



Exodus 34:6

THE LORD, THE LORD,  
THE COMPASSIONATE  
AND GRACIOUS GOD,  
SLOW TO ANGER,  
ABOUNDING IN LOVE  
AND FAITHFULNESS

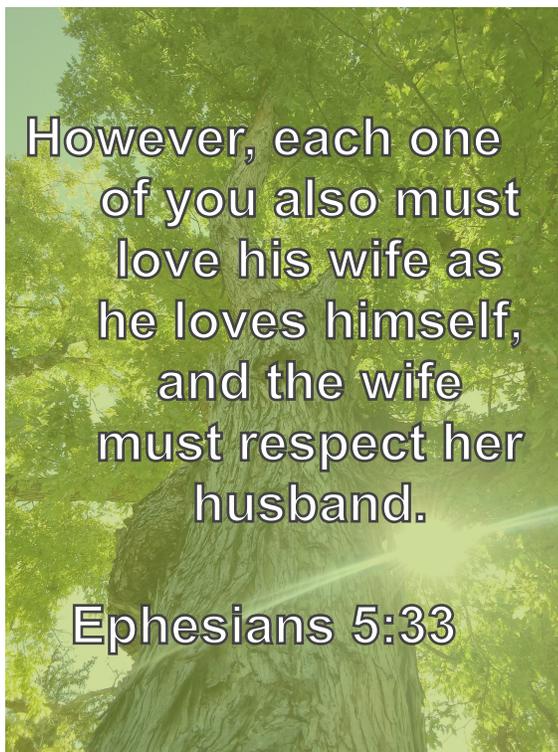
**Husbands, love  
your wives, just as  
Christ loved the  
church and gave  
himself up for her.**

Ephesians 5:25

Ephesians 5:22

**WIVES, SUBMIT  
YOURSELVES TO  
YOUR OWN  
HUSBANDS AS YOU  
DO TO THE LORD.**

## GROWING IN HIM COUNSELING



## Love in Marriage

Men are designed to need respect and women are designed to be loved. Women, thus, are better at loving than respecting and men are better at respecting than loving. Additionally, a husband is called to love an un-respecting wife and a wife is called to respect an unloving husband. We do not wait for our spouse to love or respect us. We simply obey the command given in Ephesians 5:33. This is much easier said than done. Jesus loves us when we are most unlovable and when we vowed to be married, we also committed ourselves to loving and respecting our spouses even when they don't "deserve" it. The question becomes how do we love our wives the way they need to be loved and how do we respect our husbands the way they need to be respected? Dr. Emerson Eggerichs gives us practical tips in his book "Love and Respect." (see practical tips on other side) "That is why a man leaves his father and mother and is united to his wife, and they become one flesh." Genesis 2:24

### Dr. Eggerichs "the crazy cycle"

Dr. Eggerichs describes the "crazy cycle" as a situation in which the wife reacts without respect when she is not feeling loved and the husband reacts without love when he is not feeling respected. When a spouse withholds love and respect because they are not receiving it, the cycle continues and often spirals out of control. We are called to love and respect our spouses just as Christ loves His church. The good news is, we can stop the cycle and enter into a stronger, healthier relationship! There is often a fear that "if I try to respect him/love her, they won't respond and it will be all for nothing." The answer is to trust and follow God. **Ephesians 6:7-8** says "serve wholeheartedly, as if you were serving the Lord, not men, because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free." When you don't "feel" like loving/respecting your spouse, do it for the Lord instead and see what He can do in your marriage. Act on commitment, not feelings and things will begin to change. God is Good all the time!

“Love and Respect” by Dr. Emerson Eggerichs

**C-O-U-P-L-E:** How to spell **LOVE** to your wife

**C**loseness: She wants to be close to you (one flesh- Gen 2:24) He shall “cleave” to his wife. Cleaving is more than sexual-it is emotional and spiritual closeness. It is face-to-face connection without distractions.

**O**penness: She wants you to open up to her. Share your dreams, yearnings, failures and fears with open, heart to heart talks like you did when you were dating. She still wants this connection.

**U**nderstanding: Don’t try to “fix” her; Just listen. 1 Peter 3:7 says to treat your wives with respect as the weaker partner. This does not mean she is less than you, but more vulnerable and precious similar to a “porcelain bowl.” She is “delicate and worthy of honor.” (pg 146-147 Love and Respect.)

**P**eachmaking: She wants you to say “I’m sorry.” Conflict is necessary in a marriage. It is through resolving the conflict that you grow closer together. It is important to speak kindly and honestly about where you are and how you feel and that you both work towards resolution.

**L**oyalty: She needs to know you’re committed. She needs reassurance of your love for her. Tell her often that you love her, she is beautiful and you can’t wait to grow old with her.

**E**steem: She wants you to honor and cherish her. Celebrate holidays and birthdays, thank her for all that she does, encourage her, praise her and make her feel important.

**C-H-A-I-R-S:** How to spell **RESPECT** to your husband

**C**onquest: Appreciate his desire to work and achieve. Men have a deep need to work and achieve something in life. Recognizing his efforts to provide for the family financially is a way to “love” your husband.

**H**ierarchy: Appreciate his desire to protect and provide. As in Eph. 5:22-24, the husband is the head of the wife as Christ is the head of the church. It is thus the husbands responsibility to protect his wife.

**A**uthority: Appreciate his desire to serve and lead. In our feminist culture, women want to be in charge. It is important to allow your husband to lead and trust that God will direct him in love.

**I**nsight: Appreciate his desire to analyze and counsel. Recognize that your husband is smart, gifted and “worthy of consideration.” Regardless of what he does for a living, his work is valuable and deserves respect.

**R**elationship: Appreciate his desire for shoulder-to-shoulder friendship. Men communicate by shared experiences and love to have you “by their side,” even if you are not talking. He wants to spend time with you!

**S**exuality: Appreciate his desire for sexual intimacy. The man feels love through a sexual relationship. Offering sexual intimacy is more than a physical act, it is a deep emotional connection and a gift from God when used in a marital relationship.

EMPATHETIC AND  
COMPASSIONATE  
GUIDANCE THROUGH  
THE HOPE FOUND IN  
JESUS

**Counseling:**

We offer individual, group and couples counseling for ages 6 to adult.

**Cost:** \$130/45 min session

Private Pay Only

**Areas of Concern:**

- Anxiety/Depression
- Trauma
- Grief and Loss
- Anger Management
- Marriage and Family
- Life Situations/Crisis

**Grief Groups:**

Sept. 14 - Nov 2 (8 wks)

Adults 6:30-8:30pm  
cost \$100/session

Teens 6:30-7:30 pm  
cost \$50/session

**CONTACT**  
**TANYA MCCREA, LCSW**

**GROWINGINHIM.ORG**

**720-507-5761**

**SCHEDULE AN APPT**  
**VIRTUAL AND IN-PERSON**  
**SESSIONS**

