

# **MAKING YOUR SPOUSE DELIRIOUSLY HAPPY**

## **TWO DIMENSIONS OF MARITAL HAPPINESS**

**Unhappy - Not unhappy**

**Happy - Not happy**

## **IMPLICATIONS**

**Correcting an unhappy situation will NOT bring marital happiness**

- It will only remove the source of unhappiness**

**We must therefore take steps**

- To prevent marital unhappiness**
- To promote marital happiness**

**Behaviour that prevents unhappiness**

- Meeting your partner's role expectations**

**Behaviour that promotes happiness**

- Meeting your partner's emotional needs**

## **THE EMOTIONAL NEEDS OF A HUSBAND**

### **1. To be admired and looked up to**

- The way to a man's heart is through his ego**

### **2. To be the head of his home**

- That is why a wife must submit to her husband (Ephesians 5:22)**

**NB: Not to other men - only to her own husband**

**Submission does not mean :**

- to be inferior to your husband**
- to be a doormat for your husband**

**Submission does mean :**

- recognising his responsibility as head of the home**
- letting him make the final decisions in the home**

**Attempts to dominate him leads to:**

- deliberate steps to assert himself as boss, or**
- abdication of his leadership responsibilities**

**Letting him make the decision leads to:**

- the husband deciding what his wife wants (most of the time)**

**Men love to please their wives**

- except when the wife insists on it**

### **3. To be loved sexually**

- Sexual intercourse satisfies an emotional rather than a physical need**
  - His need for affection from his wife**
  - His need to express his masculinity**

## **THE EMOTIONAL NEEDS OF A WIFE**

- 1. A need to be understood (1 Peter 3:7a)**
  - That she is an emotional being
  - That she is sexually different to you
  - That she probably has a different temperament
  
- 2. A need to be protected (1 Peter 3:7b)**
  - Against children : they can exasperate a mother
  - Against mother-in-law : she can make a young wife feel inferior
  - Against any other person who is a threat to her
  
- 3. A need to be treated tenderly (Colossians 3:19)**
  - That includes romance
    - Treating her like a lady
    - Doing things together with her
    - Demonstrating your affection for her openly
    - Giving her unexpected love-gifts
  
- 4. A need to be encouraged (Proverbs 31:28)**
  - Building up her self-image with lots of compliments
  - Praising her good qualities often
  - Encouraging her to exercise her talents

## **WHAT DOES IT MEAN "TO LOVE"?**

- 1. Deciding to meet my partner's needs, regardless of how I feel**
  - The feelings will follow the behaviour
  
- 2. Learning to speak my partner's language of love**
  - Husbands and wives have different needs, therefore they speak different languages

**HAPPINESS IN MARRIAGE IS NOT A MATTER OF GOOD LUCK  
IT IS A MATTER OF CHOICE !**

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