

3-19-15 Marriage—The Differences Between Men & Women

All of you that are here cannot go home and tell your husbands what they have to do to change.

Example ☺ ...Men will pay \$2 for something they want. Women will pay \$1 for a \$2 item she doesn't want. A woman worries about the future until she gets a husband. A man never worries about the future until he gets married. A successful man is one who makes more money than his wife can spend. A successful woman is one who can find that kind of a man. A married man should forget his mistakes because there's no use for 2 people remembering the same thing. A woman marries a man expecting he will change and he doesn't. A man marries a woman expecting she won't change and she does. A woman has the last word in any argument. Anything a man says after that is the beginning of a new argument.

Class member: My 7 year old daughter will say, "Thank you for Daddy for going to work so we have the money for the things we need and want and thank you for Mommy that she spends the money he earns.

Usually you have a list of what you want in a spouse. You talk all the time and you get married. We are taught from movies and the story books particularly girls think about the 'happily ever after'. Men probably not so much, they are a little more romantic. That vision only lasted a very short time before there is a 'Reality Check'. In the beginning it's 'Whoa this isn't what I thought it would be.'

My husband always came on dates he always had shined shoes and an ironed shirt. After marriage it wasn't always like that. We tend to fight our differences. We think if we are really in love and care about each other we will see and handle things the same. When we don't we start feeling some concern. We aren't going to get divorced, just an unsettled feeling.

Today you need to look at....

1. Male/female who does that make them be? Their divinity?
2. What can I do as the spouse to help them magnify their divinity?

We usually want to go into a marriage and say what can you do to make me happy. Usually I'm listening for the list of things that you are supposed to do to help me. You need to listen for what you can do to make your spouse happy.

Husband will listen to the divine purpose of the woman, her needs, and how you can meet them.

Wife will listen to the divine purpose of men, his needs, and how you can meet them.

Things that create stress in marriages.

1. Stress

Women when you are stressed you want to talk about it. They want to go to their spouse and vent, unload. The problem comes when the husband wants to fix because he loves her. That actually creates more stress in the woman. She wants you to listen and have faith in her.

Men when you are stressed they tend to withdraw. They don't want to come unload it to you. They go into their cave emotionally because they want to figure it out themselves. When they have a plan in place that is when they will come and share (if they feel safe). They give it to you after they have it worked out.

Can you see the differences?

Example: He comes home from work at night. He has had a stressful day. She is fine. She says..How was your day? Fine. What happened today? Nothing. She senses that it wasn't a good day, but you want to work on it yourself. You have dinner and the kids. She says I know it wasn't good. Nothing. It was fine. Fine...if you don't want to talk about it, fine. She withdraws. Does she have a right to be offended? No, but she is. We can't stand the secret and we really want to help. We got to bed you on your side me on mine. The next morning we have breakfast. He works it out in his head at work and she stays home and thinks about it all day long and stew and creates the problem in her head. It creates barriers even though both are behaving like the both should be.

2. Motivation.

Men feel motivated when they feel needed and admired.

Women feel motivated when they feel cherished and appreciated.

3. Complaint...

Women complain that men don't listen.

Men complain that women always want to change them, correct them

Class member: Is this personality with boys up to manhood?

As a mother, you need to parent your boys, but not your spouse. Do they want to be needed and admired? They just know that...you can parent with that in mind. That is validation for boys. Don't put your kids and your husband in the same boat. Your husband you accept him how he is. You love him as he is. Because we see their potential so we want to help them.

We need to do a better job of teaching our children that marriage is hard and how to understand the opposite sex point of view.

4. Sense of worth

Man feels sense of self-worth when he problems solves and is needed and depended on. He loves to take things apart and put them back together. Men are logical thinkers.

Women feel their sense of self-worth is to love and cherish their family.

5. Different types of thinking. We assume the other person thinks like me do.

Men's brains are made up of boxes. If you want to talk to a man he takes out that box. If you want to talk about the yard...he takes out that box, he opens it up and he will talk to you about the yard. He will discuss it, but don't throw in the dog because that's not in this box. The man takes the box and puts it away and you only discuss one topic and deal with it at one time. Men have a box that's a 'Nothing box'. They take out that box and just do...nothing. The thing that frustrates women the most is when they are in the nothing box because they should be do something.

["The Nothing Box" \(Tale of Two Brains\)](#)

Women's brains are a big mass of wire. Everything touches everything. He talks about electrical currents going through it. As a woman you don't separate things. Everything is part of everything. They have a hard time talking to us. In doing this is using superlatives...You 'never' take out the garbage. He took down his 'word box'. He is stuck on the word 'never'.

It's a different mind set.

Class member: I was trying to make a to-do list with my spouse together. I had asked him if he could help him with something. I write as it pops into my list. My husband drew a grid and I could only talk about one person at a time. He said, "My brain doesn't work that way." Once I divided it up.

[Moses 5:10-11](#)

10 And in that day Adam blessed God and was filled, and began to prophesy concerning all the families of the earth, saying: Blessed be the name of God, for because of my transgression my eyes are opened, and in this life I shall have joy, and again in the flesh I shall see God.

11 And Eve, his wife, heard all these things and was glad, saying: Were it not for our transgression we never should have had seed, and never should have known good and evil, and the joy of our redemption, and the eternal life which God giveth unto all the obedient.

Vs 10—Adam took out the box that says, "I"---blessings and transgressions.

Vs 11—Eve says, "our" "we"—her view encompasses everything...their seed, the world, everyone.

If you don't understand you think that man is so selfish. Look at Eve she is so good she is looking at the whole world. That has nothing to do with it at all. It is the way God created us in our divinity. Both are very, very good.

We want to make our spouse see things how we are.

Example: You come home from Relief Society Meeting. Dad is watching the 2 year old about 8:30pm. The kitchen is a disaster. The baby is sitting next to Dad bawling on the floor with a smelly diaper. Dad is sitting there watching a ball game. You come in and say, "What's going on? Can't you see the baby needs changed? The kitchen needs to be clean?" They don't look at big pictures all at once. They know that every child is safe. If you say, "Would you change that baby?" Most will say sure. We have to learn to address them not on the attack, but understanding where they are coming from and reaching them in their world.

[Ezra Taft Benson "Teachings of Ezra Taft Benson, 547-548"](#)

"You [women] were not created to be the same as men. Your natural attributes, affections, and personalities are entirely different from a man's. They consist of

faithfulness, benevolence, kindness, and charity. They give you the personality of a woman. They also balance the more aggressive and competitive nature of a man.

“The business world is competitive and sometimes ruthless. We do not doubt that women have both the brainpower and skills—and in some instances superior abilities—to compete with men. But by competing they must, of necessity, become aggressive and competitive. Thus their godly attributes are diminished and they acquire a quality of sameness with man” (*Teachings of Ezra Taft Benson*, 547–48).

[Howard W. Hunter \(*Teachings of Howard W. Hunter*, 139\)](#)

“I suppose you would say it is a man’s viewpoint to throw a burden upon a woman to maintain the stability and the sweetness of marriage, but this seems to be her divine nature. She has a superior spirituality in the marriage relationship, and the opportunity to encourage, uplift, teach, and be the one who sets the example in the family for righteous living. When women come to the point of realizing that it is more important to be superior than to be equal, they will find the real joy in living those principles that the Lord set out in his divine plan” (*Teachings of Howard W. Hunter*, 139).

“It seems strange that women want to enter into professions and into work and into places in society on an equality with men, wanting to dress like men and carry on men’s work. I don’t deny the fact that women are capable of doing so, but as I read the scriptures, I find it hard to reconcile this with what the Lord has said about women—what he has said about the family, what he has said about children. It seems to me that in regard to men and women, even though they might be equal in many things, there is a differentiation between them that we fully understand. I hope the time never comes when women will be brought down to the level with men, although they seem to be making these demands in meetings held ... all over the world” (*Teachings of Howard W. Hunter*, 150).

The Lord is saying you have superior spiritual feelings...you want to have FHE and family prayer. Righteous living doesn’t include nit picking, finding fault, etc.

What does it mean to find “Joy in being superior rather than equal”? You acknowledge it and then live the example regardless of what they are doing. You stop keeping score. You find joy in service in that righteous living. That is a powerful responsibility. You don’t get to complain and murmur that you are carrying more than half. He has other responsibilities. Because of your sensitive nature it keeps you emotionally tuned. It is your responsibility.

The need of what each brings to the family....

[Boyd K. Packer "The Shield of Faith" April 1994](#)

"The ministry of the prophets and apostles leads them ever and always to the home and the family. That shield of faith is not produced in a factory but at home in a cottage industry..... the shield of faith is to be made and fitted in the family. No two can be exactly alike. Each must be handcrafted to individual specifications.

The plan designed by the Father contemplates that man and woman, husband and wife, working together, fit each child individually with a shield of faith made to buckle on so firmly that it can neither be pulled off nor penetrated by those fiery darts. I

t takes the steady strength of a father to hammer out the metal of it and the tender hands of a mother to polish and fit it on. Sometimes one parent is left to do it alone. It is difficult, but it can be done.

In the Church we can teach about the materials from which a shield of faith is made: reverence, courage, chastity, repentance, forgiveness, compassion. In church we can learn how to assemble and fit them together. But the actual making of and fitting on of the shield of faith belongs in the family circle. Otherwise it may loosen and come off in a crisis."

It talks about the need of husbands and wives in the family. It's the father's responsibility to call the family to prayer, but it's the mother that taught the children to pray.

Joseph Fielding McKonkie ["The Holy Ghost"](#)

"Because the spirit of revelation is so closely associated with the feelings of the heart, because the voice of the spirit is the voice of gentleness, because the Spirit is naturally attracted to purity, and because the Lord delights to honor those who serve Him—especially those with whom He has entrusted the care of innocent and newly born children—it stands to reason that women are, by their very nature, more susceptible to the spirit of revelation than are men.

It is natural for man to acquire—to subdue, to confront, to battle, to obtain dominion over things. It is natural for the woman to give, to be gentle and compassionate. Obviously those latter characteristics are more likely to attract the heaven-sent voice. Keys, power, authority, priesthood—these have been given to men. The miracle of copartnership with God in clothing his spirit children with physical bodies has been given to women. It is for man to protect life; it is for woman to give life.

The father will preside when the family kneels to pray, but it will be the mother who has taught the children how to pray.

You are to magnify them!

New definition of love....Love is not getting something you want, but doing something for the well-being of the one you love.

MEN—How to help them

In the Proclamation to the World....Preside, Provide Protect. These are the 3 P's for men.

Preside=to lead.

In the temple we agree that they will be the leader.

D&C

Heavenly Father gave men the Priesthood to Preside. Women..how can you magnify his role to preside?

Class member: Help him bring down his priesthood box so he can come use it.

There is an "A" to teach you how to magnify each of the "P's"

Preside = Admire & Accept

The #1 word in the scriptures is for you to 'submit'. Women need to 'submit'. In the temple we promise to 'submit' to let them 'preside' over us. To submit is not to be a door mat. Jesus Christ was submissive to Heavenly Father. To submit is to think of them in positives not negatives.

Admire—ask for priesthood blessings. Think positive thoughts in your head about them. At least once a year you should have a priesthood blessing to help you. For your children ask for blessings...when they go to school, tasks, things they are afraid of, healing.

When you are giving a lesson on something ask his opinion. Allow him to preside at FHE. It is your part to get the lesson, get the treats, call the kids.

I might go to my husband on Friday and say what do you want to do for FHE. Ask him 'Would you like to do the lesson? Would you like me to get treats? Would you like to stop and get something? Would you like me to make something?'

One of the BYU professors would come home at night and his wife was very good. I would walk into my house and the children were taken care of and dinner was on I felt useless. I felt not needed. Sometimes we as women are so self-sufficient that we shut the door on him.

To accept is to stop trying to change him.

["Grapefruit Syndrome"](#) April 1993

Men are more accepting. Because we are so emotional we are more critical.

Provide = Appreciate

When my 5 sons got married I realized how worried they were about providing for a family. They wanted their wives to stay home. They were worried they wouldn't make enough. I saw how much their self esteem and sense of value are tied up in taking care of and provide for them. That load is SO heavy for men.

Heavenly Father gave him that responsibility. Women at all costs should seek to stay home to do what they are called to do.

- When they come home from work...Smile! Be a happy wife. Smile, laugh.
- Don't gripe about what you don't have. Don't complain about having a bigger house. Be grateful and take care of what they have provided.
- Express verbally often your appreciation to be able to stay home.

Protect = Affection

They need physical, verbal affection. They need you to teach the children to be affectionate. That's part of feeling needed and appreciated. Their love languages are all different, but most men like physical affection.

Your word is 'submit' if you admire, accept, appreciate, and give affection this will lift them. Submit is a good word to tell women what they need to do. It is an attitude, a feeling, a belief.

WOMEN---YOUR HOMEWORK:

- [D&C 25](#)—Given to Emma Smith. Take that one verse at a time. It will tell you how to support your husband.

Vs 14—Delight in your husband—no criticizing and finding fault. Find reasons you are grateful for him.

Murmur not—stop complaining.

Your role is to be a comfort in trials, concerns, or efforts...his comfort not his lecturer or his guide. You comfort with affection and with the 3 questions...communications. Allow him to go into his cave and figure it out. You comfort him when he comes out and is ready to talk.

Beware of pride. Women get a 'holier than thou' attitude. He said, "Lay aside the things of the world." What the world thinks women should be and it also means your focus on obtaining worldly things. The Lord counseled us how to take care of them.

President Uchtdorf ["What is truth?"](#)

I am reminded of a story about a couple who had been married for 60 years. They had rarely argued during that time, and their days together passed in happiness and contentment. They shared everything and had no secrets between them—except one. The wife had a box that she kept at the top of a sideboard, and she told her husband when they were married that he should never look inside.

As the decades passed, the moment came that her husband took the box down and asked if he could finally know what it contained. The wife consented, and he opened it to discover two doilies and \$25,000. When he asked his wife what this meant, she responded, "When we were married, my mother told me that whenever I was angry with you or whenever you said or did something I didn't like, I should knit a small doily and then talk things through with you."

The husband was moved to tears by this sweet story. He marveled that during 60 years of marriage he had only disturbed his wife enough for her to knit two

doilies. Feeling extremely good about himself, he took his wife's hand and said, "That explains the doilies, but what about the \$25,000?"

His wife smiled sweetly and said, "That's the money I got from selling all the doilies I've knitted over the years."

WOMEN—What is your role? To Nurture!

Nurture—care for, love, teach. Your responsibility is to nurture your family and husband.

What gifts have you been given to nurture?

- Ability to see the whole world at once.
- Spiritual sensitivity

Satan wants to take gifts and tweak it.

Spiritual Sensitivity is tweaked into self-righteousness and critical.

When women get emotional they take it and focus in... 'poor me'. We get really into self pity with our husband. We have a different expectation from our spouse than our children. We expect it from a spouse, but not from our children.

When we are needy and bawling while we are stirring the pasta...they ask how are you? We are crying and we assume they know how to read our mind and we are mad because they don't fill our needs. When you want them to take down the box that says, "Wife" tell them what you want. It's been a really, really hard day could you just take the kids for a walk for 20 minutes and get me pulled together." If you don't know what your needs are how do you expect them to know what you need.

Tell them in a kind non-critical, non-defensive way. They want to take care of you and help you and love you.

Many of you have been married long enough that you start having parallel lives. We are functioning out of the same house, same budget, same children, but our lives are no more connected. It's become safe to separate our lives. I have been stressed so many times and you aren't listening to me. I have been stressed and you try to fix me. We do logistics, but we aren't emotionally connected.

Men—ask your own wife...generically with LDS women they are very lonely. They love their spouse, but they are lonely. They feel like they are living together, but not together. What happens when the kids leave home and we don't have anything in common anymore. We aren't connected. It is both of your responsibilities to learn the needs of each other and stay connected.

HOMEWORK:

- I want you to ask your spouse what you can do to help them feel loved.---This is easier because you aren't opening up yourself. When you take a risk you are making yourself vulnerable to closeness or pain. You have to decide not to take offense.
- Preface it with...I want to share something that is important to me. It lets them pull down the box of 'it's important'. It can't be criticism of him. It can be a failure you have had. Open up...take a risk...share something.

Women = nurture

One word for a man is to "Cherish"

Leave and cleave (Scriptures say this) Cleave means to put the wife above the hobby...golf, hunting, sports.

Cleaving requires action...to do something to be sure she is ok. Take down that box once a day and make sure!

Men can say, "I cherish my wife", but if she doesn't feel that way it doesn't matter. She has to feel cherished. That requires you doing, but also checking to see how she feels, but not telling her how she feels.

You can't say look at all these things I've done for you. Her feelings are her feelings. You need to do things to make her feel cherished.

MEN—List of To Do's for Women

Elder Ballard ["Daughters of God" April 2008](#)

"First, show extra appreciation and give more validation for what your wife does every day. Notice things and say thank you—often. Schedule some evenings together, just the two of you.

Second, have a regular time to talk with your wife about each child's needs and what you can do to help.

Third, give your wife a "day away" now and then. Just take over the household and give your wife a break from her daily responsibilities. Taking over for a while will greatly enhance your appreciation of what your wife does. You may do a lot of lifting, twisting, and bending!

Fourth, come home from work and take an active role with your family. Don't put work, friends, or sports ahead of listening to, playing with, and teaching your children."

I always feel sad when our semester comes to an end. I love, love, love teaching this class or I wouldn't have been doing it for so many years. I testify to you that this relationship of marriage is so important to the Savior and consequently so important to Satan.

"Satan is anxiously engaged in trying to destroy families." Elder Bednar in World Wide Leadership.

The way to destroy a family is to destroy a marriage. Don't be surprised if there are challenges in your relationships. Heavenly Father and the Savior will heal any rifts. They will show how to make it better.

Alma 32: 37-41

37 And behold, as the tree beginneth to grow, ye will say: Let us nourish it with great care, that it may get root, that it may grow up, and bring forth fruit unto us. And now behold, if ye nourish it with much care it will get root, and grow up, and bring forth fruit.

38 But if ye neglect the tree, and take no thought for its nourishment, behold it will not get any root; and when the heat of the sun cometh and scorcheth it, because it hath no root it withers away, and ye pluck it up and cast it out.

39 Now, this is not because the seed was not good, neither is it because the fruit thereof would not be desirable; but it is because your ground is barren, and ye will not nourish the tree, therefore ye cannot have the fruit thereof.

40 And thus, if ye will not nourish the word, looking forward with an eye of faith to the fruit thereof, ye can never pluck of the fruit of the tree of life.

41 But if ye will nourish the word, yea, nourish the tree as it beginneth to grow, by your faith with great diligence, and with patience, looking forward to the fruit thereof, it shall take root; and behold it shall be a tree springing up unto everlasting life.

Heat of the sun...financial problems, trials, stress. The reason why is that you neglected to nourish the marriage.

To nourish is a verb. You are doing something. You are doing for your children, but not always for your marriage. Stop pointing a finger of blame and say what can I do to nourish the marriage. If one person will change the relationship will change. If you do it the Saviors way it will be blessed by his love.