

# Keys to a healthy marriage

## Healthy Husbands

### Key Scriptures

*Husbands, love your wives, as Christ loved the church and gave himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word, so that he might be present to Himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. – Ephesians 5:25-30*

*Be devoted to one another in love. Honor one another above yourselves. – Romans 12:10*

*However, each one of you also must love his wife as he loves himself, and the wife must respect her husband. – Ephesians 5:33*

### Start talking.

- Name three ways you and your spouse are alike
- Name three ways you and your spouse are different

### Start thinking.

- What is your love language? Your spouse? (*Acts of service, Quality time, Words of affirmation, Physical touch, Gifts*)

### Start sharing.

- Read Ephesians 5:25-33.
- According to the text, what is the husband's responsibility?
- How is this different from the world's standard? What kind of love do most worldly husbands have?
- Why does the passage say, "he who loves his own wife, loves himself"?

### Start praying. Be bold and pray with power.

Good Father, give us pure hearts. Help us, as husbands, to love our wives as you love the church. You sacrifice for the church, you never leave nor abandon the church, you serve the church, and you love the church unconditionally. Help us to love our wives as you love the church. Amen.

### Start doing.

- Commit to finding a way each day this week to go out of your way to show your love to your wife
- Pray for your wife each day this week