

Understanding:

Having insight and applying knowledge



The culture tends to promote the idea that husbands cannot understand their wives and even to a certain point that wives cannot understand their husbands. This deception has crept into the church and many Christians believe their spouse to be incomprehensible. The Bible clearly refutes this idea - beginning in Genesis; the man and woman were to become “one flesh” - at one with each other and understanding one another. Throughout the Bible, God calls us to understanding; but not just any understanding. Insight and knowledge come from God, not from our own minds. Yes, we must pursue knowledge and understanding, but we gain understanding through a deeper knowledge of the Lord our God.

John wrote that Christ gives understanding so that we may know Him (1John 5:20). Solomon, the wisest man whoever lives admonishes us to lean not on our own understanding, but to acknowledge God and trust in Him (Proverbs 3:5,6). Peter wrote that husbands are to live with their wives in an understanding or considerate way (1Peter 3:7). Understanding comes from God as we know Him better and walk with Him closer, but we are to seek God’s understanding and seek to understand our spouse.

Understanding our spouse requires *knowing* him or her: spending time together, communicating, praying together, growing together. We must be a student of our spouse and it does not end! Carmen and I have been married almost 39 years and as we age and face the challenges of life, we still must *seek* to know each other - not assume that we know everything about each other. Yes, we know each other well, but we want to know each other *better* - to have insight into each other and apply that knowledge to be the godly husband and wife the Lord wants us to be. Proverbs 17:27 tells us; “The one who has knowledge uses words with restraint and whoever has understanding is even-tempered.”

Do your words build your spouse up? Or hurt and tear him or her down? Are you even-tempered? Responding to your spouse in love, even if they wrong or hurt you? Or do you react in anger, hurting your spouse or others with your ill-tempered reactions? Seek to truly know your spouse, gaining insight, and use that knowledge to build him or her up, helping them become more of who God wants them to be.

Helpful Resources: *Fortified Marriages Resource page: www.fortifiedmarriages.com*

Articles to check out: *Understanding Your Spouse* by Dr. Douglas Weiss

Who Did You Marry?: Understanding Your Spouse by Paul & Teri Reisser