

MARRIAGE BY THE BOOK

1. Review

2. C-O-U-P-L-E: HOW HUSBANDS SPELL LOVE TO THEIR WIVES

A. COUPLE = TWO people CONNECTED TOGETHER = the KEY to how women view RELATIONSHIPS... WIVES WANT CONNECTIVITY:

1. CLOSENESS
2. OPENESS
3. UNDERSTANDING
4. PEACEMAKING
5. LOYALTY
6. ESTEEM

B. When you **ACT on C-O-U-P-L-E**, you **WILL** “enjoy life with your wife, whom you love” (Ecclesiastes 9:9 NIV).

1. “**NO ONE CARES HOW MUCH YOU KNOW... UNTIL THEY KNOW HOW MUCH YOU CARE... ESPECIALLY YOUR WIFE!**”

3. CLOSENESS... SHE WANTS YOU TO BE CLOSE

Genesis 2:24 (NASB) For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh.

A. “**JOINED**” = To cling, hold, or keep close. “**CLEAVE**” = KJV.

1. The Hebrew word “**JOINED**” means in every way including **spiritually, physically, sexually, and emotionally = CLOSENESS**.
2. Your wife will **FEEL LOVED** when you move toward her and let her know you want to be CLOSE with a look, a touch, or a smile.

B. Your wife wants to **CONNECT** with you. She wants **FACE-TO-FACE involvement**.

1. **DISCUSS: Face-to-face (her) and shoulder-to-shoulder (him)**.
2. She will even **FOLLOW YOU AROUND** to get **FACE-TOFACE INVOLVEMENT = CONNECTIVITY = CLOSENESS!**
 - a. **NOTE: She’s NOT trying to CONTROL you... CLOSENESS is her way of showing you that she **LOVES** you!!!**
 - b. CLOSENESS is her LOVE LANGUAGE.

C. INVOLVEMENT <-----> INDEPENDANCE

1. In the **typical** marriage relationship
 - a. **She** leans more toward the “**INVOLVEMENT**” side
 - b. **He** leans more toward the “**INDEPENDANCE**” side.

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2. When the **HUSBAND** gets **TOO INDEPENDANT** (especially when he stonewalls), she does **not** feel **CLOSE** and begins to feel you **DON'T LOVE** her.

a. When your **WIFE** doesn't give you the **SPACE** you need, you begin to feel that she's trying to get **TOO INVOLVED/CONTROLLING** and **DOESN'T RESPECT** you.

b. ... and you're back on **THE CRAZY CYCLE... WITHOUT LOVE SHE REACTS WITHOUT RESPECT... WITHOUT RESPECT HE REACTS WITHOUT LOVE, ETC.!**

D. YOUR WIFE FEELS **CLOSE** AND THEREFORE **LOVED** BY YOU WHEN . . .

1. You **hold her hand**.

2. You **hug** her.

3. You are **affectionate** without sexual intentions.

4. You are with her **alone** so you can focus on each other and laugh together.

5. You go for a walk or jog... anything that results in **togetherness**.

6. You **seek her out**... set up a date night... eat by candlelight.

7. You go **out of your way** to do something for her, like run an errand.

8. You make it a priority to **spend time** with her.

9. You are aware of her as a person with a mind and opinions... let her know you **enjoy discussing things with her** and getting her insights.

10. You **suggest the unexpected**... get takeout and eat on the beach... take a walk to see the full moon... park on the bluff and watch the sunset.

4. **OPENESS... SHE WANTS YOU TO OPEN UP TO HER**

A. She wants to have her **PROBLEMS** out in the **OPEN** for **DISCUSSION** in order to **SOLVE** them.

1. SHE IS **EXPRESSIVE-RESPONSIVE**

a. **OPENESS** is HER LOVE LANGUAGE,

B. He is the **opposite** of **EXPRESSIVE- RESPONSIVE**... He wants to quietly **THINK** about **PROBLEMS** in order to **FIX** them.

1. He is what psychologists consider "**COMPARTMENTALIZED**"

a. He **COMPARTMENTALIZES** to **ANALIZE** to **FIX**.

C. She is like a strand of lights, that when **one goes OUT**... they **ALL GO OUT** = an **INTEGRATED CIRCUIT**.

D. He is like a strand of lights, that when **any lights go OUT**... the other lights **STAY ON** = a **PARALLEL CIRCUIT**.

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1. DISCUSS:

E. YOUR WIFE FEELS YOU ARE OPEN TO HER AND THEREFORE LOVED, WHEN . . .

1. You share your feelings, **TALKING** about your day and difficulties.
2. You say, “Let’s **TALK**,” ask her what she’s feeling, and ask for her opinions.
3. Your face shows you **WANT TO TALK**... relaxed body language, good eye contact.
4. You take her for a walk to **TALK** and reminisce about how you met or perhaps you **TALK** about the kids and problems she may be having with them.
5. You **PRAY FOR HER AND WITH HER**.

5. UNDERSTANDING... SHE DOES NOT WANT YOU TO FIX HER, SHE JUST WANTS YOU TO LISTEN TO HER!

1 Peter 3:7 (NASB) You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered.

A. **Discuss**... “as with someone weaker, since she is a woman”

Ephesians 5:22-24 (NASB) Wives, *be subject* to your own husbands, as to the Lord. For the husband is the head of the wife, as Christ also is the head of the church, He Himself *being* the Savior of the body.

B. Peter is making a comparative statement, **NOT** a qualitative one. He is **not saying that women are weak**. He is saying that a wife is a “weaker vessel” **because of her vulnerability to her husband within the marriage relationship**.

B. HOW can you be an “UNDERSTANDING” HUSBAND?

1. **JUST LISTEN!!**
2. **TALKING** is her LOVE LANGUAGE... **LITERALLY!**
 - a. SHE **DOESN’T** WANT YOU TO FIX HER PROBLEM... SHE JUST WANTS YOU TO LISTEN.
 - 1) You don’t **always** need to **SOLVE/FIX** your wife’s **problems**.
 - 2) **LEARN TO ASK THIS QUESTION**... “Do you need a SOLUTION or a LISTENING EAR?”
 - 3) **Men** believe they **help** others by **solving their problems**.
 - b. “**Honey... do you need a solution or do you just want me to listen?”**

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3. Many times when a wife comes to a husband with her problem, **she isn't coming because she wants him to solve it. In fact, in many cases she knows exactly what she needs to do.**
 - a. She's coming to **share, to feel understood, to communicate.**
 - b. **Wives love to TALK to release their emotions.**
 - c. Women also need to **TALK to realize their feelings.**
 - 1) Husbands you must realize that your **wife needs to process her feelings... to realize exactly how she is feeling.** As she **TALKS** to you, it **clarifies** things for her; then she feels better and she feels that you **UNDERSTAND her.**
 - 2) That is the **POINT of this section... UNDERSTANDING...** Your wife **needs to FEEL** that you **UNDERSTAND** her. Your **UNDERSTANDING** makes her feel **LOVED**, and that takes a **CONSTANT EFFORT ON THE HUSBAND'S part.**
- C. SHE'LL FEEL YOU'RE TRYING TO **UNDERSTAND HER WHEN . . .**
1. You **LISTEN** and can repeat back what she said.
 2. You **DO NOT** try to **"FIX HER PROBLEMS"** unless she specifically asks for a solution.
 3. You try to **identify her feelings.**
 4. You **never dismiss her feelings**, no matter how illogical they may seem to you.
 5. You say, **"I appreciate your sharing that with me."**
 6. You **DO NOT interrupt** her when she's trying to tell you how she feels.
 7. You **ASK FOR HER TO FORGIVE YOU** and admit you were wrong.
 8. You cut her some slack during her **monthly cycle.**
 9. You see something that needs to be done and **YOU do it** without a lot of hassle.
 10. You **express appreciation** for all she does: "Honey, I could never do your job."
 11. You **PRAY WITH her and FOR her.**
6. **CONCLUSION:**
- A. **WIVES FEEL LOVED WHEN THEY FEEL CONNECTIVITY:**
1. **CLOSENESS**
 2. **OPENESS**
 3. **UNDERSTANDING**
- B. **WIVES**
1. **FACE TO FACE**

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2. **TALK**

3. **EXPRESSIVE-RESPONSIVE**

C. **HUSBANDS**

1. **SHOULDER TO SHOULDER**

2. **COMPARTMENTALIZE**

3. **FIX**

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