

# Waffles and Spaghetti – The Little Black Book (Week 2)

## HOOK

### 17 Reasons is GREAT to be a Girl

1. Anything a guy can do a girl can do . . . cuter.
2. Can get away with stuff, many times through crying.
3. Don't have to pay on dates.
4. Smell better.
5. Mature faster.
6. Live longer.
7. Lower driver's insurance.
8. Often have better handwriting.
9. Have many more discount racks at stores.
10. When they fart in public, they won't be blamed for it.
11. More experienced in communicating emotion.
12. Can carry more stuff because of purses.
13. Get to experience the emotional release of a good cry without feeling awkward.
14. Very aware of social cues.
15. Two words: Yoga. Pants.
16. Get first dibs on the lifeboat when your cruise liner sinks.
17. May receive the blessing to grow a person.

### 17 Reasons is GREAT to be a Guy

1. A 5-day vacation only requires one suitcase.
2. We can open our own jars.
3. Can go to the bathroom without a support group.
4. If someone shows up wearing the same thing, we may become best friends.
5. Everything on our face stays the original color.
6. Every life principal can be simplified to a sports analogy.
7. Can cut our nails with a pocketknife.
8. Getting in a fight actually makes us fast friends.
9. Can carry an entire conversation through grunting.
10. Can write our name in the snow with pee.
11. Have the ability to hold a 30 second phone conversation.
12. Friends will still talk to us if we forget their birthday.
13. We never have a line at the public bathroom.
14. Our dress shoes don't blister, cut, or mangle our feet.
15. Can be ready and out of the house in 5 minutes.
16. Don't always have to sit on public toilet seats.
17. May receive the responsibility of shepherding a family.

## BOOK

**Question:** Are you willing to do whatever it takes to have the marriage you've always hoped for?

**Genesis 1:27-28,31** - *God created man in His own image, in the image of God He created him; male and female He created them. And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth." . . . 31 And God saw everything that He had made, and behold, it was very good. And there was evening and there was morning, the sixth day.*

- Side Note: Society is trying to destroy gender identity by making it subjective. We are, at the very DNA level, either male or female. To dispute this is not only a departure from reality, but a denial of reality.
  - The enemy wants to destroy this clarity so he can effectively attack the foundation of God's kingdom - the family unit.

- The first references to “man/him” is plural = “mankind”, speaking of the man & woman together. Therefore, God’s image/likeness is stamped on the two of them as a whole. God, on purpose, created two genders – male and female.
  - **Two truths: 1)** God created us as two sides of the same puzzle and uses both halves together to show a more complete image of Himself.
  - **2)** The second intent of this is when the two work together in harmony, it creates a relationship of intimacy and fulfillment which is a powerhouse team to dominate life.

Tools for the assignment:

**Genesis 2:7-9,15 (man’s task)** – *the LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. And the LORD God planted a garden in Eden, in the east, and there he put the man whom he had formed . . . . 15 The LORD God took the man and put him in the garden of Eden to work it and keep it.*

- “worker/caretaker” = Man is hardwired for a task – take it on, complete it.

**Genesis 2:18,21-23 (woman’s task)** - *Then the LORD God said, “It is not good that the man should be alone; I will make him a helper fit for him” . . . . 21 So the LORD God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. And the rib that the LORD God had taken from the man he made into a woman and brought her to the man. Then the man said, “This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man.”*

- “helper/companion” = Woman is hardwired to join, to help, to connect.

**Genesis 2:24 (unity)** - *... a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.*

- One heart, one mind, one purpose, one flesh.
- God gave the UNIFIED couple a single mission but quipped them with different, indispensable gifts, so when they work together, they have synergy.
  - Synergy – When two or more elements combine to produce a total effect that is greater than the sum of the individual elements.
  - 1 + 1 = 3 / One horse can pull 2,500lbs. Two, 12,500lbs / Company making 10mil may merge with one making 13mil so they can make 35mil.
- Our differences are intended to **work together** to fulfill the mission of God.

## LOOK

Grey Matter on the Brains – meant to pass electrical signals across the brain.

- Signals = memories, emotions, ideas, etc.
- More grey matter = more stops = more time = more content.
- Less grey matter = less stops = less time = less content.
- Ex. Baton passing through the students.
- This doesn't determine an amount of intelligence.

The genders have a very different quantity of grey matter.

- Women have far more than men: 6-10x more!
- This is why we function differently.
- Our uniqueness can either frustrate us or create synergy.

## GIRLS ARE LIKE SPAGHETTI

- Spaghetti is messy. Every noodle is tangled, random and seems to be touching every other noodle – so much so, it's hard to make out any definable ends.

Explanation: How her brain works. Because of the extra grey matter, every issue, thought, and emotion is seamlessly touching every other thought, issue, & emotion.

- This makes women often good at multi-tasking and remembering names. They attach names, dates, and information to emotions and other information.
- Ex. Rhyming word test – women used both sides of the brain vs. guys only one.
- Ex. Conversation – how would a guy/girl answer “How was your day?”

Her Pursuit: Remember Eve? Her role was to support and connect with Adam. This creates a pursuit to connect life together neatly like laying out strands of spaghetti end to end.

Feel Accomplished When: When she has connected all of these thoughts, issues, and emotions together, she feels accomplished, connected. She feels a peace that the world is a little less stressful, makes a little more sense and she's more relaxed.

- She does this by (verb) “spaghetti-ing”

How: How does a woman “spaghetti” (verb)? How does she make all of this mess of strands connect neatly and experience a sense of rest?

- She does it through TALKING.

- In conversation, all of the links come together naturally and without great effort. This is how she **decompresses, recharges, and feels better about life.**

Problem Solving: If there is a problem she needs to solve (it needs to travel across all that grey matter), she will need time to process and connect all of her other thoughts, issues, and emotions to the problem. She's having to spaghetti everything else to the new issue. Ideally, she would like to mentally interact with each part of her life emotionally, relationally, and logically and experience the appropriate emotion with each part as it pertains to the problem at hand.

- She'll have many emotions in one conversation or seem indecisive.
- After neatly attaching all of the emotions, issues, and thoughts to the problem, the solution will bubble to the surface and she'll readily accept it.
  - NOTE: For her to skip this process is a denial of how she works, and she will have trouble being at peace with any solution. She'll be left unsettled and it'll be a layer of stress for her going forward into the rest of the day.
- A woman feels recharged through conversation.

**GUYS!**: (I am about to give you insight into the complex infrastructure known as the female mind. Pay attention!) Stop wanting her to cut out the fluff when she talks and ask her to get to the point. The fluff IS THE POINT.

- You can take advantage of this and be the hero. Allow her to spaghetti, and you'll get this response, "\*sigh - You're so great. No one understands me like you do."

Conclusion: The beautiful, incredible creature called woman is hardwired to unite. She likes to be an emotional anchor, a helper, and to see a wider picture of how things connect.

## **GUYS ARE LIKE WAFFLES**

- A waffle is divided up into individual squares with walls. Think of when you pour syrup over it, it divides itself into the different boxes even leaving some of them empty.

Explanation: A guy's brain, because of less grey matter, works by organizing life, compartmentalizing (thoughts, issues, and emotions) into neatly divided boxes.

- Issue 1 into Box 1; Issue 2 into Box 2; etc. He doesn't want to move to box 2 until box 1 is finished and closed. At work, he's focused on work. At play, he's focused on play.
- Having less grey matter, he may not be great at multitasking, but he comes to decision quicker.

Pursuit: This creates a pursuit to problem-solve. He wants to enter a box, size up a task, and see it to completion before moving on to the next box.

Feels Accomplished When: When he has solved a task, he feels successful. The world is a little less stressful, a little more at peace, and he feels more relaxed. Just like she's chasing that feeling of connection, he is pursuing that feeling of success.

- These boxes have walls. Unlike a woman, he doesn't flow seamlessly from issue to issue – ESPECIALLY if the box he's in is unresolved.
- This is why in a conversation he looks for the bottom line – “what's the point” – so it can be resolved, fixed.
  - Ex. Wife calls husband at work. She's looking to connect over her purpose for calling – she wants to spaghetti - while he's wanting to get to the bottom line because she interrupted the box he was in. From his perspective, she trying to drag him from one box over a wall into a different one. It's like mental gymnastics for a guy. **No wonder we clash!**
- He will find a category of boxes he feels successful in and pursue it as a career.

Important Note: If a guy can't solve a box, he'll feel frustrated as if he's failed. Life feels more out of his grasp and it adds a layer of stress going forward into his day.

- Because of this, guys tend to spend most of their time in boxes they feel successful in, boxes with predictable outcomes. He will often ignore, avoid, and procrastinate boxes he is confused by or can't fix because they make him feel like a failure.
  - If he isn't disciplined, it can become a problem if he feels successful in a career or hobby, but unsuccessful as a husband or father. He'll spend more and more energy and time at work and less at home.

Recharge: If a woman recharges in conversation, how does a guy recharge? He recharges by spending time in an empty box. Seriously, it's empty. That's where he parks to relax and decompress.

- A woman always seems to notice when a guy is in one of these empty boxes. She looks at him and thinks, “He looks so peaceful. Now must be the perfect time to connect through conversation.” and ask, “Whatcha thinking about?”
  - It’s then he realizes he has no words, panics, and begins searching nearby boxes to find some. If he can’t find some, she feels he doesn’t want to connect with her while he’s feeling like a failure. Both get frustrated and it’s downhill from there. **No wonder we clash!**

**LADIES!**: (Here’s valuable insight.) Give him a chance to turn his brain off. Accept that silence isn’t a bad thing. A silent woman is usually upset. Why? Because she’s not pursuing connection. A silent man is different. Why? He’s a problem solver. If there was an issue, he would want to fix the problem. His silence MEANS he’s at peace with you.

- Take advantage and be the hero. **Example**: Fiancé spent time in the garage with her guy being quiet and helping. After a while, his emotions surfaced. Her conclusion, “I’m never leaving the garage again.”
- When he’s quiet in the car, on the couch, during dinner don’t feel the need to always fill the air with words. Let him have this moment, and you’ll get, “\*sigh - You’re so great. I love being WITH you (connection – your goal).”

**Conclusion**: The handsome, incredible creature called man is hardwired to problem solve. He likes to make decisions and see tasks accomplished.

**BIGGEST TENSION**: The biggest point of tension is believing that the other thinks, communicates, and problems solves just like you do.

- Guys, your mom doesn’t think like you. Girls, your brother doesn’t think like you. Teachers, bosses, and friends of the opposite sex are different from you.

A man and woman together can be dynamic **IF** they’ll give up clashing over their differences. Stop trying to convert the other person to be like you.

- We’ll never fully understand each other and that’s OK.
- Let’s not just tolerate our differences, but lovingly & patiently embrace them.

**How can two people so different work together in united synergy?**

## SELFLESS COMMUNICATION:

- He's a problem solver who begins a conversation with the purpose of addressing an issue. No issue, no reason to talk.
- She's a companion who begins conversation to connect with someone and everything in her world to that person. As long as she cares for them, she wants to talk with them.

**Example:** Girl says: "I'm feeling overwhelmed."

- She wants to spaghetti thoughts, issues, and emotions. The fluff is the point.

Guy hears: "I have a problem to be solved."

- Both sides default to their natural hardwiring. She gets frustrated because he keeps interrupting and trying to fix her and everything else. It's like she holds up a noodle trying to attach it to another but before it connects, he snatches it and tries to fit it into a box.
- He gets frustrated because there seems to be no point, no specific issue, or end to the rollercoaster. Every time he tries to help by fixing a problem she's offered him, she moves on to the next one before it's resolved.

**OR:** Guy says: "Here's a problem I'm dealing with."

- He wants to resolve this box he's bringing up.

Woman hears: "I want to connect everything related and unrelated to this issue."

- Both default to their natural hardwiring all over again.

In both of these scenarios, she's breaking down his walls and he's cramming her spaghetti into squares. How can these two uniquely designed people communicate where the he feels he can **close the last box** before entering a new one, AND she can have the chance to **connect her world together**?

**Philippians 2:1-4** - *So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.*

- Key: Be selfless and put them first. TAKE TURNS.

**GUYS:** Build a listening box.

When she begins the conversation or it's your turn to listen, approach the conversation like you're **going on a journey**. Even if you don't follow everything or experience each emotion, you're successful if you reach the end.

- As she talks, travel all over with her, allow her to make those connections without interrupting.
- If she shares a problem, don't cut her off or try to fix anything unless she asks. Even then, tread lightly. = You'll be a hero = **TRAVEL**

### **GIRLS:** Focus.

When he starts the conversation or it's your turn to listen, focus. Allow him to stay on ONE subject until he feels it's resolved, and he changes boxes. Approach the conversation like **you're camping**.

- When he brings something up, he actually intends to talk about that thing for a little while. He needs to stay on track, to evaluate, and come to closure before changing subjects.
- Resist the urge to address ALL the surrounding factors that you see. When you do to him, it's like having 1,000 web browsers open at the same time. He'll feel overwhelmed, frustrated, and be tempted to shut down = **CAMP**

### **TO BOTH:** If you don't...

Guys, she'll get frustrated because you won't address and feel the surrounding issues. Girls, he'll get frustrated because you never stay on one point long enough to resolve anything.

Disclaimer: These are not black and white. Of course, women can problem solve, and guys operate in healthy relationship building, but we do it in different ways.

### **RECAP**

- God created us unique with different gifts for the purpose of synergy.
- Women designed to connect. She feels at peace when she has the opportunity to connect her world together.
- Men are designed to complete tasks. He feels successful when he can problem solve and move on.
- Our greatest tension is when we treat the other sex as if they operate like us.
- We can bridge the gap of communication if we'll be selfless.
  - **Guys**, travel in conversation with her. **Girls**, camp in a box with him.

Future husbands, if you'll work together with your wife, you will solve problems with more consideration of all the factors because of her. Future wives, when you'll work together with your husband, you will have a healthy relationship that is going somewhere because of him. You don't have to understand each other – you just have to put the other first.

## **TOOK**

**Philippians 2:1-4** - *Be in full accord and of one mind . . . in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.*

These principals apply to all your relationships with the opposite sex.

**Challenge:** At school tomorrow, undercover try these principals out 2 times with the opposite gender.