

## ROMANCE

I don't want you to have any pressure in your group to feel like you need to talk about sex. Hopefully you have another couple with whom you can speak authentically about personal topics like that, but I will ask one question about romance.

9. We discussed the issue of men failing to be romantic after they are married. There are no excuses for it. Men *should* be romantic after marriage, even though we understand there are many other pressures on them.

Women, you, too, need to remember that when you were dating and you would work out during the week, you would get your makeup on and hair done before he would come over. However, after marriage how often has he come home to find you in your sweats, your hair in a pony tail, and no makeup on? Why?

The only reason to make this point is that we each need to make an effort to impress and bless our spouses. Share what you are planning on doing this coming week for *The Marriage Project* and how you can pray for each other.

### PRAY

Look in *The Marriage Project* booklet and pray some of the prayers from this past week for your spouse **and** others with whom you come in contact:

"Thank you, God, for \_\_\_\_\_."

"Help me focus on who \_\_\_\_\_ is, not just on what he/she can do for me."

"Help me to find Your joy and peace, and help me to grow in You."

"Help me to step out of my comfort zone and meet \_\_\_\_\_'s needs."



Week of May 25, 2008

## DISCUSSION QUESTIONS

*The main point from Sunday's message was to ask questions that might help women take a fresh look at the wiring of a man's mind as well as helping men articulate what drives them.*

Get warmed up by sharing a story about one Daily Project that went really well for you this week.

## RESPECT

1. On Sunday we asked a question to the men in the audience, "Would you rather be unloved or disrespected?" The majority of men would rather be unloved because they feel it is more important to be respected. Do the men in your group agree? Why or why not?
2. Men, what are some times when you have felt most respected by your wife? What does it take to make you feel respected? What makes you feel disrespected? (Be careful not to mention specific situations.)



500 Sands Dr. / San Jose CA / 95125 / 408.265.9000

WWW.CHURCHONTHEHILL.COM

## AFFIRMATION

3. What's the difference between respect and affirmation?
4. In the book *For Women Only*, author Shaunti Feldhahn surveyed 400 men with this question: "Regardless of how successful you are in your current job, which statement most closely describes your feelings about your work life?"
  - ☐ 71.7% - I try to perform well and look as competent as possible although inside I sometimes feel insecure and am concerned about others' opinion of me and my abilities.
  - ☐ 29.3% - I always feel secure in my abilities and rarely consider what others think of me.

Men, do you agree and how does this relate to your need for affirmation?

## COMMUNICATION

5. Mark Gungor, in his book *Laugh Your Way to a Better Marriage*, explains that the differences between men and women are in the brain, not the heart. When women get frustrated that their husbands don't talk more to them, they think their men have heart problems, as if the men don't like their wives. Ladies, why is it that you take it personally when your husband doesn't talk more to you or seem to want to discuss your relationship?

Reality is that it's not due to men's "heart problems" but to their physiological differences. "Though men have four percent more brain cells than women and about 100 grams more brain tissue, women have more dendritic connections between brain cells, which means they use their brain cells more efficiently and effectively than men do. A woman's brain also has a larger corpus callosum, which allows a faster transfer of data between the right and left hemispheres than in a man's brain. . . . the left side of the brain houses the logic and reasoning centers of the brain. The right side houses emotions, feelings, judgments about beauty, and social relationships. It turns out that about 85 percent of men end up being left brained thinkers; they are extremely logical in their approach to life."

Mark Gungor goes on to explain that men have a box in their compartmentalized brain called the "Nothing Box," which means it's actually possible to think about NOTHING! I know that goes against what most women believe, but it's true. "Neurophysiologist Professor Ruben Gut of the University of Pennsylvania showed that 70% of the electrical activity of men's brains shut down when they were in a resting state. Think of that: 70%! Women's brains, on the other hand, maintained a full 90% of their electrical activity. This demonstrates that women are constantly receiving and analyzing input from their surroundings."

6. The blessing for men is that they think in a linear manner; they are logical. The blessing for women is that they are multi-taskers who can feel their way through discussions. How do these differences create pitfalls in communication? Come up with a list of suggestions to keep communication healthy.
7. Read Ephesians 4:25-32 and make note of the helpful hints that can be applied to good communication.
8. Have you ever had someone tell you that you shouldn't go to bed after having an argument with your spouse because you can't let the sun go down on your anger? But what happens when one of you just needs some space? Do you need to stay up all night or sleep on it and talk about it the next day? My opinion is that you don't need to be angry when you go to bed, but that doesn't mean that everything is resolved. Sometimes one partner will need some space, but it must be resolved that next day. It's wrong to just ignore problems, thinking they will get better. Do you agree or disagree and why?