

**Title:** marriage seminar session 1 – introduction to the crazy cycle  
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## What are we communicating to one another?

\*Men and women are different! \*\*Blue sunglasses & blue hearing aids vs. Pink sunglasses & pink hearing aids

- **Wife can be motivated by love, sincere, good-willed towards her husband. But:** the way she speaks, the way she communicates can be heard as something completely different. He could hear: "This woman has no respect for me."
- **Does she love? Yes. Does she like you?** I don't think so!
- **The husband can sincerely love his wife, be good-willed towards his wife. But:** he is distracted, maybe passive in the relationship in terms of romance, forgetting to pick up clothes or pack away dishes. **Does he love her? Yes! But what is she hearing / seeing?** He doesn't love me! If he loved me, he would do this, and say this...
- **So she tries to get him to change. It backfires.** A husband who feels disrespected will most probably stonewall and become less loving.
- **Husbands: are you communicating to your wife that you love her?** Tone of voice, focus, what you do?
- **Wives: are you communicating to your husband that you respect him?** Tone of voice, how you say what you say, what you do, body language?

\*We easily see what is done to us before we see what we are doing to our mate.

**Love and respect** – the key to a marriage that works. To get the love flowing and going till the end.

*Eph 5:33 NIV Each one of you also must love his wife as he loves himself, and the wife must respect her husband.*

We often focus **on the love aspect**. Husbands love your wives and that wives must love their husband. Surely love is enough! Yet it isn't. It is love communicated in the correct way.

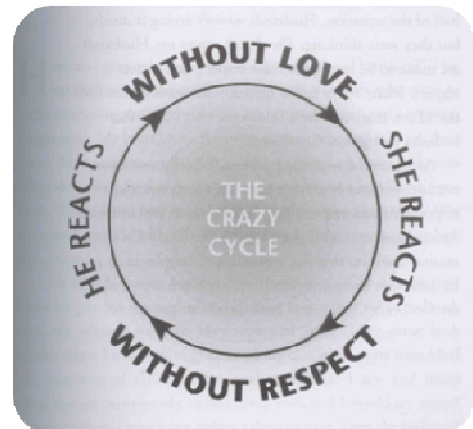
**The crazy cycle** – *Without love she reacts without respect, and without respect he reacts without love. So the cycle continues.*

A man **needs respect more** than he needs love. He **feels** loved, when he is respected.

\*Husbands love your wives unconditionally, and wives respect your husbands unconditionally. [if either of the two does this it will stop the crazy cycle.]

**No husband feels love** for a wife who appears to have contempt (disrespect) for who he is as a human being.

\***Love tank and the air hose:** The moment the wife feels unloved by her husband it is like him stepping on her air hose. She will surely hit him with a baseball bat if she could and say: **get off my air hose!** She is that depended on love. It is the "air" she breathes.



**Respect tank and the air hose:** The moment the “air” is cut off, because he isn’t receiving any respect then he will **react**. His “air” has just been cut off.

Proverbs 14:1 (NKJV) *The wise woman builds her house, but the foolish pulls it down with her hands.*

**\*Believe the other person is good-willed towards you.**

**Respect is a man’s deepest value:**

**Survey:** Four hundred men were asked, which would you prefer to endure?

- To be left alone and unloved in the world
- To feel inadequate and disrespected by everyone

74% of these men said that if they were forced to choose they would prefer being alone and unloved.

Respect is the key to motivating a husband. The moment you respect him, he will be much more open to serve in the house and help out.

**Wife shared after her husband strayed into an affair:**

*“I realise that my husband had cheated with this woman, not because of her looks or personality, or because she was anything so great, but rather because she was his captive audience. She thought he hung the moon. Every remark he made to her was witty; everything he did was perfect. In her eyes, he was the most handsome, intelligent, funny man in the world. He needed an ego boost, and she was ready and willing to be that for him.”*

- **Men want to be somebody’s hero.**

**What a man defines as respect** and what a woman defines as love are two completely different things.

**What are you communicating to your spouse?** It will determine if you’re getting on the crazy cycle or not.