**Marriage Enrichment Session Four**

**Him vs. Her (3)**

**So God created man in His own image, in the image of God created He him, male and female created He them. (Genesis 1:27)**

**Refreshers …**

1. Our purpose: *to improve – grow - learn – deepen marriage joy*

2. This can’t be attained without *fulfilling the emotional needs* with which our Creator designed us

*It is not good that the man should be alone: I will make him a help meet for him.* (Gen. 2:18)

3. Men’s five primary (most common) needs are

1. Admiration/respect **motivates us**

 2. Domestic havens **nourish us**

 3. Recreational companionship **rejoices us**

 4. Sexual fulfilment **satisfies us**

 5. Physical attractiveness **excites us**

4. The importance of *relationships*

*It is better to dwell in a corner of the housetop, than with a brawling (quarrelling) woman in a wide house.* Prov. 21:9

 a. Why does a *close, intimate, personal, supportive* relationship

 make us as man or woman the happiest?

**The Five Primary Needs of the Woman**

**I. Need for affection**

 a. God commanded men to *love our wife … as Christ, as our*

 *own body … as himself (Eph. 5:25, 28, 33)*

b. Why did God command this?

 *Likewise, ye husbands, dwell with them according to knowledge, giving honor unto the wife as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.* (1 Peter 3:7)

c. Since ‘affection’ is the woman’s *life-blood*, what is it?

 ● affection is *the communication of care and commitment*

**- it is sex-less affection**

 - it has a large repertoire of expression

 ● affection sends them the message that *need to hear*

 - affections spells *security, protection, comfort, approval, validation, acceptance, commitment*

d. Affection is the ***essential cement of a woman’s relationship***

 ***with her husband: affections bind her emotionally to you***

 *Affection is the environment of the marriage, while sex*

 *is* ***an*** *event of the marriage.* (W. F. Harley)

 ● learn to create a loving, caring atmosphere with words,

 gestures, deeds, gifts, attention, time!

e. “*But I am not an affectionate type; that’s just the way I am.”*

 ● God’s command *So ought men to love their wives as*

*their own bodies … For no man ever yet hateth his own flesh; but nourisheth and cheriseth it, even as the Lord the church.* Eph 5:28-29

● Learn to be affectionate

● Some starters … (not copy-righted!)

**II. The Need for Conversation**

 1. The female race thrive on talking for various reasons

 a. because they simply love to talk

 b. because they resolve their burdens/struggles by talking

 2. Recall how most men *fulfilled this need* during courting time

 a. your attention to *details* build emotional bonds which

 kindled strong romantic feelings

3. Intimate talking time have a few secrets to be successful

 a. need to be *enjoyable to both* and it is not enjoyable

 ● when we *demand* instead of request

 ● when we show *disrespect* in words/actions

● when we let *anger roll* into the conversation

 ● when we *resurrect past issues* or dwell on *faults*

 ● when we *interrupt – correct – don’t listen or when*

 *we don’t divide the time equally*

4. How much time should we talk *each week?*

**III. Honesty and Openness to have complete trust**

 1. The ‘golden thread’ woven through a woman’s basic needs is

 *her sense of security – trust*

a. without total openness and honesty this cannot develop

 2. Focus on four areas of *total honesty and openness*

 a. Emotional Honesty: *reveal your thoughts – feelings –*

 *likes – dislikes to events and spouse behavior*

 b. Historical Honesty: *no skeletons in closet*

c. Current Honesty: *reveal daily schedules – activities*

d. Future Honesty: *discuss future plans together*

**IV Family Commitment**

 1. Wives/mothers crave the *positive – proactive involvement*

 *and leadership of husband in the education of the children*

 2. Family commitment isn’t just *doing your part of the chores*

 a. it is taking responsibility for *the education of the children*

 b. it is doing this after an *enthusiastic agreement* both in

 methods and objectives by husband and wife

 3. Time needs to be budgeted weekly for this

**V. Financial Support**

 1. Creates security: *someone is taking care of me*

2. Work on making and sticking to budget together

**Final Parting Thoughts:**

A. Comparing the general priority of needs between a man and

 woman reveals something very intriguing about God’s design

 a. man’s primary: *fall into category of* ***‘leisure pleasure’***

b. woman’s primary: *fall into category* ***‘security beauty’***

B. Recognizing this and making conscious efforts to make love

 deposits in these categories, is increasing joy of marriage!

**Marriage Construction … *the joy lies in the doing of the things!***

1. Rate yourself on how *affectionate* you are to your wife on scale of 1 – 5. After that ask your wife to rate you.

2. For the female, ‘Is affection as important to you as this topic

outlined? Or have you *learned* to say it is not quite so important to cope with the lack of it in your marriage?’

3. Ask your wife to show *her list* of how she wants you to show

affection. Discuss the list together and mark each item with either *No problem – Sweat – No Way!*

4. Besides making a list of ‘affectionate habits’ also make a list of

 ‘affectional habits’ you want your husband to avoid.

5. Discuss this statement: *We spend at least fifteen hours in intimate*

*conversations each week.* (Try to make a time budget as you might have a financial budget).

6. Discuss ways in which you can create *uninterrupted* time to

 talk/listen to each other each week.

7. Discuss *how important* your husband’s family commitment is to

you as wife. Follow this on with making special lists of how to help him in carrying out this commitment as many men didn’t have good role-models in their own fathers who mostly worked hard *outside* the family than *within*.

8. Have you made a budget? If not, consider working on a

 *- needs budget (including all the monthly costs of meeting*

 *the necessities of life, you can’t do or would be uncomfortable with),*

 *- wants budget (which is the budget of the money that is left*

 *over after having met all the immediate/daily needs)*

Recommended is to live of one-income and if that is not sufficient to meet the ***needs***budget, then it may be necessary that the wife would share the task in earning money. You need to remember, however that more money doesn’t necessarily mean better marriages. The less quality time can be given to the relationships, the less satisfying they are.