

## **Defining the Role of Husbands**

- Love his wife as Christ loved the church
  - Ephesians 5:25: “Husbands love your wives as Christ loved the church and gave himself up for her.”
- Know his wife, pay attention to her, nurture her, cherish her, protect her
  - Ephesians 5:29: “For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church.”
  - It is part of Man’s DNA to protect women with his strength
- Carry out God’s plan for him to be the head of his wife, just as Christ is head of the church.
  - Ephesians 5:23: “For the husband is the head of the wife even as Christ is the head of the church.”
  - Headship means that the husband sacrifices himself (his needs, desires, dreams) for the sake of his family
  - Also means to take the initiative to move things forward on behalf of his family (becoming an example, initiator, and a model of respect)
  - Spiritual leader—prayer, teaching spiritual insights, humility
  - It does not mean that a husband can order his wife around and treat her like a slave.

## **How a Husband Nourishes and Cherishes His Wife**

- Find ways to understand his wife’s role and her struggles
- Verbalize often his complete acceptance of her (i.e. “I adore you”, I cherish you”, “I need you”, “I love you”)
- Verbalize your need for her and share your fears, failures, needs, dreams, hopes, and discouragements.
- Share at times when she can listen attentively and appreciate your transparency not when she is preoccupied with watching children, preparing dinner, etc.
- Notice and praise her for the things she does for you (meals, laundry, errands, etc.)
- Be willing to assist in helping her through difficult times
- Realize that nourishing and cherishing is a lifetime process

### **The Family Manifesto for Husbands:** Written by Family Life

“We believe God charged each husband with fulfilling the responsibility of being the “head’ (servant leader) of his wife. We believe God created a man incomplete and as a husband, he needs his wife as his helper. We believe a husband will give account before God for how he has loved, served, and provided for his wife. We reject the notion that husband is to dominate his wife. Likewise, we reject the notion that a husband is to abdicate his responsibilities to lead his wife. Rather, we believe his responsibility is to love his wife. This love is characterized by taking the initiative to serve her, care for her, and honor her as a gift from God. We believe his responsibility is to protect his wife and help provide for her physical, emotional, and spiritual needs.

We also believe a husband is to seek after and highly regard his wife’s opinion and counsel and treat her as the equal partner she is in Christ. Therefore, we are committed to exhort and implore men not to abuse their God given responsibilities as husbands, but rather to initiate a sacrificial love for their wives in the same way Jesus Christ initiated sacrificial love and demonstrated it fully on the cross (Genesis 2:18-25; Ephesians 5:22-33; Colossians 3:19; 1 Peter 3:7; 1 Timothy 5:8).

### **Ways to Spiritually Lead Your Wife**

1. Pray daily with your wife
2. Write a love letter that she would like to receive
3. Discover her top three needs and over the next year diligently meet each one
4. Buy her a rose, take her in your arms, and hold her face gently. Look into her eyes and say, “I would marry you all over again.”
5. Take her on a weekend getaway
6. Read the scriptures to her
7. Replace the “D” word with the “C” word (Divorce to Commitment)
8. Court her
9. Remain faithful to her
10. Fulfill your marriage covenant
11. Have a date night at least once a week

## **Four Cautions for Men**

- Be cautious with criticism
  - Eph. 4:26 “In your anger do not sin.”
- Avoid periods of prolonged anger
  - Eph. 4: 27 “Do not let the sun go down while you are still angry and do not give the devil a foothold.” You lose perspective in the dark (mountain/molehill)
- Avoid comparing your wife with others
  - 2 Corinthians 10:12 “We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves they are not wise.”
- Avoid unrealistic expectations. You will never be disappointed – Do you know what hurts God? – Two of his children hurting each other.