

Review: Simple Secret
to a Better Marriage

Love and
Respect

Review from last week.

Discuss love and respect and the need for both in a marriage.

We are commanded to do each

Ephesians 5:33

Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband.

Key Verse Ephesians 5:33

Husband must love the wife

Wife must respect the husband

These are commandments and are to be done both unconditionally

Love is...

- Relational and unconditional

Respect is...

- Positional and unconditional

Brent clarified the difference between the two

Love is sacrificial and unconditional – it is relational

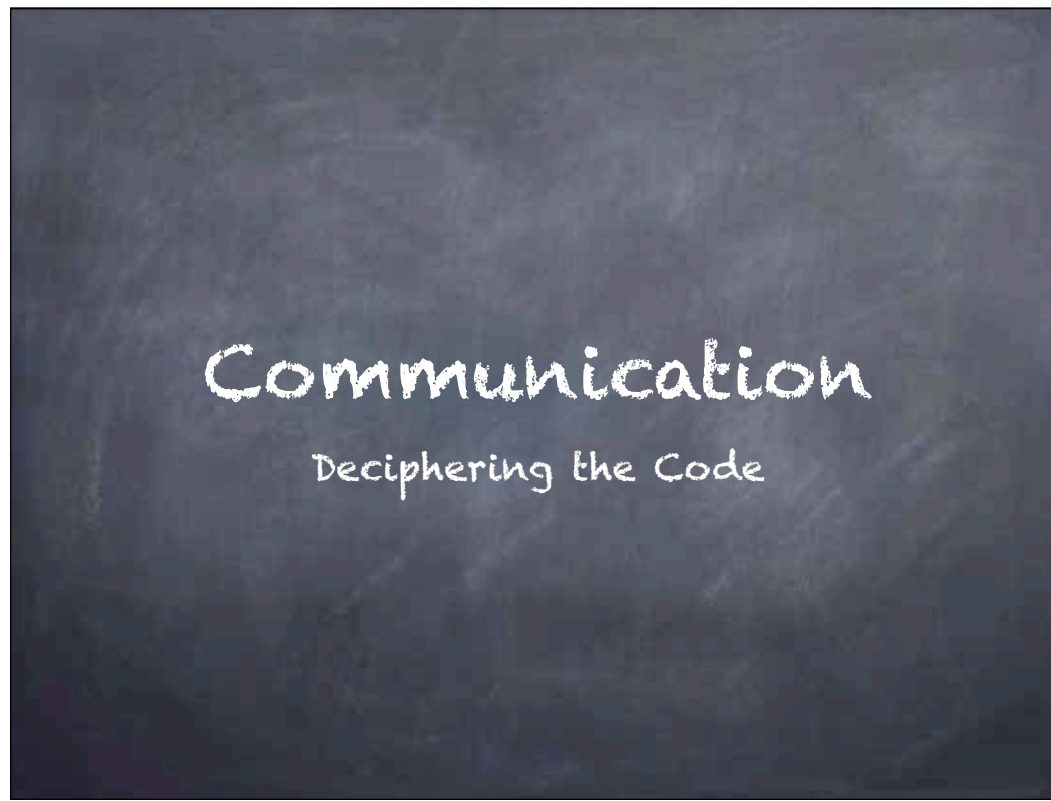
Respect is also unconditional whether or not husband deserves it – it is positional as the wife is submissive to the husband

Are They the Same?

- You respect your boss but you don't love your boss
- "I love my husband but I don't respect him
- "I respect my wife but I don't love her

They are not the same

3 examples to help clarify



Communication

Infidelity was the first reason for divorce on the list from last week – 33%

I suspect this is due to something from the other 9.

Communication is the most common of those and probably the first crack in the foundation

1 Corinthians 7:28

... But those who marry will face many troubles in this life, and I want to spare you this.

I am going to try to be like Paul

There are many troubles in marriage but we are going to try to minimize those as we look at the difficulties and road blocks to communicating in a marriage relationship



Clip from Modern Family

Phil is the husband to Clair who is not seen in this clip but he is getting help from other women in trying to understand how to help her



Much like location in business

Communication is foundational in marriage

We all speak with our own perception and code and just realizing that is important to how we interact with each other.

"I don't have anything to wear"



Laurie: I don't have anything new
Mike: I don't have anything clean

We can use the same words and have two different meanings

We all need to know and try to understand where those meanings are coming from



Cracking the Code...

We do have codes that the other will sometimes understand but sometimes not.

Navaho windtalkers in WWII – spoke in their native language and only they could understand each other

We are the same way. If a man does or says something in a certain way most of the men observing it will take it one way and most of the women will see another. We are just made that way.

He made them male and female. Matt
19:4

- We all see and hear things differently based on gender
 - our actions and responses differ as well
 - We need to know what those differences are to improve communication and increase trust in our spouse
- What I say is not what you hear, and what you think you heard is not what I meant at all

We need to understand those differences or at least try to understand them so that we can see where our spouse is coming from.

This will increase the trust we have in our spouse as well.

Try to understand the point of view that the other is coming from

He made them male and female.

Matt 19:4

- Women are created to love - that is why it is more difficult to respect
- they look at husband and wonder why doesn't he love or care for me
- Men hear criticism as contempt
- it cuts to their core as to who they are as men

Women are created to love and can't understand why men aren't that way as well.

I have seen this with a new pregnancy. Once a woman knows she is pregnant she has immediate love for the fetus/baby. The husband is just happy he was able to complete the task. He has no attachment until later or even after the baby is born and he learns to love the child.

Because men yearn for respect, criticism cuts to their core as men and they will frequently stonewall at that point

- ◉ Women criticize out of love - but he may only hear disrespect
- ◉ he walks away not wanting to escalate the situation and that is seen as "non-loving"

This is just another way of seeing that.

Men frequently walk away from criticism so as to not escalate the situation and that is seen as contempt or non-loving behavior.

It is necessary for the wife to talk about the marriage and the problems so that she feels like she is helping the marriage along.

Men on the other hand don't want to talk because they don't want to get angry which will worsen the issue.

We need to see that each is trying in their own way to help the problem but it is worsening unless someone "changes the code"

Proverbs 12:18

"Reckless words pierce like a sword, but the tongue of the wise brings healing"

- If the wife is complaining, criticizing or crying, she is sending code for "I want your love"
- If the husband is speaking harshly or not speaking at all he is sending the message, "I want your respect"

Women are just basically saying "I want your love" while the husband is trying to figure out the issue and "solve the problem". Sometimes the issue is not the issue. It is that cry for lovingness from the man.

Husbands are frequently just trying to feel respected. That is the reason for the silence many times.

- None of us has married someone who has any ill will or evil intent towards the other
- We just can't seem to get past our own ability to see or hear differently than what we know
- 1 Pet 3:11 - Let him turn away from evil and do good; let him seek peace and pursue it.

Remember that our spouse really is a good willed person not trying to harm the other or the marriage.

1Pet 3:11 is Paul again speaking about submission but this time in life not specifically marriage. It very much applies to marriage however.

Don't be afraid to say...

- Wife: That felt unloving. Did I come across disrespectfully?
- Husband: That felt disrespectful. Did I come across unlovingly?

These are some suggestions that we might use to minimize conflict and try to see the other person's side of the issue.

It also depersonalizes the situation and helps with the perception if not true understanding

I Corinthians

7:33-35

The good-willed husband is "concerned about...how he may please his wife" and the good-willed wife is "concerned about...how she may please her husband. I am saying this for your own good...that you may live in a right way in undivided devotion to the Lord."

This again is Paul speaking to married couples.

The key here is that by trying to please your spouse you are showing devotion to the Lord.

That is our main goal anyway. We want to please our spouse but our main concern is to devote ourselves to God.

Loving sacrificially is following God's commands as is respecting unconditionally and by keeping God in the center of our marriage it is going to be a successful endeavor.

Ephesians 4:26

Be angry and do not sin; do not
let the sun go down on your
anger

Another pearl for happy marriage is Ephesians 4:26

It is OK to be angry but not to the point of sinning. Not going to sleep until an issue is resolved has helped us and many other marriages as problems don't go unresolved for days on end.

Next Week:
Languages and Needs