

MODULE 01 — HEADSHIP
THE FOUNDATION OF HEADSHIP
What It Is, What It Is Not, and Why It Matters

TOOL 1 — The Foundation of Headship Worksheet

PART 1 — KEY CONCEPT COMPREHENSION

This module teaches three foundational principles of biblical headship. Answer each question in your own words, based on what you read — not what you wish were true.

1. The module says headship is a servant role, not a power position — modeled on the cross, not the boardroom. In your own words, what does that mean for how you lead your wife day to day?

2. Headship means initiating — being the first to pursue reconciliation, the first to serve, the first to pray, and the first to take responsibility. Which of these four do you most consistently fail to initiate? What has that cost your marriage?

3. The module states: A wife who has gone silent has not found peace — she has found futility. That is not headship. That is failure. Does this describe anything in your marriage? Be honest.

4. Marcus confused authority with headship. The counselor asked him one question: Is your wife flourishing under your leadership? How would you answer that question about your own home — and what does your answer reveal?

PART 2 — SELF-ASSESSMENT

Rate yourself 1 (rarely true) to 5 (consistently true). This is not a guilt exercise — it is a growth map.

STATEMENT	1 – 5
I lead my home as a servant, not as someone exercising power over my wife	<input type="text"/>
I am the first in my home to initiate reconciliation, service, and prayer	<input type="text"/>
My wife's voice is protected and valued — not silenced — under my leadership	<input type="text"/>
I take responsibility in my home rather than waiting for my wife to carry it	<input type="text"/>
I lead from the cross model, not the boardroom model	<input type="text"/>
If asked honestly — my wife is flourishing under my leadership	<input type="text"/>

TOTAL SCORE: ____ / 30 **24–30 = Strong foundation. 15–23 = Key areas need attention. Below 15 = Redesign starts today.**

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PART 3 — TRUE HEADSHIP vs. COUNTERFEIT HEADSHIP

The module identifies two destructive patterns: authoritarian control and passive withdrawal. Both produce the same result — anxious children and emotionally exhausted wives. Check every pattern you have personally practiced or witnessed in your home.

- | | |
|--|---|
| <input type="checkbox"/> Making decisions without consulting my wife | <input type="checkbox"/> Letting my wife carry leadership she should not have to carry |
| <input type="checkbox"/> Expecting compliance without offering explanation | <input type="checkbox"/> Avoiding hard conversations and calling it peace |
| <input type="checkbox"/> Using my role to end conversations, not open them | <input type="checkbox"/> Being present physically but absent emotionally |
| <input type="checkbox"/> Leading with anger, silence, or pressure | <input type="checkbox"/> Waiting to be asked instead of initiating |
| <input type="checkbox"/> Treating authority as the same thing as headship | <input type="checkbox"/> My wife has stopped sharing opinions because it felt pointless |

Total checked: _____ / 10 Which single pattern has been most present in your home? _____

PART 4 — CASE STUDY REFLECTION — 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. He had confused authority with headship — and the two are not the same thing.

5. Marcus had authority but was not exercising headship. Where in your marriage have you done the same thing?

6. The counselor's question changed everything for Marcus: *Is your wife flourishing under your leadership?* Answer it for yourself — then write what you need to change.

PART 5 — COUPLES ALIGNMENT CHECK

Answer individually, then compare. Mark D (Disagree), P (Partial), A (Agree).

STATEMENT	HUSBAND	WIFE
We share the same understanding of what headship means in our home	<input type="checkbox"/>	<input type="checkbox"/>
My wife feels that her voice is protected — not silenced — by my leadership	<input type="checkbox"/>	<input type="checkbox"/>
I have acknowledged ways I confused authority with headship	<input type="checkbox"/>	<input type="checkbox"/>
My wife would say she is flourishing under my leadership	<input type="checkbox"/>	<input type="checkbox"/>
We have talked about the difference between headship and control	<input type="checkbox"/>	<input type="checkbox"/>
We are aligned on what servant leadership should look like in our home	<input type="checkbox"/>	<input type="checkbox"/>

Where are your biggest gaps as a couple? What will you discuss this week?

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PART 6 — SCRIPTURE RESPONSE

Both scriptures below are cited directly in this module. Read each one slowly. Write one specific thing it requires of you as a leader in your home.

Ephesians 5:23

"...the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior."

What this specifically requires of me:

1 Peter 3:7

"Husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered."

What this specifically requires of me:

PART 7 — YOUR 30-DAY FOUNDATION PLAN

Default leadership reacts. Intentional leadership plans. Complete this before you move to Module 2. These are commitments — not goals.

ONE way I will begin initiating — in service, prayer, or reconciliation — this week:

The specific pattern of control or passivity I am committing to correct this month:

How I will create space for my wife's voice to be heard in our home:

The honest conversation I need to have with my wife about how I have been leading:

The resource or person I will engage to help me grow in servant leadership:

FOUNDATION COMMITMENT DECLARATION

I reject the counterfeit versions of headship — both domination and passivity. I commit to leading my home as a servant, not a ruler. I will be the first to initiate reconciliation, service, and prayer. I will protect my wife's voice. I will measure my leadership not by my authority — but by her flourishing.

Husband Signature

Date