

THE COVENANT COMPANION

A word to the wife. To be read first by her. To be returned to by both of you.

5230 is not only a brotherhood of men. It is a covenant. And a covenant has two sides.

If you are the wife of a man walking this pathway, you are not a bystander to it. You are a covenant companion to it. He is doing surgery on himself. And every surgery has a midwife in the room — not the one giving birth, not the one cutting, but the one who knows how to stay present while the work is happening, and whose presence makes the work survivable.

That is the role 5230 invites you into. Not the surgeon. Not the patient. The midwife. A friend to the work, not a foe of it. A witness to what God is doing in him, not a critic adding to the voice he is already fighting in his own head.

Here is the truth most wives are never told.

You may be willing to fix what you did not break.

But you cannot.

The damage that arrived in your marriage did not start in your marriage. It started long before you. On a driveway. In a house. In a season of his formation you were never there for. You inherited the residue of a wound you did not cause. And your instinct to repair what you found broken is honest — but it is not yours to do.

The man you married is the strongest fragile thing you will ever hold.

Outwardly capable. Interiorly tender. Both, at the same time, every day of his life. A wife who sees only his strength misses him. A wife who sees only his fragility loses him. He is both. And he needs to be held as both.

But not by you.

He needs to be held in the hand of the Father. That is the only hand large enough. Your role is not to be the hand. Your role is to cooperate with the One whose hand it is.

Which means the surrender being asked of you during these thirty days is specific. Surrender your ideas of what he could be. Surrender your expectations of who he should have already become. Surrender the version of him you have been comparing him to. Surrender what you wanted him to become for you — and receive what God is making him to be.

The version God is making is the one you actually need.

Your old expectation is not.

What the Covenant Companion Does Over These Thirty Days

- She makes space for the work. She does not interrogate every silence. She trusts that the man wrestling with God in the next room is doing more for the marriage in that hour than he could do in any conversation she could initiate.
- She receives his confessions without weaponizing them later. The day he tells her something true that costs him to say is not a day to add it to the running list. It is a day to witness him become the man capable of saying it.
- She does not pile on with the Critic. He is hearing enough condemnation from the voice in his own head. Her voice is not the place that voice gets reinforced. Her voice is the place a different voice is offered.
- She holds the standard without holding the verdict. The work he is doing is not a get-out-of-accountability card. The wounds he caused are still real. But accountability that calls him up is different from condemnation that tears him down. Speak the truth. Hold the standard. Refuse the verdict.
- She prays. Not for him to become what she wanted. For him to become what God is making. There is a difference. The first prayer competes with the Father. The second cooperates with Him.

A Word to the Man

Your wife is not your audience. She is your covenant companion. Invite her into this work, not as the judge of it, but as the witness of it. Hand her this page. Let her read it before Day 1. Tell her what you are doing and why. Tell her what you need from her — space, witness, the absence of the Critic's voice in her tone. Tell her also what you do not need — her to fix you, her to manage you, her to make this easier than it is.

A marriage where the man does this work alone produces a healed man and an unintegrated marriage. A marriage where the man does this work in covenant with his wife produces a healed man and a healed marriage. The order matters. The companion matters. Invite her in.

You may be willing to fix what you did not break. But you cannot. He is the strongest fragile thing you will ever hold — and he needs to be held in the hand of the Father. Surrender your ideas and expectations of what he could be to what God made him to be.

Larry C. Hill Sr.

Founder, 5230 Movement

Author, Man in Progress

This is one chapter of the Man in Progress pathway.

The full 30-day pathway is available at:

www.5230maninprogress.com

Share this with a wife who needs to read it.