

Tent Peg Worksheet

As we learned in *A Wife's Secret to Happiness* chapter eleven, the enemy sneaks into our family camps, disguised as familiar perspectives and long-engrained familial tendencies.

The Enemy's Goal: Hinder your marriage. Limit your freedom. Prevent your access to authority through godly submission. Keep you in fear. Encourage distance from God and rejection of his love and truth.

Use this worksheet to expose your enemy and kick him out of your camp. Or to drive home a tent peg Jael-style (see *A Wife's Secret to Happiness* pages 202-203 for a quick refresher on the story). Here's a *hypothetical* example to walk you through the process:

Identify a familiar (or familial) perspective that doesn't seem to align with how God is encouraging you to live as a wife. Some areas to look at: communication with/about your husband, handling disagreements, manipulation or withholding info to get what you want, passive aggressive, or straight-up aggressive behavior.

Making purchases outside of our budget and not telling him about them until he sees the credit card bill and it's too late to return the items.

When is the first time you remember observing this behavior? It may have been as a child watching your parents, something you saw on TV, or a learned habit from your friends as a married woman. It's OK if you don't remember the actual first time you noticed it, but see what memories you can identify.

I've laughed with girlfriends about how, if you buy an expensive dress, it's best to let your hubby see you in it before he finds out how much it costs so you'll get to keep it.

What do you remember about your perspective on this event? Did it seem to work well? Look like a good way to protect yourself or advocate for your desires?

It seemed like a pretty standard approach to things and a good way to create room in the budget for splurges.

Recall a time when you employed this same approach recently. What was the apparent result? Did you achieve the outcome you were looking for?

It worked great! I got to keep the new boots, although my husband wasn't super excited about it. I'd already worn them so we couldn't return them, and he liked how they looked on me.

Now consider, if this tendency is really an enemy plot against you and Sisera is in your camp, what results could your nemesis have achieved through this same event?

We were united in our budget decisions, but I broke that unity by making a purchase I knew went against our agreement. I gave my husband a reason not to trust me when I prioritized "me" over "we." I also manipulated the situation to prevent having to return the boots.

How do you feel about your enemy's success in this area?

I feel used. Like my enemy manipulated me for his own end. Breaking unity, growing distrust, and hurting my "team" with my husband are huge prices to pay for a pair of boots. The idea of my enemy's goals being met makes the purchase feel more detrimental.

What are you going to do about it? How can you approach this circumstance differently in the future?

If my husband and I seek approval to deviate from the budget, then it doesn't hurt our unity. It gives us a chance to consider one another and maybe sacrifice in other areas for key purchases. If he still says we can't afford the boots I want, then I can either choose to get them anyway and know that I'm hurting my relationship, or forego the purchase out of priority for our connection and financial goals.

What is the new habit you want to form to drive this tent peg home as a permanent change in your life moving forward?

Being upfront about my spending habits with my husband so my purchases don't outweigh the value I place on the unity and trust of our relationship.

Use this worksheet to help you process some of your relationship instincts. Most of us can think of unhealthy habits without much effort, but walking through each of these steps helps unmask how these “not so great” actions may actually be “enemy tactics.” Print as many blank worksheets as you like, and after you walk through the table a few times, you’ll be able to think through this same activity and quickly identify Sisera’s that are trying to sneak into your camp. Remember to keep your tent pegs handy! 😊



Identify a familiar (or familial) perspective that doesn't seem to align with how God is encouraging you to live as a wife. Some areas to look at: communication with/about your husband, handling disagreements, manipulation or withholding info to get what you want, passive aggressive, or straight-up aggressive behavior.

When is the first time you remember observing this behavior? It may have been as a child watching your parents, something you saw on TV, or a learned habit from your friends as a married woman. It's OK if you don't remember the actual first time you noticed it, but see what memories you can identify.

What do you remember about your perspective on this event? Did it seem to work well? Look like a good way to protect yourself or advocate for your desires?



Recall a time when you employed this same approach recently. What was the apparent result? Did you achieve the outcome you were looking for?

Now consider, if this tendency is really an enemy plot against you and Sisera is in your camp, what results could your nemesis have achieved through this same event?

How do you feel about your enemy's success in this area?



What are you going to do about it? How can you approach this circumstance differently in the future?

What is the new habit you want to form to drive this tent peg home as a permanent change in your life moving forward?