

FIXING MARRIAGE ACADEMY, INC.

A MARRIAGE EDUCATION EBOOK

# HEADSHIP: LEADING YOUR WIFE, YOUR FAMILY AND YOUR LEGACY

*A Biblical, Psychological, and Practical Guide for the Man God  
Called to Lead*

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## INTRODUCTION

# THE LEADER YOUR FAMILY HAS BEEN WAITING FOR

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*“The most important title you will ever hold is not your career title. It is husband and father.”*

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Most men were never taught how to lead a family. They were taught how to work, how to provide, and how to perform. But leading — the kind of leading that produces a wife who trusts you, children who honor you, and a home that reflects the character of God — that was never modeled, never explained, and never required. The result is a generation of husbands who mean well, try hard, and still leave their families feeling led by no one.

This is not a book about authority. Authority is the easiest part of headship. Any man can assert authority. What is rare — what is genuinely difficult, genuinely costly, and genuinely transformative — is servant leadership. The kind Jesus modeled. The kind Ephesians 5 describes. The kind that washes feet before it makes decisions.

Over seven modules, this book will walk you through the full scope of biblical headship — what it is, what it demands, and what it produces when a man embraces it fully. You will examine what it means to lead your wife, navigate conflict, provide and protect, lead spiritually, father your children with intention, and build a legacy that outlasts your life.

This is not comfortable reading. It is not designed to be. It is designed to produce men who lead their families the way God assigned — with strength, sacrifice, and servant-hearted intentionality. Your family has been waiting for that man. This book will help you become him.

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## MODULE 01

# THE FOUNDATION OF HEADSHIP

*What It Is, What It Is Not, and Why It Matters*

Most men have never been given a clear definition of biblical headship. They were handed a role without a blueprint and a title without a job description. The result is a generation of husbands who are either domineering or passive — overreaching with authority they have not earned or abdicating a responsibility they were designed to carry. This module builds the foundation everything else stands on.

## KEY CONCEPTS

- Headship is a servant role, not a power position. The biblical model of headship is not the boardroom — it is the cross. Jesus demonstrated headship by washing feet, bearing burdens, and laying down His life. A husband who leads is called to the same posture.
- Headship means initiating, not controlling. The head of the home is the first to pursue reconciliation, the first to serve, the first to pray, and the first to take responsibility. It is not about having the final word. It is about being the first to act.
- Headship does not silence a wife — it protects her voice. A wife who has gone silent in a marriage has not found peace. She has found futility. That is not headship. That is failure.

## BIOLOGICAL AND PSYCHOLOGICAL

Research consistently identifies clear, loving, engaged male leadership as one of the strongest predictors of positive outcomes for children — academically, emotionally, and relationally. Psychologists also identify two destructive patterns in male leadership failure — authoritarian control and passive withdrawal. Both produce the same outcome: anxious children, emotionally exhausted wives, and homes that function on tension rather than trust.

## THEOLOGICAL

Ephesians 5:23 establishes the husband as the head of the wife as Christ is the head of the church. Christ's headship is defined by sacrifice, pursuit, and unconditional love — not dominance or control. 1 Peter 3:7 commands husbands to live with their wives in an understanding way, showing honor — and ties that honor directly to a husband's spiritual access. A husband who does not honor his wife damages his own prayer life. God takes that seriously.

## EXAMPLE — MARCUS AND DIANE

**EXAMPLE — MARCUS AND DIANE**

*Marcus believed that being the head of his home meant his word was final. He made decisions without consulting Diane and expected compliance without offering explanation. Three years in, Diane had stopped sharing her opinions — not because she agreed, but because she had learned it did not matter. Their counselor asked Marcus one question: Is your wife flourishing under your leadership? He had no answer. That question changed everything. He had confused authority with headship — and the two are not the same thing.*

## MODULE 02

# LEADING YOUR WIFE

*Servant Leadership Is Not Weakness — It Is the Hardest Thing You Will Ever Do*

Most husbands want a wife who respects them. Few understand that respect is not demanded — it is cultivated. A wife who is led well does not submit reluctantly. She follows willingly because the man in front of her has proven, through consistent and sacrificial conduct, that he is worthy of her trust. This module defines what it means to lead your wife the way Scripture requires — and the way she actually needs.

## KEY CONCEPTS

- Leading your wife begins with knowing her. 1 Peter 3:7 commands husbands to live with their wives according to knowledge. You cannot lead someone you do not know. A husband who does not understand how his wife thinks, what she carries, and what she needs is not leading — he is managing. Those are not the same thing.
- Servant leadership means initiating her flourishing, not your comfort. Ephesians 5:25 charges husbands to love their wives as Christ loved the church — sacrificially. The question a servant leader asks is not what do I need from her but what does she need from me. That question, asked consistently, transforms a marriage.
- Emotional safety is not optional — it is the environment leadership requires. A wife who does not feel emotionally safe with her husband will not follow him. She will manage him. Building safety means responding to her without contempt, listening without defensiveness, and pursuing her without an agenda.

## BIOLOGICAL AND PSYCHOLOGICAL

Research by Dr. John Gottman identifies a husband's ability to accept influence from his wife as one of the strongest predictors of marital stability. Husbands who listen, adapt, and respond to their wives' emotional cues produce significantly more stable and satisfying marriages. A wife's nervous system is exquisitely sensitive to emotional threat. When she feels safe, she opens. When she feels dismissed, she closes — and a closed wife is not a led wife.

## THEOLOGICAL

Ephesians 5:25–29 does not tell a husband to lead his wife. It tells him to love her — sacrificially, consistently, and without coercion — the way Christ loved the church. That love is the leadership. A husband who loves his wife the way Scripture defines love will not struggle to lead her. She will not struggle to follow him.

## EXAMPLE — MARCUS AND DIANE

**EXAMPLE — MARCUS AND DIANE**

*Marcus came home one evening and found Diane sitting quietly at the kitchen table. He asked how her day was — genuinely, without checking his phone. She talked for twenty minutes. He listened without offering solutions. At the end she said — I feel like you actually see me. Marcus had not fixed anything. He had not made a single decision. But that evening he led his wife more effectively than he had in years — because she finally felt known.*

## MODULE 03

# LEADING THROUGH CONFLICT

*A Man Who Cannot Handle Conflict Cannot Lead a Family*

Every marriage produces conflict. The question is never whether it will come — it is whether the man in the home has the maturity, the skill, and the covenant commitment to lead through it rather than escalate it or escape it. A husband who loses himself in conflict loses the confidence of everyone watching him. A husband who leads through it earns a trust that no calm season could ever produce.

## KEY CONCEPTS

- A leader sets the tone, not the temperature. Whatever emotional temperature a husband brings into a conflict is the temperature the entire household will follow. A man who escalates teaches his family that conflict is dangerous. A man who stays regulated teaches them that conflict is manageable.
- Winning the argument is not the goal — winning your wife back is. A husband who defeats his wife in an argument has not demonstrated strength. He has demonstrated that being right matters more to him than she does. The goal of every conflict in a marriage is not a verdict. It is restoration.
- Repair is the most underused leadership tool in marriage. Dr. John Gottman's research identifies the repair attempt — a small gesture that de-escalates tension mid-conflict — as one of the strongest predictors of long-term marital stability. A husband who knows how to repair does not just survive conflict. He uses it to build something stronger.

## BIOLOGICAL AND PSYCHOLOGICAL

When conflict activates the stress response, the brain enters survival mode — and survival mode is not designed for productive conversation. Research confirms that couples who take intentional pauses during conflict resolve disagreements significantly more effectively than those who push through escalation. A regulated husband is not a passive husband. He is a man who understands that his nervous system is a leadership tool — and he manages it accordingly.

## THEOLOGICAL

Proverbs 15:1 declares: A gentle answer turns away wrath, but a harsh word stirs up anger. This is not a suggestion about tone — it is a leadership principle about outcome. James 1:19 commands: Be quick to listen, slow to speak, slow to become angry. That sequence — listen first, speak second, anger last — is the exact sequence a servant leader follows in conflict. A man who reverses it is not leading his home. He is destabilizing it.

## EXAMPLE — MARCUS AND DIANE

**EXAMPLE — MARCUS AND DIANE**

*Marcus and Diane were in the middle of an argument when Marcus did something he had never done before. He stopped, took a breath, and said — I need five minutes. I want to hear you but I cannot hear you right now. He walked outside, regulated, and came back. Diane said later that those five minutes changed how she saw him. Not because he had the right answer when he returned. Because for the first time, he had chosen her over his anger.*

## MODULE 04

# PROVIDING AND PROTECTING

*The Responsibility Every Husband Carries Whether He Acknowledges It or Not*

Provision and protection are not cultural constructs — they are covenant responsibilities. A husband who provides financially but is emotionally absent has only fulfilled half his calling. A husband who is present but fails to protect his family from spiritual, emotional, and relational harm has fulfilled none of it. This module defines what it means to provide and protect in the fullest biblical sense — and why no man can lead his family without doing both.

## KEY CONCEPTS

- Provision is more than a paycheck. A husband is called to provide financially, emotionally, spiritually, and relationally. A man who brings home income but withholds emotional presence, spiritual leadership, and relational investment has not provided for his family. He has funded it. Those are not the same thing.
- Protection means guarding what matters most. A husband is called to protect his wife and children from external threats — but also from the internal ones. Unresolved conflict, spiritual neglect, toxic relationships, and an unsafe home environment are threats that a husband is specifically positioned to address. Ignoring them is not neutrality. It is negligence.
- A provider leads by example, not just by provision. The most powerful thing a husband can give his family is the daily demonstration of a man who works with integrity, serves without complaint, and sacrifices without keeping score. That example shapes children in ways that income never can.

## BIOLOGICAL AND PSYCHOLOGICAL

Research on family systems consistently shows that children raised in homes with a present, engaged, and providing father demonstrate significantly higher levels of emotional resilience, academic achievement, and relational stability. A father's presence is not just emotionally significant — it is neurologically formative. The sense of safety a father provides regulates the nervous systems of everyone in the home. When that safety is absent, the entire family system compensates — and the compensation is always costly.

## THEOLOGICAL

1 Timothy 5:8 is direct: If anyone does not provide for his relatives, and especially for his own household, he has denied the faith and is worse than an unbeliever. The language is unambiguous. Provision is not optional for a man who claims faith. Ephesians 6:4 charges fathers not to provoke their children to anger but to bring them up in the discipline and instruction of the Lord. Protection and spiritual formation are inseparable from biblical fatherhood. A man cannot fulfill one without the other.

**EXAMPLE — MARCUS AND DIANE****EXAMPLE — MARCUS AND DIANE**

*Marcus had always believed that working long hours was the highest form of provision he could offer his family. He paid every bill. He missed most dinners. His son once told a teacher that his dad lived at work. That sentence broke something open in Marcus. He began leaving the office by six. He began sitting at the table. Six months later his daughter told Diane — Dad feels different. He feels safe. Marcus had not changed his income. He had changed his presence.*

## MODULE 05

# SPIRITUAL LEADERSHIP

*You Are the Priest of Your Home — Act Like It*

Most husbands delegate spiritual leadership to their wives by default — not by decision. They attend church when convenient, pray when prompted, and engage Scripture when crisis demands it. The result is a family that is spiritually led by the person God assigned to be supported, not the one He assigned to lead. This module calls every husband back to the spiritual responsibility that no one else in the home can fulfill on his behalf.

## KEY CONCEPTS

- Spiritual leadership begins with your own walk, not your family's obedience. A husband cannot lead his family to a place he is not going himself. Before you can disciple your children, you must be a disciple. Before you can pray with your wife, you must be a man of prayer. Spiritual leadership flows from spiritual formation — and formation is a daily personal discipline, not a Sunday morning event.
- The family altar is your responsibility, not your wife's. Family devotions, prayer, Scripture, and spiritual conversation in the home are the husband's domain by assignment. A wife who carries the spiritual weight of the home alone has not been empowered — she has been abandoned in the most important arena of family life.
- Spiritual leadership protects the home from what is invisible. Every family faces spiritual opposition. A husband who prays for his wife and children by name, who covers his home in intercession, and who is quick to identify and address spiritual drift is not being dramatic. He is doing the most important work a leader can do.

## BIOLOGICAL AND PSYCHOLOGICAL

Research consistently shows that children raised in homes where faith is actively practiced — not just nominally claimed — demonstrate significantly higher levels of emotional resilience, moral reasoning, and relational stability. The father's level of spiritual engagement is a stronger predictor of a child's long-term faith than the mother's. A spiritually present father does not just shape belief. He shapes identity.

## THEOLOGICAL

Joshua 24:15 makes the declaration personal and specific: As for me and my household, we will serve the Lord. That was not a congregational announcement — it was a husband and father drawing a line in the sand for his family. Deuteronomy 6:6–7 commands fathers to impress God's commands on their children — talking about them at home, on the road, at bedtime, and at waking. Spiritual leadership is not a Sunday responsibility. It is a daily one.

**EXAMPLE — MARCUS AND DIANE****EXAMPLE — MARCUS AND DIANE**

*Marcus began leading a ten-minute family devotion every morning before school. The first week his sons rolled their eyes. The second week they stopped resisting. By the third month his eldest son came to him privately and said he wanted to be baptized. Marcus had not preached a sermon or taught a theology class. He had simply showed up every morning with his Bible and his presence. That consistency produced something no program could have produced alone — a son who had seen faith lived, not just declared.*

## MODULE 06

# LEADING YOUR CHILDREN

*The Man Your Sons Will Become and the Men Your Daughters Will Marry*

Every father is writing a story his children will finish. The man your sons become will be shaped by the man they watched you be. The standard your daughters accept from a husband will be set by the standard they experienced from you. A father who understands this does not parent casually. He parents with the full weight of generational consequence on his shoulders — and the full grace of God available to help him carry it.

## KEY CONCEPTS

- Presence is the foundation of influence. A father who is physically present but emotionally absent is not leading his children — he is occupying the same space. Children do not need a perfect father. They need a present one. A father who shows up consistently, engages genuinely, and pursues his children intentionally builds the kind of relational capital that makes his words worth hearing.
- Discipline without relationship is just control. Proverbs 22:6 calls fathers to train up a child in the way he should go. Training requires proximity, patience, and relationship. A father who corrects without connecting will raise children who obey in his presence and abandon his values the moment they leave his home.
- Your children are watching how you treat your wife. The most powerful marriage education your children will ever receive is the daily observation of how their father treats their mother. A son who watches his father pursue, honor, and serve his wife will carry that template into his own marriage. A daughter who watches her father love her mother sacrificially will know exactly what to require from a man.

## BIOLOGICAL AND PSYCHOLOGICAL

Research consistently identifies father engagement as one of the most significant predictors of a child's long-term emotional health, academic performance, and relational success. Children with actively engaged fathers are significantly less likely to struggle with anxiety, depression, and identity confusion. A father's voice carries unique neurological weight in a child's development — particularly in the formation of self-worth, risk tolerance, and moral reasoning.

## THEOLOGICAL

Deuteronomy 6:6–7 commands fathers to impress God's commands on their children — at home, on the road, at bedtime, and at waking. That is not a curriculum. That is a lifestyle. Malachi 4:6 closes the Old Testament with a promise that the heart of fathers will turn to their children — because a generation without fathers turned toward them is a generation in crisis. Ephesians 6:4 instructs fathers not to provoke their children to anger but to bring them up in the discipline and instruction of the Lord.

**EXAMPLE — MARCUS AND DIANE****EXAMPLE — MARCUS AND DIANE**

*Marcus began taking each of his sons on a monthly one-on-one outing — no agenda, no phones, no agenda except being together. At first the conversations were shallow. By the third month his eldest son began asking questions about faith, identity, and what it means to be a man. Marcus did not have every answer. But he showed up every month. Years later his son told his own wife — my father was not perfect but he was always there. That sentence was Marcus's legacy. Not what he said. What he did. Consistently. Over time.*

## MODULE 07

# YOUR LEGACY

*The Leader Your Family Will Remember Long After You Are Gone*

Every man leaves a legacy. The question is never whether you will leave one — it is whether you will be intentional about what it says. A legacy is not built in grand moments. It is built in ordinary ones — the daily decision to show up, to serve, to lead, to pray, and to choose your family over your comfort. What you do consistently in the hidden places of your home will outlast everything you accomplish in public.

### KEY CONCEPTS

- Legacy is built through consistency, not perfection. Your family does not need a flawless father. They need a faithful one. A man who fails, owns it, repents, and keeps moving forward teaches his children something that success alone never could — that character is not the absence of failure. It is the refusal to stay in it.
- Your marriage is the foundation of your legacy. The covenant you keep with your wife is the most visible demonstration of your character your children will ever witness. A man who loves his wife well across decades does not just build a strong marriage. He builds the template his children will carry into their own.
- Multi-generational impact requires playing the long game. The decisions you make today will shape people you will never meet. Your great-grandchildren will either walk with God or walk away from Him — partly because of how you lived now. That is not pressure. That is purpose.

### BIOLOGICAL AND PSYCHOLOGICAL

Research on fatherhood and generational impact confirms that a father's values, habits, and relational patterns are transmitted across at least three generations. Children internalize not just what their fathers said but how they lived — and they pass those patterns, consciously or not, to their own children. A man who breaks a destructive generational cycle does not just change his family. He changes his bloodline.

### THEOLOGICAL

Psalms 78:4 declares: We will tell the next generation the praiseworthy deeds of the Lord. Legacy is not accidental — it is told, modeled, and transferred intentionally. Proverbs 13:22 states: A good man leaves an inheritance to his children's children. The inheritance Scripture has in mind is not financial. It is spiritual. It is the wealth of a life lived faithfully before God and family.

### EXAMPLE — MARCUS AND DIANE

**EXAMPLE — MARCUS AND DIANE**

*Marcus sat down on his fortieth birthday and wrote a letter to the grandson he did not yet have. He wrote about what he believed, how he had failed, what he had learned, and what he hoped the family would carry forward after he was gone. Diane found it years later and read it to their sons. Both of them wept. Marcus was still alive — but his legacy had already begun to speak. Not because of what he had achieved. Because of who he had chosen to become.*

## CONCLUSION

# THE LEADER YOUR FAMILY NEEDS — STARTING TODAY

You have just walked through seven modules that define biblical male leadership. You have learned what headship actually is — and what it is not. You have examined what it means to lead your wife with knowledge and sacrifice, to navigate conflict with regulation and repair, to provide and protect in the fullest sense, to lead your family spiritually, to father your children with presence and intention, and to build a legacy that outlasts your life.

But here is the reality. Knowing these principles and living them are two entirely different things. Information does not transform families. Application does. You can read every word of this book and return to the same patterns — and nothing in your home will change. Transformation requires a decision. Made daily. Renewed in every season. Sustained even when it is inconvenient, costly, and uncomfortable.

Your wife needs you to lead well. Your children need you to be present and engaged. Your legacy needs you to be faithful. Not perfect — faithful. The man who shows up consistently, serves sacrificially, and leads with humility and strength is the man his family will follow. And he is the man God designed you to be.

Tomorrow — pray and confess. Ask God to show you where you have failed to lead well. Then apologize to your wife. Own it specifically. And choose one principle from this book to implement this week. Not all seven. One. Do it consistently. Then add another.

Your family has been waiting for the leader you are becoming. Do not make them wait any longer.

Be the leader your family needs. Starting today.

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## ADDITIONAL RESOURCES

# WANT TO GO DEEPER?

This ebook is your companion to the full Headship course. The complete course includes video teachings for all seven modules, companion worksheets for each module, guided discussion tools, and access to an ongoing community of men doing this work.

## COMPLETE COURSE

The complete Headship course — including video teachings, module worksheets, and coaching — is available at MrMarriage.com.

## ADDITIONAL EBOOKS AND COURSES

The full Fixing Marriage Academy catalog includes courses and ebooks on Communication, Conflict Resolution, Expectations, In-Laws, His Needs, Her Needs, Family Finance, Sexual Intimacy, and Parenting — all available at MrMarriage.com.

## ONE-ON-ONE COACHING

For personalized marriage and leadership coaching with Lloyd D. Allen, visit [lloydallen.org](http://lloydallen.org). Couples coaching, men's coaching, and intensive programs are available for every season.

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*“The most important title you will ever hold is not your career title. It is husband and father.  
Lead accordingly.”*

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