

McCabe United Methodist Church
Making Love Last a Lifetime (part 1)
What Women Wish Men Knew About Women
Ephesians 5:25 * Colossians 3:12-17: January 26 & 27, 2013
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This is the first message in a series Ray and I are preaching called *“Making Love Last a Lifetime.”* We’re using a book by the same name written by Adam Hamilton as one of our resources. Hamilton is a United Methodist pastor in Kansas.

This series is not only for married couples, but it’s also for single folks, divorced folks and widows. We’re hoping that this series will equip us to have a better relationship with people especially those of the opposite sex.

This series is about love, marriage and sex. You’re probably thinking, *“are these appropriate subjects for the church? Why should the church stick its nose in our love life or marriage or sex life?”* Let me ask you, if the church doesn’t talk about these things, where else are people going to learn about them? Do you want television to teach people about love, marriage and sex? The movies? The internet? I believe that the church’s silence on these issues is partly responsible for the sad state of marriage in our society today. Divorce continues to be a likely prospect for many who marry and many who stay married fail to experience the joy God intended people to have in marriage.

Finally, on February 16 and 17, during all of our services, we will finish our series by inviting all married couples to come forward and renew or re-affirm their marriage vows.

The other day, I happened to read a survey someone had taken. It was an informal survey that asked women to name their top frustrations with men and the men were asked to name their top frustrations with women. By the way, there is a blank sheet of paper in today’s bulletin to take notes. Anyway, first the women.

THE TOP 10 THINGS MEN DO THAT FRUSTRATE WOMEN

10. Men think they know everything and treat women as if they don’t know anything.
9. Sports!
8. Men lack creativity when buying gifts; they need to be given hints, and then they don’t get the hints.
7. Men never clean up after themselves.
6. Men don’t follow instructions.
5. Men seldom notice our ‘feelings’.
4. Men don’t notice when things need to be done.
3. Men can never find anything, even when it’s right in front of their face.
2. Men belch and then smile as if it were a great treat for all those around them.

And the number-one thing women said was frustrating about men:

1. Men don’t listen!!!

Men were also a part of this survey. Are you ready?

THE TOP 10 THINGS WOMEN DO THAT FRUSTRATE MEN

10. Women need to talk about everything!
9. Women think they know what you're thinking.
8. Women think you should know what they're thinking.
7. Women focus on the small things and miss the big picture.
6. Shoes!
5. Women are indecisive.
4. Women are terrible drivers.
3. Women say, "*This sale saved us so much money.*" When, had there not been a sale, they wouldn't have spent any money!
2. Gossip, gossip, gossip.

And the number-one thing about women that frustrates men:

1. The assumptions and stereotypes women have about men.

The bottom line is this: Men and women are different! Would you agree? Our anatomy is different. Our brains are different. Our chemistry is different. The way we see the world is different. And . . . and, these are all good things. Wouldn't it be a boring world if men and women were all the same? God made us different and God made us different for a reason. The reason is this: it's to enjoy, appreciate and love each other exactly the way we are.

Now, unto today's subject. *What Women Wish Men Knew About Women*. First, a disclaimer. I am not an expert in marriage. Just ask my wife and she will agree. I will be learning along with everyone else.

Dr. Willard Harley and Dr. Barbara DeAngelis have written many books about marriage based on their work with thousands of couples. In their books, they write about something called a woman's '*love bank*'. Have you heard that term before? It's like a bank account. Deposits and withdrawals are constantly being made into and out of this '*love bank*'.

For example, when a husband shows his love for his wife, deposits are made into her '*love bank*'. When a wife takes care of the home or the children, when she gives herself to her husband emotionally or physically, withdrawals take place. Do you see how it works?

Men, when you first got married . . . when you first realized that '*she was the one and only one*' for you . . . there was probably a huge balance in your wife's '*love bank*'. Why? It's because you romanced her. Do you remember? You wined and dined her. You sent her love notes. You spent quality time with her. You bought her flowers. You told her how beautiful she is, bought her a ring and married her. The deposits rolled in.

But then, after the honeymoon, we men have a tendency to settle into a routine and we start making regular withdrawals from her '*love bank*'. Do you see where I'm going with this? Unfortunately, we can make more withdrawals than deposits and the huge balance our wives had at the beginning slowly dwindles away. But, we men don't know its dwindling away because we're not keeping track of our wife's '*love bank*'. We're paying more attention to our

own *'love banks'*.

Now, our wives can operate with a deficit in their *'love banks'* or a negative balance for a while, but only for a while. They send out overdraft warnings to us. The overdraft warnings we get are often in the form of a short temper, irritation, or tears. **“Hey, my account is getting low. I need some deposits.”**

When a woman's *'love bank'* operates with a negative balance or in a overdraft mode for long periods of time, it eventually goes bankrupt and the account will be closed. She will have nothing left to give.

Men, it's crucial . . . crucial that we understand this. We have to learn or re-learn to make more deposits into her *'love bank'* than withdrawals. This is one of the keys, if not the key, to a successful marriage.

So, how do we make deposits into our their *'love banks'*? According to a survey by the Church of the Resurrection in Lenexa, Kansas of over 1,000 women, this is how we make deposits. Men, you might want to write these down.

First, wives want affection from their husbands. They want their husbands to touch them in nonsexual ways. Women feel loved when we men hold them, hug them, kiss them, and cuddle with them. They enjoy back rubs and foot rubs. Women aren't against physical intimacy, they just crave acts of sincere affection.

Words are also an important part of affection. Saying *"I love you"* on a regular basis means a lot.

Women also enjoy special surprises or unexpected gifts. Writing a poem or a love note and leaving it on her pillow, bringing them coffee in the morning, or buying flowers for the fun-of-it. Affection is the number one deposit maker into our wives *'love bank'*.

Try this: Hold their hands, cuddle with them, buy them a small gift and do this for the length of this series and watch her *'love bank'* grow.

Second, is being attentive. Men, women want our undivided attention. This does not mean listening to them while we watch TV or while we're reading the newspaper. It means taking the time to listen to them using both eyes and both ears. It's the way we value what they have to say.

According the survey, women not only want men to listen, but they also want to know what's going on inside of our heads. Women feel closest to us when we share our feelings, dreams and ideas. They want us to be vulnerable and open with them.

This isn't easy for many men. We've had years of training to do just the opposite. From the time we were in preschool, we were taught that *'big boys'* don't cry. *'Big boys'* are tough. *"Big boys"* don't share what they're feeling.

Try this: Make listening and sharing a priority for the length of this series. Be deliberate. Be intentional. Be vulnerable and open.

Third, women want men to be involved in the activities at home. Play with your family. Spend time with them. This is why our *Family Link* program is so important. If you want to make some good deposits into your wife's 'love bank' invest fifteen minutes a day in your family. Share your life, read the Bible, talk about the Bible, pray and bless each other.

Try this: If you're not participating in our *Family Link* program or if you've fallen off the wagon, start it up again. Commit yourself and your family to participate for the length of this series.

Last, appreciation. Women want to be appreciated. They want to be cherished and treasured and not taken for granted. When is the last time you told your wife, "**Honey, thank you for being my wife.**" "**Thank you for being such a good mother.**" "**Thank you for being my friend.**" "**Thank you for making our home a good home.**"

We need to remember that every time we men are critical, negative or unappreciative we make withdrawals.

Try this: I challenge all men to write notes to their wives thanking them for all they do and telling them how much they're appreciated. Also, pray and thank God for all the blessings our wives bring to us. Make showing appreciation a daily habit.

Make deposits into your spouses 'love bank' by following the four A's: Affection. Attention. Active Home Involvement. And Appreciation.

The apostle Paul wrote, "*Husbands, love your wives as Christ loved the church*" (Ephesians 5:25). How much did Jesus love the church? Jesus laid down his life for us. That's how much he loved us. The cross was the ultimate expression of Christ's love for all of us. He gave everything he had to serve us, save us, and love us.

Men, this is our calling. God calls us to bless, encourage, take care of and love our spouses. Our wives want to be treasured today just as much as they were when we first walked down the aisle with them

One more thing. According to the survey, women also want to share their faith with us. They want us to pray with them, worship with them, grow in faith with them.

So, there you have it. Have you looked at your wife's 'love bank' lately? Is it overdrawn? Does it need some deposits? If you don't make the deposits who else will?

Come back next week and we'll take a look at "*What Men Wish Women Knew About Men.*"