

How to Understand My Wife

Genesis 2:18 - “And Jehovah God said, It is not good for the man to be alone; I will make for him a helper, as his counterpart.”

What Wives Want In Husbands At Age 22

- Handsome
- Charming
- Financially Successful
- A Caring Listener
- Witty
- In Good Shape
- Dresses with Style
- Appreciates the Finer Things
- Full of Thoughtful Surprises

What Wives Want In Husbands At Age 42

- Not too ugly - bald head OK
- Doesn't drive off until I'm in the car
- Splurges on dinner at McDonalds on occasion
- Nods head occasionally when I'm talking
- Is in good enough shape to help rearrange the furniture
- Usually wears shirt that covers his stomach
- Remembers to put the toilet seat lid down
- Shaves on most weekends

What Wives Want In Husbands At Age 62

- Doesn't scare small children
- Doesn't require much money for upkeep
- Is in good enough shape to get up out of a chair by himself
- Occasionally wears some matching clothes
- Likes soft foods
- Remembers where he left his teeth

What Wives Want In Husbands At Age 72

- Breathing

Understanding My Wife

- The needs and expectations of women change as time goes by
 - Age and health have an impact
 - Roles adjust as children are born, grow, and leave
- But there are some things that remain the same, things that a man must understand about a woman's needs in order for him to be a good husband who loves his wife as Christ loves the church

A Wife Wants A Spiritually Minded Man

- 1Peter 3:11 - “Wives, likewise, be submissive to your own husbands, that even if some do not obey the word, they, without a word, may be won by the conduct of their wives”
- Spiritual men love their wives the way Jesus loves the church
 - Eph. 5:25 - “Husbands, love your wives, just as Christ also loved the church and gave Himself for her”

A Wife Wants Appreciation From Her Husband

- 1Peter 3:7 - “Husbands, likewise, dwell with them with understanding, giving honor to the wife...”
- “Husbands, be considerate as you live with your wives, and treat them with respect...”

A Wife Wants Attention From Her Husband

- Regardless of your age
 - Gen. 26:8 - “Now it came to pass, when he had been there a long time, that Abimelech king of the Philistines looked through a window, and saw, and there was Isaac, showing endearment to Rebekah his wife.”
 - Isaac was over 75 years old at this time

A Wife Wants Attention From Her Husband

- Communicate better, listen more
- Women feel threatened by a husband's emotional distance
- Women feel silence as hostility

Tests of strong, safe, secure emotional bond in marriage:

- Does your wife trust you with all of her heart? How do you know?
 - Can she share anything with you with the confidence that what she shares will not be used against her?
- Can she trust you to be there for her? How do you know?
 - When she needs a listening ear or comfort or encouragement or support, can she count on you?

Tests of strong, safe, secure emotional bond in marriage:

- Can she trust that you are committed to what is best for you both as a couple?
 - Are you committed to the health of the marriage relationship or just trying to getting your wants, needs, and rights met?

A Wife Wants Attention From Her Husband

- She is different from you, and you need to understand this
 - Women tend to focus on how you feel about what you do, and men tend to focus on what you do about how you feel.
 - Women want to hear what you have to say about what's going on; men want to keep quiet and just fix it
 - That's because women in their role as nurturer look for the potential good that can develop in a person, relationship, or group
 - While men in their role as provider look for the results or product of the situation

A Wife Wants Affection From Her Husband

- Affection goes way beyond the intimacy of sexual relations
- Use the five expressions of marital love:
 - Words of affirmation, or building someone up with positive words.
 - Acts of service, or doing something to show love to a spouse.
 - Giving of gifts, or providing visible symbols of love.
 - Quality time, or spending time with a loved one and focusing exclusively on her
 - Physical contact, or acknowledging that she is the only one for you

A Wife Wants Affection From Her Husband

- UCLA study on human touch...
 - Raises the hemoglobin level in our blood, thus increasing the body's ability to heal
 - Lowers blood pressure
 - Increases life span
 - Increases energy level
 - Increases positive view of life
 - The average man or women needs 8 to 10 meaningful touches a day

A Wife Wants Affection From Her Husband

- Little things can matter the most

Understanding My Wife

- You want to understand your wife, show her spirituality, attention, appreciation, and affection
- Men, you thrive on respect and being competent; you express it through action; you fear being inadequate and disrespected
- You are trying to give your wife what you need; she needs something different, because she was made by God to complete what you lack

Understanding My Wife

- Women thrive on love and feeling connected through communication; they express it through attention, affection, affirmation; they fear feeling alone and unloved
- Jesus gives His bride, the church, exactly what it needs; you love your wife as Christ loves the church and give her what she needs