

BREAKOUT: Wisdom for Husbands

INTRODUCTION: *For a man to husband his wife in the power of his own natural ability is about as possible (as Solomon wrote in Proverbs 27:16) as restraining the wind or grasping oil in one's right hand.*

Proverbs 18:22: *"He who finds a wife finds a good thing and obtains favor from the LORD."*

Who Is This Woman to Whom You Are Married?

Who is this woman to whom you are married, this "good thing" whereby you have obtained favor from God and with whom you are one flesh? Well, according to the Word she is...

- God's daughter John 1:12
- An heir of God, a joint heir with Christ Romans 8:17
- A royal priestess (she's royalty!) 1 Peter 2:9
- God's own possession 1 Peter 2:9
- The dwelling place of God 2 Corinthians 6:16
- The righteousness of God in Christ Jesus 2 Corinthians 5:21
- One who will judge the world as well as angels 1 Corinthians 6:2-3
- Of the 1.8 million women born the year she was, she is one flesh with the likes of you.

*One of the wisest things you and I will do as husbands is, in the power of the Holy Spirit, care for our wives according to who they are, not according to how they may act or what mood they are in, or what mood we are in.
Now how do we get to that place of knowledge and wisdom?*

A Lifetime of (Marital) Learning

1 Peter 2:21-25; 3:1,7

²¹ *For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps.* ²² *He committed no sin, neither was deceit found in his mouth.* ²³ *When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.* ²⁴ *He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.* ²⁵ *For you were straying like sheep, but have now returned to the Shepherd and Overseer of your souls.*

1 Peter 3:1 **Likewise**, wives be subject to your own husbands....

1 Peter 3:7 **Likewise**, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered.

The sacrifice and sufferings of Christ are what we share in marriage as Husbands and Wives (this is the "worse" part (that we count all joy) that leads to the "better" part, if we cooperate with the Spirit.

- **Living in An Understanding Way (According to knowledge, KJV)**

Know/knowledge: Gk. ginosko : to learn to know, come to know, get a knowledge of, perceive.

1. Understanding/Knowing my God:

Proverbs 9:10 *The fear of the Lord is the beginning of wisdom, And the knowledge of the Holy One is understanding. (NASB)*

- Jesus' clear definition and declaration, and Paul's prayers focus on knowing God.

John 17:3 *And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent.*

Ephesians 1:17 *...the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him...*

Colossians 1: 10 *to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God.*

We can't know ourselves as we want to and need to unless we know God. And the more we know Him, the more we are amazed and overwhelmed by His love for us and his life of love he has placed in us. As we grow in, and live out, this Holy Spirit revealed knowledge of his pure love, the more the heart of Christ is expressed thru us as His love toward our brides.

2. Understanding/Knowing Myself:

Eph. 5:25 *Husbands, love your wives as Christ loved the Church, and gave himself for her.*

Colossians 1:2 *the mystery hidden for ages and generations but now revealed to his saints. ²⁷ To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory. ²⁸ Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ. ²⁹ For this I toil, struggling with all his energy that he powerfully works within me.*

- As Christ is the Husband to His bride, the Church; so we are the husbands to our brides.
 - *A strong tower (Proverbs 18:10)
 - Wonderful counselor (Isaiah 9:6)
 - Present help in times of trouble (Psalm 46:1)
 - The God who sees (Genesis 16:13)
 - Faithful and true (Revelation 19:11) (We are giving our wives a taste of Jesus' love thru us)
 - Gracious and merciful God (Nehemiah 9:31)
 - A friend closer than a brother (Proverbs 18:24)

*This list is taken from Family Life article by Rob Flood, "What Did Jesus Do?" (with addition)

John 15:5 *Apart from me you can do nothing. (and are likely to do anything!)*

Phil. 4:13 *I can do all things through him who strengthens me.*

IMPORTANT NOTE: *We don't fulfill these descriptors to "seek first" our wife's pleasure; we seek first the kingdom of God and his righteousness for God's pleasure. The result will(hopefully) be a pleased wife! Why? Because as husbands, we are God honoring above all. As we do, we love our wives as Christ, and not as guilt ridden cowards-husbands; or by trying to make up for being overbearing husbands; or manipulating our way out of the doghouse, husbands. That's idolatry. That's about us, that's about our wife! That's not preeminently about God.*

1 Peter 3:7b *...So your prayers will not be hindered (ekkopto: to cut down, off)*

2. Understanding/Knowing my Wife:

- She is a weaker vessel.
- An heir with you of the grace of life.
- She is "Your only Eve" (see Gary Thomas article attached)
- She needs you to be slow to speak, quick to listen.

James 1:19-21 *Know this, my beloved brothers(husbands): let every person(husband) be quick to hear, slow to speak, slow to anger; ²⁰for the anger of man(husband) does not produce the righteousness of God. ²¹Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls (and your marriages!).*

I didn't realize how proud and selfish I was until I married the answer to my prayers!

Which Way to the Understanding Way?

- If the way for Jesus to learn obedience was through the things he suffered (Heb.5:8) so that he would have a church in which to be "married", so shall we learn obedience to God as we are being perfected in marriage through suffering with and even from our brides.

James 4:6 *"God opposes the proud but gives grace to the humble."*

Hebrews 12:11 *For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it. ESV*

Hebrews 12:11 (MMT-Men's Marriage Translation) *see screen*

James 1:1-6 *Count it all joy, my brothers, when you meet trials of various kinds, ³for you know that the testing of your faith produces steadfastness. ⁴And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. ⁵If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. ⁶But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind.*

James 1:1-6 (Married Men's Translation) *see screen*

As a married man, I have been called to much, but next to Christ, called to no one more than my wife; not work, kids, sports, ministry, nothing more than my calling to my wife. I haven't been made one flesh with my boss or employees, my parents (remember that "leave and cleave" thing), my friends, my little league teams or my own children (they are going to grow up and leave us like we left our parents!). God says he's made me one spirit with him forever (1 Cor. 6:17) beginning when I was born again, and made me one flesh with my wife "till death do we part" the moment we both said, "I Do." There is nothing I need more wisdom for than to live with my wife in an understanding way, and that is for the glory of God, as a testimony of his love for his church and for the lost, for the blessing of our children, and please, let's not forget, the fully bloomed ecstasy of being one with the one of all the women in the world, God handpicked for me.

FINALLY:

Philippians 3:13-14 Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, ¹⁴ I press on toward the goal for the prize of the upward call of God in Christ Jesus.

Colossians 1:9-12 Prayer (Married Men's Translation)

Father, I pray that I may be filled with the knowledge of your will for **my marriage** in all spiritual wisdom and understanding, ¹⁰ so as to walk in a manner worthy of you, fully pleasing you in every way **in which I relate to my wife**: bearing fruit in every good work **toward her** and through this submission to you, increasing in my knowledge of you, my God; ¹¹ being strengthened **in my marriage** with all power, according to your glorious might, for **all marital** endurance and patience with joy; ¹² giving thanks to you, Father, who have qualified me to share in the inheritance with **my bride**, the heir to the grace of life.

<Questions and (Perhaps) Some Answers>

FEW RECOMMENDED RESOURCES

(There are plenty more really good ones!)

- **The Freedom of Self Forgetfulness** by Dr. Timothy Keller
- **Humility** by Andrew Murray
- **What Did You Expect** by David Paul Tripp
- **The Meaning of Marriage** by Dr. Timothy Keller
- **Sex, Romance and the Glory of God** by CJ Mahaney
- **Sacred Marriage** by Gary Thomas

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By Gary Thomas posted at www.garythomas.com on AUGUST 27, 2015

Men, if you would like to have superlative satisfaction in your marriage, if you would enjoy a love for your wife that has no comparison, go back with me to the beginning of time—when Adam walked the earth by himself with God. Adam watched little animals and bigger animals, he discovered a wide variety of plants, and he talked to a God who was beyond imagining. But there was no one like him.

No one.

He lived like that for a while. How long was that “day?” We don’t know. But then Adam was put into a deep sleep. When he woke up, he could hardly believe his eyes. Before him stood Eve, like him in the most important ways but also so unlike him in even more important ways.

There she stood with eyes that seemed curiously soft, legs that were like his but somehow gloriously different, soft lips, and breasts! And she was his, as he was hers. What made this moment especially powerful, momentous, and even enthralling? There was no Holly, Shanice, or Sofia. There was just Eve.

Adam couldn’t compare Eve’s shoulders to Camille’s or Eve’s back to Emma’s. He couldn’t say “Eve is kinder than Janet,” or “Eve isn’t as sensitive as Claire,” because there was only Eve, in all her glory, the woman who defined “woman” to the first man. **He couldn’t imagine any other woman, because there wasn’t one.** He couldn’t wonder what it would be like if she were taller, heavier, slimmer, darker, or lighter.

She just was. The only woman in the world. And Adam couldn’t have been happier.

If you want to be fully satisfied in your marriage, treat your wife like Eve. Let her be, in your mind, the only woman in the world.

Pray a prayer that I talk about in *Sacred Marriage*, one that I prayed early on in my own marriage:

“Let my wife define beautiful to me. Let her be the standard for what I find most attractive.”

Do you think that’s a prayer that God will have to think about answering? “Hmmm, not sure I want to do that.” Not a chance.

It is stunning to me that yesterday, after 31 years of marriage, my wife, Lisa, was standing in front of me feeling all stressed out, talking about how tired she felt, and how frustrating

certain aspects of her day had been. While trying to respond with empathy on the outside, inside I was thinking, “She is gorgeous. Still gorgeous.”

I don't compare my wife's occasional frustrations with another woman's peace just as I won't compare my wife's face to another woman's eyes. **If I want supreme satisfaction in Lisa, she must become to me like Eve and be the only woman in the world.** The only one I will ever look at in *that way*.

I defy any man to honestly say he has derived any lasting, godly satisfaction from looking at another woman the way he should look only at his wife; after the short moment of excitement, there will be a much longer season of frustration and discontent. Has looking at another woman or comparing your wife to another woman ever led you to more joy, a happier marriage, or more peace with God? Of course not.

No man's marital happiness has ever been served by comparing his wife's weaknesses to another woman's strengths. That's how you create discontentment, assault any attitude of cherishing your wife, and how you ruin your own happiness.

It's a choice, men—it's a choice. I have a choice to look at my wife like Adam looked at Eve, the only woman who matters. I have a choice to fill up my eyes and be so taken with her that there is no Juliet, Jada, or Anna. Just Lisa.

Have you ever lived that way, husbands? Do you think you could pray this week, “God, let me start looking at my wife like Adam looked at Eve—as the only woman in the world?”

It's a prayer first, then a choice, then a recommitment.

You will stumble. You will have to go back and pray again. You will have to choose again. But if you keep doing it, eventually, it happens. Your wife is cherished. Your wife isn't just your first choice, but your *only* choice. You become happy, satisfied, and fulfilled.

Because your wife defines beauty for you, your picture of the most beautiful woman in the world ages with your wife. You won't be a sixty-year-old man pining after a 25-year-old centerfold. Who wants to be that guy, anyway? You'll eventually be a sixty-year-old husband who is enthralled with his sixty-year-old wife and still finds his heart skipping a beat when she smiles in her own particular way, or she stands in front of you in that dress and the sun hits her just right and you forget about everything else, including time.

You want this, men. Trust me. You do. It is one of the supreme blessings of marriage that is often overlooked. It takes vigilance. It takes intention. It takes practice. But when it arrives—when your wife is Eve and there is no other—you will feel like the

most blessed husband alive.

Your wife will feel cherished, because your adoration will be as genuine as the beginning of time. Your heavenly Father will experience joy because He delights when his daughter is richly cherished. Your kids will feel secure because their home is protected.

Everybody wins. Everybody.

But Adam wins the most.

For more helpful blogs on marriage, visit www.garythomas.com

The Cherish Marriage Workshop begins at LCC on Tuesday, April 6, 2025

Wise Questions From Husbands Seeking Wise Answers

- Best ways to convince your wife to read the Bible or discuss the Bible together.
- Practices to improve my listening skills and as well provide my undivided attention when having a discussion.
- Balancing work, family, marriage, and ministry, especially when I feel led to step into more ministry opportunities, like discipleship, leading small groups, or sharing messages more regularly, but my wife isn't ready for me to commit time to it yet. How can I honor her while navigating this tension?
- How to move in a relationship and a family that is not totally aligned with my beliefs. My wife and children are practicing Catholics and while they recognize the change taking place in me, they have steadfastly remained rooted in Catholicism.
- We have a newborn and my wife works outside of the house. She comes home tired. I'm making dinner and cleaning the house. How can I effectively balance work, marriage, fatherhood and being an all-around leader of my family?
- How to care for a wife who cries all the time? Or who is crying in the morning and laughing in the evening?
- What is a wise way to handle a mother-adult daughter rivalry happening in the house?
- What can a husband do when he feels overwhelmed with the workload of life and the wife does very little to help?
- How do you humbly 'slap yourself in the face' and stop and listen to the direction the Holy Spirit is leading instead of giving into my selfishness?
- We all bring baggage into our marriage. Baggage that sometimes needs help to deal with. When would be a good time to seek counseling to help a young marriage thrive?
- How have you (an older husband whose kids have left or started leaving the home) and your wife prepared to be empty nesters?

- What did you do or what do you wish you had done with your teenage kids while they were still in the home to prepare them more for their next step in life?
- If our wife is to be our standard of beauty, which I believe is biblical, then how do you practically cultivate this perspective as you both age and the effects of gravity accelerate?

Wise and Serving Practices of Some of Our Husbands to Their Wives

- Brings me coffee to wake up and prompt time to read word.
- Takes time out of work to call kids and discipline during day if needed.
- My husband faithfully makes sure we get to church on Sunday mornings by providing the structure and drive to make sure we get there on time.
- He leads in studying of the Bible and provides a theological structure for our family.
- If there is any women's event at church or any other women's opportunity, he always encourages me to go and is happy to manage the rest of the family while I'm gone.
- Consistent is asking if he can get me anything. He does that every evening.
- He asks me what he can do to help or be a better husband. This makes me feel valued and appreciated. I feel like we are in this together as partners, and I am not alone.
- First of all, he is a great provider and hard worker. He is wise with money and saves for our retirement. This helps alleviate stress for me.
- He leads our daily devotional and prayer. He participates in weekly men's Bible study & attends men's retreat yearly. He is filled with the Holy Spirit & teaches me about the Bible.
- He always prays over meals & when a need arises. He even prays before we share intimate moments together!
- He opens our home and helps me cook for our family & friends. He is very generous in so many ways. He is patient with me most of the time and does not get angry.

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- He's the first to forgive and never holds a grudge or mistreats me.
- He gets our Bibles together for church and makes my coffee. (he doesn't drink coffee, which makes it extra special for me).
- He does his own shopping and packs his suitcase when we go on vacation or a weekend get-a-way.
- He is very patient and understanding when I spend time away from him visiting the children. He not only serves me, he also loves, respects and adores me!
- He takes his responsibility as a husband very seriously, he understands the mandate that scripture provides, he understands he will be judged for his obedience to that God given gift.
- He doesn't smoke, drink, or gamble that would put a burden on me I was not meant to carry.
- He brings wisdom to the family, he brings humor to the family, he brings consistency to the family, he is available to the family, he sets an example of a wise husband causing me to respect him in these areas.
- He openly shows respect and love for me before others.
- He uses his God given gifts to serve me, the family, church and in his work.
- He is not lazy and is ready to give wise counsel to me when I ask for it.
- He is gentle, kind and humble before me that make it easy for me to follow his lead.
- a lot of his job centers around problems and makes for many stressful days. I can hardly EVER remember him coming home in a bad mood. He said that praying on the way home was the answer. He wanted the few hours left in the day with me and the kids to be meaningful and enjoyable. He'd ask the Lord to help him put away the worries of the day and focus on his family. And he never really talked about this practice. There wasn't bragging or frequently reminding me of how faithful he was to pray about it. But, I SAW IT! I truly believe that submitting his frame of mind to God and allowing the Spirit to reorient his priorities at the end of the day changed our lives.
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- He openly shows respect and love for me before others.
- He uses his God given gifts to serve me, the family, church and in his work.
- He is not lazy and is ready to give wise counsel to me when I ask for it.
- He is gentle, kind and humble before me. That makes it easy for me to follow his lead.
- He calls me numerous times during the day to check on me and to say how much he loves me. No matter how hard he has worked in a day, his first words for me when he comes through the door is "What can I do for you?" He then proceeds to do things around the house.
- I often see him just staring at me and when I ask him why, he just replies "Just because I Love You and you are so beautiful!"
- HE COOKS!!!
- When I am down or frazzled about something, he has a calming way of bringing me back to earth ending with a hug and, "Honey, let's pray!" His leading me in almost every area of my life is faith-filled, so gentle and tender.
- When we go to sleep, he has to touch some part of me such as holding my hand or stroking my arm. His last words for me at night and first ones in the morning are "I Love You".
- He manages all of our finances- and that is a huge blessing to me because I can't add or reconcile or balance...It's a frustration for me and he carries it 100%
- He seeks to hear from God before he looks for the counsel of man.

- He lives as before the face of God, in the freedom that Christ has purchased for him, in a degree of fullness that has had a huge impact on me, on our children, on our home.
- I am grateful for his provision (always willing to work without complaint) to support our family. He manages our finances, our home, transportation as well as planning our security for the future.
- He encouraged and supported continuing my post graduate education after we married. I continued to work but he quietly assumed cooking and grocery duties. Not only did he cook every meal, but he waited to eat until I was home. That meant we both ate at 10 or 1030pm but we ate our meals together.
- Both of us are retired/semi-retired. It is great to spend more time together in worship instead of individually. He is so knowledgeable and wise. He references scripture that brings peace.
- The best thing he ever did was promise to disappoint me (a promise I'm still waiting for him to keep by the way)
- My husband is increasingly aware of what aspects of our home help me to be at peace. So, he is more attentive to making sure I wake up to a clean kitchen every morning. He has also recruited our kids to be a part of that process, which teaches them responsibility and service.
- He has always been humble and careful about not criticizing me, even though I know there is a lot of fuel there :-). He rarely reacts in frustration or anger toward me.
- He also is growing in receptivity to my input in many areas.

Some Wise Ways Husbands Serve Their Wives

- As a young family with 2 toddlers and another sweet baby on the way, I have found that working hard around the house is a big encouragement to my wife. Also doing these tasks/chores in the specific way my wife has asked me to shows care for her. It's easy for me as a man to not be detail oriented and to just "get it done". Slowing down and doing things "her way" is a thoughtful adjustment I've made.

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- Pursuing humility! One practical way is to admit I am wrong as often as possible. This has brought a lot of unity in the relationship.
- I handle our investments and retirement planning. She doesn't understand nor has interest in the rules - she loves that I do.
- Being attentive / supportive to any task, conversation or activity that she deems important to her.
- When together or doing something say watching a movie, any soft touch or holding her hand to let her know that I am with you; I am thinking of you. I acknowledge your presence and importance to me.
- Showing my wife love and leadership by being intentional with small, thoughtful actions. Like stepping in to handle tasks she's stressed about or initiating a conversation to check in on how she's feeling.
- Making time to pray together or encouraging her with Scripture has strengthened our unity and shown her I care about both her heart and our relationship.
- Taking the time to be intentional with my words has made an impact on our relationship. I now take the time to think of a comment that will make her smile or realize I truly appreciate her. Something so simple has begun to have an impact in our marriage.
- My desire to serve her and let my desire to serve speak volumes as she has recognized this as well as the joy it has brought me.
- Having her to-go coffee and a quick breakfast made before she leaves for early morning work days
- Rub her feet/legs for her on most evenings
- Grill/plan a meal one night a week so she doesn't have to worry about cooking/have lunches for work
- I take care of household duties when she has to work on weekends
- Surprise her gift wise or plan a nice date night evening. Doing them without her mentioning anything to me about doing them and have them set up the night before.
- Leaning in and prioritizing her value to me and to the Lord has been a blessing. In turn, our marriage isn't boring, lacking energy, or just going through the motions. The lord is doing a fresh work in my heart to serve her in different areas and is constantly showing me more.
- Supervise the kids after the dinner chores are done.

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- Being honest with each other and communicate well over finances, and other issues.
- I pray for her.
- We know each other's weaknesses, and compromise with each other, and give each other space when needed.
- Due to physical limitations from several medical issues, my precious wife has been unable to perform most of the household tasks. I have stepped up and taken that load for over a year. The key has been to do it without complaining or making her feel inadequate. No end in sight. In sickness and in health.
- In addition to going out on dates, we've jointly played tennis, danced, biked and walked together for exercises- many of our most heartfelt sharing occurs on our walks. Somehow the walks provide an unhurried listening space that might not have happened in the house with kids!
- I respect her need for space to enjoy her friends and vice versa apart from just couples socializing.
- Encouraging and complimenting my wife lovingly and where I see issues or problems in behavior trying to approach them from a how can we figure this out or resolve a problem rather than you need to change.
- Since my wife and I are both retired, we do our daily devotions in the morning. I bring her coffee as she does her devotions in one room as I am doing mine in a different room. We then fix breakfast together – it is a very special time and we miss it when we don't have time to do it.
- Bring her flowers or special gifts on days other than special holidays.
- Communicating my desire to serve, bless and encourage her by providing the freedom for her to spend as much or as little time as she desired working outside the home.
- My wife seems to feel cared for when I take time away from the many demands on my schedule to help her with the demands she has on her time, especially with things she doesn't feel well versed in. She seems to particularly appreciate when I help her with challenges she has with her business (like figuring out an online banking problem or being her go-to IT guy).
- Just spending quality time together without constant distraction. We often have to fight for this.

- Encouraging words. This is a weakness of mine. I tend to see the things that need improvement more clearly than the evidences of God's grace. This is true for myself and for others. Encouraging my wife is something I'm seeking to grow it and seems to make her feel cared for.

Areas Wives Say Increased Husbandly Wisdom is Needed

- Slower to anger
- Discipline with the objective of communicating the gospel vs simply correcting behavior.
- Less nagging
- Repairs needed on our physical house or structure for the family's direction on the days when he's home.
- Really engage with God's Word or me about God's Word.
- Start making our couple's time a priority. He is a great father, neighbor, friend, and has a lot of responsibilities. From a relationship perspective, alone time needs to be more about spending time enjoying each other's company and not just about sex. That relationship building does a lot for sexual intimacy.
- He definitely needs to stop choosing football over his family! We have to plan everything around football schedules.
- To be a better listener. He interrupts way too often.
- Continue to grow in his relationship with God. Abiding in His Word will make him even more fruitful leader of me
- Continue to be a man of the Word where TRUE wisdom is found
- Increase fellowship with other believers where iron can sharpen iron
- I would like my husband to continue to grow in relating to our kids so I don't always feel like the middleman. It takes a lot of emotional energy to raise the kids.

KNOWING ME, KNOWING YOU

****Choose the three or four “needs” (ranking them in order of importance) that you would most like your spouse to know about and become more considerate of, and then the top three or four that you believe our spouse would say is most important to them, in the order you believe is most important to them. Fill out your answers separately and then compare your answers with your spouse’s and discuss.***

| | | |
|--|------------------------|---------------------------|
| Affirmation- being appreciated for who you are by your spouse | Myself _____ | My Spouse _____ |
| Approval- being commended for those things you have done well | _____ | _____ |
| Conversation- talking together about issues of interest and importance | _____ | _____ |
| Encouragement- being inspired to persevere through your spouse’s words | _____ | _____ |
| Physical Affection- the communication of care and closeness through physical touch | _____ | _____ |
| Gifts- receiving tangible expressions of love and thoughtfulness | _____ | _____ |
| Respect- having your ideas and opinions considered and valued by your spouse | _____ | _____ |
| Security- facing the future with confidence in your spouse’s commitment to love you and be with you until death | _____ | _____ |
| Sexual Intimacy- Having regular opportunities to express and receive love through your sexual relationship | _____ | _____ |
| Support- knowing your spouse is working with you to fulfill your goals | _____ | _____ |
| Time together- knowing your spouse has set aside time to be with you on a regular basis | _____ | _____ |
| Understanding- knowing your spouse is aware of what matters to you | _____ | _____ |
| Undivided attention- focusing on each other to the exclusion of any distractions | _____ | _____ |

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