



**PROVENWIVES™**

**Devotional**  
**A Roadmap to Restoration**

**Foreword by: Shaunti Feldhahn**

**Brianna Edwards**

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**T**hank you for picking up this study! It is a labor of love that we are confident will direct you to the heart of God as He heals and revives the things in your life that are broken and dead. When exploring artwork for the cover, we were inspired by how perfectly the flowering cactus represents our hope for our readers. The cactus survives, even thrives, in the desert where many other plants do not. Its flower is a beautifully delicate representation of its potential and its spikes stand in stark contrast with the fierce capacity to preserve and protect. We are praying for every set of hands that picks up this book—may Jesus use it to ignite great purpose to preserve and protect your marriage and teach you that it is more than possible for you to thrive and produce beauty even in the desert.



## FOREWORD

“Love is the greatest gift each of us can offer.” (page 79)

**H**is struggles become ours, don’t they? We love the man in our life so much—and yet our heart may be deeply bruised or broken; collateral damage in his battle with sexual temptation. Or we watch our husband tearfully wrestling to overcome a visual pattern that began in middle school, and we feel compassion even as we feel confused about why the struggle even *exists*. Or maybe we deal with intense anger or betrayal after uncovering an addiction he had hidden for years.

Does any of this sound like your story? If so, there is hope.

Mother Teresa once said, “We can do no great things; only small things with great love.” And by picking up this book and study, you are taking the first step on a journey to showing your husband—and yourself—great love and healing.

Some of you simply want to know how you can support a man who struggles occasionally. Others need a life-line for a last-gasp effort to save a marriage ripped apart by sexual addiction. Most of you will be somewhere in between. Everyone will have questions, fears, and uncertainties. And the one common denominator for all of us is that every day, we will be looking for ways to help our man change.

Yet there’s only one person we can change. And it’s not the person lying on the other side of the bed.

Thankfully, after fifteen years of interviewing and surveying thousands of women and men who are dealing with these issues, and hearing from hundreds of specialists and therapists, I can assure you of two things:

First, no matter what the future holds, the efforts you make now to work through your own feelings, patterns, and hurts are incredibly important for *you*. This process is just as much about you as it is about your man. It is so crucial that you take the opportunity to address the pain or concern in your heart.

Second, as you take the courageous step to understand your man’s struggles, to think through boundaries, and to work on your own thoughts and actions, you are very likely to see a supernatural, transformative impact on the man in your life. In our research, I have heard literally thousands of such examples.

We serve a God who delights in bringing peace and healing to *all* who are hurting—no matter their part in the story. I love the deliverance pictured in the Psalms.

Some wandered in desert wastes... their soul fainted within them. Then they cried to the Lord in their trouble, and he delivered them from their distress.... For he satisfies the longing soul, and the

hungry soul he fills with good things. Some sat in darkness and in the shadow of death, prisoners in affliction and in irons.... Then they cried to the Lord in their trouble, and he delivered them from their distress. He brought them out of darkness and the shadow of death, and burst their bonds apart.... He sent out his word and healed them (Psalm 107:4-20, ESV).

This path to healing takes great courage and work. It takes prayer and faith. As you begin to heal, you will be asked to extend a love, grace and intimacy to your husband—a grace that some of you simply may not want to give. Yet as you do, you are living out an example and a picture of Christ’s sacrificial love for us.

And that grace is a part of the story of restoration.

Your guide on this journey, Brianna Edwards, has walked a similar road with her husband—and now with many other wives. She shares your heartache, but also the great hope of having seen so many marriages restored.

More importantly, as you invite Jesus on this journey, He will be with you. He IS hope. Because He is the One who brings the transformation as you enter into this small thing done with great love.

—Shaunti Feldhahn

Shaunti is a groundbreaking social researcher, and best-selling author of *For Women Only*



## INTRODUCTION

**T**his study is long overdue. I have sat across from countless women who have been hurt by the revelation that their husband, fiancé or boyfriend is trapped in sexual sin. I have watched the tears fall as they explain the pain and frustration they are experiencing. Every woman's story is unique, but the feelings are so often the same. It's natural to question love, to feel the insecurity, to doubt, and to be angry.

This study was birthed from the angst of the stories I've heard; stories like yours, stories like mine. On a cold Sunday morning, my husband admitted to having a decade-long struggle with pornography. My world was shattered, and I didn't know where to turn. If I confided in a friend, I felt that I would be throwing my husband "under the bus." I certainly couldn't tell my parents. Where could I go to seek relief for my aching heart?

Eventually, I learned the hard way that no one except Jesus Christ would be able to help restore my broken heart and resurrect our marriage. I searched His Word for answers, for His perspective and His heart about my situation. God was gracious in renewing my hope and joy through years of personal Bible study. Through the process I was finally able to say that my husband's admission to his addiction was one of the best things that ever happened to our marriage.

This study is a culmination of the truths God impressed on my heart as I sought Him, as well as wisdom I received from other godly individuals. These godly resources include three different professional counselors, other wives who understood my struggle and pain, pastors, and many books written by godly men and women. Woven in the following pages you will read personal stories of others who have walked through this journey. My deepest gratitude goes out to each one of these individuals. Without them, my marriage would not be where it is today, and this study would never have been written.

The following pages are filled with portions of Scripture, the only truth that transcends time and has the power to heal and restore. It is a companion study to the *Proven Men* study, written by Joel Hesch. Hopefully your husband will be going through the pages of that study while you are going through this one, but if not, don't be discouraged. God is more than able to heal your heart even if your husband is unwilling to pursue wholeness right now.

Please know that you are not alone. I hope that as you read each day you will feel like you are sitting across the table from a dear friend, sipping coffee and sharing stories. I sat down with a wife just days ago, listening to her broken heart as she shared the pain she felt after learning about her husband's long-term addiction to porn and masturbation. As I left the coffee shop, I realized that I had summarized this entire study during our time together. I wish that I could share that same experience with each one of you. Instead of speaking with you, I'll be speaking to Jesus about you, asking that His Spirit will reveal truth to your heart and that you will experience full and abundant life through Him. It's possible, because I have experienced it, other wives have experienced it, and so can you.

“I have come that they may have **life and** have it to the **full**” (John 10:10).

**A little bit about the format of this study:**

This study is divided into eight chapters, with five lessons for each chapter. Each day should take you about thirty minutes to complete and includes a key verse and thought at the beginning of each lesson. Don't just do homework, but treat it as “heartwork.” God wants to speak to you like He spoke to me and other *Proven Wives*. Open your heart to the Lord and connect with other Proven Wives.

If you are unable to finish the material in one day, don't worry... just pick it up the next day. It's more important that you take your time and carefully read through the study, allowing the Holy Spirit to challenge and encourage your heart. Occasionally there will be additional material in an appendix, or a special assignment to complete over the weekend.

Whether you finish a day or not, stick with this devotional. I promise, if you do this study for the eight weeks, Jesus will do incredible things in healing your heart, and in the process, your relationship.

We used the New International Version of the Bible, unless otherwise noted. I also love the New Living Translation. Feel free to use whatever version is most comfortable for you. My prayer is that this study will be transformational for you and your marriage. Most importantly I pray that it draws you closer to Christ and increases your awareness of His deep love for you. May you be even more like Him eight weeks from now.

**SPECIAL NOTE**

***\*Our supporters made this resource possible.*** As you begin this journey and start experiencing breakthroughs and victory, we want you to know that the generous support of faithful men and women like you made this study a reality. It is our vision to provide life-transforming resources to every man and woman who wants to experience lasting victory from the strongholds of pornography and sexual addiction by partnering with local churches to offer our curriculum combined with accountability and ongoing discipleship. As a non-profit organization, our work is not possible without donations from like-minded individuals, companies, and foundations. Therefore, if this study proves to be a blessing to you, we ask that you prayerfully consider blessing others by becoming a ministry partner through your financial support. You can learn more and make your gift at our website: [www.ProvenMen.org](http://www.ProvenMen.org) or [www.ProvenWomen.org](http://www.ProvenWomen.org)





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## THE JOURNEY BEGINS

**Philippians 1:6** “He who began a good work in you will carry it on to completion until the day of Christ Jesus.”

# WEEK DAY 1

**KEY THOUGHT:** God showers us with His grace and love throughout our life’s journey.

**M**any of you are opening this study hoping to get some immediate relief from a very painful situation. My heart aches for you. I’ve been there. I’ll never forget the moment when my husband shared with me that he was struggling with a pornography addiction. My heart was broken, angry, desperate, despairing, and fearful. I felt betrayed, alone and unsure of where to turn next.

This study is a response to those same cries that are pouring out of your heart right now as you read these words. The pain that comes from sexual addiction is far-reaching. You are not alone.

This study will be a journey. There are no easy answers, no quick fixes. The only way to true healing is through daily submission to God and His power to cleanse, regenerate and restore. We must cling to the promise in Philippians 1:6, “He who began a good work in you will carry it on to completion until the day of Christ Jesus.” As my mother gently reminds me when I am consumed with the daily frustrations of life, “It’s a process.” I love and hate that word, process. It means that there will be a constant struggle. It means that there is no clear end in sight while I still have breath in my lungs and blood pulsing through my veins. It means I must submit my flesh to God’s Spirit, which is neither fun nor easy.

But there is grace in the word “process.” It means that God knows I won’t get it all at once and has patience with me while I trip and fall each day. He knows my limitations and won’t give up on me. It means that I get to look back, years later down the road, and reflect on all the moments when God showed up and proved His love and faithfulness. It deepens my appreciation for the victories achieved on the backside of the struggles.

Right now, grace is probably the furthest thing from your mind. I know that was the case for me. You may resent the fact that you are even reading these words, thinking, “Why me? Why us? This is all his fault.” You think your husband is undeserving of any grace.



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Or maybe you think you are the one who is undeserving. You believe you aren't good enough, pretty enough, smart enough to receive genuine love. That there must be some fault on your part to bring this situation into your life. You don't deserve God's grace.

What about you? Is it harder for you to give grace or receive grace? Why?

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The truth is that none of us deserves grace. But God lavishes it on us freely, in spite of our sinfulness. It is God's gift through Jesus Christ to all of mankind (Ephesians 2:8-9, Romans 5:1-2, Romans 5:8).

As you pick up this study today and each day, cry out to God to **change** your heart. Ask Him to prepare your heart for the journey, to give you strength to press on. Ask Him to **soften** your heart, to receive His mercy, grace and compassion, and extend it to those who have wounded you. Ask Him to **heal** your heart, to bind up your wounds and renew your hope.

The best way to begin a journey is to find an ideal guide. Someone who knows the path that lies ahead and will lead you safely to your destination. Fortunately, our Guide not only knows the way, He is the Way. And the Truth. And the Life (John 14:6).

Let's start our first day together asking Him to guide us using two different prayers from Scripture. The first is from the book of Ephesians, written by the apostle Paul to a group of fellow believers that he loved dearly. And it is my prayer, as well as all those contributing to this study, for you as we travel this road together.



## READ THE BIBLE

Read Ephesians 1:15-20

I pray for you constantly, asking God... to give you **spiritual wisdom and insight** so that you might **grow in your knowledge of God**. I pray that your **heart will be flooded with light** so that you can **understand the confident hope** he has given to those he called—his holy people who are his rich and glorious inheritance.



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I also pray that you will **understand the incredible greatness of God's power for us who believe Him.** *This is the same mighty power that raised Christ from the dead.*

On the lines below, write out the bolded words. Take a moment to pray that God will give you each one of these things through His mighty power.

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If you are a follower of Christ, you can be filled with hope and power, the same power that rose Jesus from the grave! It dwells in you through the Holy Spirit. God, please open our hearts and flood them with light so we can see these truths and walk in them with confidence!

And now another prayer for you, a beautiful psalm of praise written by David. Read through it silently in your mind first, and as you read, circle the things that you are specifically asking God to bring into your life as you draw closer to Him. Then go back a second time and speak it out loud as a prayer, replacing the pronouns “you” and “your” with “my” and “mine” to make it more personal in the first half.

### PSALM 103

Praise the Lord; my soul; all my inmost being, praise his holy name.

Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

The Lord works righteousness and justice for all the oppressed. The Lord is compassionate and gracious, slow to anger, abounding in love.

He will not always accuse, nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities.



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For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.

As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust. The life of mortals is like grass, they flourish like a flower of the field; the wind blows over it and it is gone, and its place remembers it no more.

But from everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children—with those who keep his covenant and remember to obey his precepts. The Lord has established his throne in heaven, and his kingdom rules over all.

Praise the Lord, you his angels, you mighty ones who do his bidding, who obey his word. Praise the Lord, all his heavenly hosts, you his servants who do his will. Praise the Lord, all his works everywhere in his dominion. Praise the Lord, my soul.

We are just starting our journey together, but we are closing for today. We've asked God for His wisdom and insight. We've praised His name. Our hearts are in the correct posture, expectant and waiting for God to answer our prayers. We are looking to Him alone to restore and heal.



## HEARTWORK

As we come to the end of today's lesson, I want to ask you to pray one more time. This time, pray for your husband. I know it may be difficult to pray for your husband when you are so angry and hurt, but praying for him is the most powerful thing you can do to usher in change and healing. God wants to bring hope and life to you both. Think of two specific ways you will commit to pray for him, write them down, then spend at least five minutes talking to God about these things.

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## CHARGE

Brokenness is a devastating reality, but Jesus was broken so that I can be whole and free. I will fight for my marriage.