



## **How to Love & Respect**

**Notes for conference Feb. 12 and 13**

**Led by Dan Carter, Associate Pastor, Pastoral  
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For additional information about Emerson Eggerichs; his ministry,  
conferences, and materials on Love and Respect, please go to  
[www.loveandrespect.com](http://www.loveandrespect.com)

## **Ephesians 5:21-33 (NLV)**

21. And further, submit to one another out of reverence for Christ.

22. For wives, this means submit to your husbands as to the Lord. 23. For a husband is the head of his wife as Christ is the head of the church. He is the Savior of his body, the church. 24. As the church submits to Christ, so you wives should submit to your husbands in everything.

25. For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her 26. to make her holy and clean, washed by the cleansing of God's word. 27. He did this to present her to himself as a glorious church without a spot or wrinkle or any other blemish. Instead, she will be holy and without fault. 28. In the same way, husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself. 29. No one hates his own body but feeds and cares for it, just as Christ cares for the church. 30. And we are members of his body.

31. As the Scriptures say, "A man leaves his father and mother and is joined to his wife, and the two are united into one." 32. This is a great mystery, but it is an illustration of the way Christ and the church are one. 33. So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.

## As Your Wife I Feel Loved When ...

**Closeness:** I feel a closeness with you (face to face and heart to heart) when you:

- hold my hand
- hug me
- are affectionate without sexual intentions

**Openness:** I feel an openness with you (you are not secretly mad) when you:

- share your feelings
- tell me about your day and challenges
- talk without harshness, guardedness, or grunting

**Understanding:** I feel you understand me (empathize with me) when you:

- listen to me (know when to give advice and when not to solve my problems)
- repeat back what I sometimes say so I know you're listening to me
- express appreciation for my contribution and roles by saying, "I couldn't do your job"

**Peacemaking:** I feel at peace with you (issues are resolved) when you:

- admit you are wrong and apologize by saying "I am sorry" (which is a turn on to a woman)
- keep the relationship up to date, resolve the unresolved, and don't say "forget it"
- pray together after a hurtful time

**Loyalty:** I feel a loyalty from you (complete commitment) when you:

- don't look at other women
- speak only positive things about me before family and friends; no airing of dirty laundry
- do not bring up the "D" work (Divorce) but are committed until death do us part

**Esteem:** I feel esteemed by you (treasured above others) when you:

- verbally support and honor me in front of the children
- praise me for what I do for you
- value my opinion in the gray areas; not wrong just different from you

## As Your Husband I Feel Respected When...

**Conquest:** I feel you appreciate my pursuits in my field (my desire to work and achieve) when you:

- tell me “thanks” for going to work everyday for the family
- cheer my successes whether in business or in sports
- ask me to talk about my dreams

**Hierarchy:** I feel you appreciate my position as overseer (my desire to protect and provide and even die for you) when you:

- say to me “I really do look up to you for feeling responsible for me”
- tell me that you are deeply touched by the thought that “I’d die for you”
- praise my commitment to provide, i.e. “bring home the bacon”

**Authority:** I feel you appreciate my power on your behalf (my desire to be strong, to lead and make decisions) when you:

- tell me I’m strong as you squeeze my muscle (it’s symbolic)
- praise my good decisions
- honor my authority in front of the kids and differ with me in private

**Insight:** I feel you appreciate my perspective and proposals (my desire to analyze and counsel) when you:

- thank me for my advice and knowledge
- let me fix things and applaud my solution orientation
- tell me up-front you need “an ear” to listen and not a solution

**Relationship:** I feel you appreciate my partnership and pastimes (my desire for a shoulder-to-shoulder friendship) when you:

- tell me you like me
- do recreational activities with me, or watch me do them
- encourage alone time for me; this energizes me to re-connect with you later

**Sexuality:** I feel you appreciate my passions and pleasures (my desire for sexual intimacy) when you:

- initiate periodically
- respond more often
- let me acknowledge my sexual temptations without shaming me or me feeling shamed

## How to Avoid the Crazy Cycle

1. Phil. 2:3-4 Realize that if you're married you can't live like you're single. We have to get out of a "me first" selfish attitude, and instead focus on the needs of our spouse.
2. Eph. 5:18 Ask for the empowerment of the Holy Spirit. Character change is impossible without His activity in our lives.
3. Col. 3:12-13 Ask for forgiveness or say "I'm sorry" when you offend your spouse.
4. Rom. 12:10-11 Every day, find a way to serve your spouse.
5. Rom. 12:16 Do not let discussions escalate into arguments. Disengage and come back later. Don't be an "I have to have the last word" kind of person.
6. Eph. 5:25 Husbands must love their wives in the same way that Christ loves the church (without condition). This love should take the form of practical expressions.
7. Eph. 5:21, 33 Wives should respect their husbands without condition and be willing to submit (this is easier if the wife is secure in the love of her husband).
8. Ps. 139:13-15 Accept your spouse the way God made them. Don't try to remold them in your image.
9. Phi. 4:10 Be generous in saying "thank you" and showing your appreciation for things that your spouse does.
10. Gen 1:27 Thank God and celebrate the differences in how God made males and females.
11. Eph. 5:31 Don't allow your children to take precedence over your spouse. Only husbands and wives have oneness.
12. Eph 4:2-3 Have a "connect time" each day: fifteen minutes of focused attention.

## Hindrances to a Maximum Marriage

1. Unforgiveness
2. Additions
3. Affairs
4. Not growing in the marriage
5. Unresolved hurts or pain from the past
6. Lack of love
7. Lack of respect
8. Blended marriage issues:
  - Children
  - Finances
  - Assets/property
  - Exes
  - Etc.
9. Unequal faith/commitment to God
10. Inadequate cleaving / bonding

## Additional Help for Marriages

- ✚ Love and Respect (Tuesday nights 7 p.m.)
- ✚ Marriage Mentoring
- ✚ Men Mentoring
- ✚ Women Mentoring
- ✚ Counseling (Staff & Lay) Pastoral Care
- ✚ Married Life – Life Groups
  - Married4Life (Sun 9:15 am – CBC P5)
  - Young MarriedLife (Sun 11:00 am CBC C134/135)
  - Blended Families LifeGroup (Sun 11:00 am CBC P3A)
  - Saturday Night MarriedLife (Sat 6:15 pm – CBC P8)