

How to help your wife come to life!

1 Peter 5:6-7

Intro: One day a man bought a new corvette and took it out on the interstate to try it out. Unfortunately, there was a state trooper out that day who turned on his lights and pulled out to follow him. When the man saw the blue lights coming up behind him, he panicked and for about 10 minutes tried to outrun the state trooper. Well, finally he came to his senses and pulled over. The officer approached the vehicle and asked the man, are you crazy? I should take you to jail right now. Can you explain yourself. The man said, well my wife just left me for a police officer and when I saw you rushing up behind me, I panicked. I was afraid he was bringing her back.

1 Peter 3:7

1. A wife needs to feel honored.

What does it mean to honor someone? To honor someone means to see his or her value, weight or worth and to lift him or her up.

Honor Tina (treat) I see her worth and want you to know about it. I want Tina to feel like she is the most important, most valuable person in my world to me. I tell her all the time, she is my favorite. Honor is a heart issue. If I do not truly value her, I may do the right things but she does not feel honored. Honor is shown in how I serve, the spirit of my service, the culture in our relationship. I want her to feel like a queen. A woman has no problem submitting when she feels honored. I have never had to teach Tina to submit. The truth is, early in our marriage, when she was not being submissive it was because she did not feel honored. Men go first. Create a culture of honor in your home.

Mark 6:1-4, Philippians 2:5-11

The opposite would be criticism (especially in front of others), selfishness, rudeness, sarcasm, insensitivity, or being demanding. All these behaviors indicate, I do not honor her. I do not see her value.

Do we honor Jesus? What does Jesus feel when he is with you? What does Jesus feel when we worship? How does your relationship with the Bible make Jesus feel? Is Jesus honored in your life? Honor begins with Jesus. If I do not honor Jesus, I will not honor Tina.

2. A wife needs to feel understood.

Your wife needs to feel understood. I know what you are thinking guys, God needs to manage his expectations, right?

My wife does not need me to fix her, that's God's responsibility. My wife needs me to understand her. The key to understanding is growing in my capacity to listen well. This was hard for me. On enneagram I am an 8 which means I am the challenger. I want to tell you have to fix everything. On Strength finder I have command which means I feel compelled to give my opinion. However, because of my sanctification, I am learning to listen. I have learned to listen, without formulating an answer while the other person is talking. Letting my wife talk, listening careful to understand what she is saying, what she means, and what is going on with her heart. Then pausing a moment to think about it and to decide how to respond.

- Understand our personalities
- Understand our love languages
- Understanding what we each need to stay refreshed
- Understanding what we enjoy doing for fun
- Understanding our schedules

One of the big mistakes we made early in marriage and that lots of couples make is they try to fix their spouse. The truth is we are attracted to our opposite because we need the very things we are usually trying to fix.

- Teaches me how to love. I have learned to love an imperfect person.
- Protects me from being a radical

Let's grow in our understanding of each other and see our differences as a gift from God. I need Tina and Tina needs me. We complement each other.

3. A wife needs to feel loved.

Peter says, (treat her as you should). A woman needs to feel loved.

Ephesians 5:21-33

Paul says, love her the way Jesus loves you. Men, what did Jesus do in order to get a bride? He had to humble himself to the point of death. He had to die. Ladies, what do we have to do in order to get a savior? We have to submit. Again, our marriage is a picture of our relationship with Jesus. Men, we have to demonstrate our love by laying down our lives.

How? Love unconditionally, forgive, restore, serve, understand, approachable, protect, bless, encourage, affirm, support, time.

Notice, I your wife needs to feel loved. If you have not read the book, the five love languages, I highly recommend it. It is written by Gary Chapman and explains that love is expressed in five general ways

- Quality time
- Physical touch
- Gifts
- Acts of service
- Words of affirmation

We all have a tendency to express our love the way we receive love. For example, let's pretend my love language is quality time and every day, when I come home, Tina has me a surprise gift. Every day she gives me a little gift. However, she is so busy that we never have much time for each other. Over time I will begin to feel unloved. Tina gets frustrated because she buys me these gifts to show me love every day. How could I question her love? Generally, what that would indicate is Tina's love language is gifts, which is why she buys me a gift every day. However, my love language is quality time. So not matter how many gifts she buys, I do not feel loved. The key is learning to express your love the way your spouse receives love, according to their love language. You can go online and take the test and order the book.