



**HOW TO BE THE HUSBAND
YOU ALWAYS WANTED TO BE**
A Marriage Tune Up
Ephesians 5:25-33
Sunday, October 10, 2021

HUSBANDS IN OUR CULTURE

BUILDING A SOLID FOUNDATION FOR MARRIAGE: Ephesians 5

1. (5:15-16) **Examine** the dynamics of my marriage – how do I order my life in marriage.
2. (5:17) **Understand** God's will and desire for my marriage.
3. (5:18-21) Let God's Spirit **control** every aspect of my life and marriage.

Ephesians 5:21 (NASB) *and be subject [submit yourselves] to one another in the fear of Christ.*

John 13:14 (NASB) *"If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet. ¹⁵ For I gave you an example that you also should do as I did to you."*

Chained by Fear:

- **FIGHT** (Resist by putting up emotional or communication barriers)
- **FLIGHT** (Run away emotionally or physically)
- **FREEZE** (Remain in a passive attitude)

THREE POSITIVE PICTURES FOR HUSBANDS

Ephesians 5:25 (NASB) *Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, ²⁶ so that He might sanctify her, having cleansed her by the washing of water with the word, ²⁷ that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless.*

1. Love my wife as **CHRIST** loved the church. **5:25-27**

Two Key Themes:

SACRIFICE (v. 25b) -

SANCTIFICATION (v. 26-27) –

Ephesians 5:28 (NASB) *So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; ²⁹for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church, ³⁰because we are members of His body.*

2. Love my wife as I love my OWN body. 5:28-30

Love Languages

Some people best sense affection from a steady diet of Words of Affirmation or compliments.

A second love language is Quality Time.

The next love language is Receiving Gifts.

Some women predominately sense affection by being touched or with Physical Displays of Affection.

Finally Acts of Service are actions that express a willingness to meet daily needs.

How can I discover my own love language and that of my spouse? Three questions make it possible to determine your own love language:

- What do others do which hurts me the most? The opposite of what hurts is likely my love language.
- What do I request most from others in my significant relationships? What I request most may be my love language.
- How do I most consistently express love in my most significant relationships? What I do best is likely my love language.

Ephesians 5:31 (NASB) *FOR THIS REASON A MAN SHALL LEAVE HIS FATHER AND MOTHER AND SHALL BE JOINED TO HIS WIFE, AND THE TWO SHALL BECOME ONE FLESH. ³²This mystery is great; but I am speaking with reference to Christ and the church. ³³Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband.*

3. I love my wife as I love MYSELF.

5:31-33

MOVING FORWARD

1. Pray.
2. Look back over the notes you took and put a star by one item that you're going to work on this week.
3. Tell one other guy this week what you're going to try putting into your life. In fact, do this before you leave the church campus this morning!!