



**WHAT NO ONE TELLS  
THE PASTOR'S WIFE**

*Workbook*

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This workbook is based on the chapters of *What No One Tells the Pastor's Wife*.

Read each chapter and then complete the related workbook section. These study materials are especially useful for groups of pastoral spouses.

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## Chapter 1: Ministry May Be Hazardous to Your Life

### 1. Who am I?

Study the following list. On a scale of 1 – 5, rank the importance of each role in your life, with #1 being the most important.

Pastor's wife \_\_\_\_\_

Mother \_\_\_\_\_

Professional \_\_\_\_\_

Wife \_\_\_\_\_

Woman \_\_\_\_\_

### 2. List some of the challenges a minister's wife faces:

- a.
- b.
- c.
- d.
- e.

Which do you consider *your* greatest challenge(s) at this time in life? Why?

### 3. What plans do you have for coping with your challenge(s)?

And what suggestions can you share with other pastors' wives who face similar challenges?

*Take your challenges to Jesus. You cannot deal with them alone. Let Jesus help you. He will. You may need to talk to a Christian professional counselor also.*

**NOTES:**

## Chapter 2: Who Is This Strange Man I Married?

1. **Make a list of ways in which you and your spouse are different.**
  - a.
  - b.
  - c.
  - d.
  - e.
  
2. **What “changes” have you observed in yourself and/or in your husband since your wedding?**
  - a.
  - b.
  - c.
  - d.
  
3. **How do you feel about these changes?**
  
4. **What changes would you like to see in your relationship with your husband?**
  - a.
  - b.
  - c.

*Have a heart-to-heart talk with Jesus, who knows all about you. Conversations with Jesus are always comforting. Tell Him how you feel about yourself. Share with the Master your honest feelings about your spouse. Try it today.*

### **NOTES:**

## Chapter 3: Lonely Days, Long Nights

**1. Give your own definition of loneliness:**

**2. What have you done to help yourself during periods of loneliness?**

**3. Plan to discuss your loneliness with your husband.**

This is not the time to complain about his job and the demands of church members. What you want to do is to reveal to him your deepest feelings. Timing is important. Choose a comfortable time and place to initiate the discussion. Plan how you might approach this sensitive subject. You might begin like this:

“I want to share something very important with you. I’m so glad I can depend on you to listen. I really need your help. Lately I have been feeling . . .”

*Jesus does not want us to be sad in our marriages. Share your feelings with Him. Talk to Him as you would to a friend. You may even need to see a Christian counselor.*

**NOTES:**

## **Chapter 4: You Need to Be a Stunt Woman?**

- 1. Think of the ministry and life expectations that have been weighing you down. Place them in the following categories:**

Expectations of parishioners:

Expectations of my husband:

Expectations of church administration:

Expectations of our children:

**As you examine these expectations, how do you feel about them?**

- 2. What goals/expectations do you have of yourself?**
- 3. What is your secret for balancing your commitments?  
Perhaps you would like to share this secret with other pastors' wives.**

**4. Call a family meeting to discuss how the work load can be made more bearable.**

With your family's input, make a "delegation plan" for your family. This should lighten everyone's burden. Have a celebration when your plan begins to work.

*When we talk to God about our domestic overload, He gives us the wisdom and strength to cope and, of course, to succeed.*

**NOTES:**

## **Chapter 5: The Devotional Life of the Pastor's Wife**

- 1. In this chapter the author lists some steps for establishing a devotional life. Which of these steps have you found most helpful? What additional suggestions can you give to any woman interested in improving her devotional life?**
  
  
  
  
  
  
  
  
  
  
- 2. Mothers of young children express frustration at not being able to maintain their personal devotional habits. Think of some ideas that may help young mothers who feel guilty about not having private devotions.**
  
  
  
  
  
  
  
  
  
  
- 3. Prepare a personal devotional plan.**

*God is able to help you maintain a relationship with Him. Just ask Him.*

**NOTES:**



## Chapter 6: “Twinkle, Twinkle, Little Star”

**1. This chapter lists reasons that people sometimes give for not inviting others to their homes. Consider some of these reasons. Are they reasons or excuses?**

**2. Organize a hospitality class at your church.**

You may need to plan for two or three sessions. Make use of qualified speakers from your community (home economics teachers, staff from a reputable hotel, skilled chefs, etc.). Be sure to invite teenagers (boys and girls) to attend the class also, along with guests from the community. Write your ideas here:

**3. Prepare a brochure advertising the hospitality class.**

*Jesus enjoyed the hospitality of Mary, Martha, and Lazarus. He also encouraged Zacchaeus to do some entertaining. And remember the big luncheon that Jesus hosted with more than five thousand guests?*

**NOTES:**

## Chapter 7: You Are Your Husband's Lover

- 1. In this chapter the author quotes the hierarchy of men's needs as articulated by Willard Harley. How can you meet these needs in your marriage?**
  
- 2. Discuss the following quotation:**  
"Sisters, when about their work, should not put on clothing which would make them look like images to frighten the crows from the corn. It is more gratifying to their husbands and children to see them in a becoming, well-fitting attire than it can be to mere visitors or strangers" (*Adventist Home*, p. 252).
  
- 3. What are your needs? What can you do to meet those needs?**
  
- 4. What are some things that hinder us from being our husbands' lovers?**

*Our many commitments and busy schedules make romance difficult. We need to enjoy intimacy with our husbands. Emotionally starved husbands may be more tempted by infidelity and extramarital relationships. Make a plan together to be lovers.*

**NOTES:**



## Chapter 9: You Can Do It

1. Share your own experiences of “invisibility.”
  
2. Why do some people criticize pastoral spouses?
  
3. What would you say to a young pastor’s wife who feels crushed by criticism?
  
4. List some common areas of criticism.
  - a.
  - b.
  - c.

*Ask yourself, “What am I doing to earn this criticism?” If you are doing anything that exposes your life to criticism, correct your steps. If you are innocent of the accusations, then keep on being the sweet person you are. Ask Jesus to let His beauty shine through you.*

**NOTES:**

## **Chapter 10: Stress, Stress, Everywhere**

- 1. Describe the life of a typical pastor's wife. Discuss how stress can take over her life.**
- 2. Consider the signs of stress mentioned in this chapter. Which signs have you experienced lately?**
- 3. When you are feeling stressed, how can you discuss this with your husband?**
- 4. What are some factors that stress our children? What can pastoral parents do to protect children who may be experiencing stress?**

*Remember that stress can make you ill. Find out what your stressors are and quickly adopt some coping strategies. Add some margin to your life.*

**NOTES:**

## Chapter 11: It Is OK to Laugh

1. Find and list some texts from the Bible that refer to laughter.
2. Make a list of humorous books, DVDs, or TV shows that you have read or watched recently.
3. When was the last time you had a good, hearty laugh?
4. Do you and your family have humor in your interaction?

*You and your family may want to research the benefits of humor. Then make a pact with your family members to smile at each other daily.*

**NOTES:**

## Chapter 12: The Sky Is Your Limit

- 1. When did you last write your goals on paper?**  
**Think of five goals you have had in life. Circle the goals that you have already achieved.**
  
- 2. Perhaps circumstances have forced you to adjust your goals.**  
**What are your new goals? How determined are you to attain those goals?**
  
- 3. Plan to discuss your goals with your husband.**  
**Do not be afraid to share your feelings honestly.**
  
- 4. Encourage your husband to discuss his goals with you.**  
**Now is a good time to affirm him for his successes.**

*Fear of failure sometimes keeps us from pursuing our goals. Take some time to check out the "fear notes" in the Bible.*

**NOTES:**





## Chapter 14: Taking Care of Yourself

*This is a section for self-examination. Take a close look at yourself. Are you taking care of yourself as much as you need to?*

- 1. Prepare a seven-day plan for taking care of yourself. Try it seriously for one week.**
- 2. Now that you have made the plan, repeat it for two more weeks.**  
**After 21 days, you will have established the habit of taking better care of yourself.**  
**Reward yourself. Now follow the plan all over again.**
- 3. Share your plan with others.**
- 4. Many pastors' wives suffer from depressive disorders. What help could be given to these ladies?**

*Have others ever noticed a negative change in your mood, attitude, or energy level? Have you ever noticed these changes in another pastor's wife? What could you do about it?*

**NOTES:**

## **Chapter 15: What Shall We Do Today?**

**Hold a planning session.**

**Call a meeting of pastors' wives. Discuss in specific detail how you might reach out to the community. Make a plan. You'll find a starter list of projects in chapter 15 of the book.**

*Too often we spend most of our efforts and talents in ministering to the church family. We need to share with our community in ways apart from evangelistic campaigns.*

**NOTES:**

## **Chapter 16: When Your Marriage Is In Trouble**

- 1. This chapter gives some reasons that marriages fail. Discuss these reasons and suggest other possible reasons for marital failure.**
  
- 2. Do causes for marital breakdown in the pastoral home differ from those in non-pastoral homes? Discuss your answer.**
  
- 3. Discuss steps that should be taken to mend a troubled marriage.**

*In addition to prayer and the study of God's Word, professional counseling must not be overlooked.*

**NOTES:**

## Chapter 17: He's Able

1. **Prepare a motivational speech to be presented to a group of young pastors' wives.**

**Write some ideas here:**

2. **Write a song/poem entitled "The Overcomer."**

3. **Keep a journal on your pastoral journey. Include your hopes, dreams, weaknesses, strengths, triumphs, mistakes— anything you have encountered on your pastoral journey.**

*As you look back on your life as a pastor's wife, what Bible text could you claim as yours?*

**NOTES:**