

Marriage Enrichment (4) Him vs. Her (3)

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Marriage Enrichment

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Welcome tonight again to our fourth session on this marriage enrichment. I would like to read with you from Ephesians 5 and we'll read from verse 22 to the end. So Ephesians 5:22,

22 Wives, submit yourselves unto your own husbands, as unto the Lord.
23 For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body. 24 Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing. 25 Husbands, love your wives, even as Christ also loved the church, and gave himself for it; 26 That he might sanctify and cleanse it with the washing of water by the word, 27 That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish. 28 So ought men to love their wives as their own bodies. He that loveth his wife loveth himself. 29 For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church: 30 For we are members of his body, of his flesh, and of his bones. 31 For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh. 32 This is a great mystery: but I speak concerning Christ and the church. 33 Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband.

Let's together pray.

Great God and great Redeemer, the instructions we already heard from this passage of Scripture, O Lord, are thy divine and eternal will but they with will thou give us the grace and the power of thy Spirit that, indeed, in the marriages that we may have, we may live according to this Scripture in loving and honoring and respecting and obeying thy word. And Lord as we gather here tonight with a few of us here and the many others who are listening now or later to this subject, we trust that thou would bless and use also these means for the furthering and for the deepening and enriching of the marriage life that thou hast given us. And Lord, may it please thee also to use this evening's subject

when we consider the needs particularly that thou has created the female race with, that we also as husbands may learn to satisfy and nurture and cherish those very wives that thou hast given us, Lord, as our spouse and as our lovers. So please guide us all and knowest how much sin there is in our relationships and how many shortcomings there are in our living also within the marriage state, and be pleased, O God, to lead us not only to repentance but also to faith in that precious saving work of the Lord Jesus Christ in whose name we pray. Amen.

Welcome and a reminder again, if you feel like giving me a text or those of you who are listening at home, my number is 920-791-1327. I think I said that right. 920-791-1327.

Now I have an outline here for you tonight and those who are listening online, I'm sorry I forgot to give it to IT person to put it online so it will be there hopefully by tonight.

Now thank you for coming those of you that are here and the reason you come here, just to please me? Hopefully not only that but I appreciate it that would be one of the reasons. But the real reason is that you would want to improve what is good, can be better, can be best. Now best we won't reach in this life and that is the state of perfection that none of us will acquire to here below, but to grow and to learn and to deepen. The most interesting, I had a conversation with an older person here today who has been listening too and this person is beyond the marriage because she's already lost her spouse, but one of the comments she said is, "You know, I just wish, I just wish I had this instruction when we started out so many years ago and we just kind of, you know, lived the journey without really knowing the details that you are bringing out." So let's consider that too. I'm sure you all want to deepen your marriage joy, right? So that should be a seller for a topic like this, then, because who does not want to be part of that increased desire or joy and fulfillment?

The reason for sometimes people balk at these sessions is because they come with homework. What do you call that? Marriage construction. And that's where the rubber hits the road, huh? That's where the hard work is. Being here, that's easy. Sit here and just be a consumer listening. But the hard work is when you go back together and discuss and sharpen your skills with each other, and I really encourage you again that you've got a whole month for that really so I'm not harsh on you, but don't be like the slothful hunter who goes out to hunt and then he doesn't roast what he hunted so it spoils.

Now for review, you cannot attain the joy in the marriage unless you know how God's design is, and I think that's what I've been trying to do the last and I'll do again tonight, is looking together at the design of marriage, especially in the difference between the males and the females. God has created you and me with a vast reservoir of emotional needs that need to be filled, yeah? When God created Adam, we saw it last time, in a perfect paradise without sin, he had no one to fill the emotional reservoir that he was created with and that's why God said, "It's not good for that man to be alone. I will make him an help meet for him." So if you forgot or if you weren't here last time, maybe you can re-listen to the one that I did last time. I spent quite a bit of time on speaking on this emotional need.

Now think of the word "help meet," the Hebrew has the idea of complement, yeah? Half an orange complements the other half. That's the word "help meet." So if Adam in the paradise condition, if I may use the term, was half an orange and Eve was the other half of the orange, what is Eve on her own? She's also half an orange, okay? So not only are you as a woman made to be the help meet to us men, but we men are equally made to be the help meet towards the woman and that thinking is in a lot of us men very foreign. We always talk about the lady, the woman as the help meet, and then she becomes a slave or she becomes a servant and she becomes everything to fulfill our needs. Now please do not forget that when God says that the one is help meet, the other one is just as much help meet, and if I go to chapter 2, verse 24, "Therefore let a man leave his father and his mother," you do not conclude from that that the woman doesn't need to leave her father and mother. It's for both equally true. Yeah? So the help meet is also equally true. Let's take that in real clearly.

Now I looked last time at the five primary or the most common needs of men. Now again, those are the most common. We can hear a group of thousands of men who have been asked, listed, so it's in common. Admiration motivates us. Domestic havens which nourish us men. Recreational companionship rejoices us men. Sexual fulfillment which satisfies us men. And physical attractiveness which excites us men. Now recall that each person is unique, please. So if you didn't meet these five as a male and you say, "Hey, I don't have this fifth one. I don't have this one." That is fine. There's always males and females that don't fit the, you know, we call that the average, and so if you don't have these five, what are you then? You're normal but you're unique. There's nothing wrong. If you say, "Do you know what? Physical attractiveness is not so important to me." I haven't yet met a man who hasn't said that, but if that is your case, then there's nothing wrong with you, you're just unique. But think about the common ones here together.

However, if your unique need goes unmet, now that was the point I was trying to make last week, if your unique need goes unmet, then we get potential for frustration or worse, we get potential for temptation because if somebody else comes along that begins to meet that need, that's how most affairs start. They don't start with somebody have a devious agenda saying, "I'm gonna go cheat on my spouse." They start, somebody else comes along and seeks, or not seeks, maybe even spontaneously or without purpose begins to meet the need of that person and that just sparks the rest. Yeah? So let's keep that in mind, it's for the safe-being of your own marriages that we need to focus on the needs.

Now fourthly as a refresher, the importance of relationship. Solomon writes this and we might smile about it, of course, when we read this and thinking about all his many many wives, "It is better to dwell in a corner of the housetop than with a brawling woman in a white house." You can have a palace but if you have a brawling woman, what's a brawling woman? I put the word in there for you, quarreling woman, and a nagging and controversial, whatever words you want to think of, but someone who is just constantly on your neck, you know, talking and nagging and blah, blah, blah. And so Solomon says there's no relationship, is there? It's better for me to dwell in a really small tiny house with a contented relationship than with this beautiful palace because what makes a person

the happiest? It's not the biggest house. It is, what? Power. We'll leave that for now because you and I understand that statement.

What makes us happiest is really a good relationship and why does close, intimate, personal, supportive relationship make us as a man or a woman the happiest? Can some of you answer that?

"Because God made us relational beings?"

Okay, God made us relational beings and having a good relationship, what does that do to our needs? It fulfills the needs.

Now you can have a need fulfilled by something that's not relational. You can have all the gold and all the silver and all the cars and all the houses and all you want, it never fills the emotional need of companionship, of fulfillment, of admiration. Yeah? We need another person to do that and the same, of course, as we now go on to look tonight at the female side, and that's also why breaking of a relationship, yeah, I have to be careful how I say that, but a breaking of a relationship that began in a beautiful trust through an affair or cheating, is worse than death. Yeah? Death is definitely a terrible painful severing of something that's special, but you see, I lost my wife but I have all the good memories left that I can still treasure, and if on the other hand would be a wife or a spouse that has cheated out of our relationship, even though you have some nice memories, you cannot think back at those. That's painful. That's why that's harder and let's at least pray for the people that we know who've gone through divorce or are in such straits like that.

Now tonight, who is qualified as a man to speak to women? This is treacherous, right? I have to do this also fairly, so having spoken last time about the primary needs of the males and having given you women some power over us, if you are knowing how to deal with these five primary needs of us males, you have us in your hands totally. Now we have to go turn around and what are the secrets of these women? Let's think about that together.

I read tonight from Ephesians 5 and in that you see God commanded men to love their own wife as Christ as our own body, and to love her as we love ourselves. The first primary need for a woman according to all the research, and hopefully you can confirm it tonight somewhat, is the need for affection and I'll specify that in a moment. But why did God command in Ephesians 5 that the man, husband, is to love his wife? And we're going to define the word "love," of course. Why does God define love as the primary thing that we husbands have to give to our wives?

Now if you look at the next text I've got on your outline from 1 Peter 3:7,

7 Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

So why did God write through Peter this command again to husbands, "dwell with them according to knowledge"? What knowledge? What tidbit am I missing here? Now if you put Ephesians 5 into this passage, the knowledge is that they need affection. More than anything else, they need affection because they are the weaker vessel and what is weaker here? Nothing to do with muscles. Carrying a baby is quite a feat so we men have no stamina like that, talking about muscles, talk about endurance, talk about all that. So weaker vessel has got nothing to do with that. There are women I would never dare to fight with, they'd probably floor me in a moment, yeah? So weaker is to do with how God has made you females, with an incredible need for affection. More than what we men need, of course we need it too. So when God says "giving honor unto the wife as unto the weaker vessel" means simply this, men, that we are respecting the uniqueness of how God made our spouse, our wife, and that we live according to the knowledge of our Creator how to deal with this uniqueness of our spouse which happens to be that she needs massive amount of affection. Yeah, have I stated in C that affection is a woman's lifeblood.

So let's first quickly define what affection is for us men. Very important because when you think about the word "affection," guys, what do you think of? You think about physical. You think about hugs and kisses and you think about sexual relationship, you think about affection in that setting, correct? Maybe not totally but in some way we do equate affection with something physical. Now let me talk above your head tonight. If I can accomplish something tonight, if that's the only thing I get accomplished, I think I have a victory. Women do not define affection with being equal to or close to sexual relationship. Yeah? Let me expound on this a little bit. Affection for a women is the communication of your care and of your commitment to her as the princess in your life, as the queen, I should say, let's use the queen here in your life. Affection is to somehow communicate to her, "You know what? I care for you more than for any other creature in this world. More. You are to me the most important person that I know." Women are looking for the communication of my commitment, that nothing stands in the way that would hinder me from serving you and loving you, no matter how special it is, "I will love you so much that I'm ready to sacrifice it." That's affection. "My hobby? Out the door if it is interfering between my love between you and me. My special project? It has to wait if I see that there is an issue between you and me." That's how Christ loved his church. He didn't just have a physical relationship, did he? That's not even in the picture in the marriage between Christ and his people but he communicated his care and his commitment that even when the Father set the cross before him, that he denied himself and he died on the cross to show his church as well as his Father, of course, but to show his people, "This is how much I love you, that nothing is too dear to me to sacrifice to show my care to you." That's affection. Yeah? That has nothing to do with marriage bed. Please keep that in mind. And that's also not how women think.

So when your wife cuddles up to you and wants to give you a hug, she's not asking you, "Okay, take me to the bedroom." She's simply saying, "Hold me like my daddy used to hold me as a little girl. I need you and I want to feel your love. I want to feel you care. I want to feel your protection. I want to feel you carry me. But stay right there." Now, of course, that's not how we work, right? The moment our wife gives a hug to us, our whole

biology goes flying off this roof, yeah? That's how we react as men. Now there's nothing wrong with that but that is not the message she is asking for. That that happens, they know but she's not asking for anything like that, she's asking for simple affection like she asked her mother and her father, "Just listen to me. Just love me."

So the way to express this affection, that goes from a physical touch to a digital text and anything in between there, yeah? And I'll give you a list in a moment that are not copyrighted so you can start writing down, guys, of what you all can do to show affection to your wife that has nothing to do. Now why is this affection so important? Why is this so important? Now look at C., the second bullet point, affection sends the message that she needs to hear from you and what is that? That she is secure. That she is protected. That she's approved. That she's validated. That you are committed. When I show affection to my wife in whatever way that she needs and we're gonna talk them in a moment, because you as wife may not need it in the same way as my wife might need it because we're all unique, but if I show affection to my wife, I send her a message, "You are special to me. I am committed to you. I'll never never forsake you." That's security, right, that trust? That's what the weaker vessel needs in the marriage life. "I want to be protecting to you and listen to you."

So therefore we men, listen to this, the only time that some men show affection is, when? Yeah, I see some of you ladies smile. That doesn't mean that your men are only doing that but I had a man telling me today, no, sorry, not a man, it was a woman who walked away from her husband and I'm trying to fix this together, it didn't work, it's too long beyond repair. She said to me, "The only time I heard 'I love you' is when he wanted to have sex." She said, "I came to hate those words 'I love you.'" Yeah? Because the only thing is I'm only showing affection to you when I want something from you. Now that's how you can turn your wife into a pillar of ice, yeah, rather than in a fire you desire.

So please, men, let's remember that. When affection means, "I want something from you," you turn her off, but when affection means, "I want to give you something," that turns her on and that's what affection we need to give. So therefore listen to what God said, therefore men, live according to knowledge with your wife, the weaker vessel. Love your wife.

Now notice D., affection is the essential cement of a woman's relationship with her husband. Affection binds her emotionally to you. And sometimes when we deal with struggling marriages, we get to hear the statement, "You know what? She used to be very very responsive to me also in my intimate life, but that's all gone, that's all over. I'm confused. Before we were dating, man, we struggled to contain ourselves and now since we're married, it's like aren't you interested in this?" Now if that happens, there's something majorly wrong, of course, in that marriage and what is wrong, then? What did we give her before marriage that made us struggle to contain ourselves? We gave her affection. Attention. We gave her a listening ear. For hours we listened. We asked. We wanted to know what was your youth like and what is this like and what do you think of that and what do you think of that? And we asked all these hundreds of questions and we pretended to listen patiently, didn't we? Because we know that's the way to gain a

woman's heart and that's what we were after, weren't we? And now all of a sudden we sail into the marriage and like big pirates, "We got her!" And now we drop the very skill we used in the beginning to win her heart, to make her follow us into the marriage bond. Then we drop affection.

Friends, let's remember, affection is the essential cement of the woman's relationship with her husband. It's also the secret of a passionate and an intimate relationship with your wife. We, I mean the women's emotions aren't wired the same as men. You know as men a little affection fires up our biological machinery. That's not the case with women. It doesn't do that unless all the tanks of the emotional needs are filled. I love the statement of Harley who says affection is the environment of the marriage while sex is an event, an event, not the event of the marriage. Affection is the way of life and if affection is the way of life between you and your spouse, then you are creating the context of this romantic love burning on the rest of your journey. Yeah? Not just only in those beginning honeymoon weeks and months, no, not that.

So men, on the next page learn to create a loving caring atmosphere with words and gestures, with gifts and attention and time. I related to you that the courting days when we were beginning our relationship, there was a lot of passion, a lot of fire, and now often what happens with us men, we put away the preliminaries and we think we can just skip right over all that to the end result, and that's sad because that's not how your wife works. She is not interested in that unless all those preliminaries are still happening throughout the journey of your marriage life.

So that's where the common statement comes from that I have heard in many places for a woman, and don't take this wrong, sex begins in the kitchen. What in the world does that mean? Don't have different ideas about my wife and me in the kitchen. What he means with this is when you show your care, you help me out with the dishes, you take over when things are in a crisis, you are mopping the floor, you are doing all of the things that need to be done that show me your care and commitment, that's how you turn on my romantic fire. Yeah? Isn't that just simple logic? That's how God made them. So you've got to find those right buttons, right? And this is what God is telling us, that's the right buttons to use. Dwell with them according to knowledge.

Now I hear you say, "But I am not an affectionate type, pastor. That's just not the way I am, okay?" Now men, if that's what you are saying here this afternoon or evening, and then I have to just remind you of what we read from Ephesians 5. Let's read it again. What does God command? "So ought men to love their wives as their own bodies. For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church." So I heard you say, "I'm not an affectionate type. I'm not that kind of a, you know, fuddy-duddy kind of a fellow. I'm just right to the point." Okay, so then I think you must say then you are excused from God's command? And secondly, do you not nourish and cherish your own body either? Are you like that, "I don't care about my own body. When I'm cold, I'm just cold. When I'm hungry, well, I'm just hungry. I don't do anything about that, I'm just hungry. When I'm hot, I'm just hot." Or do you cherish and nourish your own body at that stage? We're gonna eat and we're gonna get clothed and

we're gonna go find a cool place. We give ourselves a luxury. That's nourishing and cherishing your own body. Even though I might not be such an affectionate person, you show that affection to yourself. So therefore, friends, if you're not an affectionate person, then you've got something to learn. You need to learn to be affectionate.

So what's gonna happen tonight when you go home? You're gonna say to your wife if you're not an affectionate man, you say, "Now wife, I am your student. God told me, men, dwell according to knowledge. I don't really know how to do it. I didn't see it in my dad. He wasn't ever affectionate. They just kind of lived together but they didn't really show any affection as long as I could see it. So, wife, teach me. So, wife, this is your opportunity." Hopefully you'll have that question tonight or later this week. Ask your wife how she wants to be nourished and cherished.

So if she comes with a list of 20 ways of how to do that, well, then you've got some work ahead and, believe me, that's all of your assignment, by the way, in your construction manual tonight. Question 3, ask your wife to show her list of how she wants you to show affection. Discuss the list together. Mark each item with either "no problem or sweat or no way." You know, maybe your wife says, "I want you to show affection by having the cat in the bed." Well, you might say no way, that is an absolute no no, right? But there might be other ways that she might want to ask you the affection that is doable.

So some starters I sent you, these are not copyrighted, these ideas. Begin with giving lots of hugs. Only hugs, no more. Women love hugs. They hug pillows. They hug animals. They hug stuffed bears. They hug each other. I mean, I saw it yesterday my wife and I went to visit somebody and guess what the two ladies do? They hug each other. I mean, we men don't hug each other, do we like that? Maybe in America they do a little bit. But women love hugs so hug them as often as you can, and as you hug them, just give them a little back rub, head scratch and whisper something romantic in their ear. You made their day. What did it cost you? Only got one point but what did it cost you? It doesn't cost a whole lot.

You don't always have to bring flowers but that's another nice thing to do sometimes. Just bring a little bouquet of flowers if she likes flowers, of course, but sometimes a love letter. I never write love letters until I go away, right? Michelle always loves that. She gets these nice letters from me occasionally on my email. I say, "You know, I'm so far away from you, I can't talk to you so how about I write to you?" And they become very poetic. Now if you're not poetic, it doesn't matter. Just tell her what you think of that woman again. Yeah?

Go to dinner and give her a little slip of paper ahead of time with this statement on it, "Tell me tonight at the dinner table out there in the restaurant five ways in how I can be a better husband to you." Now you're showing her.

I love it when I go to, when I came to New Zealand, I started doing something again that I had forgotten to do and she said she really liked it. I had forgotten. I used to do it almost daily but then after a while I quit doing it, but then I moved to New Zealand, I started

doing it again but not because I chose to. What was I doing? Well, I would open the car door for her. You see, I walked to the car and I opened the door and I discovered there's no steering wheel there. So I would say, "Oh, darling, it's for you." And she said, "You know, I really like it that you do that again." So, you see, the steering wheel is on the left side of the car.

But something what I discovered is that she still likes it. Do you know what women still like? They still like it when you hold their hand in public or lay your arm around their shoulder. Somehow that makes them feel owned, that makes them feel special. Even when you walk in church or you walk in the mall or you're somewhere, go hold her hand.

Obviously phone calls and text messages throughout the day that you, you know, are thinking of her and that you're okay if you're on a trip. That's when I can't forget anymore, right? I always have to send Michelle a message anytime I land or take off so that she knows where I am. Just she wants to be knowing.

Now joining her in shopping. Don't roll your eyes like I did, but they do like that even if you do not like shopping, and even especially go along when they go for clothes shopping. Some of them really like, now some of them might say, "No, don't want you there." That's okay. You see, that's how you have to learn to know the ideas of how you show affection.

Now those are just some starters. I'm sure that your wife will come up with the other 19 that I haven't mentioned yet.

The second great need that women have, of course this is no surprise, they like to talk. Yeah? They like conversation. Females thrive on talking for various reasons. Alright, there might be more reasons, these are the only two I could think of: first of all, because they simply love to talk. That's why they can spend hours on the phone with their friend just talking. Now we guys, we spend some time on the phone too but it's usually a little shorter than that, right? It's a little business-like, "Yup, good-bye." "Bye." Done. At least that's how it goes with me. But if hear females saying good-bye to each other, that's a long process. Even saying good-bye is a long process for some. For some, not for all. Yeah?

So please, talking, you love talking. Now why do women love talking? Do women know that out here? Why do you love talking? Pardon? Emotional support? It's also feel connected? Any other reasons why you want, why you people feel like talking? Pardon? Pass the time. You know, maybe this is another reason and maybe you can think about it, women, if I'm correct, but you also resolve a lot of your problems by talking. They resolve their own problems. Thank you, James, that's a thing that took me 10 years to learn that when they talk about their problems, they really do not want me to interrupt them and say, "Now you do five things and all your problems are over." That's not what the women want, they just want you to listen and as they are talking, guess what? They solve their own problems. So all they want us is to listen. To listen. To listen and not

falsely but listen, really listen. Not reading the paper. Not saying, "Uh-huh. Yeah." Something like that. You could, of course, but please listen.

Now the second, I already said, they resolve their burdens, their struggles by talking. They unload and by that they are experiencing relief and security and contentment. So what are we men, then, to do? Now let's recall how most of us men who filled this need during our courting time. Your attention to details in those early days of your relationship built emotional bonds which kindled strong romantic feelings. We want to get to know her personal history. We want to learn what was attractive to her. And after marriage we think, well, what else is there to know, I know everything about her now. No, that's not true. Any stage of life brings new things for us to learn to deal with, children, more children, relationships, aging, finances, I mean, there are so many things that are on our minds. So men, give her an hour of your undivided attention and it's not long point in this case. This is a big love deposit when you give her that undivided attention and listen to her as she shares her burdens with you. Without interruption. Without justifying or correcting yourself.

When we men give our spouses attention and speak intimately with her, yeah, I want to notice that intimate talking time, having a few secrets to be successful. Intimate talking time. No, when you think about intimate, men, what do you think of? Well, I always used to think physical but that's not what intimate is. Intimate talking time is sharing your deepest emotions. As I said before, intimacy, into-me-see, that's intimacy. Loving them, feel what are your inner emotions. So let your wife share with you her fears, her pains, her bonds, sorry her needs, and then you do that even when you say nothing back except you affirm and you validate. You say, "You know, I hear that. That's hard for you. I understand. This is scary. I understand, this is overload. I can see that. Wow, this is really amazing. How do you handle that even?" You are emotionally bonding with this woman. You're showing care. You're showing affection when you let her talk.

I said this is often how an affair starts. You know, imagine this woman at her desk or at work and she's having a bad relationship with her husband at home and, you know, he's not paying any attention to her anymore, he's just letting her go and so on, and here comes, you know, George walking down and says, "Hello, Ellen, how are you doing this morning? I took a cup of coffee along for you." Just, you know, courtesy. He was at the coffee machine so he took one for her as his co-worker. Now he gives that coffee to her and how does she interpret that giving of that coffee? This guy cares for me. Instantly. Now if she's having a bad relationship at home and there comes a young man around who shows care and she says, "You know, can you handle the boss? Lately he's been so grouchy and so demanding." And Ellen would say, "You know, I've got no problem with him, the boss, but I've got problems with my husband." Now she's doing something wrong, she's releasing emotional intimate things to a stranger. What does the stranger do? He has a caring nature maybe and he says, "Well, that's too bad. What's going on?" He gives attention. Can you see the potential? Instantly we've got here the chemistry for an affair beginning because now she's unloading her emotions to another man who's caring and that's all that woman needs to go off the rail in the wrong direction. So men, if you

don't want that to happen, if you don't want your wife to find some other way or another person perhaps, then do remember you need to let her speak to you.

Now to have these intimate talks with each other, they need to be obviously successful if there are a few things happening. I wrote them on your outline. They need to be enjoyable to both and it's not enjoyable when we demand instead of request. If I demand things, that tells them I don't care about you or how you feel, I want it. We should never demand of each other. We could request. "You know, darling, it's been pretty tough lately. I'm not really handling it and I would love it if you come home a little earlier in the day from your work so that, you know, this chaos around 5 o'clock, it's, I just can't handle it." Now if you say to your husband, "I want you to be home at 5 o'clock in the afternoon from now on because I can't handle it," what's happening? It's not an enjoyable conversation to the other side, not to you either. So that's not going anywhere. So come with a request. Tone of voice.

Secondly, don't show disrespect in your words, in your action. How can we show disrespect? "Oh, no," rolling the eye and sighing. It's a huge disrespect. If my wife says to me and then she walks into my study and she does it occasionally, "You know, I need to talk you," and I would say, "Oh, man. I'm just busy." Well, is that disrespect or respect? It's disrespect. Yeah, even though I'm interrupted or even though I'm busy, that's obviously something, if there's a special need, I need to show that respectfully. So statements or eyes or sighs are a way to end constructive relationship and conversation. So don't say something disrespectful or cutting.

Number 3, when we let anger roll into our conversation. Anger. Anger always is bad, especially the bad anger I'm talking about now. I mean, there's good anger but I'm not speaking about that. When anger rolls into the conversation, it always hurts. So when you get angry, feelings are stirred up and you get...what do you do? 1, 2, 3, 4, count to 10? Maybe. Walk away for a moment and say, "Hey, give me five minutes. I'm losing it." Yeah, nothing wrong with that. A man who conquers his own spirit is stronger than the man who takes a city. So if you say, "Hey, I'm losing it, give me five minutes to back off for a moment and collect my thought and cool down." Let's not have anger in the relationship.

Anger is temporary insanity, isn't it? You don't want to be taped when you're angry. I've been irate with one of my kids. He was having a little session going on so I took my phone out and I just put it on auto-recording. I thought to even make a video of it. That's right, he didn't even realize so I said later on, I said, "You know, David, come here for a moment. I've got a video to watch with you." He was quite keen to watch a video with me until I put it on and he saw himself and he was stunned. Wow, that's what you look like when you talk like this? That's what you look like and that's what you sound like here. Let me put the sound on now. Yeah, let's remember that. I, you, we're not pretty people when we're angry. We destroy so that can never be in a conversation.

Do not resurrect the past issues. Don't dwell on the false, please. Yeah, confronting with failures is different than dwelling and rehearsing and some of them even encase them.

Let's get beyond it. Let's put the things of the past behind us. If it has been dealt with, don't anymore deal with it.

Lastly, when we interrupt and we correct and we don't listen or when we don't divide the time equally, those are all ways to destroy the relationship conversation. What I mean develop time equally, I mean divide the time equally, when one of you dominates the whole conversation. If you're a good talker, that's easy, right? If I and my wife have a little spat, I probably can talk her right under the table because I'm a good talker but that's not fair, that's not right, that's not a helpful way of dealing with a conflict. Yeah?

So how much should we talk every week? Now hold on to your seat, okay? I'm gonna give you the answer. How many times? How many hours should we talk every week? James is holding onto the... Dr. Harley, 15 hours a week. Now I looked at that and I thought, "Hm, 15 hours a week." I think I do it because it actually doesn't go that, that doesn't go that, that is not as much as you think it is. Yeah? But if you think about 15 hours a week, you don't look cross-eyed at me. If we don't divide this time to each other, let's make it 10, if you don't divide 10 hours per week to each other, you are losing in your relationship rather than gaining.

Now mind you, 10 hours or 15 hours, that's quality interaction, okay? And let me just ponder this for a moment with you. How many hours are there in a week? I see Ross is looking like... How many hours in the week, Ross? 168 hours in every week. Now let me walk you down this time budget for a moment and see. If you sleep 8 hours per day, that's 56 hours in a week, there's 112 hours left. If you take 12 hours to get ready and to go to work six days a week, 12 hours just to get ready and to go to work and come back, now you've got 100 hours left. Say you have a 50 hour work week which is long enough. She's gonna quote that on me. Okay, 50 hours left if you have a 50 hour work week. Wow, 50 hours left. So if you give your wife 10 hours, you've got 30 hours left. If you give your kids 10 hours, you've got 20 hours left. Sorry, if you have 50 hours left and you give to your wife 10 hours, you have 40 hours left. If you give your kids 10 hours, you've still got 30 hours left per week for doing your hobby and your chores and your spiritual devotions and going to church.

Have you ever budgeted your time? This is actually interesting if you do that. I'm accustomed to make a schedule of my day which I hardly ever keep, maybe one day or two days and then I'm off again, but it's interesting if you schedule your hours, how many hours you have and somehow we waste a lot of them. So then maybe 10 hours a week of talking and sharing and going for a walk and having a little cuddle, affection, I mean, as you talk, that's 10 hours that's not a lot, guys. That's investment. And by the way, I bet if you do 10 hours, you're eager to make it 15 hours because you're going to get the results of this investment. It's going to really increase the joy in your marriage life.

Now then the last three little bit less time on those last three important aspects of the women's needs: honesty and openness, to have complete trust. Yeah? The golden thread woven through a woman's basic needs is her sense of security and trust, and without a total openness and honesty, this cannot develop.

You know, I've been dealing with a marriage that at this moment is totally on the rocks and this chappy, that husband, managed to live with his wife without giving her a single password of all of his phones and of his internet and everything else, and he was telling me, "That's no problem My wife can trust me even though I don't trust her on my phone." I said, "You know what? You can't build up a trust relationship if you're hiding something." Yeah? So please, guys, understand that for a woman the trust factor is the most important factor if you want to have a very secure relationship, and a husband who hides his past and who hides the present and who hides his cell phone, refuses the passwords and internet history, is dousing his marriage with lava, that hot stuff you see in Hawaii at the moment. Openness is honesty and is security.

Here today, I jumped on my internet and I didn't see a picture I should have seen and it bothered me so badly I went to Michelle to tell her about it right away. I couldn't get it out of my mind. I didn't like the picture so I went and told her. That didn't destroy my marriage, that strengthened my marriage because I told her. Trust is the thing that you want to never compromise on and your wife and you as a husband and wife need to have a total openness about everything.

Now notice there are four areas of total openness. The first one is where we men often fail is emotional honesty. Men, it is not wrong to be emotionally honest. As I said on the phone today, there is a brother out of the Netherlands who just lost his wife and it was wonderful to hear him cry and weep and sob for a few minutes. Yeah? There's not too many men who do that. He showed me his emotions and that is exactly so healthy, but it's also so healthy if you can show it to your wife. Be weak and vulnerable and let your wife know. Be emotionally open. And wives need to have it to their husband too. We need to be able to reveal our thoughts and our feelings and our likes and our dislikes to the events as well as to our spouses behavior.

So please be open with each other. Without that accurate data, you cannot make the necessary adjustments either to speak the love language that your wife or your husband wants to hear. If you hide it, if you don't like that, if you're afraid to say, "You know what? I actually don't like about bacon and eggs for breakfast on my bed. I hate the smell of it." But you're not gonna offend him if you say something like that in a kind and instructive way. "The next time you're gonna make me breakfast in bed, why don't you just consider giving me this."

Now that's open emotional, be, secondly, historical honesty. No skeletons in the closet. Now I'm not speaking here to young couples anymore tonight but do have young couples all the time, if you don't take out the skeletons of the past and share them with each other, you'll always have a barrier in your marriage. It's like moving into your new house and there's one room that's locked, you've got the key in your pocket and you say, "I'm sorry, wife." But you might not even say to your wife or to your husband you can't go in the door but the door is locked. Somebody tries to open the door and it's locked and, you know, that's how it goes in relationships. You can feel there's something hidden. So that's a feeling thing.

So please be open with each other. Revealing the not so nice parts before your spouse discovers it builds trust and deepens love. Yeah, it doesn't destroy marriage. I wrote this statement down here: truth may be painful and truth may be frightening but truth doesn't destroy the marriage, lies do and deceit do and hiding. So strive for historical honesty.

Secondly or thirdly, current honest. Reveal your daily schedules. Let each other know what you're doing, when and where, so that you're in tune with each other throughout the day.

And thirdly, future honesty. Discuss your future plans together. Don't make plans without each other. Husbands, we tend to do that too quick. We'll go buy things without checking with our spouse or not. Yeah? Not wise. Not wise unless you've got a billion bucks, then it doesn't matter. But if you've got financial situations which is coming on number 5, then it is not a smart idea. Yeah? It's also not fair because do you allow your spouse to do the same thing? Now the man in Proverbs 31 apparently did because his wife went out to buy a field. I haven't yet given my wife permission to do that, right? Can you imagine me coming home and having a new Cadillac in the driveway? "Yeah, I went to buy a Cadillac today." This is, wow. I would not be so happy, to be honest. But that confidence obviously needs to be built up and maybe that needs to be built up but please make your plans together.

Now, number four is family commitment. Wives, mothers, crave the positive proactive involvement and leadership of husbands in the education of the children. God knows that. I noticed the other day when I did a topic in one of the congregations that God says never anywhere in the Bible directly the way he speaks to husbands, "Fathers, love your children. Don't provoke them to anger." In vain do you look for a text that directly says, "Mothers, dah, dah, dah, dah," because naturally mothers will do that. They may neglect their household, of course, they may but mothers instinctively almost naturally have a different bond with their children than fathers do. But do you know what the most, what the wife really loves and turns her heart to you, men, is when you show this family commitment and that's your priority. You involved in the education of your children. You are to be involved in taking responsibility of how the children turn out, teaching them values, teaching them quality time, helping them succeed. Obviously doing that in an enthusiastic agreement in the methods and the objectives by husband and wife. I mean, you can't do a freelancing on this but the more time that you give to the family as a husband, as a father, the more you feed the emotional need of the mother. If you're a family man, keep that in mind.

So this time needs to be budgeted again, 15 hours for your wife, 15 hours for your children. Fifteen hours. I'm a little guilty on that one myself too, although spending a meal time, I spent breakfast and lunch, breakfast and supper with my kids, now that's already about an hour and a half, 45 minutes at least of my week that I spent every day with my children. So that's six times a week, that's already about 10 hours, you see? So it's not that much, 15 hours, but you've got to spend quality time with those kids, working with them and engaging them and, boy, your wife just loves it.

Now lastly is financial support. Again, that's a security issue. You know, there's a lot of these issues in the female are dealing with that inner need of their weakness, of their emotional desire for security. So financial support creates security, someone is taking care of me. Though some women thrive on being at work, it is indicated in research that most females prefer to be the homemaker or at least a combination of both. Even though the world parades these career women and they are the happiest women, that's a little pretend, pretend world. The research really shows that deep down a woman is wired as God designed her to be, to be house-maker, house-guider. The two passages in Titus and Timothy really indicate this also according to God's will, of course.

Now it's possible that some women prefer to work outside the home and why is that? Well, because there are obviously home environments that are so thankless and so demanding and so unappreciative that they love being at their work because at least they get recognition, they get thanks, they get appreciation. So that is the case often.

It's interesting, I read an article today in the Wall Street Journal about these female CEOs. I think some of these really big companies have a female CEO and I'm not saying anything necessarily against it but the article was interesting because many of these female CEOs are not quite so successful. Why not? Because they simply miss the male characteristics and they have to enroll them in some kind of a class to beef up their male characteristics to lead such a company on the top management position. That tells us something, that's not what you were made to be, then. You were not made to be that leader. That was a role that God designed men to have also in that setting. So that's just an interesting article. There's nothing religious about it, nothing spiritual, nothing biblical, it was an observation of the author about that.

So therefore huge love deposits are made when the husband is working to supply and provide the financial support for the family, but now never say to your wives, husbands, "You know what? I do all the work here to bring the money in." Correction, I think my wife works longer hours and more hours than I do even though she never talks about that. She always talks about me having too many hours in my work week. What about hers? Especially when you have a row of kids, this is a 24 hour day, 7 days a week. If our wives had to be paid for all the hours they worked, we'd better have three jobs, I always think, me at least, to bring all that money in. So let's be careful in how we think about our spouses.

So therefore, friends, work on making and sticking to a budget together. This is an important point because I don't know how it is in your family, but according to Dr. Dobson's research financial stress is one of the major two breaking points of marriages. In your assignment today, I gave you something to think about if you have never thought about a budget.

Now lastly, some final thoughts here comparing the general priority of the needs between a man and a woman as we've done in the last two sessions reveals something very intriguing about God's design. Men's primary needs fall into the leisure/pleasure category.

It pleases us. It's in our leisure time. But the women's primary needs fall into the security and beauty. I've kind of made it a rhyming word, security beauty category. Yeah? So you know that these needs are radically different if you sum up the five of each into one summary statement, and if you recognize this now and you make a conscious effort to make those love deposits in those three categories, your marriage will be off into an increased joy both romantically and in every other aspect. And yeah, my friends, that is really what I want because I was reflecting about that in the conversation here today again with older people. You know, yeah, they live together, yeah, they didn't divorce, yeah, they lived until the one or both died, but many of them were so mediocre, and not only mediocre between them but mediocre between them and their children and where did children go? So this is my investment, I want to make it your marriage and I'm making it in the next generation. We take these things to heart and really deal with them as base. What a blessing that would be to the kingdom of God.

Are there any questions you have?

"Not a question, just an observation [unintelligible]. Watching kids all day, well, they have to watch the kids so if you're making the money, you'll be able to make the money and do your job [unintelligible]."

Right. Balance, right?

"[unintelligible]."

That's right and it's a lot easier to have your job than to watch little kids. I mean, when I would take over for Michelle for a day, I thought to myself, "I don't know how you do this all week." I really don't know how they do it. I mean, even though I was a teacher, it's different, that's different than a classroom of kids and having the kids at home. It's just a total different experience.

So let's admire our women who are devoting themselves to the family and that is a neverending job and yet when we come home from our work, we're tired but we're not quite as tired as our spouse is. And then we come in as a guy, you know, we demand a meal and we demand their time and we demand the downtime, not fair, guys, not fair, especially not if your wife never had any downtime and is struggling to get the meal on the table and then we want more yet at the end of the night. That's only give, give, give. So therefore please let's invest, let's reevaluate, let's look at our marriage relationship. It's vital and the more sacrifices you make as a husband, the dearer and more beautiful your marriage will become.

So thanks, James, for that.

So we close with prayer.

Lord, again what have we covered many aspects of the design that thou hast created also in the female. Thou hast created masculinity and femininity and what a beautiful

balance, Lord, also in how thou hast given us the task as husbands to fulfill in our wives' lives and our wives in us as husbands. Lord, on those who sin there is so much dysfunction, so much distortion, so much destruction and so much dysfunctionality. Please bless thou also these talks to bring a fresh renewing and a deepening and perhaps a repentance where we all need that, and we ask you, Lord, to so guide us further in this night. In Jesus' name. Amen.

Thank you all, and good night.