

TEACHING NOTES (underlined words indicate answers for the handout)

Help for Husbands

INTRODUCTION

1. God made man first. He made him after His own image.

There is a real good fighting story I heard about a fellow who went to his buddy and said, "My wife and I had a fight last night."

His friend said, "Well, tell me how did it end up?"

He said, "She came crawling to me on her hands and knees."

His friend said, "Wow, that's incredible. What did she say?"

She said, "Get out from under that bed, you coward."

2. Since man was made first he has a little longer history than the woman so we need to take a little time and go inside of the man and try to understand what makes him tick.

3. Men, if you would allow me to hang around with you for any length of time, it wouldn't take long to determine what it is that you really treasure in life.

a. This would let me know what is at the top of your priority list.

b. You may fool me for a time but if I would hang in there long enough, the truth about what it is that you treasure would be sure to come out.

c. As I would be around you, your treasure would eventually show through in your conversation.

d. We talk about our treasure.

e. It shows up in our schedule. I would find you making time for that which is your treasure.

f. It would manifest itself by the kinds of people you choose to be close friends with.

g. This is true because we tend to choose friends and spend time with those who treasure the same things we treasure.

h. It would reveal itself by the way you spend your money.

Isn't it amazing that we can always scrape up enough money to spend or invest on that which we treasure.

i. I could be tipped off by the books you read, magazines you subscribe to, by where and how you use your leisure time.

j. But sooner or later I would know what your treasure is.

k. I could discover who or what you really value.

l. Jesus said it very clear when He said, "For where your treasure is, there will your heart be also. Matthew 6:21

1.) This seems to be saying that you will have feeling about that which you treasure most.

2.) You will have feeling when you think about that treasure and you will be motivated and excited about that which you treasure.

3.) Your pulse will beat faster and a smile will come upon your face when you are involved with your treasure.

4. Husbands, there was an era in each of our lives when it would have taken all of about 15 minutes for a third party investigator to conduct a treasure hunt in our life.

a. During the courtship phase of our relationship with the wives we are now married to there was not much of a mystery going on as to what our lives revolved around, about what we really treasured.

b. We treasured the woman of our dreams. Our perfect "10".

One guy said he should have settled for about a 4 worth 6 million dollars.

c. During those days everyone knew who it was that we treasured.

d. We would talk about the woman we loved.

e. We spent an enormous amount of energy and creativity in dating the woman we loved.

f. We rearranged our schedule so that we could spend every spare moment with that woman.

g. Even money was not an object. We spent all kinds of money.

h. It was no mystery to anyone who we treasured.

i. It was surely no mystery to the lady we were pouring our attention, affection, and our appreciation upon.

j. She felt loved. She felt prized. She felt courted and wanted and appreciated.

k. She felt held in high regard. She felt safe and secure.

l. Putting it in another way she felt treasured.

m. She just knew it would last. She even figured it would even get better and better.

n. Then came the wedding and then the honeymoon and then the return from the honeymoon and the move into the apartment and the realities of everyday married life.

o. It is at this critical point that married men do something that is absolutely instinctive.

1.) It is as natural and as reflexive as eating and sleeping.

2.) What is it, you ask?

3.) Married men without any premeditation, without any malice or forethought calmly proceed to shift their attention to the attainment of their next objective or goal in life.

4.) This is usually to proceed in the career or vocation that they have committed themselves to.

p. 99 out of a hundred newly married men are not even aware of this shift in emphasis that transpires in their lives.

q. But without any advanced warning or any advanced communication with their partner, most men, shortly after things get settled down in marriage, systematically dismantle the emotional equilibrium and the self esteem of their bride by simply closing the book on their courtship and romance era of their lives and next they fix their gaze or shift their gears and they say now I need to make a name for myself in the market place.

r. It is as though men say to themselves, "Now that I am married and I got that job done let's see what is next on life's agenda.

1.) Let me stress here that these are subconscious kind of choices.

2.) Men mean no harm. They are not even aware of what they are doing.

3.) If you would ask them they would say I still love her. Nothing has changed. They are not even aware of it.

s. You see you have to understand how little boys are raised by grown men.

1.) It goes all the way back to childhood.

2.) The dad assigns the little guy a list of responsibilities and says you do this chore and when you complete it accurately and satisfactorily, then you do this chore and that chore and you work yourself right down the list and do what you are told.

3.) He does this chore then this chore and that one until they are all done.

4.) When he gets a little older and gets involved in athletics he knows how the game works.

a.) First there is the try outs.

b.) Then there are the practices.

c.) Then there are the games.

d.) Then there are the tournaments.

e.) Then there are the awards banquets.

f.) Then you put that uniform away and wait about three weeks and you shift your focus to the next sport.

t. It is the same way in the market place.

1.) At his first day at work he received an assignment from his manager and is told to work on it, complete it, present it, then pack up and move on to the next assignment.

2.) This mode of operation is the way of life for this man and has been since his childhood.

u. So men continue this task oriented pattern in their relational lives.

1.) So when they get the marriage job completed they attend the award banquet, the honeymoon, and then they move on to the next challenge.

v. Now, everything I have been saying makes perfect sense with men and don't bother telling me it doesn't.

1.) We are made this way and function this way.

2.) We are raised this way and live this way.

3.) As I am explaining this there is very little emotion attached or emotional activity going on in the minds of men right now.

4.) And most men are saying, "Oh yeah. That's right."

5.) They have probably not thought of it quite this way but they understand. Not earth shaking but very interesting.

w. It might not be earth shaking to men, but it is earth shaking to women.

x. Men, we have no idea what our innocent little instinctual shifting of gears did to our wives.

5. We have to look at this whole phenomenon of courtship, engagement, and marriage and married life.

a. You have to look at the whole thing from day one.

b. In order for this session to really help the man, we have to take a little time and look at this from a woman's perspective.

c. Let me take you back all the way back to your courtship days.

1.) All the way back to when you first started making eyes at this woman you were infatuated with.

2.) When you first started driving around to find her.

3.) When you first started those stumbling conversations with her and then took her out.

4.) Finally, you started dating her and then you started courting here and you're now saying, "I am with you, get on with it."

d. During this whole courtship phase, most men are completely oblivious to the subplot of that courtship mainly what is going on in the mind of the woman.

e. Early in the mind of the young woman who is being courted is the big question, what is this guy really after.

1.) She asks this question 100's of times.

2.) What is this guy really after?

3.) Is he after a good time, is this a good time relationship?

4.) Is he after a cheap thrill?

5.) Is he after a casual friendship, a serious relationship, just what is he after?

6.) Along with that she is asking herself, "I wonder how badly am I going to get hurt in this relationship?"

7.) Am I going to get all emotionally charged and then get discharged from it and discarded?

8.) This is going on day and night in the mind of a courted woman.

9.) Over time, as she observes the effort and the commitment of the man she is dating, as she keeps receiving phone call after phone call and love letters and dinners and long walks, and kisses and conversations, she gradually allows herself the privilege to believe that maybe, just maybe, this man really loves her for who she is.

10.) She starts to say to herself, "Maybe this isn't a setup for a heartbreak."

11.) Maybe he really does appreciate what God made me to be.

12.) Maybe he really does treasure me.

13.) As the relationship continues to grow, her fears diminish more and more until finally at the engagement time when the woman crosses that last bridge of doubt and she says, "I guess I can just believe it."

14.) It is here she burns that last bridge of fear and allows herself the freedom to say I am someone's treasure.

a.) I have never been someone's treasure before, but now I am.

b.) I trust this man.

c.) It has taken me months or maybe years, but I know he loves me and I am important to him. I can finally say with confidence that I trust his love and am no longer worried that he will pull out the rug from underneath me.

d.) Then comes the wedding and that sort of seals it.

e.) Then on the honeymoon she revels in his love and when they return from the honeymoon she is fully expecting that married life will substantiate her long time incoming trust of her husband's love for her.

f.) In other words, she is finally over most of her fears and anxieties of whether or not she is treasured or whether or not she is going to be mistreated.

g.) In other words, she is ready to start writing the book on wedded bliss.

h.) As she is picking up the pen, just about the same time, the husband is closing the book on the task of getting the marriage job done.

i.) What you have right there is the stage that is being set for a play called disaster.

6. The husband now calmly proceeds to focus his attention on the next challenge of his life's agenda.

a. He is now ready to make a buck or two.

b. He is ready to climb a rung or two on the ladder of success.

c. He works so hard at it that he has very little time left for long walks or love letters or candlelight dinners, or flowers, phone calls, or much of anything else.

d. All of these items used to be front burner items because that is what it took to get the marriage job done.

e. But the marriage job is done and now we need that energy to get the next job done. The next thing on the agenda in life.

f. Do I have to tell you that the young bride is shattered?

1.) Her worse nightmare is coming true.

2.) She views his new agenda as evidence of personal rejection.

3.) She says to herself, "This was a setup."

4.) He does not really treasure me after all.

5.) He did not want me, he wanted a wife.

6.) How could I have been so stupid. I bought into all that wining and dining and the courting and here I sit trapped, wrecked and deceived.

g. Men, can you see what is going on here in the mind of your wife?

1.) We have no idea what goes on in the mind of our wives when we stop treasuring them.

2.) We have no idea what goes on in the mind of our wives when we stop courting them.

3.) Stop romancing them.

4.) If we did we would never stop.

7. It should come as no surprise that God in His Word, the Bible, has one overarching imperative to husbands with respect to how to build a long lasting mutually satisfying and God glorifying marriage.

a. Ephesians 5:25, "Husbands, love your wives." This is the best help I can give you in marriage.

b. Using an acceptable synonym, let me put it this way, "Husbands, treasure your wives."

c. The usage here in the Greek is a present imperative verb tense which means this verse could be rendered, "Husbands, continue to treasure your wives." Or keep on treasuring your wives. Or **DON'T EVER STOP TREASURING YOUR WIFE.**

d. **DON'T EVER STOP TREASURING YOUR WIFE!!!**

e. Husbands, remember this, God is on your side. He is on their side too, but He is on your side.

f. God is for us. He wants our marriages to flourish and be satisfying to us.

g. He is a good God and wants us to enjoy them.

h. He created us and knows all about us.

i. God is saying, "Husband, don't shift gears."

j. If you do that, it could cripple your marriage severely for many years and could even kill it.

k. Statistics show there are an enormous amount of divorces in the first five years of marriage and a lot of them come from this very scenario.

1.) The set up in the mind of the wife.

2.) The shifting of focus and gears in the life of the husband.

3.) And all of the struggles and fights and miscommunications that happen afterward.

8. Some people even here this morning have crippled marriages because of this.

a. Some are worse and have marriages hanging in the balances right now because of this.

b. Husband, do not stop treasuring your wife.

9. There are many things we could say right now that will give us husbands help in our marriage but I want to limit it to five things.

Here are 5 practical ways you can keep on treasuring your wife.

I. You Must Court Your Wife Creatively.

A. You can be creative.

1. There is a curious power in creativity.

2. It inspires you, and refreshes you. It keeps you off balance and surprises you.

3. Men don't tell me you do not know how because during your courtship days you did a very good job at being creative.

So good that you won your wife's heart in marriage.

4. You worked so hard at being creative and more creative that you finally just got married.

5. After your marriage your energy that you had for being creative with your wife went into your jobs, churches, careers.

6. You have to start courting your wife creatively again.

B. How can I start courting my wife again?

[] This will mean more to your wife than you can ever imagine.

1. Consciously make a choice to start again.

2. Write some notes that express your love and feeling for your wife.

This is not a list of things for her to do around the house.

Do this while you are at your desk or on a break. I taped one on the steering wheel of the car the other day.

3. Call your wife from work.

Call her with no reason in mind at all but to just express your love to her. She will probably think there is a reason.

4. Take her for a walk after dinner.

You are probably saying, "where?"

Does not matter. Around the house, around the block, around the neighborhood. Does not matter.

5. Start holding her hand when you are with her.

Do you remember where her hand used to be 15 years ago? It is still there.

6. Buy her some flowers or some nice gifts.

7. Try some non-sexual touching around the house.

There is tremendous value in non-sexual physical touching.

I am sure many men are probably thinking, now wait a minute. That term does not mean anything.

This is friendship touching or caressing a little bit with no dreams.

[] It all says to the wife, "I TREASURE YOU".

II. You Must Communicate with your wife meaningfully.

Every husband should initiate meaningful conversation with his wife outside the home at least once a week.

1. This is where he asks her questions, discusses issues with her, reveals feelings about her, and works through conflicts with her.

How are we doing? What can I do to please you more? What's going on in our lives? How am I frustrating you?

2. Meaningful conversation has to be in an unhurried atmosphere.

3. Meaningful conversation is one of the shortest roads to intimacy.

4. The man sets it up, initiates it, asks the questions, and the wife loves it.

Meaningful conversation is often curiously associated with the kindling of romantic and sexual feelings and desires in the life of your wife.

Some men complain that their wife is not interested in their sexual relationships and the real issue is the fact that he lacks in the willingness to have a meaningful conversation with her which leads to a very satisfying sexual relationship.

III. You Must Serve Your Wife Cheerfully.

How many can remember how you served your wife at the beginning of your courtship?

1. Early in the courtship at school you would willingly carry her books.

2. If at college together you would carry her luggage for her if she was going to be going home for the holidays.

3. During the engagement period, the young man fixes her car, drives her places, holds open the car door.

4. But after about six weeks into the marriage the man retires the servant's uniform.

5. He puts it in a glass case in the hall closet.

He says that's the uniform I wore to get the marriage job done. But now that that job is done, I don't need to wear the outfit anymore.

6. Men, take the outfit out of the trophy case and never retire that uniform.

7. Wives do scores of repetitive, thankless, monotonous tasks to keep a household operating.

8. On the other hand, regular, cheerful, voluntary acts of service are greatly appreciated by wives and it says to them I TREASURE YOU!

9. Action is not just cheap talk – it's proof.

It says, I treasure you. I want to be around you. I want to serve you.

[] What are some action steps a man can take?
(Ask the wife)

1. Pray together.

2. Desire to be with your wife.

3. Be romantic, not just sexy.

4. Really get to know and understand your companion.

5. Avoid negative comments.

Proverbs 15:1, "A soft answer turns away wrath, but harsh words cause quarrels."

6. Develop common interests.

IV. You Must Inspire Your Wife Regularly.

A. Men, most of us are married to women who have been victimized by a chauvinistic undertow.

1. Most of them have grown up in a culture that minimizes their value, underestimates their abilities, and depreciates their potential.

But we husbands who know anything about the Bible know that women are full image bearers of God.

They have full rights in the Kingdom. They are gifted by the same Holy Spirit that we are gifted with. They have every bit as much potential as we have.

2. One way we husbands can show our wives that we treasure them is to inspire them to reach their potential.

I do not mean to manipulate them or coerce them, but to say what is it honey, that you would love to do, or who is it that you would love to be, or what skills would you love to develop? Where would you like to go or where would you like to grow?

How can I inspire you and cheer you on?

3. When you love someone you want them to live a fulfilled life. Walk around satisfied.

4. Ask you wife what is it that you would like to do that I could cheer you on to do? Ask her. Maybe it has been squelched for so long that it is lying there dead.

5. How can I inspire my wife.

1. Provide her with words of encouragement reinforcing her role as your wife and mother to your children.

She needs to hear you say that her job is much greater than a briefcase toting momma walking around with a big office job.

As a wife and mother she has the greatest fulfilling job on the face of the earth.

2. Encourage her to blossom in her area of gifts.

Help her find her area of gifts.

3. Express the joy and fulfillment in your own job because it sends signals of security to her.

4. Praise her daily with genuine heartfelt compliments.

V. You Must Walk With The Lord Faithfully.

A. The best thing you can do for your wife is to walk with Christ.

Why should you walk with Christ? Look what happens to you:

1. The Holy Spirit will transform your character.

2. He will clarify your values.

3. He will modify your convictions.

4. He will instill a sense of integrity within you.

5. He will give your life a purpose, a security, a peace, a courage, a tenderness, and a joy.

6. And to top it off, your wife will respect YOU.

There is a reason why some wives have a hard time loving their husbands – they do not respect them.

Walk with Christ and over time your wife will respect you.

Men, for God's sake, for your wife's sake, for you kid's sake, and for your sake, treasure your wife.

CONCLUSION

Here is your assignment to begin doing this next week. Plan a meal outside the home. Ask your wife which one of these five areas do I need to work on.

Right now I want you to take your companion's hand and I want us to pray to God.

Husbands: Your prayer should be:

First – God forgive me if I have not been treasuring my wife. If I have put her on the back burner of my commitment.

Second – God help me to cheerfully learn this weekend how I can be the best husband my wife could ever have.

Wives: Your prayer should be:

First – God help me to recommit my live and love to my husband. May I learn this weekend to totally trust him with my heart and soul.

Second – God help me to cheerfully learn this weekend how I can be the best wife my husband could ever have.

Pray: Both partners need to agree and pray to make this work.