

A man and a woman are smiling and looking at each other. The woman has dark curly hair and is wearing a white top with a jeweled necklace. The man has a beard and is wearing a blue suit jacket over a light blue shirt. They are standing in front of a light-colored stone wall.

— BERNARD'S RESIDENCE —

3

**KEYS TO GET
YOUR SPOUSE TO
HEAR YOU**

B Y: JOSHUA C BERNARD

KEY 1

EXTENDING

GRACE

a) Extending grace when there is lack or failure rather than judgement/criticism.

Col 3:19 "Husband love your wife and be not bitter against her"

I have learned that we can only give grace we have learned to receive from love who is God.

Our spouses do not respond to us because we may speak the facts regarding issues, problems or our position. They respond to the Truth in Love.

Ephesians 4:15(NIV)

15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.



So how do we communicate **Truth in Love**?

It's simple actually, and probably not what you thought before. Here it is learn to "Love yourself." Yes, that's the secret to getting love from others. Love yourself, first. When you don't feel enough love on the inside — when you don't feel good enough, lovable enough, smart enough, anything enough — your default is to move into trying to get someone else to make you feel this way.

You figure, "If he or she loves me, then I'll feel loved."

Unfortunately it doesn't work this way. Trying to secure love on the outside causes us to chase after people and demand their love. But this just leaves us, well, chasing.

It will never get you the love you want. (Take a moment to think about it: how many times has chasing after love worked for you? My point, exactly.) That's because the secret to feeling loved by someone else is loving yourself. When you love yourself first, then everything else will fall into place.

What we experience from others is a reflection of what we experience inside ourselves. If you feel desperate for another person's love, it's a sign that you're desperately in need of loving yourself.

There's a hole you're trying to fill, but the reality is it can only be filled by you. As you fill this need within — as you love yourself more and more — then you'll feel more love from others, too.

KEY # 2

EXPRESS

LOVE.

Proverbs 4:23 Keep your heart with all diligence, For out of it spring the issues of life.

When individuals are in a relationship with one another they have an influence on each other. Yet if their hearts are not kept in love, we usually respond in Unconscious manipulation.

- This manipulation of others to assert your will may be –
- Direct: shouts, threats, violence.
- Indirect: subtle manipulation of emotions – guilt, blame, self-pity, demand.

The agenda may never be spoken but a “pressure” to agree and to please the person is “felt”. You might experience – **guilt, dread, anxiety, grief**. You can never be at rest to be yourself when the relationship is unresolved do to..

An unhappy childhood – Those who grew up with critical, abusive or neglectful parents are more likely to face challenges with their own self-worth; while those who experienced acceptance, approval, and affection are more likely to have a higher sense of self-value.

Traumatic experiences – Lower levels of self-esteem can also stem from bad experiences or traumatic events, such as something someone said to you or something someone did. Essentially, it can stem from anything that has brought up feelings of shame, guilt or lack of worth.

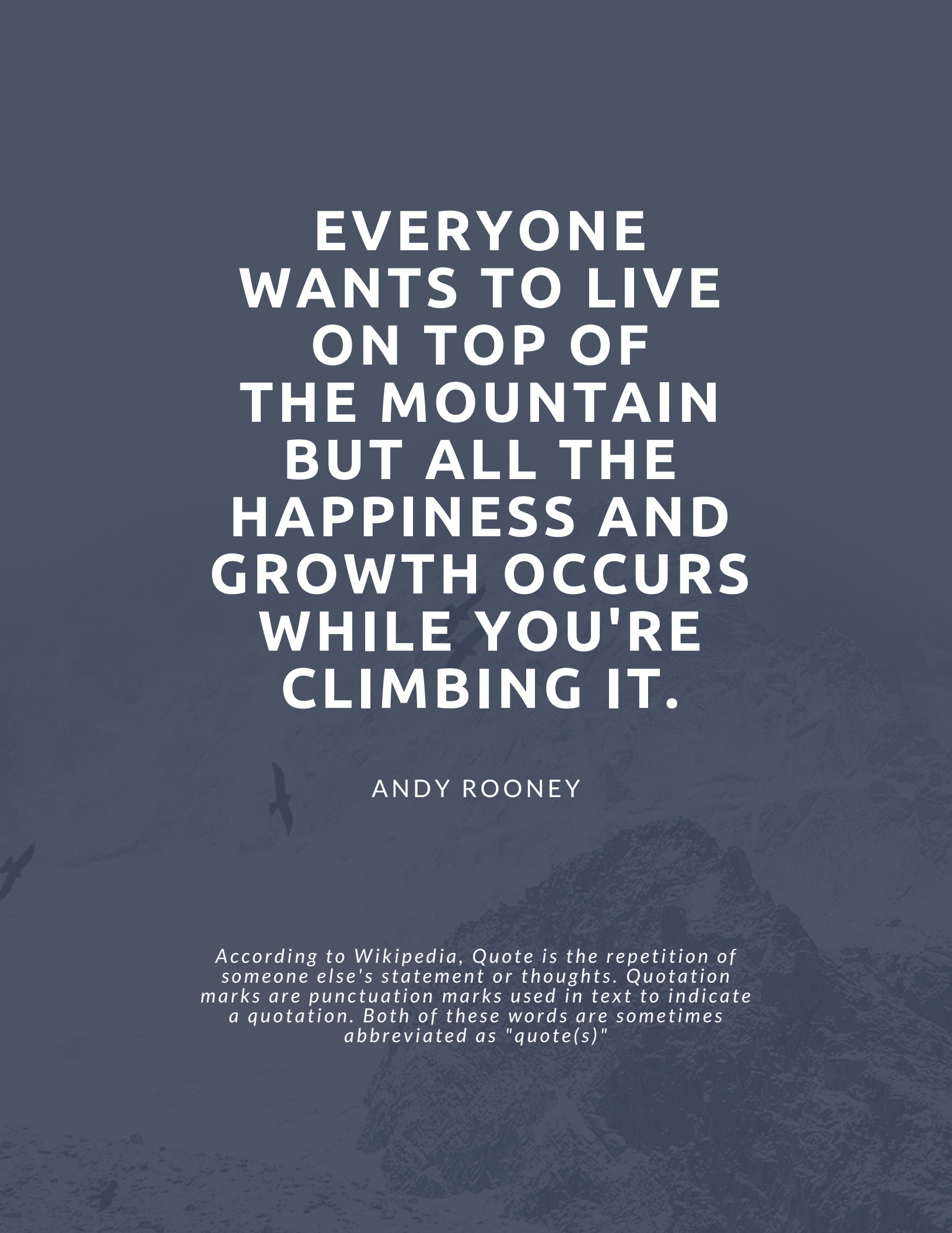
Experiences of failure – For some, lower self-esteem is connected to their success and accomplishments or lack thereof – including experiences of failure, not achieving goals or expectations.

Negative self-talk – Many ‘cases’ of low self-esteem are perpetuated by negative self-talk. This

Change requires:(i) Recognizing patterns of thinking and behaving.(ii) Taking responsibility for the root issues and for the process of change.(iii) Resolving heart grief, anger, resentment, roots of bitterness.(iv) Renewing the mind of old patterns of thinking and relating to experiences.(v) Embracing and believing God’s Word – Truth.

You can’t be the father you need to be if you are aware that your a loved son.





**EVERYONE
WANTS TO LIVE
ON TOP OF
THE MOUNTAIN
BUT ALL THE
HAPPINESS AND
GROWTH OCCURS
WHILE YOU'RE
CLIMBING IT.**

ANDY ROONEY

According to Wikipedia, Quote is the repetition of someone else's statement or thoughts. Quotation marks are punctuation marks used in text to indicate a quotation. Both of these words are sometimes abbreviated as "quote(s)"

KEY # 3

TIME AND PATIENCE

James 1:19-21

19 [a]So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; 20 for the wrath of man does not produce the righteousness of God.

21 Therefore lay aside all filthiness and [b]overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls.

Listening to your spouse allow you to get clarity and understanding. Understanding someone will clarify the appropriate time and patience needed for an outcome.

1 Peter 3:7

7 Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers.

Peter instructs the Christian husbands to give their Christian wives respect, or, more accurately, honour (timē).

Some husbands criticize everything their wives do. They love to keep their wives off balance by constant criticism. They are insecure in themselves so they bolster themselves by minimizing their wives. Their wives clothes are too bright or too dull. Something must be amiss. She cannot be right otherwise they could not keep her off balance. They dole out money to their wives when their attitudes are right.

Other men pout and sulk if they do not get their own way. They bury themselves in golf or television and cease to communicate. They give their wives the “silent treatment.” They do not assume responsibility as the head of the home.

Learn to give your spouse time and be patience, that you all can live in harmony towards one another not hatred.