"Passive Men and the Women Who Resent Them" The Family of God

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I want to talk with you today about a potentially undiagnosed problem. Marriage will be the backdrop of the conversation today. The reason that this problem is potentially undiagnosed is that it surrounds a confused and contentious topic in our culture. And each of us has unique histories and experiences that we can't help but lay on top of everything we hear about the topic.

I told you last week that the title of the sermon is Passive Men and the Women who Resent Them. I will say, the title is more aggressive than the sermon, so don't panic.

Here we go. Open your Bibles to Genesis 1. We are going to need to do a good bit of work so buckle up.

Genesis 1:27

So God created mankind in his own image, in the image of God he created them, male **AND** *(emphasis added)* female he created them.

God creates humanity in His own image. We are the apex of God's creating work. God sought to fill the world with beings who look and act and operate as He does, and He did so with us.

But the author of Genesis doesn't just paint in broad strokes. He doesn't stop at "mankind" or the generic "humanity." Rather, he drives in on the specifics: "male AND female He created them."

Who looks like God? He does...and she does. Who is made in the image of God? She is...and he is. So there is an equality of dignity found here with males and females. There is an equality of personhood. Neither is less than the other. They can't possibly be so, because that would be saying certain parts of God are more important than the other. Foolishness.

This should bring mutual respect between the genders. Men and women should recognize the unique aspects of the image of God in each other, be zealous to honor and respect each other.

And within that unquestionable equality of dignity and personhood, God makes a distinction between the two genders. He says "male AND female." If you're familiar with the narrative leading to this point, you know that God has been making all kinds of distinctions between created things.

He divides light and dark, sky and sea, heavens and earth, land and water, night and day. Each part of creation is distinct, yet complements its counterpart. In the creation of human beings, God yet again distinguishes by creating male and female. They are equal in value as image-bearers, yet different in form and function as male and female. They are, like the rest of creation, complementary counterparts.

So don't miss this: our distinctiveness, as male and female, lies at the heart of what it means to mirror the image of God in the world. Both male and female are a good and necessary part of being made in God's image. There is **equality with distinction**.

Let me challenge some of you for a second here: please don't lie about the Bible to try and accomplish a good goal. Here is what I mean. In the creation of mankind, God creates then distinguishes by creating male and female. You're being dishonest if you read this and say "light and dark, sky and sea, heavens and earth, land and water, night and day, and then male and female...but there is really no difference in male and female--those are really irrelevant and the same." That's nonsense, and I don't care how strong the cultural tides are to get you to believe it. The main theme of this passage is the distinguishing work of God.

If your goal is to eliminate the mistreatment of women, that's a good goal. That's the team I am on, and God is the captain of that team. Eliminate mistreatment of women everywhere. But don't lie about the Bible in order to try and accomplish that good goal. In fact, the reason I want to eliminate the mistreatment of women is because of the Bible! God has made male and female in his image and image-bearers must not be mistreated, no matter their shape, size, or gender.

Genesis 2 zooms in on some particular moments of creation.

Genesis 2:15-19

The Lord God took the man and put him in the garden of Eden to work it and keep it. And the Lord God commanded the man, saying, "You may surely eat of every tree of the garden, but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die."

Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him." Now out of the ground the Lord God had formed every beast of the field and every bird of the heavens and brought them to the man to see what he would call them. And whatever the man called every living creature, that was its name.

God puts Adam in the garden and gives him a calling. Work it, keep it. God makes him responsible for it. God gives him a specific command. Don't eat from this tree. God gives him authority to name the animals. He's got the calling. Then God creates Eve and basically says they will team up in this calling. The Hebrew word translated as "helper" is Ezer, and it is more compelling than the English word "helper." That's one where some meaning is lost in translation. The picture it paints is one of supporting strength. God himself is called an Ezer multiple times in scripture. For example,

Psalms 33:20

"Our soul waits for the Lord; he is our *help (emphasis added)* and our shield.

Scripture says they come together as husband and wife, they are naked and unashamed. Now watch what happens with this dynamic.

Genesis 3:1-6

Now the serpent was more crafty than any other beast of the field that the Lord God had made. He said to the woman, Did God actually say, 'You shall not eat of any tree in the garden'?" And the woman said to the serpent, "We may eat of the fruit of the trees in the garden, but God said, 'You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die."

Remember, God gave the command not to eat from the tree to only Adam. Notice "neither shall you touch it" is an addition. God didn't actually say that part. He just said don't eat. They could've built a treehouse on it. Just don't eat it.

But the serpent said to the woman, "You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate,

She is deceived by a line of thinking, she steps in, steps forward, takes the fruit. Question is, where is the man?

And she also gave some to her husband who was with her, and he ate.

All at once, everything that Adam was responsible for comes crashing down.

Notice the inversion. Adam was supposed to have dominion, or leadership, over the creatures. Here that is inverted, and a creature now has dominion over Adam. Adam was supposed to have dominion over the garden, but now a fruit has dominion over him. Adam was supposed to lead his wife forward into God's calling, but now she is leading him.

Think of the ways he might have engaged.

- -When the serpent tried to confuse Eve by saying "Did God really say? Adam could have stepped in and said "Yes he did. I was there."
- -When the serpent says, "You will not surely die." He could have said "Yeah we will. Surely. That's exactly what God said, and I'm the one He said it to. Move along, talking snake."

But he did none of those things. Instead here's what happened: Adam stepped back. He was silent when he should have spoken up. He was apathetic when he should have fought. He stepped back when he should've stepped forward. He abdicated his responsibility.

He could have stepped in and said "ok everyone, I don't totally understand what's happening here but I know it's not good. I need everyone to take a step back and let's think about this for a second." He doesn't give his voice, he doesn't lend his body, his strength, his energy. He's calm, passive, reserved, in the background.

Eve, on the other hand, stepped in. She reached out and took control.

Does that pattern sound familiar? Here is what I'll tell ya...Many, not all, but many men in my life group and our church struggle with apathy. It's our most besetting sin I would argue. Many, not all, but many women in my LifeGroup and church are overwhelmed.

Generally speaking, men tend to struggle with passivity. Women tend to struggle with control, manipulation, inserting themselves, and ending up overextended and overwhelmed. This pattern has become so prevalent that it's almost expected in families: the dad steps back, the Mom steps in. Dad is so uninvolved that he is clueless and irrelevant. Mom keeps stepping in and running everything and he is glad to let it happen. If anyone is leading the family spiritually, it's mom. The wife is engaged with LifeGroup, husband is...just sitting there.

And I would argue that our culture reinforces it. It is expected that mom will lead the family and dad won't get in her way or act as he could possibly have input that is needed, much less be responsible for the family. He steps back, she steps forward.

Genesis 3:7-9

Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. But the Lord God called to the man and said to him, "Where are you?"

Notice, who does God call out first? Adam. Why? Because he's the one who was responsible. That is a meaningful point because Satan reversed the order. But when God shows up, He goes straight to Adam. He re-affirms His created order by going to the counterpart he gave responsibility to. What happens next is that Adam blames Eve, Eve blames the serpent. Both, however, would experience profound consequences from Adam's passivity and Eve's over-insertion.

Notice the curses or consequences.

Genesis 3:14-19

The Lord God said to the serpent, "Because you have done this, cursed are you above all livestock and above all beasts of the field; on your belly you shall go, and dust you shall eat all the days of your life. I will put enmity between you and the woman, and between your offspring[e] and her offspring; he shall bruise your head, and you shall bruise his heel."

This is what is sometimes called the First Gospel, or the first mention of what God will do. One from the woman will crush you. It's gonna require the gospel of Jesus to reverse the mess that was just created. All the death, all the war, all the beatings, all the abuse, all of it comes from this moment. Only the finished work of Jesus can begin to sort it out.

To the woman he said, "I will surely multiply your pain in childbearing; in pain you shall bring forth children.

Your desire shall be contrary to your husband, but he shall rule over you."

The rule there is not a benevolent word. God says to Eve, your problem was that you stepped out from authority, so authority will be a real problem for you. You are going to want to control, but not be able to. And sure enough, everywhere you go, childbirth is painful and men mistreat and abuse women.

And to Adam he said, "Because you have listened to the voice of your wife and have eaten of the tree of which I commanded you, 'You shall not eat of it,' cursed is the ground because of you; in pain you shall eat of it all the days of your life; thorns and thistles it shall bring forth for you; and you shall eat the plants of the field. By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return."

To Adam God says, since your problem was passivity, I'm not going to let you survive unless you step forward and sweat. No more sitting back. If you wanna eat, there will be sweat on your brow.

The ESV Study Bible provides the following commentary to better explain this (v. 16). It states:

"These words from the Lord indicate that there will be an ongoing struggle between the woman and the man for leadership in the marriage relationship. The leadership role of the husband and the complementary relationship between the husband and wife that were ordained by God before the fall have now been deeply damaged and distorted by sin.... (1) Eve will have the sinful "desire" to oppose Adam and to assert leadership over him, reversing God's plan for Adam's leadership in marriage. But (2) Adam will also abandon his God-given, pre-fall role of leading, guarding, and caring for his wife, replacing this with his own sinful, distorted desire to "rule" over Eve. Thus one of the most tragic results of Adam and Eve's rebellion against God is an ongoing, damaging conflict between husband and wife in marriage, driven by the sinful behavior of both in rebellion against their God-given roles and responsibilities in marriage."

Huh. The reality is, some of the tension and frustration, and conflict in our marriages today go all the way back to the beginning of time.

But in the fullness of time, Jesus came to redeem those under the curse of sin and the curses it brought. He means to bring us back to the original dream and design for marriage.

So in the New Testament, we have commands for Christian marriages that harken back to the design of male and female in marriage showing off the image of God in complementary ways. But if you don't understand this pattern then part of what the New Testament says about marriage will sound confusing if not offensive to you.

Ephesians 5:22-28

Wives, submit to your own husbands, as to the Lord. For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. Now as the church submits to Christ, so also wives should submit in everything to their husbands.

For us, this is the part that sticks out like a sore thumb. For the original audience, where men had far more power than women, this would have been normative.

Husbands, love your wives, as Christ loved the church and gave himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word, so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself.

In a culture where men had most of the power, this would have been far more confrontational than the first part. Paul's call to men here would have felt like ice water to the face.

Here's another:

Colossians 3:18

Wives, submit to your husbands, as is fitting in the Lord. Husbands, love your wives, and do not be harsh with them.

Reversing the curse, do you see that? Wives, submit to your husbands. Follow his leadership. Husbands, love your wives as yourself. And do NOT be harsh with them. Honor your wife. Treat her as you'd treat your own body. Sacrifice for her as Christ sacrificed Himself for the church.

Because these concepts have so much potential for confusion in our culture, I want to simplify them as much as possible. Here's the most helpful breakdown of what these passages are and are not saying that I've heard. But here you go:

Errors of Passivity ←	Husband	→ Errors of Dominance
	Loving, Humble Responsibility	
	Wife	
	Joyful, Intelligent Submission	

The husband is called to loving, humble responsibility. It means it's ultimately on you to make sure your wife, marriage, and family are healthy. It means you make sure it's getting done. It means you steer towards decisions that are best for your family and not for just yourself. It means you lead with your words and your example. Doesn't mean you do everything or decide everything, it means you are responsible for what gets done and what gets decided.

The wife is called to joyful, intelligent submission in this design. Notice that if the husband is doing his part, the concept of submission gets a whole lot easier. She is not to leave her brain or voice at the altar--she is to bring all her wisdom and giftedness and strength to the marriage. The wife is called to follow her husband's leadership joyfully as he tries to lead the family to honor God. Now, on to the errors...

Errors of Passivity ←	Husband	→ Errors of Dominance
Coward	Loving, Humble Responsibility	Tyrant
	Wife	
Doormat	Joyful, Intelligent Submission	Usurper

For the husband, the error of dominance is to be a tyrant. To be domineering, lording his position of authority over his wife, taking advantage of it, sinfully enjoying the power trip. The tyrant runs amuck like some sad king who finally has a small kingdom to reign over. He wants everyone to serve him and may ensure that's the only choice they have.

The passive error, on the other hand, is to be a coward. To be silent when you should speak. To know things that need to change in your marriage or family, but you don't want to rock the boat so you just keep it to yourself and turn to your hobbies. Being a coward is all about abdicating your responsibility to lead and protect. So like Adam, when the enemy comes you are either too preoccupied or foolish to see it.

Now, culturally speaking, which one is our society more worried about? Of course--it's the tyrant. It drips off our lips in the ways people talk in a derogatory way about "the patriarchy." Our cultures attempt to diagnose this side of the chart is the term "toxic masculinity." And it absolutely is a problem. Tyrant men have done indescribable amounts of damage, and their trails of destruction are usually very visible. When a man uses his energy to take instead of to give, to harm instead of to bless, that causes tremendous harm that often lasts through generations.

The interesting thing is, we don't have the same terms, or nowhere near the same amount of fear for the opposite error in men. There are no slogans to warn of the dangers of the men, husband, and fathers who are just...there. This is largely because the damage cowards cause is typically far less visible. The damage cowards bring is like that of Adam, who steps back from his wife who is in spiritual danger, because it was easier. Who when confronted, says "It was her fault."

That discrepancy is interesting to me, because of this. If I had to guess, I would say that maybe 1 out of ten of you would say that your dad was more of a tyrant. He was overly aggressive to the point of controlling and maybe even abusive. There are some of us who would say, generally speaking, our dads got it right. And all of the rest would say their Dad was more so passive. He was there, but he was *irrelevant*. Dad may have worked hard to pay the bills, but he probably didn't have vulnerable conversations with you. Yeah, he was at the dinner table but he didn't lead you into what it meant to be an adult. Mom ran the family and kept everything going and if something was going to change it was because mom brought it up, not dad. And because mom saw the change through, not dad. If the family did something spiritual or discipleship oriented, it was mom who drove it, not dad. It was mom who decided when and if you go to church services. Generally speaking, Dad just tried to keep mom happy and do what she wanted.

The damage that comes from that may be less overt than the tyrant, but many of the wounds and deficits we discussed earlier in the series result from passive, cowardly fathers.

Now to the errors of wives. On the right side, we have a usurper. We don't use that word a ton, so I'll define it quickly: "a person who takes a position of power illegally or by force." Usurpers are the women who are more than glad for their husband to take a backseat, and who in all honestly would challenge his every move until he did anyway. A usurper is resistant to her husband, hostile towards the very idea of his competency and leadership, even if that's not conscious awareness. And usually, even if a usurper enjoys

and prefers this role, deep down there is still simmering resentment against the weak man she's married to.

On the other hand, passive women are doormats. Day after day, month after month, year after year in their marriage, it's "Yes dear, whatever you say." She doesn't contribute at all to the decision making process. She has no preferences, no desires, no voice. She's a doormat.

Now...on that spectrum, which one is our culture more concerned about women being? The doormat, obviously. That's where almost all of the fear and warnings are. That's what many are reacting from, largely because of the sinful treatment of women in the past. There is very little fear or caution on the other side of the spectrum.

All of this begs the question: which are you currently operating in? The biblical design, or one of the errors? The chart is simply to paint a picture. When a tyrant is married to a usurper, there is conflict all the time. It never stops. When a tyrant is married to a doormat, there can be all kinds of mistreatment or abuse, and it is dehumanizing for both. If a coward is married to a doormat, they never actually engage meaningfully out of fear of rocking the boat. The result is two strangers who live together.

And when a coward is married to a usurper... Usually, there is a simmering resentment in both, until someone snaps and he has an affair. or she finally drives him down into the small man she's trained him to be, and maybe she moves on to another challenge.

Now, in every culture, there are parts of the Bible that sound wildly wrong. I'm well aware that these passages are one of them for us. There are a few reasons for that, including the abuse of passages like these to excuse and even condone sinful mistreatment of women. That is deplorable and God will judge it. But in reaction, there are some who would say that Paul and others are simply wrong, others who would say it doesn't mean what it sounds like it means, and then generally speaking a whole lot of people who just ignore it altogether. I would suggest to you that all of those ideas are bad ideas, that do not lead to good fruit.

My question is this: what if much of our resistance to this idea is actually culturally conditioned, and the result of the fact that we largely react to bad examples? What if we are a culture where the sins of tyrant men have been so well-publicized that men are running away from that end of the spectrum as fast as we can, while everyone encourages us to do so, and we ran right past the biblical design into being cowards?

What if women have seen examples of doormat women in history and in their own lives, and they vowed to never ever be treated like that. What if you all run the risk of running right past the joyful, intelligent submission in marriage you are called, into the role of usurper?

For folks who aren't married. Ephesians 5 is about husbands and wives, not women and men. But the tendencies are potentially still there for self-inspection. Men, are you passive? Married or not. Are you a tyrant, married or not?

Women, are you a doormat? Do you hesitate to express your thoughts and insights for fear of rocking the boat or out of insecurity? Or, are you more tempted to overly insert yourself?

In a crowd this size, I'm sure there are a few tyrant men, and at least a few doormat women. I hope you already know what some of your applications may be, and if that's you I'd encourage you to find your LG Leader or one of us pastors and we can talk more about your application. But to end I'd just like to speak to the Coward husbands and the Usurper wives, or going back to the sermon title: to passive men and the women who resent them. The biblical admonition I'll make to cowardly husbands and usurper wives comes from Ephesians:

Ephesians 5:33

However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

To Cowardly Men--To all men who are married or may be married one day in danger of being on the passive side.

We live in a culture where immaturity and adolescence get perpetuated. We have young men with Peter Pan syndrome not wanting to grow up, to take responsibility for themselves, to cultivate relationships with others--instead, we have men who shirk responsibilities, blame others for their immaturity, and are more adept with cultivating hobbies and games than their own actual lives.

There may be nothing inherently wrong with many things you spend your time doing. But if you are more adept at your hobbies than you are at engaging your wife, reading your Bible, connecting with your kids, and making sure the things that need to change in your family get changed...that needs to begin to shift today. Because that is a passive way to live, it gives you no purpose, it dishonors your high calling in God, and it probably makes your wife resent you. You need to learn how to speak directly. This is what I think. This is what I feel. I disagree and here is why. This is how I think we should handle this situation, what do you think. We have to risk putting ourselves out there, feeling exposed and vulnerable.

We need to become aware of the pull on our souls to sit back and see if someone else will take care of things so that we don't have to.

Your life should not be a drain on others. Instead, others should drain from your strength and responsibility. You are to be a source of energy and strength and protection and purpose and direction. A pastor named Robert Lewis once said, "The boy in you must die." As soon as I heard that I knew exactly what he meant.

We also live in a culture where the message is oftentimes that there is something wrong with men simply because we are men. Men are dangerous and a problem and we ruin everything.

I want you to hear that you are needed. We need you to engage. To have that necessary but tough conversation, and to initiate it. We need you to engage the problematic neighbor who needs to be talked to and don't make your wife have to do it. We need you to initiate spiritual conversations. To be more forward with your relationship with God. We need dads to engage their kids' hearts.

Half of us men in the room have wives who are more gifted leaders than we are. That's fine. That's not what we're talking about. We're talking about responsibility. If she's a better leader than you then I'd suggest picking her brain quite often.

Let me give you an idea of how you could start. Ask yourself, what is an area of my marriage, family, life that I would like to grow or be healthier? One day this week, tell your wife that you'd like to pray about that together. If she is on board with it, put down your phone and grab her hand and pray about it with her. Then thank her for praying with you. That's a start. You see a problem, you take responsibility instead of waiting to see what will happen. And you initiate bringing needed change.

That's the key. If something is wrong, don't sit back and wait on your wife to fix it. Step in, step forward, take responsibility.

To Usurper Wives

To wives who might tend more towards the usurper side of the chart. You may have heard this before, but it's almost impossible to understand how deeply true it is. Your husband would rather feel respected than loved. Now, he wants both. No false dichotomy necessary. Out of all the nice things you could possibly say to your husband, such as "I enjoy spending time with you, I love you, etc." do you know what is the most meaningful thing you can say to your husband, far and away? "I respect you. I'm proud of you." Every time, he takes that over any alternative. One study of men showed that 74% of men would rather

feel lonely and unloved than inadequate and disrespected. Your husband's need for respect is that deep. That's why Eph 5 says men love your wives, wives respect your husbands. I think respect is what submission looks like in day to day life.

Our culture says that love should be unconditional but respect must be earned. That's not what Scripture says. Respect is a command. Your husband needs to have your respect. If you want your husband to feel loved by you, show him that you respect him. If a man feels disrespected, he is going to feel unloved. If you refuse to respect your man, the Bible actually sides with him. God has sympathy for the husband whose wife refuses to respect him.

Proverbs 21:19

Better to live in a desert than with a quarrelsome and ill-tempered wife.

Ill-tempered =Grumpy. Always bothered by something. Nothing you do is ever good enough. You can't please her.

Proverbs 21:9

Better to live on a corner of the roof than share a house with a quarrelsome wife.

Quarrelsome = contentious. Picking fights. Always wanting to argue. Constantly making things into big deals. Drama. nagging

Proverbs 27:15

A quarrelsome wife is like a constant dripping on a rainy day;

One of our deepest fears as men is to be found inadequate. It haunts us! For the man with a nagging, usurping wife, that's what he is constantly feeling. Because we operate around respect, a wife who is constantly nagging, correcting, and controlling is emasculating. It's castration by critique.

It is hard to watch, honestly. When a wife belittles her husband, when she emasculates him in front of others, or in front of their kids. When she resists his attempts to help or lead. God pities the husband whose wife doesn't respect him. That man can't win. He can't be a man and fulfill his role without his wife being angry or contentious. He can back down and lose, or he can fight back, and still lose.

How do most men respond to that? Either rage out or shut down. Most often, the man will just stop trying. He shuts down. Sometimes We don't know why we are shutting down. We can't articulate it, we're just angry and frustrated and feel like we can't win. These husbands stop trying to set the tone. They start putting their energy towards work, where they feel validated...where they can set goals and accomplish them...where they get positive feedback. Or, literally anywhere else where they can feel validated and get positive feedback.

Respect is like relationship fuel for a man. When a man's wife respects him, he feels like a man because she knows him the best. He often responds by living up to her respect and belief in him. You as the wife have magical powers in that way. You can say things in a way that makes his shoulders go down. "You are terrible at this, you always do this wrong, you never get this right..." "Should I call the plumber now, or are you going to try to fix the sink first, and then I'll call the plumber?"

But you can also speak to him in a way that makes his shoulders raise, did you know that? You can say, "Hey, I've noticed this and I know the man I married. The man I married is thoughtful and considerate, and I wanted to bring this to your attention in case you hadn't thought about it." Shoulders go up, up, up...and I'm already doing the thing you want me to do!

A pastor named EV Hill was preaching his wife's funeral. He told a story.

Early in their marriage, he had lost his job. After being out looking for work one day, he came home to a candlelight dinner with his wife sitting at the table. He said they sat and ate and talked and had a great meal. Afterward, he went to the bathroom and flipped the light switch but the lights didn't come on. He tried another room and the lights didn't work there either. He asked his wife "did they cut out our lights?" And she said yeah we didn't have money to pay the bill. I didn't want to make a big deal out of it because I knew you would take care of it. And God will get us through it. So I thought we'd just have a candlelight dinner. He said in that moment, she could have ruined me. "What kind of a man can't keep the lights on?!" But she never did that. He said, "she always made me feel like a man."

Now, as we talk about all of this, are there particulars and specifics about your marriage that I am not addressing? Yes, there are. Is more nuance needed than what I've said? Yes. Are there specific things about your marriage that you will need to account for? Absolutely. I'm simply trying to give the patterns and let you see what you notice and take it from there.

Husbands...let's step up into the humble, sacrificial leadership roles we were designed for. Quite frankly, our wives, our families, and our world is desperate for it. Wives, extend respect to your husband and see if something deep in your soul changes from feeling like resentment to something a bit warmer.