

How to Understand My Wife

(This series of lessons was compiled by Paul R. Blake from multiple sources and many teachers over a period of thirty years. The compiler is very grateful for their wisdom.)

Introduction:

- A. What wives want in husbands at age 22
 - 1. Handsome
 - 2. Charming
 - 3. Financially Successful
 - 4. A Caring Listener
 - 5. Witty
 - 6. In Good Shape
 - 7. Dresses with Style
 - 8. Appreciates the Finer Things
 - 9. Full of Thoughtful Surprises
- B. What wives want in husbands at age 42
 - 1. Not too ugly - bald head OK
 - 2. Doesn't drive off until I'm in the car
 - 3. Splurges on dinner at McDonalds on occasion
 - 4. Nods head occasionally when I'm talking
 - 6. Is in good enough shape to rearrange the furniture
 - 7. Usually wears shirt that covers his stomach
 - 8. Remembers to put the toilet seat lid down
 - 9. Shaves on most weekends
- C. What wives want in husbands at age 62
 - 1. Doesn't scare small children
 - 2. Doesn't require much money for upkeep
 - 3. Is in good enough shape to stand up by himself
 - 4. Occasionally wears some matching clothes
 - 5. Likes soft foods
 - 6. Remembers where he left his teeth
- D. What wives want in husbands at age 72
 - 1. Breathing
- E. Humor aside, the expectations of women change as time goes by
 - 1. Age and health have an impact
 - 2. Their roles adjust as children are born, grow, and leave
 - 3. But there are some things that remain the same, things that a man must understand about a woman's needs in order for him to be a good husband who loves his wife as Christ loves the church

I. A WIFE WANTS A SPIRITUALLY MINDED MAN

- A. Though they often settle for a man who goes along with their faith
 - 1. She needs more than that; she needs a committed Christian
- B. Spiritual men love their wives the way Jesus loves the church
 - 1. Eph. 5:25 - they are willing to sacrifice everything for their wives

2. 1,400 years ago a religious writer and orator named Chrysostom (golden mouth) made this comment:

"Have you seen the measure of obedience?

Hear also the message of love.

Do you want your wife to obey you as the Church does Christ?

Then care for her as Christ does the Church.

And if it becomes necessary that you should give your life for her,

Or to be cut to pieces a thousand times,

Or endure anything betide, don't refuse it...

Christ brought the Church to his feet by his great care,

Not by threats or fear or matters else;

So should you conduct yourselves toward your wife."

- C. You want to understand your wife, realize that she wants and needs you to be a good Christian man

1. The majority of Christian women understand that you are leader in the home by design, and in most cases they want it that way. So lead, not like a captain but as a Christ
2. You abdicate your role as the leader in the home in spiritual matters, and it will not be long until you lose your role as leader in other areas
3. "I know my wife is in subjection to me, because she gave me permission to say so."

II. A WIFE WANTS APPRECIATION FROM HER HUSBAND

- A. In most relationships, women probably contribute the most appreciation, in part because God created them to be more nurturing.
 1. Men should give them credit for this, and begin contribute a little more appreciation to their wives
 2. 1Peter 3:7 - "Husbands, be considerate as you live with your wives, and treat them with respect."
 - a. "Husbands, likewise, dwell with them with understanding, giving honor to the wife"
- B. Men should be less self-oriented.
 1. When men want to go somewhere, they just leave the house.
 2. Women have to make sure kids are taken care of first, and a host of other issues they are responsible for.
- C. Men should show their wives/girlfriends respect.
 1. Positive compliments.
 2. No putdowns or criticism.
 3. Faithfulness is the ultimate way to show respect – Mal. 2:16 - "Don't break faith with your wife."
 - a. Faithfulness involves giving your wife no cause to feel unappreciated; that includes not gazing at other women, or comparing your wife to them

III. A WIFE WANTS ATTENTION FROM HER HUSBAND

- A. Regardless of your age – Gen. 26:8 – Isaac was at least 75 years old

- B. Communicate better, listen more.
 - 1. Women feel secure when there is good communication with their husband – when husband and wife spend time together and talk together and pray together and discuss problems & concerns together and share personal feelings & struggles together
- C. Tests of strong, safe, secure emotional bond in marriage:
 - 1. Does your wife trust you with all of her heart? How do you know?
 - a. Can she share anything with you with the confidence that what she shares will not be used against her?
 - 2. Can she trust you to be there for her? How do you know?
 - a. When she needs a listening ear or comfort or encouragement or support, can she count on you?
 - 3. Can she trust that you are committed to what is best for you both as a couple?
 - a. Are you committed to the health of the marriage relationship or just trying to getting your wants, needs, and rights met?
- D. Women feel threatened by a husband's withdrawal
 - 1. Surprising to most men, in many cases a woman will feel more insecure and threatened by a husband's withdrawal than by a husband's anger because anger at least indicates emotional engagement in the relationship, whereas withdrawal will be interpreted by most women as emotional disconnection and indifference.
 - 2. Women feel silence as hostility
- C. She is different from you, and you need to understand this
 - 1. Women tend to focus on how you feel about what you do, and men tend to focus on what you do about how you feel.
 - 2. Women want to hear what you have to say about what's going on; men want to keep quiet and just fix it
 - 3. That's because women in their role as nurturer look for the potential good that can develop in a person, relationship, or group
 - 4. While men in their role as provider look for the good, results, or product of the situation
 - 5. When a difficulty breaks out at your house, which works best to resolve it, decrees or discussion? Some of us are quick to issue decrees.
 - 6. A cartoon showed a husband and wife sitting together in the office of a marriage counsellor. The husband is speaking, and says, "Now that I've told you my side of the story, let me tell you hers."

IV. A WIFE WANTS AFFECTION FROM HER HUSBAND

- A. Affection goes way beyond the intimacy of sexual relations
 - 1. Women seem to think men have a one-track mind, simply because most men have a one-track mind.
 - 2. Affection shows intimacy without ulterior motives.
- B. Use the 5 Love languages
 - 1. Words of affirmation, or building someone up with positive words.
 - 2. Acts of service, or doing something to show love to a spouse.

3. Giving of gifts, or providing visible symbols of love.
4. Quality time, or spending time with a loved one and focusing exclusively on her
5. Physical contact – Mike and Jolene, arm around her; Dad and Mom holding hands

C. UCLA study: Touch...

1. Raising the haemoglobin level in our blood, thus increasing the body's ability to heal
2. Lowers blood pressure
3. Increases our life span
4. Increases energy level
5. Increases positive view of life
6. The average man or women needs 8 or 10 meaningful touches a day

D. The little things can matter the most

Story of Jack Kublesky, from Waukega, Illinois. When Jack was a young man, he was working in a studio. He saw a young woman working there and he wanted to ask her out but he was too shy. So he sent a single, red rose to her desk with no note attached to it. He thought a rose was a nice symbol of beauty and love. Every day, she received a red rose. Finally, one day, she asked the deliveryman who was sending the roses. He said a guy named Jack who worked there. They began talking and eventually went out. She thought after they went out the roses would stop. But there didn't. They kept coming... a single red rose every day. They were engaged and she thought the roses would stop. But they didn't stop. They came after their wedding day. A single red rose every day. Even after their first anniversary, they kept coming. After five years and ten years and decades later, the single red roses continued to show up. Jack Kublesky died. The day after his funeral, a single red rose showed up. The day after that, another red rose. On the third day, she went to the florist and said, "I don't know if you realize this or not, but Jack passed away. It is kind of you, but you do not need to do this any longer." And the florist said, "Ma'am, you don't understand. Jack made provisions years ago to provide you a single red rose every day you are alive." By the way, you may know Jack Kublesky by his stage name of Jack Benny.

Conclusion:

- A. You want to understand your wife, show her spirituality, attention, appreciation, and affection
 1. Men, you thrive on respect and being competent; you express it through action; you fear being inadequate and disrespected
 2. You are trying to give your wife what you need; she needs something different, because she was made by God to complete what you lack
 3. Women thrive on love and feeling connected through communication; they express it through attention, affection, affirmation; they fear being alone and unloved
- B. Jesus gives His bride, the church, exactly what it needs; you love your wife as Christ loves the church and give her what she needs