
Learning to appreciate each other in marriage.

Someone once said, “Real love in a marriage is not based on romance, candlelight dinner, buying gifts etc. It is based on respect, compromise, care and trust!!”

What is respect?

- **In Eph 5:33, Paul said:** "Nevertheless, each one of you also **must love** his wife as he loves himself, and the wife **must respect** her husband."
- **Eph 5:21 calls for mutual submission or respect:** "**Submit (means to come under)** to one another out of reverence for Christ."

Contempt

- **Contempt** manifests as disrespect, disdain, mockery, name-calling, aggressive humor, disgust and sarcasm.
- **Arthur Schopenhauer**, a 19th-century philosopher, succinctly defined contempt as “**the unsullied conviction of the worthlessness of another.**”
- The contemptuous partner assumes a position of **moral, emotional, or intellectual superiority**, presenting their spouse as loathsome and irredeemable.

How do we develop respect in a marriage?

- Learn to appreciate and express gratitude for your partner's **efforts**, **qualities**, and **contributions** to the family (no matter how small you think they may be).
- **Express gratitude** for the things **they do** and let them know that you **value** and **appreciate** them.

Song of Solomon 1:15-16

How do we develop respect in a marriage?

- **Learn to value each other** - Respect in marriage is measured in how much you value each other.
- **Respect is how we communicate value for anything.**
We respect what we value.
- **Value is the relative worth, utility or importance of a thing.**
- **Col 3:19; Eph 5:25-28; Prov 31:10-12; 23**

How do we develop respect in a marriage?

- **What you respect, you will honor.** **Honoring** is about recognizing the God-given roles and responsibilities within the marriage and supporting one another in fulfilling them.
- **Honor is giving respect not only for merit (deserving) but also for rank.**
- **God has a ranking system in the home.**
- **Exodus 20:12; Eph 6:2; 1 Thess 5:12; Gen 18:12, 1 Pet 3:6; Eph 5:22-24; 1 Peter 3:7**

How do we develop respect in a marriage?

- Learn to speak and act with kindness towards your spouse. Use kind and constructive language. This is one of the greatest signs of respect.
- The scriptures say, “*speak the truth in love... Eph 4:15*”
- **Prov 15:1** says, “*A soft answer turns away wrath, but a harsh word stirs up anger.*”
- **Prov 12:18** says, “*There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.*”

How do we develop respect in a marriage?

- Instead of focusing on and criticizing your spouse's weaknesses or shortcomings, look for ways to focus on your spouse's strengths.**
- Focus on their strengths and respect will grow. Who doesn't have faults?**

How do we develop respect in a marriage?

- **What about boundaries? Do you want to show respect for your spouse? Then honor your partner's boundaries and privacy.**
- **Respecting your spouse's physical, emotional, and digital boundaries is crucial for maintaining trust and autonomy in the relationship.**

How do we develop respect in a marriage?

- **If your partner enjoys something, or has a calling from God to do something, then learn to enjoy it with them if you respect them, especially if there is no sin associated with it.**
- **That is called autonomy – meaning they are married to you, but they are still free to think and be human (without you interrupting).**

How do we develop respect in a marriage?

- **Learn to actively listen to your spouse and validate their emotions.** Demonstrate respect by actively listening to your partner. Give them your full attention, maintain eye contact, and refrain from interrupting.
- **Respect your partner's family and friends**
- **Share household responsibilities when necessary**