

Why a Man Should Never Strike a Woman

I call it the Closet Principle: What you do in secret is what moves you in public.

The Baltimore Ravens terminated the contract of running back Ray Rice after TMZ released a hotel elevator surveillance video showing the horrific knockout punch that he used against his then-fiancé, Janay Palmer. Although she went on to marry Ray, the incident is without excuse. The NFL has now indefinitely suspended him—stripping him of his ability to play and to receive his enormous salary.

Some men will argue that she had it coming to her—that she showed aggression first—yet, there are alternatives to striking a woman. Ray simply could have dismissed her and severed the relationship without physical violence. That would have been the honorable thing to do.

Men will pay for the evil that they perpetrate against women.

According to Safehorizon, a domestic-violence assistance organization, one in four women will experience domestic violence during her lifetime. It is an epidemic to say the least. There are 4 million physical assaults and rapes by their partners each year.

If a man raises his hand against a woman, he forfeits authentic manhood and has proven himself a coward and weak man. He deserves the shame of his stupidity.

A FivestarMan has the deep purpose to be gallant in relationships. His hand is designed to bless, not beat—to protect, not punish—to caress, not curse.

How to Bless Your Wife

Understand and embrace the differences of a woman. The male and female have perfectly complementary designs. When God created man He created him male and female in one body. Then God saw that it was not good for a man to be alone, so He extracted the feminine side of Man and made woman. In this manner, the only feminine side of the male should be his wife. She is a complement to him. If a man doesn't understand and embrace the differences of a woman, a couple will have unresolvable conflict and strife. If he embraces her and her differences, he will experience greater joy and fulfillment in life.

Use your hand to cultivate your wife. The art of husbandry is in the very nature of man. He has the ability to draw out the great potential of his wife; therefore, his hand should never strike against her flesh but should serve to care and cultivate her. According to one study, there are 64 physiological benefits to the human touch. In other words, when you "lay hands upon" your wife, her body receives a chemical boost from your touch. There is more to the touch than the physical. It can have a spiritual healing effect upon her as well. This is why a man should never raise his hand against his wife—he not only robs her of his healing touch but also turns his hand of blessing into a hand that curses.

Position yourself as protector of your wife. Be a strong man, a protector of your wife. Never be in the position of an abuser. Our attitude should be that we will lay down our lives for the sake of our wives, as Christ laid down His life for the church.

An authentic man isn't misogynistic; he doesn't have antipathy toward women. We don't fear empowering women, because we're strong men. Our strength is not displayed in brutality toward women but in the willingness to stand strong and protect women.

If you are in a relationship that is filled with strife and

conflict—simply remove yourself from it—severe the relationship. Never raise a hand to strike a woman.

FivestarMan was founded in 2008 by **Neil Kennedy**. Kennedy has passionately promoted God's Word for 25-plus years of ministry. He is known for practically applying biblical principles that elevate people to a new level of living. As a business, church, ministry and life consultant, Kennedy has helped others strategize the necessary steps to reach their full potential.

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