the responsibility of the wife to respect, honor and support her husband within the marriage. True submission is not merely outward or ceremonial; it is demonstrated through attitude and action. It is reflected in obedience, honor, and a genuine willingness to support one’s husband. Respect and submission are closely connected—one cannot truly exist without the other. A wife who respects her husband will naturally express that respect through her actions. Marriage also marks a transition in authority. A woman, upon marriage, forms a new household

with her husband, and her primary loyalty shifts accordingly. Likewise, parents must recognize and honor this transition by respecting the authority of their daughter's husband. It is significant that this structure is upheld with wisdom and responsibility. A husband must exercise his leadership with love, care, and integrity, while a wife responds with respect, submission, and cooperation. Both roles are essential in building a healthy and God-honoring home. God's design for marriage is one of harmony, order, and mutual honor. A home marked by love, respect, and understanding will stand strong, bringing joy and fulfillment to both husband and wife.

Beware of Counsel That May Affect Your Marriage

Not all counsel given to a married woman is beneficial to her marriage. Some parents, though well-meaning, may unknowingly encourage their daughters to act in ways that weaken their marital union. For instance, a father may tell his married daughter to return to her parental home whenever she experiences dissatisfaction in her marriage. In some cases, fathers even declare unrestricted access for their daughters to come back home at will. Such counsel, when internalized, can shape a mindset in the woman that whenever her husband fails to meet her expectations or when challenges arise, her solution is to leave her matrimonial home. This perspective undermines commitment and weakens the foundation required to build a lasting marriage. It is germane to acknowledge that there are exceptional situations where a woman may need to temporarily remove herself from her husband's home—particularly in cases where her life is at risk, such as severe domestic violence. In such circumstances, wisdom and safety must take priority. However, outside of life-threatening situations, encouraging

a woman to abandon her home over disagreements, ego, or unwillingness to submit is harmful and counterproductive. Such counsel plants seeds of instability and can ultimately damage the marriage. On the other hand, there are parents who provide wise and balanced guidance. They encourage their daughters to approach marital challenges with maturity, humility, and a willingness to resolve conflicts. As a married woman, you must recognize your responsibility to nurture your home. When misunderstandings arise, seek peaceful resolution. Be willing to apologize where necessary and work toward reconciliation. Leaving your matrimonial home should not be the first response to conflict. Running to a parent's house, a friend's apartment, or another refuge to escape marital issues often prolongs and complicates matters. Marriage requires commitment, patience, and resilience. As a wife, you must embrace the understanding that your husband's home is now your home. Your parental home remains a place of love and visitation, but it is no longer your primary residence. This mindset is crucial in building stability and commitment in marriage. You must also be intentional in cultivating a resolve to make your marriage work. Determine within yourself that you will do all within your power to preserve and strengthen your home. Avoid the pattern of repeatedly leaving your marriage as a means of resolving conflict or seeking alternatives. At times, maintaining peace in your home will require greater patience, gentleness, and a deeper commitment to prayer. When approached with wisdom and dedication, challenges in marriage can become opportunities for growth, unity, and lasting harmony.

Do Not Compare Your Husband to Your Father

As a wife, it is important to honor and respect your hus-

band's words and leadership. You must deliberately remove the mindset that says, ***"I never saw my father do things this way."*** You did not marry your father—you are married to your husband. Therefore, you must recognize and accept that personalities differ. Your father's personality is not the same as your husband's, and it should not be used as a standard for comparison. Instead of comparing, make a conscious effort to understand your husband. Study his behavior, his patterns, and his perspective. Even if such comparisons are not spoken aloud, entertaining them in your mind can affect your attitude and responses toward him. Whether you acknowledge it or not, there will be traits, behaviors, and characteristics you observed in your father that your husband may not possess—and likewise, your husband may have qualities your father did not display. This is natural and should be embraced rather than resisted. You must intentionally change your mindset. Some women remain overly attached to their parents and carry the identity of being ***"daddy's girl"*** or ***"mummy's girl"*** into marriage. While love and respect for parents are important, excessive emotional attachment can hinder maturity in marriage. There is a distinction between the behavior of a daughter and that of a wife. As a married woman, you must grow into emotional maturity and stability. Your conduct should reflect your role as a wife. When you are with your husband, you must carry yourself with responsibility, wisdom, and understanding. Embrace your role fully, and allow your actions to reflect the dignity and commitment required in marriage.

AN EXAMINATION OF THE MISTAKES NEW COUPLES MAKE

Common Mistakes New Couples Make

A new couple can be described as those within the first five years of marriage. During this period, certain mistakes are common, often due to inexperience and unmet expectations. Understanding these pitfalls can help couples build a stronger and more stable foundation.

a. Assuming They Know Everything About Each Other

No matter how long you courted, you do not know everything about your spouse. There are aspects of your partner's character, behavior, and responses that will only emerge over time and through different life experiences. Situations and seasons reveal new dimensions of personality. Therefore, remain open to learning about your spouse and be willing to make necessary adjustments.

b. Assuming Their Spouse Should Know the Right Thing

Avoid the mindset that your spouse should automatically know what to do or how to behave. Your partner cannot read your thoughts. For example, do not expect your spouse to

prepare a particular meal or act in a certain way without clear communication. What you have not expressed should not become a source of complaint. If you desire certain actions or changes, communicate them clearly and respectfully.

c. Hiding Feelings When Displeased

Many couples suppress their feelings to avoid conflict or offense. However, unresolved emotions often resurface later, sometimes in unhealthy ways. When something displeases you, communicate it in love and with wisdom. Be consistent in expressing concerns constructively, as some issues require repeated and patient conversations before meaningful change occurs.

d. Neglecting to Revisit Their Plans

Some couples fail to review and refine their family goals and plans. Marriage requires intentional direction. Periodically revisit your vision, goals, and priorities as a couple to ensure you are aligned and making progress together.

e. Treating Issues Lightly or With an Unserious Attitude

At times, one partner may laugh off or dismiss the concerns of the other. While humor can ease tension, it should not replace responsibility. Important matters must be treated with seriousness and followed through with the necessary actions for improvement.

f. Failing to Establish Routines Early

Strong marriages are built on consistent habits. Many couples fail to establish routines for prayer, communication, study, and shared activities early in their marriage. Developing these structures from the beginning fosters stability, growth, and deeper connection.

g. Making Decisions without Proper Consultation

One common and sensitive mistake is making decisions with-

out involving one's spouse. This can lead to feelings of disrespect and disconnection. Couples should cultivate the habit of consulting each other before making significant decisions. Particularly, a husband should demonstrate humility by carrying his wife along in matters that affect the family.

h. Assuming All Requests Must Be Granted

It is unrealistic to expect your spouse to meet every request or fulfill every expectation. Each partner has unique strengths and limitations. While certain responsibilities are essential, there must also be understanding and flexibility. Recognize your spouse's capacity and avoid placing unreasonable demands on them.

i. Reporting Your Spouse to Your Parents

This is another common mistake couples make in marriage, and it can have serious consequences if not properly addressed. As a husband or wife, you must avoid the habit of reporting your spouse to your parents. The level of respect your parents have for your spouse is largely influenced by what you communicate to them. Constantly sharing negative reports about your husband or wife will shape their perception and may diminish their respect. Likewise, what your parents observe consistently in your home will also affect how they regard your spouse. When issues arise, address them directly with your spouse through honest and constructive communication. If external counsel is necessary, it should come from a trusted and mutually respected authority—such as a mentor, pastor, or spiritual leader—not from parents who may be emotionally involved. There are, however, exceptional situations—such as threats to life or severe abuse—where involving parents or authorities may be necessary. Outside of such circumstances, avoid making your parents the first point of contact during misunderstandings.

Be intentional about protecting the honor and dignity of your spouse before your parents. Do not speak negatively about your spouse in their presence. Even when your parents inquire about your marriage out of concern, respond with wisdom, discretion, and a positive mindset. Do not expose the private matters of your home carelessly. Avoid the mindset that your parents are available to rebuke or correct your spouse. Some individuals even take pleasure in seeing their parents criticize their partner—this is harmful and must be avoided. Instead, learn to bear with one another and resolve issues within your marriage. Communicate openly with your spouse, pray together, and address areas of concern with sincerity and love. Focus on the good in your spouse, and be truthful without exaggeration when addressing challenges.

j. Avoid Repeating the Mistakes of Previous Generations

Couples should not repeat certain unhealthy patterns observed in previous generations. Marriage should not be hidden or emotionally distant. Instead, couples should be visible and expressive in their unity. You should be able to go out together, sit beside each other at events, and express your bond openly. Simple gestures—such as holding hands or coordinating your appearance—can reflect your unity and strengthen your connection. Let your marriage be seen as a partnership built on love and togetherness.

k. Guard Your Heart against Hatred

Another mistake some couples make is allowing negative feelings to grow toward their spouse's family. You must guard your heart against hatred, especially toward your in-laws. Your spouse's parents may not think or behave the same way you do, but this should not lead to resentment. Instead, choose to consistently show love, kindness, and respect. You may not be

deeply close to them, but you must not harbor hatred. Never become the reason your spouse develops negative feelings toward their own parents. Do not encourage or support bitterness. Avoid speaking negatively about your spouse's family or expressing dislike in ways that could damage relationships. Even if there are behaviors you find difficult, choose wisdom. Overlook what you can, remain respectful, and relate with love as much as possible. Encourage your spouse to care for their parents. A husband should support his wife in caring for her parents, and a wife should do the same for her husband. Be intentional about showing care and generosity while maintaining balance, as your immediate family also requires attention and responsibility. Ensure openness in financial and practical support given to parents, and avoid resentment when your spouse extends care to their family. Balance, understanding, and mutual respect are essential.

1. Understanding the Place of Disagreement and Argument

Disagreement is a natural part of marriage, but it must be properly managed. Couples can disagree without engaging in arguments. Arguments often arise when neither party is willing to exercise restraint. Both husbands and wives must learn the discipline of calmness and, when necessary, silence. Not every disagreement requires an immediate response. Disagreement stems from differences in opinions, perspectives, or decisions, while arguments are often fueled by uncontrolled speech. If you can control your words, you can prevent unnecessary conflict. When disagreements occur, it is sometimes wise for one partner to remain calm and revisit the matter at a more appropriate time. When discussing the issue later, both partners should approach it without force, pride, or a desire to dominate. Disagreements should not escalate into quarrels, fights, or hostility. Instead,

allow wisdom and sensitivity to guide your responses. Seek God's direction in how to speak and act during such moments. A healthy marriage is not one without disagreements, but one in which disagreements are handled with maturity, patience, and love. By identifying and addressing these common mistakes early, couples can navigate the early years of marriage with greater wisdom, patience, and intentionality, laying a solid foundation for a lasting and fulfilling union.

SACRED ESSENTIALS: WHAT NO MAN TAKES LIGHTLY IN MARRIAGE

Providing Proper Interpretation

There are certain things a man does not take lightly in marriage. As a woman, these must remain in your consciousness, as they are areas where your sense of responsibility will often be tested. If you do not give proper attention to them, your husband will naturally demand them. When such demands arise, it may be an indication that there is a gap that needs to be addressed. Every man desires these things and believes they are essential within the marriage. Therefore, a wife should be intentional in meeting these needs, creating a home environment that reflects care, responsibility, and understanding.

a. Food

Food is one of the primary things a man does not joke with. As a wife, you must be conscious of what your husband eats, especially when you live together under the same roof. This reflects responsibility and care. You should cultivate the habit of planning meals ahead—considering variety, nutrition, and

your husband's preferences. Being proactive about meals shows thoughtfulness and love. Even when you are not physically together, occasionally asking about what he has eaten or plans to eat communicates genuine concern. Timeliness is also important. Preparing meals on time and ensuring consistency can be a strong expression of care. While you may not always feel like eating or cooking, your role requires a level of discipline and commitment. For career or professional women, it is acceptable to delegate cooking responsibilities, such as employing domestic help. However, you must maintain oversight. Do not completely hand over this responsibility without supervision. Remain involved and intentional. Planning is key. At the beginning of each week, consider what meals will be prepared for your household, including your children. This level of organization brings stability and order into the home. At the same time, the responsibility of provision primarily rests on the husband. A man should take his role as a provider seriously, ensuring that resources are available to meet the needs of the home. While a wife may support financially, the husband should not neglect his duty. Even in challenging times, effort and commitment must be evident. A wife, on her part, should ensure that meals are properly organized and available. Though a man may be capable of caring for himself, the involvement of the wife in this area strengthens the bond of care and partnership within the home.

b. Respect

Respect is another vital need that men hold in high regard. A man desires to be respected by his wife, and this is fundamental to his sense of honor and identity within the marriage. Providing food or meeting physical needs alone is not enough if respect

is lacking. A lack of respect can create deep dissatisfaction. Respect is expressed through words, tone, attitude, and actions. It is reflected in how a wife speaks to her husband, responds to him, and regards his role. A husband earns respect within the marriage, but a wife must also be intentional in giving it. When respect is present, it strengthens the relationship and fosters mutual appreciation and harmony.

c. **Sex**

Men don't joke with sex. For years, I deliberately decided not to mentor women and ladies. Even while I was at the university, I only mentored two ladies. I made such a decision because of my commitment to maintaining a good reputation and integrity. After I left the university, I started pastoring, and there is no way to avoid dealing with marital issues. I was privileged to relate with different families and couples from that time. Couples do open up about issues, misunderstandings, and disagreements between each other. Occasionally, they often neglect the place of sex. They don't want to talk about it because they are shy, and they don't know if the person they are sharing it with will keep it confidential or expose it. One of the things God taught me early in marriage is to be highly confidential.

Couples are not eager to talk about their sexual life because they are not confident that the things spoken about can be kept. If they find a confidential space, they will share it. The other reason is that they don't want to expose their spouse, especially their wife. In my years of dealing with different couples, I discovered that when they talk about the real issues in marriage, they often talk about the fruit while neglecting the root. For every tree that produces fruit, there is the root which is responsible for the fruit. The problems shared are actually

the effects, not necessarily the root cause. I discovered that sex is one of the reasons issues happen between husband and wife. Other issues that are spoken about are just opportunities to express displeasure and anger.

Most women and wives don't know that men and husbands don't joke with sex. The fact is, as a woman, if you don't make intentionality in the area of sex and you are always thinking in your mind, "Is sex food? Must it be done all the time? Can't you do without it?" —the reason for this thinking is that God didn't give to women the same things He gave men. There is a cliché that "men are moved by the things they see." This assertion is absolutely true. Also, on the other hand, women are moved by what they hear, which is very true. Some women are also moved by touch. As a woman, you should know that men don't joke with sex.

Men **love sex** because of their **erections**. The moment a man sees something that can create a spark in his brain, the brain sends a signal to the man's private part, and instantly the man's private part will experience an erection. The moment an erection begins to happen, the man will be eager to have sex. The man will want to engage in the act, except for some men who have understood the psychological part of human nature. The men who also understand the law of distraction can conquer erection. When your husband can see you and is assured that no one is around, the husband will want to engage in the act.

You don't expect your wife to be available to you the way some wives are available to their husbands. For example, a woman who is a full-time housewife cannot be compared to a woman who goes to work early in the morning and returns in the evening. You don't expect such a woman to be available like her counterpart who is a full-time housewife. Some career women

don't go to work but work remotely from home. You don't compare your wife with such people. Such understanding has to settle in your heart as a husband so that you will be considerate when your sexual urge is awakened as a man.

Also, most women don't have the drive for sex. The drive is not always there for some women. While you are in the mood and you want to satisfy yourself, your wife may be thinking in her mind, "Does this man not realize that this sex thing is a burden?" Sometimes she may not be enjoying it. There are women who don't enjoy having sex with their husbands but just have to fulfill all righteousness by yielding to the man. Such a woman cannot give different sexual styles to the man. A woman who will give different sexual styles to her husband will be a woman who enjoys sex. Note that the women who fall into this category may not be immoral or being unfaithful to their husbands. It is just a personal weakness on their part. This aspect is very sensitive, which is why most preachers don't talk about it.

As a man, you need to be considerate. However, sexual intercourse will be easier in marriage if the woman loves it and enjoys it more than the man. In a situation where the man loves it more than the woman, the man must possess high understanding because he will need to prepare his mind that the woman will not respond to it all the time. If you notice your wife is not responsive to sex and she backs it up with reasonable facts, don't force her into the act. You just have to calm yourself by sending signals from your brain to control your erection.

I always suggest that if you notice your wife is busy with work and complains of tiredness at all times, both of you can sit down to agree on the times of the week you will be engaging in sexual interaction. You must be truthful to yourself that sexual fulfillment is one of the reasons for marriage.

Train Yourself to Conquer Anger, Be Submissive to Your Own Husband, and Be Open to Correction

The moment you are married, you are under the authority of your husband. Marriage transfers authority from your father to your husband. From the time you got married, you don't go to places your husband hasn't approved. When you are not happy with a decision made by your husband, or when your husband offends you, be careful about your reaction. You must train yourself to conquer anger. Don't walk away angrily from your husband whenever he is talking to you. You should be a model of honor and gentleness to your children. Gentleness and self-control are fruits of the Spirit that are inherent in you at salvation. You must allow these virtues to find expression in your daily life.

You must permit understanding to rest in your heart. Anger rests in the bosom of a fool. Learn to control yourself when you are angry. Even while you are angry, you should still listen to your husband. As a wife, don't create the idea in your husband's mind that you are someone who cannot be corrected. As a wife, you must be open to correction, and you have to show your husband that you can be corrected. Most women in the body of Christ respect their pastor more than their husbands. It is not wrong to obey and respect your pastor. However, when you don't obey and respect your husband, it is absolutely wrong. Titus 2:4-5 says, "That they admonish the young women to love their husbands, to love their children, to be discreet, chaste, homemakers, good, obedient to their own husbands, that the word of God may not be blasphemed." These scriptural verses are essential for successful family living. You must apply the truth contained in Scripture in your marriage. As a wife, you must be obedient and love your own husband. Regardless of the

things your husband is doing, you are commanded by Scripture to love him. It is a gross dishonor to your husband when you constantly behave in a way that says “I will do whatever I like.” Don’t portray yourself as someone who cannot be corrected in the heart of your husband.

If your husband has ever corrected you on something, be intentional about obeying without any form of argument or resentment. You must ensure that you apply the correction in a way that will be evident to your husband. You must be known for accepting correction as a woman and wife. Don’t try to prove that you are not wrong to your husband. Most women are known for this particular trait—they can argue a lot and defend their mistakes and errors vehemently. You cannot always be correct. If your husband is pointing you toward correction, be swift to make the necessary adjustments.

There are men who have had the experience that their wife “has never admitted that she made a mistake.” You can’t always be right. Any woman who wants to prove that what she says or believes is always right at all times is one who is not teachable and whose heart hasn’t been transformed. Such a woman doesn’t have a meek heart. Meekness will always be teachable. She also has an arrogant heart. However, ignorance can be helped, but arrogance cannot be helped. If you don’t know certain things, that is ignorance. When you insist that you know all things and cannot be subject to mistakes, that is an act of arrogance. Most wives, when they speak, always want to be defensive. Their hearts are not open to the things their husband is saying. While their husband is talking, they are thinking in their hearts about what to say to further strengthen their stance and view. Always pay undivided attention to the words of your husband as a wife. Learn to show that you are willing to be

corrected.

THE BIBLICAL PERSPECTIVE ON SEXUAL LIFE AND MAINTAINING BALANCE FOR COUPLES

Sex is one of the Reasons for Marriage

1 Corinthians 7:1–2 says, “Now concerning the things of which you wrote to me: It is good for a man not to touch a woman. Nevertheless, because of sexual immorality, let each man have his own wife, and let each woman have her own husband.” To address the issue of sexual immorality, Scripture teaches that each man and each woman should have their own spouse. Sex is one of the reasons for marriage—to avoid sexual immorality—so that when the desire arises, there is a rightful place of expression. If you are a woman who is often busy with work, yet you know that your husband desires and values intimacy, do not deny him this privilege. Do not punish your husband by constantly turning him down. It is painful for a man to desire intimacy with his wife and be repeatedly refused. When a man is starved of intimacy, he becomes vulnerable to various temptations. Both the man and the woman share sexual

responsibility in marriage. Each partner has a duty to meet the needs of the other. 1 Corinthians 7:5 says, “Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.” Even in times of fasting, both partners must come to a mutual agreement so that their sexual relationship is not neglected. As a woman, you have a sexual responsibility toward your husband, just as he has toward you. If your spouse requests intimacy and you constantly refuse, you are not helping the health of your marriage. While it may not be possible to engage in intimacy at all times, it is wise to come to an agreement on a frequency that works for both of you.

As husband and wife, enjoy your sexual life within the boundaries of marriage, especially in your active years. Let there be joy, warmth, and mutual satisfaction. When a wife consistently denies her husband, she may gradually condition his mind to lose excitement toward her. Over time, he may begin to see her more as a companion than as a romantic partner, and his desire may diminish. If you do not want your husband’s affection to grow cold, be intentional about meeting his needs. When you realize that you may not always meet his level of desire, create a healthy and realistic structure for your intimacy. Understand also that a woman’s mind often needs preparation for intimacy; therefore, cultivate an atmosphere that encourages connection and affection. Both partners should aim to create meaningful and enjoyable moments during intimacy. Do not starve your marriage of affection. Instead, be intentional about nurturing desire and connection. Whenever your husband expresses a need for intimacy and you are not in the mood, communicate gently and respectfully. Speak with warmth and tenderness,

perhaps asking for some time to rest or suggesting a later moment. Let your words convey honor and respect. Master these simple principles, and avoid using language that communicates rejection when your husband seeks intimacy. In doing so, you strengthen the bond of your marriage and preserve the unity that God intends.

A Balanced Perspective on Sexual Matters for Couples

Hebrews 13:4 states, “Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge.” A fornicator is one who is not married but is having sex with women or ladies. An adulterer is one who is married and having sex with other women or “side chicks.” When you look lustfully as a man or woman after you have married, you have committed adultery. Adultery starts from the heart before manifesting physically. People commit adultery because they don’t get the sexual satisfaction they need from their spouse. Marriage is honorable, and everything you do, as long as it doesn’t contradict Scripture, is honorable. Marriage is honorable, and sex in marriage is honorable. Sex outside of marriage is not honorable. One of the reasons a spouse has sex outside marriage is because he or she doesn’t have sexual satisfaction in marriage. Regardless of what happens, a man or woman should not have sex outside marriage. You should not have any reason to have sex outside marriage. Sex is one of the reasons for having marriage, and it’s honorable. One of the ways a woman shows love to her husband is through sex. Titus 2:4 records, “That they admonish the young women to love their husbands, to love their children.” If you truly love your husband, nothing should be too big to do for your husband as a sacrifice. Even when you don’t have the urge to have sex, the love you have for him will trigger the drive

within you. Using Nigeria as a yardstick and case study, any woman from the age of 18 to 50 is a young woman. Any woman from age 51 and above is no longer young. If you are below 50 years of age, you are young. Therefore, you are commanded by Scripture to love your husband and children. Most women, the moment they start having children, transfer their love to their children, or so people say and believe. I have seen women who don't do that kind of transfer. They love their husband and also their children. You should love your husband and children as a woman.

Husbands, Dwell with Your Wives with Understanding

1 Peter 3:7 says, "Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered." Husbands are commanded to dwell with their wives with understanding. Husbands should give honor to their wives. To honor your wife means anything that will bring shame or disgrace to your wife must not be done by you. As a man, there are things you do to your wife that will cause your prayers to be hindered. Anything that will cause your prayers to be hindered must be avoided. You are commanded to dwell with your wife with understanding. When you are aroused for sex and your wife gives some reasons why she is not in the mood, you must dwell with her with understanding. This is the command of Scripture. If she is not in the mood, you don't see her as someone wicked or as one who doesn't show love.

Maintaining Balance in Sexual Intimacy

Sex is not an instrument of punishment. So, a woman should not delay sexual advances from her husband for weeks and

months. This act is wickedness in itself. When a man has an erection, the man needs the release of semen. Erection without the release of spermatozoa has a way of affecting the emotions of the man. The emotions will create all kinds of issues for the man. Anger will begin to build up within the man. When a man doesn't release spermatozoa and keeps having erections, such a man's emotions will be affected. His reactions and responses will be affected. As a woman, when you don't feel like having sex, you should lovingly communicate this and end with a promise to your husband.

Making Penetration Easier to Relieve Your Wife of Pain during Sex

For a man to penetrate easily into the woman's private part, there must be lubrication. Naturally, lubrication will occur. The woman can generate lubricant within herself. For this to happen, certain sexual activities like romance and mental arousal will help the woman generate lubricant, which will ease penetration. When there is no foreplay and romance before penetration, the woman may experience pain. When the woman doesn't become wet in her private part and the man attempts direct penetration, it will create pain for the woman.

You can obtain a lubricant to aid penetration. However, if the pain is in another part of the body, it will require medical attention. The woman will need to see a doctor. If it is pain that has to do with her private part alone, it could be that the woman hasn't generated lubricant for herself and is not wet. The use of either water or saliva to aid penetration will not work effectively. If penetration is to be easier, you as a man may need to engage in some foreplay with your wife so that she will become wet. You can engage in some form of romance with her so that she will

be aroused. Also, you can engage in some form of fingering so that she can become wet and generate lubrication.

The moment a couple gets married, they tend to satisfy each other sexually. However, after some years in marriage, one of the partners may lose interest in sex. If the pain is within the private part, you can get a lubricant and use plenty of it. When you want to penetrate, you have to do it slowly. Don't attempt to enter all at once. By the time you have entered fully, ask your wife if penetrating slowly makes her comfortable. Sliding in slowly and avoiding immediate full penetration will ease the pain the woman goes through. Sexual intimacy in marriage should be approached with love, patience, and mutual respect. When both partners are attentive to each other's needs, it creates a more fulfilling and comfortable experience for both.

Can a Woman Perform Oral Sex on Her Husband?

For a woman who takes special interest in performing oral sex on her husband, what is the balanced view? There are some things that are not stated in Scripture as a command or law to believers. Sometimes, concerning this sensitive question, I don't like giving a direct answer, but I give an answer that allows you to use your intelligence to make your choice. From the book of Genesis to Revelation, there is no place written that the woman should perform oral sex on her husband. I want you to know that it is also not stated in Scripture that a woman shouldn't engage in such an act. The Scripture doesn't say a woman shouldn't perform oral sex on her husband; rather, the Scripture is silent on the matter. Medically and logically, it is not harmful for a woman to perform oral sex on her husband. Should a woman perform oral sex on her husband? I will not say "**yes**" or "**no**." If a woman decides to do that, the Scripture doesn't call

it a sin. It is not dangerous or harmful to her when she engages in this act. Should it be done or not, I will not be direct and take a stand. I leave you to make a choice. This act is not a sin and is not dangerous or harmful to her health. Romans 1:30 says, “Backbiters, haters of God, violent, proud, boasters, inventors of evil things, disobedient to parents.” Those who invented the principle of anal penetration are inventors of evil things according to Scripture. This act is very dangerous and should not be embraced. Also, penetration through the mouth should be approached cautiously and avoided. All these inventions are extreme and must be approached intelligently.

Should a Man Perform Oral Sex on His Will?

There is a slang that captures the above posture as “*cleaning plate*.” To perform oral sex on a woman is known as “*cleaning plate*.” Is this act a sin? The Scripture is neither for nor against this act. It is not identified in the Bible as a sin to perform oral sex on your wife. Some men may not feel comfortable using their tongue to stimulate the private part of their wives. You can personally maintain your stand on this matter. 1 Corinthians 7:4 reads, “The wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does.” As a man, you have the right to touch every part of your wife’s body unrestricted, as long as she is your wife. Your wife also has authority over your whole body. If the woman likes performing oral sex on her husband, she can engage in such an act. If the woman doesn’t like such an act, she shouldn’t be forced into it. Regarding a man performing oral sex on his wife, there is no place in Scripture that testifies to such an act. As long as the body of your wife belongs to you, you can kiss her mouth, caress

her breasts, and kiss her forehead. If a man performs oral sex on a woman, it is not a sin. I personally cannot do that, and I don't engage in such an act. However, medically, for a man to perform oral sex on his wife is not advisable. There are sex experts who say it is not dangerous for a man to perform oral sex on his wife. Some medical experts have shared that a man performing oral sex on his wife is harmful because when the woman starts releasing lubricant from her private part and it enters the mouth of the man and gets into his body system, it may be harmful. These are chemical substances that can affect the human system. Those chemicals must not enter other parts of the body. Sometimes you shouldn't take medical recommendations with levity. If there is a way the man can do that before the lubricant is released, he can proceed with the act. God didn't create your mouth for performing oral sex on your wife. If you want to engage in such an act, you can proceed, but be aware of medical positions on such an act. This process shouldn't be generalized but should remain within the confines of individual decisions.

Sucking the Breast of Your Wife

When expressing intimacy with your wife, care and gentleness should guide your actions. The breast should not be engaged harshly or with the teeth, but approached with tenderness. The use of the tongue, rather than biting, reflects a more considerate and affectionate manner. Some men resort to using their teeth on their wife's nipples, but this can cause discomfort and is not a healthy expression of intimacy. True affection is conveyed through gentleness, where the tongue—not the teeth—is primarily involved. Such an approach preserves both comfort and connection within the marital relationship.

You are a Specialized Vessel as a Woman

You are a specialized vessel your husband can turn to in order to release his spermatozoa. Don't deny your husband when he makes sexual advances toward you. Sex is one of the reasons for marriage. If you don't want your husband to penetrate your private part as a woman due to certain reasons, you can help satisfy him in other ways. You can manually stimulate your husband's manhood. Apply lubricant and stroke it in a romantic way—not mechanically. When you fold your palm around your husband's private part, you are creating a sensation similar to intercourse. With the lubricant applied, stroke your husband's manhood up and down, squeezing it romantically. You have to do this wholeheartedly. In fact, while you are doing this, you may find yourself becoming aroused. However, the main reason for doing this is to help your husband. Stroke your husband's private part in a way that is pleasurable, and do it playfully. For some men, within ten minutes, they will achieve release. While you are stimulating him, identify the parts of his private area that make the process more loving and enjoyable. Sometimes it may be the crown of the penis or the testicles. Be attentive and study your man to identify which parts of his manhood create the most pleasure and excitement. Focus on these areas during intimacy. When you notice he is about to release, speed up the process to facilitate the release of his sperm. Once your husband achieves release, engage in a little affectionate play, and he can then proceed to clean himself up. This alternative approach allows you to satisfy your husband manually until the release of spermatozoa is achieved.

Avoid Watching Pornography

Whether you are a man or a woman, avoid watching pornog-

raphy. It has its own spiritual effects on you. It also has a way of planting images and desires in your memory that your husband or wife may not share. Pornography will do you more harm than good. Pornography is not the appropriate place for learning different sexual positions. Some couples watch pornography to advance their sexual repertoire beyond the missionary position. Instead, you can use diagrams to explore different sexual positions. Download educational images and diagrams of various sexual positions, and review them together. Avoid watching pornography because it will do you more harm than good and is not a healthy way to derive pleasure. If you want to learn new sexual positions, download the desired educational images and show them to your spouse for practice together.

On the Matter of Fingering

For men, fingering your wife is one of the ways to stimulate her and bring her to orgasm. Some men want to penetrate and satisfy themselves without considering their wife's satisfaction. You must ensure your wife achieves sexual satisfaction. If she tells you that she is not satisfied, you must continue. You satisfy your wife by doing whatever she guides you to do. You can use your fingers to satisfy your wife sexually. Some women have been married for years but have never been satisfied sexually. You must learn how to finger your wife so she can be satisfied sexually.

Fingering your wife is not simply about inserting your finger into her private parts, but rather learning to gently stimulate the areas she directs you to touch with your finger. There are specific areas a woman will guide you to touch that will cause her to become aroused and satisfied. There is a particular spot in a woman that, when touched, makes her excited. There are

other areas that respond to fingering. It is not wrong to use your fingers in this way, and it is not a sin, since it brings sexual satisfaction to your wife.

Never Break Your Marriage Fidelity

As a man or woman, make up your mind that you will not have sexual intercourse with anyone outside your marriage. Let this be a firm decision you make. Trust God to help you in this regard as well. Whether you like it or not, there will be attractions. As a woman, you will see some men who are more handsome and attractive than your husband. You have to decide in your heart that no man will be more attractive to you than your husband. As a man, similarly, no woman will be more attractive to you than your wife. Constantly spend quality intimate time with your spouse. As a woman, don't deprive your husband of sex. Never push your husband into having sex with another woman or into watching pornography due to your consistent denial of sexual intimacy with him. Be enthusiastic and engaged during sexual intimacy with your spouse. Remain faithful and committed to your spouse. Don't be carried away by the lust of this world. Choose loyalty, discipline, and love. In doing so, you preserve the honor, strength, and beauty of your marriage.

EARNING THE RESPECT OF YOUR SPOUSE

Respect is Complementary in Nature

Every woman should ensure that her husband is treated with respect and honor. Likewise, husbands must treat their wives with honor and respect. Respect is complementary in nature—it must flow both ways. Unfortunately, there are many men who treat their wives with dishonor. 1 Peter 3:7 says, “Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.” Men are clearly commanded to honor their wives. Respect, therefore, is a virtue that both husband and wife must intentionally give to one another. Respect is expressed both verbally and non-verbally, and so is disrespect. There are subtle, non-verbal ways of dishonoring your spouse, including the following:

a. Facial Displeasure

This often occurs when your spouse is speaking and you respond with frowns or negative facial expressions that show disinterest or irritation. Even when you are not fully engaged in

the discussion, do not become known for expressing displeasure through your face. Instead, maintain a pleasant and attentive expression that communicates interest in what your spouse is saying. This is an area where many need intentional improvement.

b. Intentional Distraction

This involves deliberately distracting yourself while your spouse is speaking. For instance, interrupting the conversation with irrelevant comments such as, “I don’t know where I placed my phone,” reflects a lack of regard for what is being said. Such behavior communicates disrespect.

c. Using Your Mobile Phone While Being Addressed

Constantly pressing or engaging with your phone while your spouse is speaking is an act of disrespect. When your spouse is talking to you, put your phone aside and give full attention. If there is a genuine need to respond to an urgent call or message, respectfully seek permission and attend to it briefly.

d. Walking Away While Your Spouse Is Speaking

Walking out on your spouse when they are speaking to you shows clear disregard and dishonor. When your attention is required, remain present and engaged.

e. Making Indistinct or Unpleasant Sounds

Responding with dismissive or suggestive sounds such as “*hmm*” or “*ehyaa*” while your spouse is speaking can communicate disbelief, mockery, or irritation. For example, when your wife is speaking and you respond in this manner, it may imply that you think she is not being truthful. This is a subtle yet harmful form of disrespect. Respect must be cultivated intentionally. When both husband and wife commit to honoring one another in both words and actions, the foundation of their marriage becomes stronger and more enduring.

How to Communicate Respect and Honor to Your Husband

Respect and honor are not merely spoken; they are consistently demonstrated through attitudes, words, and actions. As a wife, you must be intentional in communicating respect to your husband in practical and meaningful ways.

a. Obey Your Husband

The proof of your submission as a wife is seen in your obedience to your husband. True respect is reflected in your willingness to follow his leadership with a sincere heart.

b. Show Gratitude Always

Be deliberate in expressing gratitude for all that your husband does. Never be stingy with appreciation. Acknowledge both the great and the seemingly small things he does for you. Let your gratitude be specific, intentional, and frequent.

c. Avoid Interruption

Ensure that you do not interrupt your husband when he is speaking. Avoid interjecting with statements such as, ***“No, you are lying,” “Don’t tell me that,” “You are speaking nonsense,” or “I don’t want to hear you.”*** Such words communicate deep disrespect. Learn this guiding principle: ***the way you would not speak to your father is the same way you should not speak to your husband.*** Allow him to finish speaking before expressing your thoughts. It is important to note that some women have developed a pattern of disrespect from their upbringing, especially in how they relate to their parents. Such behavior, if not corrected, will reflect in marriage. Be intentional about cultivating honor in your communication.

d. Apologize to Your Husband

The moment you realize you are wrong, be quick to apologize. Do not cover your mistakes or pretend to be right. Humility strengthens relationships. Learn to say sincerely, ***“I am sorry, dear.”***

e. Use the Tone and Words of Respect

Always use the tone and words of respect when you are talking to your husband. Even while you are angry, let your tone and words communicate honor and respect. Some wives only call their husbands pet names like ***“baby,” “honey,” “my heart throb,” or “sweetheart”*** only when they are happy. ***Can you train yourself so that when you are angry, you will still call your husband his pet names?*** Your words may be right, but your tone is wrong. The tone is the frequency of your communication. For instance, a wife telling her husband, ***“If not for some reasons, you aren’t qualified to be my husband, and you are not my spec and choice,” or “Just look at yourself. If not for the mercy of God, you don’t match my standards,” or “If not for the things that transpired, could your level marry me?”*** Use a tone of respect when speaking with your husband. Anger should not control your words, but understanding should control your words when speaking to your husband.

f. Seek Counsel from Your Husband

A respectful wife seeks the counsel of her husband. Do not neglect his guidance while depending solely on friends. Any friend who encourages you to disregard or dishonor your husband is not a wise influence. Be discerning in your relationships. While your husband should not control your friendships, it is important to value his discernment. A wise wife seeks her

husband's counsel concerning her plans, goals, visions, and decisions. This communicates that you value his wisdom and recognize his leadership.

g. Celebrate Your Husband

Be intentional about celebrating your husband, both privately and publicly. Speak well of him, honor him before others, and acknowledge his value. This is a powerful expression of respect and strengthens the bond within your marriage. When these principles are practiced consistently, they create an atmosphere of honor, love, and mutual respect, allowing the marriage to flourish according to God's design.

Ways Husbands Should Respect and Honor Their Wives

Just as wives are called to honor their husbands, husbands are equally commanded to treat their wives with dignity, respect, and love. Honor must be intentional and consistently expressed in both words and actions. The following are practical ways a husband can demonstrate respect and honor toward his wife:

a. Never Shout at Your Wife

A husband who truly honors his wife does not shout at her, whether in public or in private. Raising your voice in anger communicates disrespect and diminishes her dignity. If you value and honor your wife, you will choose to speak calmly and respectfully, even in moments of disagreement.

b. Avoid Interrupting Her When She Speaks

Do not interrupt your wife when she is expressing her thoughts or making her intentions known. Give her your full attention and allow her to speak freely. Listening patiently is a

strong expression of respect and shows that you value her voice

c. **Never Send Your Wife Out of the House**

There should be no circumstance under which you send your wife out of the house. As a husband, your mindset must be right—marriage is not built on **“I,”** but on **“we.”** It is not **“my house,”** but **“our home.”** While a house may be a physical structure, a home is built through love, unity, and wisdom. The home is where the family truly dwells, and the wife plays a vital role as a homemaker in building that environment. Sending your wife out of the house is a serious act of dishonor and should never be expressed, regardless of the situation. If tensions rise to an overwhelming level, it is wiser for you to step away temporarily to regain composure and maintain peace, rather than speaking or acting in anger. Leaving for a moment to calm down is not abandonment—it is a decision to preserve unity. However, commanding your wife to leave is dishonorable and should never be an option.

d. **Use Words of Respect**

As a husband, use words of respect toward your wife when speaking to her. You don't use abusive and insulting words toward her. Regardless of her offense toward you, don't use abusive words on her. When you open your mouth and rain abusive words and curses on your wife, you are demeaning her. When you engage in this act, your prayers will be hindered. Never say to your wife that **“she must be mad.”** Initially, **did you marry a mad woman?** I believe your response will be **“No.”** Therefore, don't use any negative words on her. The same also applies to the wife. Never approach your husband by saying, **“You must be stupid for the things you said now.”** You have to

respect each other. Never use mocking words on each other. Words have power—use them to build, not to destroy. Never say words that will get the other person into deep thinking or sorrow. Remember, dishonoring your wife with your words can hinder your prayers.

e. Celebrate Your Wife Publicly

Be intentional about celebrating your wife both privately and publicly. Speak well of her, appreciate her openly, and acknowledge her value before others. Public honor is a powerful way to affirm her worth and strengthen the bond in your marriage. When a husband consistently practices these principles, he creates an atmosphere of love, security, and mutual respect, allowing the marriage to flourish according to God's design.

BECOMING A RESPONSIBLE MAN, HUSBAND AND ROLE MODEL FROM GOD'S PERSPECTIVE

Things Women Do Not Take Lightly

There are certain things that women deeply value and do not treat casually. A wise husband will understand these priorities and be intentional about meeting them in a loving and responsible manner.

a. Attention

Women value attention. As a husband, you must find ways to consistently give your wife your time and presence. Do not become so occupied that you fail to create quality moments to talk, reflect, and enjoy each other's company. Intentional attention strengthens emotional connection and builds intimacy.

b. Care

Women desire to be cared for. Be a husband who demonstrates genuine care in both words and actions. Let your wife know,

beyond doubt, that she is deeply valued and cherished. Care should not be assumed—it must be expressed consistently.

c. Financial Support

Women value financial stability and provision. While this does not mean they are driven by greed, it reflects a desire for security and responsible leadership. As a man, do not position yourself to always depend financially on your wife. Instead, cultivate the mindset of a provider. Be intentional about supporting your wife financially in a consistent and responsible manner. Avoid manipulative or careless habits of taking from her when you should be giving. If you are in a season of lack, it is understandable—but remain diligent, prayerful, and committed to growth. Seek God's blessing while also applying yourself to productive work. A man should not become a financial burden to his wife. While there may be seasons where support is needed, this should not develop into a pattern of dependency or entitlement. A wise and supportive wife may assist when necessary, but a husband must guard against relying on her resources as a default. A man is called to be a primary provider for his household. While some compare their homes to others where financial responsibilities are split equally, this should not become a standard driven by comparison. Trust God for the capacity to provide abundantly. When your wife chooses to support, receive it with gratitude—but do not shift your responsibility onto her. There are honorable women who willingly support their husbands, even when the husband is capable. Such support should be appreciated, not exploited. As a man, remain diligent and committed to providing for your family. If you are currently without a job, do not remain idle. Engage in productive activity while trusting God for greater opportunities. Waiting passively

for a major breakthrough without effort is not wisdom. Even if your wife is not complaining, prolonged idleness without income is unhealthy. Take responsibility and find something meaningful to do. Maintain the mindset that God will bless you to the point where you can provide fully for your household. Your faith must align with your thoughts and actions. Even if your wife has her own income, strive to be in a position where you can still give to her generously. Women appreciate a man who consistently gives attention, shows care, and demonstrates financial responsibility. Even if financial stability is still a work in progress, attention and care can sustain strength in the relationship while growth continues. The combination of these *three elements defines a responsible man: Attention + Care + Financial Responsibility = A Good Man*. Therefore, be intentional about developing yourself into a responsible and honorable man, one who reflects strength, love, and commitment in every aspect of his marriage.

Certain Things You Must Consistently Do for Your Wife as a Husband

Marriage requires intentionality, discipline, and a continuous commitment to love and responsibility. As a husband, there are principles you must consistently practice to build a strong, healthy, and God-honoring home.

a. Provide for Your Household

As a husband, you are responsible for providing for your household. The feeding and welfare of your home rest primarily on you. Your wife is meant to support you, not replace you as the provider. While she may contribute from her income, you must carry the mindset of the primary provider. Be deliberate

in trusting God for provision, and do not set your heart on your wife's income. If you are in a season of limitation, your wife may support you, and in extreme cases, she may temporarily shoulder responsibilities. However, you must not remain in such a state for long. Avoid idleness and laziness—be diligent and committed to your responsibilities.

b. Do Not Become Dependent on Your Wife's Money

As a man, do not become accustomed to living off your wife's income. Seek God's blessings and commit yourself to productive work. Your wife is your support, not your source. Allow her to use her resources wisely for personal and family advancement, while you remain responsible and proactive in your role.

c. Do Not Borrow Without Repayment

If you borrow money from your wife, ensure that you repay it. Failing to do so can weaken trust and respect. Even beyond repayment, cultivate a habit of giving to your wife generously, so that she experiences abundance from you. It is not wrong to borrow from your wife when necessary, but integrity demands that you repay promptly. Timely repayment builds trust and sets a strong foundation for future support.

d. Do Not Shout or Engage in Arguments

Nothing should push you to shout at your wife. Avoid unnecessary arguments and verbal conflicts. While disagreements may arise, handle them with maturity and self-control. Do not engage in heated exchanges or “drag words” with your wife. At times, you may need to overlook certain issues intentionally for the sake of peace. Learn the power of silence and calmness in moments of tension. Strength is often revealed in restraint.

e. Never Beat Your Wife

Under no circumstance should you raise your hand against your wife. While there are rare cases of women acting violently, it is more common for men to abuse their wives physically. This must never be found in your home. Violence destroys trust, love, and dignity.

f. Do Not Exploit Her Weaknesses

As a husband, you will become aware of your wife's weaknesses and vulnerabilities. Never use these against her. The moment you weaponize her weaknesses, you create insecurity in her heart. When she offends you, do not refer back to her past struggles or areas of weakness. Even in anger, guard your words. Love protects—it does not expose or exploit.

g. Do Not Be Afraid to Discuss Intimacy

Do not shy away from discussing sexual intimacy with your wife. Be open, respectful, and honest about your desires. Communication is essential for a healthy marital relationship. If intimacy becomes a challenge in your marriage, address it promptly. Do not suffer in silence, hoping your spouse will understand without communication. Speak with clarity, love, and respect about your needs.

h. Learn to Create Surprises

Be intentional about creating pleasant surprises for your wife. Understand her preferences and meet her needs in thoughtful ways. Many couples practice this in the early stages of marriage but fail to sustain it. Do not abandon this principle. Remember important dates, such as her birthday, and make them meaningful. Regularly express love through thoughtful gestures.

i. Do Not Report Your Wife to Your Family

Handling marital issues requires maturity. Do not be quick to report your wife to your parents or siblings. Learn to resolve issues within your home. If matters become overwhelming, seek counsel from a trusted spiritual authority such as a pastor, mentor, or spiritual father. Guard your speech and protect the privacy of your marriage.

j. Do Not Distance Yourself from Your Wife

Even when you are hurt or offended, do not withdraw emotionally or physically from your wife. Avoid the tendency to create distance as a form of punishment. Do not resort to actions such as moving to another room, coming home late intentionally, refusing to eat her food, or avoiding communication for extended periods. These behaviors weaken the bond of marriage. Maturity requires that you forgive quickly and move beyond offense. Grow to a place where you practice not only forgiveness but also forbearance. Train your heart to remain connected, even in difficult moments. A responsible husband is one who consistently applies these principles, building a home marked by love, stability, and mutual honor.

k. Never Remind Your Spouse of the Past

As a husband, you may be aware of your wife's past; do not bring it into the present. Likewise, as a wife, do not use your husband's past against him. Never weaponize past experiences to insult or belittle your spouse, especially in moments of offense. If your spouse has entrusted you with sensitive details about their past, treat that confidence with honor and discretion. Using such information as a tool for attack is a sign of immaturity. It is not wrong for your spouse to open

up to you; rather, it is a sign of trust that must be protected.

l. Do Not Delay Correction

When you notice something you do not appreciate in your spouse, address it promptly and in love. If you have offered correction and there is no adjustment, seek the help of a trusted authority whom both of you respect and submit to. Every family should have someone they are accountable to—such as a pastor, mentor, or counselor. This person should not be a parent or close family relative, but a neutral and spiritually mature individual who can offer godly counsel. Avoid reporting your spouse to his or her parents, as this often complicates matters rather than resolving them. Families that submit to wise counsel and accountability tend to enjoy greater stability and peace in their marriage

m. Be Skilled in Handling Issues Within the Household

As a husband, develop the skill of addressing issues with wisdom and maturity. When your spouse acts in a way that feels disrespectful, do not react immediately in anger. Give it time—allow emotions to settle—then address the matter calmly and constructively. Sit down together and communicate how you felt, expressing your concerns without hostility. Avoid arguments; mature individuals prioritize understanding over winning. Never attempt to correct your spouse when emotions are high. When addressing an issue, do not only point out what is wrong—also offer a clear and loving alternative. Help your spouse understand how you would prefer to be spoken to or treated. In all things, communicate with love, and balance correction with appreciation for your spouse's strengths.

n. Do Not Seize Your Wife's Property

As a husband, never take hold of your wife's personal belongings out of anger or frustration. Do not seize her documents, finances, or personal items such as her phone, bank cards, keys, certificates, or work-related materials. Such actions communicate disrespect and abuse of authority. Instead, be a man who consistently treats his wife with dignity and honor, regardless of circumstances.

Be intentional about applying these principles in your life as a husband. Your wife is a precious gift entrusted to you—handle her with care, love, and understanding. Commit to growing together in unity and purpose. Be assured that you are blessed to have her as your wife. May God bless your union and your marriage. Dwell with her in understanding, and let your home be filled with peace, honor, and love.

Conclusion: Building a Marriage That Reflects God's Design

Marriage is not merely an institution—it is a divine arrangement designed by God to reflect unity, love, growth, and purpose. Throughout this manuscript, we have explored the foundational truths that govern a healthy and fulfilling marriage: oneness, understanding, responsibility, spirituality, intimacy, and continuous growth.

At the heart of marriage is oneness—a journey that begins in the physical, is recognized socially, and is progressively developed in the mind. This oneness is not achieved in a day; it is cultivated intentionally over time through patience, communication, sacrifice, and mutual respect. Every couple must commit to this lifelong process.

You have also seen that marriage thrives on understanding roles and responsibilities. Both husband and wife have distinct yet complementary roles that sustain harmony in the home. When these responsibilities are embraced with sincerity, the home becomes a place of peace, joy, and stability.

The place of spirituality cannot be overemphasized. A marriage that is not rooted in God's Word will struggle to stand the test of time. Spiritual growth—both individually and collectively—creates strength, direction, and alignment. When couples pray together, study the Word together, and grow together, they build a union that is not easily shaken.

I also examined the importance of emotional and physical intimacy, including sensitive aspects of sexual relationships. These areas, though often neglected or misunderstood, play a crucial role in sustaining connection and satisfaction in marriage. When handled with love, wisdom, and mutual consent, intimacy becomes a powerful force that strengthens the bond between husband and wife.

Furthermore, you have been guided on what to avoid—from poor communication and comparison to external interference and harmful counsel. The decisions you make daily, the words you speak, and the attitudes you carry all contribute to either building or weakening your marriage.

Marriage is work—but it is rewarding work. It demands intentionality, humility, flexibility, and a willingness to grow. No couple starts perfect, but every couple can grow into a model of excellence if they are committed to learning and applying truth.

As you step forward, remember this:

Your marriage is your responsibility. You have been given the

capacity to shape it into what God intends it to be. Refuse to settle for dysfunction. Choose growth over pride, understanding over assumption, love over offense, and unity over division.

Let your home become a model of righteousness, peace, and joy. Let it be a place where both partners are valued, heard, and fulfilled. Let it be a testimony that a marriage built on truth, guided by wisdom, and sustained by God can flourish in every season.

In the end, ***marriage is not meant to be endured—it is meant to be enjoyed, nurtured, and celebrated.***



About the Author

Niyi Makinde is an apostle, author and crusader. He is the author of hundreds of books on multiple subjects. He writes with high inspiration and creative wisdom. Great leaders recommend his books. As a minister, he is widely known for healings and miracles. Apostle Niyi Makinde is the pioneer and president of Rebirth Global Church, a network of churches across the globe. He is also the pioneer of Connect Global, a larger body of churches and ministries across the globe. He hosts the annual Connect Confluence, a global gathering of many believers, various churches and ministries. Niyi Makinde is highly esteemed and respected by great leaders. He is known for simplicity, integrity and uncommon wisdom. Many great leaders consider him one of the wisest and greatest among men. He is a father figure and oversight over many churches, ministries and Christian networks.

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