

“IN AN UNDERSTANDING WAY”

[1 Peter 3:7]

Saint Peter taught us, “*Men should honor wives as human vessels weaker than themselves and live with them in understanding ways, because together they are heirs of life and husbands must stand guard for married prayers.*”

But I had early learned, as labor nurse,
that moms had strength that men could never match.
What makes them fragile then? But soon I watched
how hormones often jostled after birth . . .
postpartum blues assaulting mother’s joy.

At once, I knew what pattern made them weak:
that cycled gift to garnish fruitful wombs—
their monthly preparation to receive
new life to grow and bless a family—
came at hormonal cost of ups and downs.

Some guys wed gals in whom the shift is slight,
but when a woman’s dip is deep or dark,
their loving mate must raise compassion’s shield,
protect her space, absorb emotion’s punch,
and speak kind words, until the storm has passed.

— David L. Hatton, 1/30/2020