

# Grace & Grit

A 6-Week Workbook for Wives &  
A 6-Week Study for Men

Does my husband DESERVE grace?  
Grace Isn't About Deserving

**TNC Team Ministry**

# PART 1: Grace for Wives

Based on your original teaching - 6 conversations about grace, truth, and boundaries in marriage.

## Week 1: Does My Husband DESERVE Grace?

Let's talk about it. This question comes up when we're hurt, tired, or keeping score. Deserving isn't the point of grace.

**Scripture:** Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

**Reflection:** When was the last time you asked 'does he deserve it'? What were you feeling in that moment? Write it honestly.

**Journal:**

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**Discussion:**

1. What does grace mean to you vs. what it doesn't mean?
2. When has God shown you undeserved grace this week?

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## Week 2: Grace Isn't About Deserving

Grace is giving kindness when it's not earned — just like God gives to us. It's not saying what he did is okay. It's saying your marriage is bigger than this moment.

**Scripture:** Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

**Exercise:** Think of one small kindness you can give today that isn't earned. Do it before dinner.

**Journal:**

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**Discussion:**

1. What's the difference between approving behavior and extending grace?
2. How does remembering God's grace to you change your response?

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## Week 3: Why Should I?

Because we've both needed it. A long marriage isn't built on perfection. It's built on two imperfect people choosing mercy over keeping score.

**Scripture:** Colossians 3:13 - "Bear with each other and forgive one another... Forgive as the Lord forgave you."

**Exercise:** Write down 3 times your husband extended grace to you that you didn't deserve. Thank him for one.

**Journal:**

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**Discussion:**

1. Are you keeping score? What list are you holding?
2. What would choosing mercy look like today?

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## Week 4: Let's Be Clear

Grace is NOT ignoring disrespect. Grace is NOT staying silent when hurt. Grace is NOT without boundaries. Grace tells the truth WITH love.

***Scripture:** Proverbs 15:1 - "A gentle answer turns away wrath, but a harsh word stirs up anger."*

**Boundary Check: Where do you need truth WITH love this week? Write the conversation using: I feel \_\_\_\_ when \_\_\_\_ . I need \_\_\_\_.**

**Journal:**

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**Discussion:**

1. Where have you confused grace with people-pleasing?
2. What boundary needs a gentle, truthful conversation?

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## Week 5: Grace In Real Life

Practical grace is quiet strength: You pause before correcting him publicly. You let small annoyances stay small. You listen to understand, not just to win. You accept a real apology and move forward.

***Scripture:** 1 Peter 4:8 - "Above all, love each other deeply, because love covers over a multitude of sins."*

**Real Life Practice (pick 2 this week): 1) Pause before public correction 2) Let a small annoyance stay small 3) Listen to understand 4) Accept apology and move forward**

**Journal:**

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**Discussion:**

1. Which of the 4 practices is hardest for you? Why?
2. What small annoyance can you intentionally let go today?

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## Week 6: A Prayer For Us Wives

We end not with trying harder, but with praying deeper.

**Scripture:** 1 Corinthians 13:7 - "Love bears all things, believes all things, hopes all things, endures all things."

**Prayer:** Lord, help me love my husband the way You love me — with patience, mercy, and grace. Soften my heart when I'm hurt, guard my tongue when I'm angry, and remind me that we are on the same team. Teach me to speak truth in love and to extend the same grace I need every day. In Jesus' name, Amen.

**Journal:**

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**Discussion:**

1. Write this prayer in your own words.
2. Who is one wife you can share this study with today?

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# PART 2: Grace & Grit - OT Men

6 Weeks for Men - Responsibility, Faith, Integrity, Meekness, Repentance, Honor

## Week 1: ADAM - Responsibility

**Scripture:** *Genesis 2:15 - The LORD God took the man and put him in the garden to work it and keep it. Genesis 3:9 - But the LORD God called to the man, Where are you?*

**DO THIS WEEK:** Responsibility Audit: List your 3 posts: Home, Work, Faith. Where have you been hiding? 15 mins solitude asking Where am I?

**Journal:**

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## Week 2: ABRAHAM - Faith Under Pressure

**Scripture:** Genesis 12:1 - Go from your country. Genesis 22:2 - Take your son, your only son Isaac, and offer him.

**DO THIS WEEK:** Faith Step: Identify one area waiting for perfect conditions. Take one obedient step before Sunday.

**Journal:**

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## Week 3: JOSEPH - Integrity

**Scripture:** Genesis 39:9 - *How then can I do this great wickedness and sin against God? Genesis 50:20 - You meant evil against me, but God meant it for good.*

**DO THIS WEEK:** Integrity Check: Clean phone and computer, install accountability, tell one brother your temptation area.

**Journal:**

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## Week 4: MOSES - Meekness

***Scripture:** Exodus 3:11 - Who am I that I should go? Numbers 12:3 - Now Moses was very meek, more than all people.*

**DO THIS WEEK:** Meekness Practice: Let someone else get credit, serve your family hidden daily, ask for feedback on listening.

**Journal:**

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## Week 5: DAVID - Repentance

***Scripture:** Psalm 51:10 - Create in me a clean heart, O God. 2 Samuel 12:13 - I have sinned against the LORD.*

**DO THIS WEEK:** Repentance Workout: Write Psalm 51 in your own words, confess to God and to one person you wronged, worship 10 mins daily.

**Journal:**

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## Week 6: BOAZ - Honor

*Scripture: Ruth 2:8 - Do not glean in another field. Ruth 4:9 - You are witnesses this day.*

**DO THIS WEEK:** Honor Mission: Cover and protect one person with no benefit to you, provide for someone in need.

**Journal:**

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# Share This Workbook

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Share with a wife, a husband, a small group, or your marriage mentor.

Grace isn't about deserving. It's about choosing mercy over keeping score.

**TNC Team Ministry**

**Grace & Grit Series**