

# Love & Respect

Our study on marriage will use the book *Love and Respect* by Dr. Emerson Eggerichs for our guide. The scriptural basis of this book is Ephesians 5:33 “Each one of you also must love his wife as he loves himself, and the wife must respect her husband.” The woman needs to be loved. The man needs to be respected. Neither understand what the other needs without the instruction found in scripture. The need for love or respect is not limited to marriage. These principles apply to male / female interactions of father with daughter and mother with son. The book explains the action / reaction experienced in a marriage. We will learn how to take control of these interactions described as cycles.

**Crazy Cycle:**     without expressing his love to her; she reacts to him without respect  
                          without giving her respect to him; he reacts to her without love

The Crazy Cycle is the natural state of marriage that we have experienced without the intervention of the Holy Spirit and scripture. We respond to each other without knowing the core needs of our spouse.

**Energizing Cycle:** his love to her; motivates her respect to him  
                          her respect to him; motivates his love to her

The Energizing Cycle is the result of allowing God's word to change how we treat each other. This cycle is where both spouses are using the scriptural principles to meet the other's needs.

**Rewarded Cycle:** he expresses his love to her; regardless of her respect to him  
                          she gives respect to him; regardless of his love to her

The Rewarded Cycle is used when only one of you will use God's word in the marriage relationship. You may not have a willing partner for the Energizing Cycle. God's principles work even in the case when you have to work on your marriage without the help of your spouse. The reward comes from God and may result in a healing of your marriage.

# Love & Respect

The crazy cycle is the natural state of a marriage since this is how we react to each other without knowing what the other really needs. The woman does not understand that the man needs respect because all she needs is love. In the same way the man does not understand that the woman needs love as all he needs is respect.

In Genesis Chapter 2, God created man and woman. They are different. In Genesis 3:16 God said to the woman “Your desire will be for your husband, and he will rule over you.” The desire for your husband is to love your husband and be loved by him. You will love your husband and want to have him love you in return. His rule over you requires you to respect him in his position of authority. This authority is to be exercised in love to the woman. Jesus is our example of having authority and expressing it through love. We all know that Jesus loves us and we readily accept him as savior. Respecting his authority as Lord is required to have a full relationship with him.

The solution to the problem is to choose how we respond to our spouse and not just react. This is difficult because we often reply without thinking first. Our habits and reactions need to change.