

UNFULFILLED

BY MISTY LEASK



This book was not planned; I shouldn't be surprised because I continue to learn daily that God works through me unplanned.

How often I don't write in my lil corner before I go to bed, only to wake up with a complete blog post in my head. God seems to give me the words He has for me to share, unplanned, just when His timing is right.

This is yet another example of Him moving in that same way. He definitely works in mysterious ways.

I pray that these words will speak to your heart and that God would be glorified!

Most of the first six years of my marriage, I found myself unfulfilled. I spent much of my time angry, bitter and depressed. All of which got me nowhere. It hurt myself, my children and my family, but most of all it hurt my marriage....my relationship with my husband.

I tend to want to spend 99% of my time with my hubby. I love to cuddle, watch movies together and I LOVE to talk. My hubby, well, let's just say he doesn't share the % idea or the other likes I have, at least not to the degree I do. My dreams of long nights after the kids are in bed chatting, cuddling, etc. rarely happen.

By the end of our days, we both are tired and just want to have a bit of quiet. Usually he wants to have quiet alone time, on the couch. I end up saying goodnight, with a kiss, tidy up the last few things and retreat to our room, where my pen and paper are always close by.

This routine has not always gone so smoothly, nor do I always say goodnight sweetly or graciously. We are seven years down the marriage road, and it is still a work in progress.

I have learned and am continuing to learn that I am imperfectly perfect.

As a human I am imperfect, for I am not God.

As the Princess of my King and daughter of the Creator, I was made perfectly by His hand!

I pray that this short journey will speak to your hearts, that although we are imperfect women, wives and mothers, we are perfectly created by God! We are imperfectly perfect!

What is “Unfulfilled”?

What do I mean when I say “unfulfilled”?

When our marriage relationship is not all we want and know it could be, when our husband is not meeting our “needs”, when we aren’t connecting or growing together as a couple. When our marriage lacks time together, we spend little time in God’s word together, passion is fleeting, our future together is dim, and often many other parts of our relationship are struggling. This is what I am referring to when I speak of being “unfulfilled”.

When we start recognizing that our marriage relationship is “off”, this is when we begin to feel “unfulfilled”, and we start to feel like a failure.

We think things such as; we’re unable to have a growing, meaningful relationship, my husband has no desire to be married to me, so why keep going, and what’s wrong with me....

Allowing your feelings to remain and not deal with them, will just lead to further issues down the road. Pushing these “unfulfilled” feelings and thoughts back will not make them go away.

Take a few moments. Walk with me a bit down this road? Learning as we go....how to live “unfulfilled” in our marriages? How to let go of some baggage that’s slowin’ us down?

Lord, as we stroll a bit down this journey. Light our path as we gaze on our lives with eyes open wide. Prepare our hearts for that which we will see, and strengthen us to make changes to our lives that we may stand strong in You!

“Needs”, Dreams & Longings

As a wife, there are certain things we “need”, things we dream of and things we long for. I know I’m not alone in realizing many times we find ourselves.....unfulfilled.

Many things we feel we “need” are just desires. We truly don’t “need” weekly or monthly date nights. Two salaries are not always “needed”, but the comforts it provides are often wanted. Sex isn’t always “needed” either, it lasts for “the moment” and then what are you left with?

***True marital relationship isn’t based on things, sex or money.
Intimacy is found in deep, selfless love and sacrifice.***

As little girls princesses flood our lives with magically perfect love stories, always ending happily ever after in love.

Grown up girls have those dreams in their minds, thinking that their marriage must be storybook perfect to last a lifetime.

Oh, how untrue our marriage picture is. Dreams such as these aren’t found in real life.

We grow up longing for a storybook romance. When we find our marriage is lacking, we often look to turn the page, and start anew. Yet this is not what we are called to do. A fairytale, storybook romance simply is not the truth of life.

We don’t need a perfect husband, for we aren’t a perfect wife.

We don’t need happily ever after, for what would life be without forgiveness and grace?

The rose colored glasses and storybook romance has all but faded away when you begin to feel “unfulfilled”.

We must accept life as imperfect as it is. We must let go of our “needs”, dreams and longings. Only then can our marriage grow to become all God created it to be.

Lord, letting go of self is not an easy thing to do. We are born into this world selfish, and it is only through Your strength that we can let go of ourselves and focus on Your will and Your ways. For this strength I pray, for myself and for my sister reading these words. Amen.

Soaring, Then Shot Down

As life goes on, difficulties arise and you realize that he is imperfect.

His words don't always sing, his arms don't need you close, time together becomes less and less.

Yet, your love for him remains; you try repeatedly to bring the fire back to your marriage. Only to be shot down, over and over again. How many times you allow yourself to be shot down differs from marriage to marriage.

Before you know it time goes by, and you begin to put up walls and become cold as ice, so you don't get hurt again. You think it's better to not feel at all, than to soar and be shot down. Heartbreak, negative thoughts, and depression typically abound during this time.

I'm here to tell you three things.....

1. There is nothing wrong with you that God can't change.
2. Walls and ice will not fix anything or help you.

And last, but most importantly....

3. You do not have to remain unfulfilled.

Lord, being shot down is very painful; struggling to make a marriage work, that doesn't seem to have any life left in it. Hearts become broken, spirits are crushed, and life can seem hardly worth living. I pray that You will breathe life back into myself and my sister when we grow weak. It is in You our lives must be!

Expectations

We all have certain expectations. Many that we honestly don't know about, because we don't see them. Honestly, because we don't take the time to search our hearts to see them. Wives' expectations may differ from woman to woman, but many may be the same.

Relationships, support, sex, money, a home, a car, on and on the list of expectations can go.

Our expectations are not typically unreasonable. Yet many are unspoken. As a result our husbands don't know why we've sent up walls or become cold as ice.

Expectations are typically the source of us feeling or being unfulfilled in our marriages.

I invite you to take a moment. Pour a cup of hot tea.

Pray and ask God to reveal any expectations you have for your husband.

Now.....with grace I ask for you to write them down?

Lord, I pray for my dear sister whom You have spoken to and revealed expectations she holds for her husband. Father, give her the strength to let them go, to place them in Your mighty hands. May Your peace pass over her as she releases them to You. Amen.

Next, a question....."Are we wrong to have expectations for our husbands?" I honestly believe the answer is "Yes." This is not easy, and I'm here to say that I'm guilty of holding expectations for my hubby.

When I recognize I have an expectation for my hubby, I try to take a moment, and dissect it a bit.

Is it an expectation of him providing for our family? If so, I remind myself that God is THE provider, not my husband.

Is it an unrealistic expectation? Ex: Does he not know I expect this "----"of him? Well, then I better talk to him about this; AFTER I pray about speaking to him about it.

Is it a sexual expectation? Maybe, I should be the one to get things started sometimes.....candles, quiet music, lingerie, wear nothing at all ~ that's sure to get his attention! 😊

Is it an expectation of how we should be building our relationship? Try setting up a date night, a quiet dinner out at a nice restaurant or at home after the kids go to bed.

Expectations become built up over time, sometimes without us even realizing it.

So it is important that we take time, (once a month-ish) to search our hearts and locate any expectations that might have snuck up on us.

It is in the midst of our marriages and these expectations we find ourselves.....unfulfilled.

Father, how easily these expectations show up, unannounced and sneaky. Life can get so busy, that we have little time for things we don't think of. Expectations that we hold for our husband, is something we don't typically think of. Remind us Lord, when these expectations sneak up on us; to take the time to write them down and release them to You.

What Is the Answer?

So, now we come to answering the following question.

“Why am I unfulfilled as a wife?”

The answer is so simple, it’s been whispering to your heart all along and even right now, just probably seems too simple.....just as it did to me this last year.

In God alone you will find complete fulfillment!

He alone is everything you need. He is all you’ve ever dreamed of, will never let you down and will carry you through all of your unfulfilled marriage moments.

When your husband breaks his word, forgets your birthday and just wants to be alone. God is right there, just as He always is. He will heal your broken heart; comfort your crushed spirit and longs to spend each and every moment with you.

He is waiting for you.

Why do we base our fulfillment on another imperfect human? No matter how much we love each other, we can never fulfill them, and they can never fulfill us?!?

Our marriages are to be a picture of Christ and His Church. Yet a picture is never perfect. Ask the artist, they’ll show you a flaw.

God, thank you for being all that we will ever need; teach my sister and I to learn to find fulfillment in You, and You alone. Though some days seem hard and we'd love a shoulder to cry on, You are always there ready to catch our tears.

T.A.P.

Learning to cope, function and live as a wife unfulfilled, isn't something that happens overnight. It takes time, acceptance and lots of prayer. Not all of the prayers have to come from you; don't be afraid to ask for prayer from your family and friends. Even ask me! 😊

*Time passes on.....*that's probably one of the easiest, yet hardest steps. You can't speed it up, nor can you go back and make it right.

*Acceptance....*that was hardest for me. Knowing it wasn't "me" that was the issue. This was the first step, in accepting that in my hubby I would never be completely fulfilled.

*Prayer....*helps take up some of the time we mentioned before. It is something you can never have too much of. The bonus is that it will change your life!

Each day you have to choose to live your life based on your husband or on God. In one you will at times be failed and in the other you will never lack that which you need.

At times, it doesn't seem possible that God, which you cannot see or touch, will be all you need.

Rest assured, I know firsthand that God can be seen in every little thing through life, and can touch your very heart in ways you've never imagined or ever known.

Father, time passes both too quickly and much too slow. During this time, may we learn to go to You; in our moments of weakness and our moments of triumph. For in You we will find strength to go on and we will joy for the times we triumphed in You!

Living Life Beyond Being Unfulfilled

Loving life....just as it is....as an unfulfilled wife....yet as a completely fulfilled daughter and Princess.....

This is the final step in each battle you will face with expectations for your husband and your marriage.

I wish I could tell you that once you face this battle, you'd be done for good. Yet I can't. It is something you will most likely face again. We are imperfect humans. Expectations sneak up on us and build up, remember?

Seek our Savior.....Read His Word.....Build a relationship with Him....

In Him alone will you ever be 100% fulfilled!

Remember the list I graciously asked you to write of the expectations you had for your husband? May I make one more grace-filled request? Either tear it up or burn it? Letting go of these expectations will free you, your husband and will allow God to work in your life in amazing ways!

Lord, thank you for giving me these words to share with my sisters. May they reach the hearts that are in need of healing, comfort and strength; which can only be found in You. Continue to lovingly guide and direct my sisters through each step of their “unfulfilled” marriage. Hold them close when their hearts are broken and spirits are crushed, catch their tears when they start to fall, hold their hands when their strength has been revived and walk with them through their daily lives.

Dear Sister,

Should you need someone to talk to, someone to pray for you or to walk with you through difficulties discussed in this book, please email me at ~ simplyhelpinghim@gmail.com

I will be praying for you either way, for each sister that reads these words that God laid on my heart to share. I know that God will reach you right where you are, strengthen and uphold you through each step you take.

Blessings from an Unfulfilled Wife/Princess,

Misty Leask