

**Title:** marriage seminar session 3 – the love she most desire  
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## Love and respect III – the love she most desire

### The energizing cycle

**C-O-U-P-L-E** - How to spell Love to your wife.

Does not come natural to a man. Not our mother tongue to speak this love language. Yet this will energize your wife and she will respond with respect, and that is your mother tongue.

**Couple:** Wives want connectivity. They want to make the relationship work. Want to put things back together again.

Women confront to connect. Yet this feels controlling to the man. Believe that she is good-willed.

The cry of the woman is: “Love me!” Although it might come over in different and interesting ways.

**CLOSENESS – she wants you to be close**

**Genesis 2:24 (NKJV)** <sup>24</sup> *Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.*

Cleaving = cling, hold, or keep close. = **spiritual and emotional closeness.**

**\*Coming home:** First few moments of reconnecting will set tone for rest of evening.

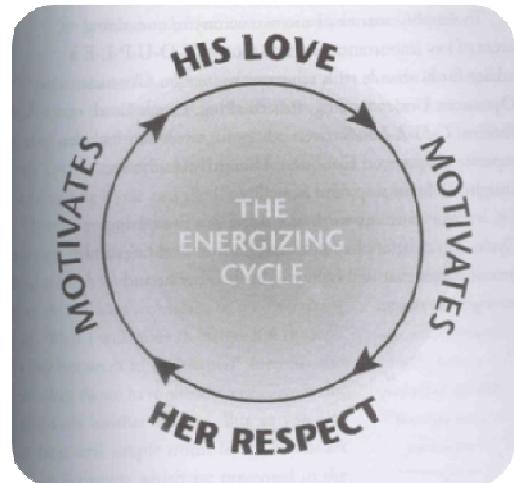
**How?**

- Hold her hand
- Just hold her (hug her) when she cries
- Be affectionate without sexual intentions – “sexual intimacy begins at breakfast”.
- Go for a walk together
- Date night, eat by candlelight

**OPENNESS – she wants you to open up to her**

**Expressive-responsive vs compartmentalized** – a woman has three thousand lights in a circuit. If one is broken, they all go out. “If I’m battling with him in one area, I am at war with him in all areas.” If a serious marital conflict exists, it affects her whole being. **Integrated personality.**

A man’s circuit is different. If one or even two thousand smashed, then another thousand are still in operation.



**Keep the adventure alive!** Guys, keep on pursuing and getting to know your wife. Explore!

### **Beware of bitterness:**

**Colossians 3:19 (NKJV)** <sup>19</sup> *Husbands, love your wives and do not be bitter toward them.*

The woman seems to pry and bother the man with all her questions and approaches. She is simply trying to get a grip of what is going on inside of him. This could be very frustrating to the man and lead to bitterness. Bitterness – upset, irritated, exasperated, indignant and angry.

**Her sensitivity:** Every husband must make a decision about his wife's sensitivity and needs. He can close himself off and refuse to be open, or he can move toward her and connect with her at new levels of openness.

### **How?**

- Share your feelings, telling about your day and difficulties
- You say, "Let's talk," ask her what she's feeling, and ask for her opinions.
- Your face shows you want to talk – relaxed body language, good eye contact.
- You pray with her
- You give her your full attention... no grunting responses while trying to watch tv, or read the newspaper.

### **UNDERSTANDING – don't try to fix her; just listen**

**1 Peter 3:7** *...live with your wives in an understanding way*

Not have to understand her, but live in an understanding way. That she is in the marriage the weaker vessel. She does get hurt more easily in the marriage context.

**The wife is porcelain, the husband is copper.** Your wife is delicate.

*Shooting yourself in the foot, both feet, again.* When you are being insensitive and saying things to her that wound her.

To understand, just listen – don't try to fix the problems.

**Ask her:** "Do you need a solution or a listening ear?"

95-98% of the time, when a man comes to another to share his problem, it is because he would like some help.

She comes to him to share, to feel understood, to communicate at an entirely different level.

**Men want to exchange information** - the woman says: "Let's talk." About what? "I don't know, lets just talk."

Just let her talk. Blow off some built up steam.

Repeat back what she is saying.. "that's interesting. What I hear you saying is..."

**\*Schedule time together. [TV off!]**

### **How?**

- Just listen and repeat back what she said.
- Don't try to "fix problems" unless she specifically asks for a solution

- Try to identify her feelings
- Never dismiss her feelings, no matter how illogical they may seem to you
- Don't interrupt her when she's trying to tell you how she feels

### **PEACEMAKING – She wants you to say, “I’m sorry”**

**There will always be conflict in a marriage**, even if it is a good one. This is normal. The sparks will fly at some stage. Yet sparks can cause a controllable fire that heats the house and makes things warm and comfortable. Or sparks can set a wildfire that burns the house down. So how will you control the sparks when they come?

The woman is more sensitive to conflict and would want to reconcile things sooner than the man (in general). Don't refuse to make peace by running from the conflict. Conflict is not a sign of a bad marriage. In fact, the Bible says that those who marry “will have trouble.” (1 Cor 7:28) **\*Take responsibility even for your 5%. I am sorry. Humble yourself...**

**“My wife is always getting historical”** – the woman is wired to remember the nitty gritty details of past events and bring it up so that she can clear the air and feel love in the relationship. This is why it is hard for them to just “drop it”.

The best way to deal with conflict, simply say: “Honey, I’m sorry. Will you forgive me? I did not mean to do that.” The percentage of guilt is not the issue; love and respect is the issue.

**Why it is hard for man to say, “I’m sorry.”?** For a man he fears losing respect. Yet these simple words bring healing to a woman’s spirit. She usually melts at these words, although she might have been very upset.

Making peace:

- Keep a gentle loving demeanour, even in conflict.
- Confess your part of the blame, and don't blame her.

Women are mostly turned on by humility, not by an incredible physique.

### **How?**

- Let her vent her frustrations and hurts and don't get angry and close her off.
- You admit you are wrong and apologize by saying: “I’m sorry. Will you forgive me?”
- Forgive her for any wrongs she confesses.
- Pray with her after a hurtful time.

### **LOYALTY – she needs to know you're committed**

**When your wife asks you: “Do you love me?”** she is not asking for information; she's asking for reassurance. Tell her why you love her. Don't make silly jokes at her expense, when these questions are asked.

**\*A wedding ring is a sign of loyalty.** That ring means a lot to the woman. Until death do we part, not until divorce. Don't make jokes about divorce.

### **Malachi 2:14-16 (NKJV)**

<sup>14</sup> Yet you say, “For what reason?” Because the LORD has been witness between **you and the wife of your youth**, with whom you have **dealt treacherously**; Yet she is your companion and your wife by covenant. <sup>15</sup> But did He not make *them* one, having a remnant of the Spirit? And why one? He **seeks godly offspring**. “Therefore **take heed to your spirit**, and let none deal treacherously with the wife of his youth. <sup>16</sup> “For the LORD God of Israel says **that He hates divorce**, For it covers one's garment with violence,” Says the LORD of hosts. Therefore take heed to your spirit, that you do not deal treacherously.”

**Loyalty:** At all times. In every circumstance. Sickness and health. Having only eyes for her. To reassure her, to be transparent and make her feel safe and secure in your love.

“Almost all women stand by their men; very few men stand by their women.” (in sickness)

#### **How?**

- Speak highly of her in front of others.
- You are involved in things important to her.
- You help her make decisions, such as ones regarding the children
- You don't look lustfully at other women
- You make her and your marriage a priority
- You include her of social gatherings when others may leave their spouses home
- You call and let her know your plans
- You keep commitments
- You speak positively of her at all times

#### **ESTEEM – she wants you to honour and cherish her**

The best way to respect or honour a wife is through Closeness, Openness, Understanding, Peacemaking, Loyalty, and Esteem.

**\*Value what she does! Don't take anything for granted.**

**Thank her for all she does.** Yet more than that, thank her for who she is. “Honey, you make me happy!”

#### **We need to cherish our wives. Sing her praises!**

Your wife wants to know that you have her on your mind and heart *first and foremost*. This is what “esteem” would mean to your wife. She will feel treasured as if she's the most loved woman on earth.

**The power of symbolism** and how it conveys to a woman **that you value her and love her**, is important in showing her you esteem her. **What about the symbolism of a rose?** What about the importance of birthdays and anniversaries? To the woman there are no dates more important than the wedding anniversary and the birthday. Men are less bothered about these.

**How you do this is an art, not a science.** It's not about how expensive the gifts are, it is the art of spending quality time with her and making her feel special and valued.

Taking a walk together, giving small rock as memento and a short poem of the walk vs Mercedes benz? **It is the little things** that make her feel loved. Truly, it is the thought that counts.

**“Reading her mind”:** Don't necessarily ask her what she wants to do. The man needs to figure out what restaurant will be special to her. She doesn't want to tell you. She wants you to figure it out, which show to her that you love her enough to get to know what would bless her.

#### **How?**

- You speak highly of her in front of others
- You open the door for her
- You try something new with her
- You give her encouragement or praise with kindness and enthusiasm.
- You notice something different about her hair or clothes
- You are physically affectionate with her in public
- You make her feel first in importance
- You are proud of her and all she does.