Love and Respect Marriage Group – Week 5

**Homework**: Men, you were supposed to come up with a plan for making more face to face time happen. Discuss with the group how it went.

**Video: How to Spell LOVE to a Woman**

 (C \_\_\_\_\_\_\_\_\_\_) When you want to be with her \_\_\_\_\_\_ to \_\_\_\_\_\_.

* If your wife is acting in disrespectful ways is just crying out for \_\_\_\_\_ to \_\_\_\_\_ “alone” time with you?

 (O \_\_\_\_\_\_\_\_\_\_) When you are not secretly \_\_\_\_\_\_ at her.

Colossians 3:19 Husbands love your wives and do not be embittered with them.

* Women \_\_\_\_\_\_\_\_\_\_ their emotions and men shove them into \_\_\_\_\_\_\_\_\_\_\_\_.
* You’re going to \_\_\_\_\_\_\_ her by not \_\_\_\_\_\_\_-ing her with what’s \_\_\_\_\_\_\_-ing you.
* On the marital bus ride there might be times when we are \_\_\_\_\_\_\_\_\_\_ on to our spouse something that’s not \_\_\_\_\_\_\_\_ (our imagination is figuring things out).
* The day that you realize that your wife treats you the way she treats others will be an \_\_\_\_\_\_\_\_\_\_\_ moment.
* As a man is open with his wife \_\_\_\_\_\_\_\_\_\_ it does something to her spirit and she becomes open \_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_.

 (U \_\_\_\_\_\_\_\_\_\_) When you \_\_\_\_\_\_\_\_\_\_ with her.

1 Peter 3:7 …Husbands likewise live with your wives in an understanding way…

* The 3 R’s of communication for women
	+ She wants to R\_\_\_\_\_\_ R\_\_\_\_\_\_\_ and R\_\_\_\_\_\_ her emotions.

**Discussion Questions**

1. A wife feels unloved when her husband appears to be mad at her, closes her out, and refuses to be open. What will the wife’s natural reaction be? How can men avoid this?

2. Women, can you please share with the group how men can speak the truth in love with you without crushing your spirit?

3. Men, can you please roll play with your spouse how you will communicate this phrase “Do you need a solution right now or just a listening ear”?

4. Women, do you agree that talking about your problems and receiving assurance that you are understood brings you relief even when there is no solution, like a teapot that whistles to release steam, it just makes you feel better? Discuss.

5. End by praying for the person on your left that God would enrich their relationships.

**Homework:** Men, this week, practice the art of “Listening to understand” your wife’s emotion instead of trying to “fix the problem” of what she’s going through.