

# Heroic Leadership & Humility: Having Important Conversations with your wife

**Headline:** Having important conversations with your wife is crucial for building a strong and healthy relationship. Sometimes these can be easy, and sometimes these are tough. Be courageous and heroically lead to make all of these happen. At the same time, be heroically humble and show your love and fidelity toward your marriage.

**Objective:** Having important conversations with your wife is crucial for building a strong and healthy relationship. Overall, having important conversations with your wife is about creating an environment where both of you feel heard, understood, and supported. This ongoing dialogue strengthens your connection, enhances your relationship's resilience, and contributes to long-term happiness and fulfillment together.

**Song Suggestion:** I have loved You.

## Bible and Catechism Readings:

### Ephesians 5:1-2

Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

### Ecclesiastes 9:9

Enjoy life with the wife whom you love, all the days of your vain life that are given you under the sun, because that is your portion in life and in your toil at which you toil under the sun.

### Catechism 1661

The sacrament of Matrimony signifies the union of Christ and the Church. It gives spouses the grace to love each other with the love with which Christ has loved his Church; the grace of the sacrament thus perfects the human love of the spouses, strengthens their indissoluble unity, and sanctifies them on the way to eternal life

## Saint:

A significant Catholic saint known for his intercession in marriages is **St. Joseph**.

St. Joseph is revered as the husband of Mary, the mother of Jesus, and is considered the patron saint of families, fathers, workers, and the universal Church. He is often depicted as a model of fidelity, humility, and silent strength. St. Joseph's role in protecting and caring for the Holy Family exemplifies his commitment to his marriage and family life.

Catholics often invoke St. Joseph's intercession for various aspects of family life, including marital harmony, fidelity, and the well-being of spouses and children. His example as a loving and devoted husband provides inspiration for couples striving to live out their vows faithfully and with mutual respect.

## Vignette:

Having important conversations with your wife is crucial for building a strong and healthy relationship. Here are some key topics you may want to discuss:

1. Life Goals and Dreams: Share your aspirations for the future and discuss hers. This includes career ambitions, personal growth, travel goals, etc. Consider putting together a 'Dream Book'
2. Financial Planning: Be transparent about finances, including budgeting, saving goals, investments, and any debts. Discuss how you both approach money management.

3. Important Documentation in One Place: Some may call it the 'death book'. One place with your passwords, wills, trusts, insurance policies (home, auto, life), deeds, brokerage and bank accounts, etc
4. Communication Styles: Understand each other's preferred methods of communication and conflict resolution. Discuss how you can improve communication during challenging times.
5. Health and Well-being: Discuss each other's physical and mental health. Support each other in maintaining a healthy lifestyle and discuss any concerns or health goals.
6. Roles and Responsibilities: Clarify household responsibilities, career expectations, and any other roles each of you expects to fulfill in your relationship.
7. Intimacy and Romance: Discuss your emotional and physical needs, preferences, and desires. Open communication about intimacy can strengthen your emotional bond.
8. Past Experiences: Share important events or experiences from your past that have shaped who you are today. Understand each other's backgrounds and histories.
9. Cultural and Religious Beliefs: If relevant, discuss how your cultural or religious backgrounds influence your beliefs and values, and how they may impact your relationship.
10. Boundaries and Respect: Establish boundaries regarding personal space, privacy, and interactions with others. Respect each other's boundaries to maintain trust and comfort.

Remember, the key to these conversations is mutual respect, active listening, and a willingness to understand each other's perspectives. Regularly revisiting these topics can help strengthen your relationship over time.

### Questions for Large and Small Group Discussion:

When did you last have a focused conversation with your wife on any of these 9 topics?

-----  
 -----  
 -----

How good are you at active listening?

-----  
 -----  
 -----

Do you, as a couple have a 'Dream Book'? When did the 2 of you last sit down and review/update it?

-----  
 -----  
 -----

Have you put together your 'Death Book'? When was it last updated? Have you sat with your wife and gone through it?

-----  
 -----  
 -----

### Resources:

### Action Plan:

Plan on sharing the 10 important conversations list with your wife.

1. Schedule time with your wife to discuss each one individually
2. Update or create your Dream book and Death book

**Author:** Ken Cornish