

Title: The respect that he needs
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The energizing cycle

C-H-A-I-R-S – How to spell respect to your husband.

Respect is your husband's love language

Maybe you think: HOW am I supposed to respect my husband unconditionally? In the same way that he is suppose to love you unconditionally. Only with God's help.

When a wife flatly says that her husband will have to earn her respect before she gives him any, she leaves the husband in a lose-lose situation. Now he's responsible for both love and respect in the relationship. He must unconditionally love his wife and he also must earn her respect.

It does not mean that you respect bad behaviour or actions, but you respect him as a person.

CONQUEST – Appreciate his desire to work and achieve

A man's identity is linked to what he does.

If a wife even implies, unknowingly, that her husband's work is not that important, she has **just called him a loser.**

Sometimes you need to visit your husband at work and see the admiration and respect he receives from his colleges. You will be surprised.

Practical:

- Believe in your husband, even if he makes a mistake or messes up. The whole world can think that your husband is amazing, but if you don't believe in him, it doesn't count. Or the whole world can be against him, but is you believe in him, it is ok.
- Listen to his work stories as closely as you expect him to listen to yours.
- Allow him to dream.
- Tell him how much you admire him for the work he does.

HIERARCHY – Appreciate his desire to protect and provide

Ephesians 5:22-24 "For the husband is the head of the wife, as Christ is also the head of the church, He Himself being the Saviour of the body. But as the church is subject to Christ, so also the wives ought to be to their husbands in everything."

Husbands are to protect and provide for their wives. They are in that sense responsible for them, but they can only do that if the wives allow them to. For this the wife needs to be subject to him and look up to him. It's a heart attitude, it has got nothing to do with how much money your husband makes.

Practical:

- Never, in word or body language, put down his job or how much he makes.
- Praise his commitment to provide for and protect you and the family

AUTHORITY – Appreciate his desire to serve and lead

You should operate as a team, but sometimes the leader needs to make the call, especially when there is a stalemate. Give your husband the authority to make the calls.

When the wife challenges the man's authority, then he will tend to become more stubborn and she won't get what she wanted.

Afraid of being a doormat? As you submit (which simply means recognising his biblically given authority), you will not be a doormat. In fact, you will get your way far more often than you would if you "stood up for your rights", which usually means disrespectful.

Maybe you feel that your husband does not give spiritual guidance, that he does not lead spiritually. Then you take it to the Lord, because a contemptuous, critical spirit is unfortunately not the way to win over your husband

1 Peter 3:1-5

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, when they observe your **chaste conduct** *accompanied* by fear.

Chast conduct = *to respect, defer to, revere him--to honour, esteem, appreciate, prize, and, in the human sense, to adore him, that is, to admire, praise, be devoted to, deeply love, and enjoy your husband*

Do not let your adornment be *merely* outward—arranging the hair, wearing gold, or putting on *fine* apparel—rather *let it be* the hidden person of the heart, with the incorruptible *beauty* of a **gentle and quiet spirit**, (*which is not anxious or wrought up, but*)which is very precious in the sight of God.

For in this manner, in former times, the holy women who **trusted in God** also adorned themselves, being submissive to their own husbands...

Gentle & quiet spirit: A wife's obedience is not from intimidation, but from a quiet confidence, which is the fruit of trust in God. We have to make a choice to trust in the Lord. We do not manipulate, do not control, let go of our ideas, our timing, our way

Practical:

- Praise his good decisions
- Be gracious if he makes bad decisions
- Disagree with him only in private
- Allow him to lead, don't take over, manipulate and control
- Treat him as the king, even if he does not act as the king – unconditional respect
- Take your frustrations and concerns to the Lord

INSIGHT – Appreciate his desire to analyze and counsel

It was Eve, not Adam, who was deceived. We need our husband's logical advice and opinion.

Don't try to be your husband's Holy Spirit, his conscience, his guide in life. Women lose respect for their husbands and then deem themselves superior and better equipped to make decisions. This is arrogant.

Practical:

- Thank him for his advice without acting insulted or like he doesn't care about your feelings.
- Recognize his problem-solving approach as his male brand of empathy.
- Seek his opinion in YOUR areas of interest – men appreciate it when their wives ask for help
- Allow him to sometimes "fix" things and applaud his solutions

RELATIONSHIP – Appreciate his desire for shoulder-to-shoulder friendship

Your husband must be your best friend.

Men communicate by sharing experiences e.g. watching rugby, braai etc. Women share experiences by talking about them to each other. Men are different. Sometimes your husband just wants you to sit next to him while he is doing something, without saying a word.

Males prefer shoulder-to-shoulder communication instead of face-to-face communication.

Practical:

- Are you fun to be with?
- Does your husband know that you LIKE him?
- Make an effort to understand your husband's hobbies, eg. Fishing, hunting, watching rugby/cricket
- Give him space!
- Just “hang” with him

SEXUALITY – Appreciate his desire for sexual intimacy

Just as the devil will do everything he can to bring 2 people together sexually before marriage, he does everything he can to keep them away from each other after marriage.

Often women feel that sex is a man's number one need. In actual fact sex is symbolic of his deeper need – respect.

A man feels really disrespected if he needs to beg his wife for sex.

A wife needs emotional release through talking. When that need is met, she feels loved. When a man refuses to talk, that symbolizes to her that he does not love her or care about her need. A husband has a need for physical release through sexual intimacy. When a wife refuses, that symbolizes to him that she does not care about him and does not respect him and his need.

For the women: What if your husband does not talk to you for 2 weeks/2 months? That is how he feels without sexual intimacy for 2 weeks/2 months.

Practical:

- Respond to him sexually more often and initiate sex periodically
- Understand he needs sexual release just as you need emotional release
- Communicate that you enjoy sexual intimacy and that you think he is great!
- Be passionate