

## **LOVING YOUR WIFE**

Every marriage in this room is gradually falling apart. If you do not constantly work on it like you would a house or any property, then it will fall into disrepair.

Most men do NOT take seriously their marriage. 90% of the marriage books are addressed to women.

We are to listen to, to love, and to lead our wives. In discussing how to LOVE our wives we will find that listening and leading are part of LOVING our wives as we should.

### *Part I: Six Things that Will Destroy Your Love*

#### **1. Never Criticize Your Wife in Public**

Do not cut her down before your family, her family, your children, friends, acquaintances, or strangers. Be 100% loyal.

Never bring up her faults or remind her of her mistakes—especially in front of others

Do not make sarcastic statements about her

Do not insult her in front of others

Do not nag her in harshness

Do not point out her weaknesses or blind spots

Do not criticize her womanly characteristics or sensitivity as being weak

Do not criticize her behind her back

Never laugh at her dreams. Without dreams then we do not have much.

#### **2. Never compare her unfavorably with other women.**

You can never reshape one woman with constant comparison with another

Do not show more attention to other people than her

Do not tell her how wonderful other women are

Do not compare her with your mother, previous girlfriends, co-workers, etc.

The Number One problem in marriage is selfishness. So, stop feeling sorry for yourself and demanding that your wife meet all of your needs. Only God can meet your needs, so do not demand that she be superwoman and the best of 30 other women.

As soon as you begin to focus on what is missing in your wife, the conflicts begin.

### **3. Never use Anger to Build a Wall or Retreat in Silence**

Do not discipline her by being angry or silent

Do not close her out by not talking or listening to her (the silent treatment)

Do not ignore her

Do not rebuke her before giving her a chance to explain the situation

Do not come back with quick retorts

Do not give harsh admonitions

Do not use careless words before you think through how they will affect her

Do not raise your voice at her

Do not use swearing or foul language in her presence

Do not remind her angrily that you warned her not to do something

Do not treat her like a child

Do not ignore her at social gatherings

Do not hold resentment about something that she did and tried to make right.

### **4. Never go away when she is crying**

Do not leave when she is crying like a river or just on the inside

It makes NO difference who caused the problem.

Be there and draw her close and give her a hug

This is NOT the time to lecture her, just comfort her and encourage her

**5. Never lay a hand on her except in love**

Walk away or beat up on a brick wall but never on her

If this is a problem, then get some professional help ASAP

**6. Never allow Pornography to rain your marriage**

The devil is always a step ahead of us.

Magazines

Hotel Movies

Cable TV

The Internet.....[www.CovenantEyes.org](http://www.CovenantEyes.org)

\*\*\*\*Source for many of the above is Gary Smalley's *If Only he Knew* 100 ways to offend your Wife

**Part II: TWELVE WAYS TO SHOW LOVE TO YOUR WIFE**

*Eph 5*

*25 Husbands, love your wives, just as Christ loved the church and gave himself up for her*

*28 In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. 29 After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church—*

*33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.*

**1. Communicate...Communicate... Communicate**

Happy people communicate well!

Learn how to LISTEN to her in order to understand her. This will be the greatest challenge and most important thing that you can do for your marriage.

Marry a woman that you love to talk to. As you get older, their conversational skills will be as important as any other.

Proverbs 25:11 NIV

*A word aptly spoken*

*is like apples of gold in settings of silver*

Never Interrupt, never use sarcasm, and never ask threaten "why?" questions.

Be a student of your wife. Learn to communicate love, acceptance, and respect.

Ask her to give you input about you. Seek her input on areas that pertain to changes in your life. Don't be defensive, and LISTEN to what she says.

Ask and Listen. Ask her how her day went, and then sit down and listen attentively.

Listen, listen, listen, listen, and listen some more!

Proverbs 21:11 L. "the wise man learns by listening"

Ask her opinion frequently.

Value what she says.

Turn off the TV and put down the newspaper. When our kids were young, then we would do this right after they went to bed. Now we do it at dinner together.

Don't avoid the issues by sweeping them under the rug. After emotions have cooled, graciously identify and approach the problem and seek solutions. Otherwise, resentment builds.

Avoid sudden major changes without discussing them with her.

Attack the problems, never each other.

1 Peter 3:8-9 NLT

*Finally, all of you should be of one mind, full of sympathy toward each other, loving one another with tender hearts and humble minds. 9 Don't repay evil for evil. Don't retaliate when people say unkind things about you. Instead, pay them back with a blessing. That is what God wants you to do, and he will bless you for it.*

## **2. Protect her and make her feel Secure**

Support her in front of the children. Whether or not you agree with her position or decisions, support her. Then, talk about the differences in private.

Give her a sense of Security. In a crowd, in her weak areas, as you walk down the street,

Example: AAA card makes her feel secure.

Keep her vehicle on good tires and in good working order.

Protect her in difficult situations and do not let her feel alone.

Call her right before a tough task at work or in what she is doing.

Be her number one Encourager.

Protect her on a daily basis. Ask her how she needs protecting that she does not feel that she is getting.

Defend her to others.

Prefer her over others.

Do not expect her to do activities beyond her emotional or physical capabilities.

### **3. Praise her for who she is and Show constant Appreciation for what she does**

The forgotten words are THANK YOU! Thank her for the meal, the clean house, the great job with the kids, the clothes, the errand, etc

Eph 5:20 NIV

*always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ*

Praise her publicly and particularly to her family and best friends and your kids.

Take time to notice what she has done for you and the family.

### **4. Be Gentle with her**

When you say "I am Sorry", then look her in the eyes. The nine most important words in a marriage are, "I was wrong. I am sorry. Please forgive me."

Forgive, forgive, forgive, and forgive some more. (Remember how much Christ has forgiven you.)

Be gentle and tender with her.

1 Thess 2:7 NIV

*but we were gentle among you, like a mother caring for her little children.*

Discover her fears in life (illness, death of spouse or kids)

Find out what makes her insecure.

Treat her as is God had stamped on her forehead, "Handle with Care"

Seek to understand her and honor her.

1 Peter 3:7 NLT

*In the same way, you husbands must give honor to your wives. Treat her with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. If you don't treat her as you should, your prayers will not be heard.*

#### **5. Define Areas of Responsibility in the household**

You as the husband set the Spiritual tone of the family. Your walk with Christ will help you to be the loving husband that you need to become. Christ will transform you.

The husband is to lead. Do not abdicate your role. She wants you to lead and God has asked you to do it.

Have specific family goals each year.

Discipline the kids in Love and not anger.

Eph 5:22-24 NLT

*You wives will submit to your husbands as you do to the Lord. For a husband is the head of his wife as Christ is the head of his body, the church; he gave his life to be her Savior. As the church submits to Christ, so you wives must submit to your husbands in everything.*

#### **6. Serve her**

Take out the trash without being asked. Wash the dishes or clean up the kitchen. She will notice it.

Gal 5:13 NLT

*For you have been called to live in freedom — not freedom to satisfy your sinful nature, but freedom to serve one another in love.*

Pray for her to enjoy God's best for her.

Share the responsibilities around the house

Take care of the kids before dinner.

Let her have a night out with the ladies or a day of shopping or fun.

Do little things for her. Example: pillows on the bed stopping sunlight

Help her finish her goals in education or hobbies.

### **7. Finances- Have clear Objectives Together**

Do not make her feel bad about money. If this is your skill help her out all that you can to handle this area.

Agree on a budget and put it into practice. Give her freedom to make choices in her area within the budget under her care. Remember that God owns it all. Freely give to Him and His work. Save and stay out of Debt and that will give her security. Have a rainy day fund. Pay off high interest credit card debt. Pay off the car loan. Pay off the school loans. Pay off the house loan.

Let her buy things that she feels are necessary.

Plan your future together

### **8. Make the Family and Children a Priority**

Schedule her at least once a week for a special time together. Write in your appointment calendar and don't let anything cause you to be late, forget, or reschedule it. When our kids were young then we would meet for lunch one day a week. Now we try to go out to a movie and eat once a week. We often schedule a weekend at the lake every month or so.

Lift the load with the kids. Don't be harsh but discipline them as needed.

Schedule times of fun for the entire Family, a vacation for the couple and for the family.

Laugh a lot and have fun together.

Proverbs 15:13 NLT

*A glad heart makes a happy face; a broken heart crushes the spirit.*

## 9. Value Her Emotions and Differences

Value the differences between you. Learn to acknowledge, accept, and respect the differences in the way that you and your wife think, feel, and speak.

II Cor. 12: 4-6 tells us that each of us bring different gifts to God's family

The happiest couples appreciate their differences

Remember that a woman needs emotional intimacy as men need sexual intimacy.

Most women think that our sexual needs are impossible to meet. Listen to the heart of your spouse.

## 10. The Little Things

Don't forget the flowers or cards. Example: February 14<sup>th</sup> 3 x 5 cards

Call if you will be late. Compliment the new blouse. Write her a nice note before you leave the house. Call when you are on the road. It is not how much you spend, but getting her the little things that she appreciates. For my wife it is a back rub while we are standing in line or holding hands and not walking ahead.

Remember anniversaries, birthdays, special occasions, (example 40<sup>th</sup> BD)

Go out on romantic outings.

Surprise her with a card or flowers.

## 11. Discover her Needs and meet them

Always seek what is best for your wife. Put off selfishness. The attitude is unconditional love that looks to meet the needs of her heart. This means physically, emotionally, sexually, mentally, spiritually, socially and in every way.

## 12. Say "I Love You" several times a Day!

Say it a million times a year. You can NOT say it too often. Say it when you leave every day for work. Say it when you do not feel like it.

John 15:12-14 NASU

*"This is My commandment, that you love one another, just as I have loved you. Greater love has no one than this, that one lay down his life for his friends."*



Passion has not been replaced. If she is number one in your heart, then say so!

A woman can not get too much affection, a kiss, a hug, and a touch.

Love her deeply and passionately. You might get hurt but it's the only way to live life completely.

Remember that great love and great achievements involve great risk.

Never let the children take the NUMBER ONE place in your heart, words, or actions.

### Part III: HOMEWORK

1. Tell your wife "I Love You" five times or more a day and try to see how many times that you can do this in one day.
2. Do something nice for her without letting her know that you have an assignment. See how many days in a row that you can do this.
3. Pay her a compliment. How many days in a row can you do this?
4. Start making a list of her strong points. Start with ten and add to it each day.
5. Have a date, even if it is just for lunch or for a coke or even for a walk together.