**Ingredients for Successful Relationships**

**Emerson Eggerichs**

**31**“For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.”[[c](https://www.biblegateway.com/passage/?search=eph+5&version=NIV#fen-NIV-29336c)] **32**This is a profound mystery—but I am talking about Christ and the church. **33**However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.Ephesians 5:31-33

**1. The Key Ingredients for Successful Relationships are Love and Respect

Research**

University of Washington studied 2000 couples for 20 years

2 ingredients, successful relationship, no difference of age, ethnicity, culture, money, personalities, children, etc…

**LOVE** and **RESPECT** are the two key ingredients.

People in India, no money, great relationships
Rich people, miserable marriages
TOUGH ISSUES in marriage, but L and R strengthen in all.
show a positive regard towards your spirit while I’m addressing the issue. (money, death, sickness, etc…)

Shaunti Feldhahn, hired a decision analyst out of Houston to do this random sample of the American male. They did it once and they were so stunned with the findings they ran another sample of 400 men Here’s the question: *Would you men rather be left alone and unloved in the world or would you rather be viewed as inadequate and disrespected?*

Almost 80 percent of the men said they’d rather be left alone and unloved in the world. Men cannot handle the idea that you find them inadequate as a human being and you don’t respect them for who they are as a human being.

**2. Value God’s Design.**

 *“(Jesus said) Have you not read that He who created them from the beginning made them* ***Male and female****?”* Matthew 19:4 (NASB)
We are different by design. Pink and Blue
Females have an XX pair of sex chromosomes, and males, an XY pair. A baby’s gender is determined by the sperm cell that fertilizes a woman’s egg. Sperm carry one sex chromosome, either a Y (male) or X (female)
nothing wrong with that. Because we are equal in God's eyes, doesn't mean we are the same.
God made us husband and wife. Why? To reflect his image. You put pink and blue together it’s purple. The color of royalty. We are created to reflect the image of God - God is purple perhaps different to complement one another

single to reflect God as well.

**HONOR vs. HOSTILITY**
85% of men at a certain point of conflict, withdraw, stonewall, just back away from the emotion argument
15% of women withdraw..fear, no point, be put down
Men withdraw (frustration of 99 beats per min. warrior mode. like just before he falls on a hand grenade.)

fight or flight. You're friends, so don't fight, care about each other if we don't kill each other.
Guys to that to each other. Honor one another, most men made that way
But during these conflicts he withdraws. So is that evil? Is that really an act of hostility? From the woman’s perspective yes. It feels very unloving. From the man’s perspective it’s an act of honor.

Almost every conflict is a preference issue. Should we go to the Christian school or should we go to the secular school? Should we go to this church or that church? Should we have this color carpet or that color carpet? Mother live with us

Not evil, ALTHOUGHT SOME MAY THINK IT
a preference.

MEN NATURALLY RESPECT

We all need both
respect. By the way Otis Redding wrote that song in the mid-1960s. It was released from a husband to his wife. But when Aretha was coming along, this future soul queen, they said that has rhythm that we want to use with her and they tried to change it. So men, I always say, we had one song and they took it.

You don't disrespect another man, honor code, gang rules
Men know this naturally

Dr. Emerson Eggerichs asked 7000 people*, “When in a conflict with your spouse do you feel* ***Unloved or disrespected****?”
83% men Disrespected
72% women Unloved*

**CONTEMPT vs CARING**women complain, criticize, etc…..
 They want to connect, but it comes across disrespectful
Women care, nurture, but not always like what has happen
She love us a lot – *agape* love.
Love you. bye, love ya, love, love.
Does she like you? No, We’ve been bad. That’s why we’re in time out.

Hey Harry, does your wife love you? Yeah. Does she like you? No. Not today. It’s kind of like what the kids said – I’ve been bad. Women love naturally.
He commands women to respect. Agape love. Husband unconditionally love
unconditional commitment to an imperfect person

## Phileo (friendship Storge (family) eros (erotic)

## *3 Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. 4 Then they can urge the younger women to love their husbands and children, 5 to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God. Titus 2:3-5*Command for women is to Love ( phileo: not fillet) their husbands

The bible says differently

*“. . . wives . . . even if any (husbands) are disobedient to the word, they may be won . . . as they observe your . . .* ***Respectful*** *behavior”* 1 Peter 3:1-2 (NASB)

Husbands

*“Husbands,* ***Love*** *your wives and do not be embittered against them.”*Colossians 3:19 (NASB)

**Roles and Responsibilities**
For wives, this means submit to your husbands as to the Lord. 23 For a husband is the head of his wife as Christ is the head of the church. He is the Savior of his body, the church. 24 As the church submits to Christ, so you wives should submit to your husbands in everything.

25 For husbands, this means love your wives, just as Christ loved the church. Ephesian 5:22-25

**“Dr. Emerson, I have to be honest with you. I don’t feel any respect for him. It would be hypocritical to show respect when I don’t feel it. And I know you don’t want me to be a hypocrite. He hasn’t earned the respect and everybody says you’ve got to earn respect. He doesn’t deserve it. He’s not superior to me, and that’s the dictionary definition of respect. You show respect to your superiors. I’m not inferior to him. I’m not going to be treated like a doormat. I’m certainly not going to give him license to do what he wants, come in with pom-poms and cheer him on to do whatever he wants. I disrespect all that behavior. I’m certainly not going to lose a sense of myself. I’m not going to set the feminist movement back 50 years. You know what I really think you’re up to? You want to return to male patriarchy and get us back to fear male dominance. I’m not going to do that. I’m certainly not going to subject myself to emotional abuse. But other than those things I’m really open to hearing what you have to say about this.”**

Is that the attitude you want your son's wife to have?
Unfortunately, women are leaving marriages 2x or 3x more than men.

Our culture, our universities and colleges say it's ok.

**3. Accept some marital trouble as God’s design
no pain, no gain***Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.” John 16:33
 And “don’t sin by letting anger control you.”[*[*d*](https://www.biblegateway.com/passage/?search=Ephesians+4&version=NLT#fen-NLT-29259d)*]Don’t let the sun go down while you are still angry,****27****for anger gives a foothold to the devil. Ephesian 4:26-27*
We Start the Crazy Cycle: Without Love She Reacts without Respect and Without Respect He Reacts Without Love!

Problems are measuring tools. People: tea bags, you don’t know what people are like until you drop them in hot water.

sometimes the Only way to train is through pain.
Sometimes we only look up to God when we are flat on our back.
Learn by being burned.
fear of change comes when fear of pain or inconvenience is greater
don’t know value of money, friendship, health, until you’ve lost it
What is the problem teaching me?
point me in a new direction
God directs your steps through PROBLEMS
Where is the problem leading you?

We want the product without the process.
The very things that discourage you are being used by God to develop you.
 *In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation. 1 Peter 5:10*Ask: How can I grow from this problem

**4. Trust in another's goodwill**
a married man has to think about his earthly responsibilities and how to please his wife. **34**His interests are divided. In the same way, a woman who is no longer married or has never been married can be devoted to the Lord and holy in body and in spirit. But a married woman has to think about her earthly responsibilities and how to please her husband.  (1 Corinthians 7:33-34 NASB)

Our wives are crying out for your love. I will say that many men here would die for their wives. In fact, one husband said this, I love you so much I would die for you. She said oh you keep saying that, but you never do.

be present, be kind, be thoughtful, listen, work through it all.

**5. Be Obedient to God**
each one of you also must love his wife as he loves himself, and the wife must respect her husband.Ephesians 5:33

 your spouse will give you the opportunity to show my loving and reverent obedience to God.

Men:
1. Have eyes only for her.

2. Support and encourage her dreams.

3. Work hard to provide for the family.

4. Help out around the house.

5. Engage in conversation with her and listen when she is talking.

6. Make time with your wife a priority.

7. Continuously pursues her.

8. Never give up on her!

Women
1. Look for opportunities to show your husband honor and build him up

2. Accept that you married an imperfect man.

3. Focus on what your husband does well.

4. Speak well of your husband. Don’t belittle him.

5. If you have a blended family, support your husband’s discipline of your biological children.

6. Think before you speak.

8. Careful to Time what you say and how you say it Tone (how you will express your words).

9. Remember that your touch tells your husband that he is worthy of your time and concern for his well-being. “When I know my man is tense or stressed,” Joanie says, “all it takes is a massaging touch to his neck, shoulders, and back along with a fully engaged, listening ear. We give glory to God as we care for one another.”

11. If your husband travels regularly, give him tangible reminders of your love for him. When Ashley’s husband was discouraged about leaving home because of a job-related trip, she surprised him by tucking a special note into his suitcase.

6**. Remember your efforts will be rewarded**

 *Remember that the Lord will reward each one of us for the good we do, whether we are slaves or free.*Ephesians 6:8