

Marriage & Family

The Roles of Husbands & Wives

I. DIVIDING HOUSEHOLD TASKS.

A. It is a common fact of life that we live in a society where it generally takes two paychecks to make it. Therefore, we need to think about dividing household tasks.

B. Here are some tips for managing the stress that a dual-earner marriage creates.(1)

1. Wake-up time.

- a. Get to bed earlier and get up earlier.
- b. Get ready before waking others.
- c. Have children make their own lunches.
- d. Coordinate and share morning tasks with your spouse.
- e. Take time for breakfast.
- f. Reward yourself for arriving at work on time.

2. After work/dinner time.

- a. Transition with a change of clothes.
- b. Take time to listen and debrief about each other's day.
- c. Prepare meals together.
- d. Sit down for dinner together at the table.
- e. Allow each other some time alone.
- f. Share clean up of the dishes and the house.
- g. Make the next day's lunches.

3. Cleanup/bedtime.

- a. Stick with an agreed TV cut-off time.
- b. Do a few maintenance chores daily (bills, dusting, etc.).
- c. Arrange items that you need to access in the morning in a familiar place.
- d. Plan and lay out what to wear tomorrow.

1. These ideas come from *The Alabama Marriage Handbook*, 22-27.

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