**WPH Mentoring for Greatness Program**

**Lesson 5 - Understanding your man**

It is very critical to your marriage that you learn to understand your spouse. Men communicate differently from women. Their needs are different and where similar not in the same order as our needs. Men need respect, sex, your support, peace, and food!! Your respect for them is more important than sex. You must take interest in what is important to them. Make your husband delight in coming home and good food! Nagging makes situations worse. Learn to discuss your disagreements in a respectable manner alone. When with others show a United Front.

There are 4 main personality types - Sanguine, choleric, melancholic and phlegmatic.

**Sanguine**- are enthusiastic, active and sociable (a people person)

**Choleric** - are very independent, logical and goal oriented. Like to take charge

**Melancholic** - pay attention to detail, neat and overthink things. Don't like being in a crowd

**Phlegmatic**- relaxed easy going. Care about others but want don't want others fussing over them.

Some of us are a combination of 2 or more types. Identify where you and your husband fit.

Based on your personality type reflect on recent misunderstandings. Identify how you could have helped the situation go better. Identify 3 areas that you need to do better. Identify 3 areas you need your husband to understand about you.

**Ephesians 5:22,25** - ***Wives, submit yourselves unto your own husbands, as unto the Lord…..Husbands, love your wives, even as Christ also loved the church, and gave himself for it;***

**Reading Assignment**

Read a book on relationships. There are also good relationships teachings by reputable pastors on YouTube

**Assignments**

**All written assignments should be sent to** [**wphm4gprogram18@gmail.com**](mailto:wphm4gprogram18@gmail.com) **with your name and mentee no.**

1. Share feedback with your mentor on how applying what you have learned has improved your relationships
2. **Teaching Others**

Share principles learnt with others

1. **Prayer Assignment**

* Pray in tongues for 1hour 30min
* Pray in your understanding for 1hour 30min
* Your sincere prayer moves report

**Lesson Expectations**

* You should be applying principles learnt to your lives
* Your prayer life has improved to more an hour
* You should have read a book on relationships

***If you have questions contact your Personal Mentor and feel free to ask questions thru Whatsapp*** +2202530572/+23279225740 with your name and mentee number