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

A. 28 So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; - Again Paul speaks of the DEGREE to which a husband should love his wife, “even as he loves himself,” or to the degree that he loves himself. Even as a man cares for the needs and desires of his own body, so should he care for the needs and desires of his wife. This also will bring the benefit to the marriage it does to life, when you love yourself your needs are met and the body is fulfilled. So also in marriage, when you love your wife and care for her needs, there is a fulfillment in marriage. Consider what a shameful matter it is for a married woman to be unloved by her husband.

Proverbs 30:21-23 - 21 Under three things the earth quakes, And under four, it cannot bear up: 22 Under a slave when he becomes king, And a fool when he is satisfied with food, 23 Under an unloved woman when she gets a husband, And a maidservant when she supplants her mistress. NASB

B. 29 for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church, 30 because we are members of His body – Here Paul seeks to enforce the husbands responsibility to love his wife by saying “just as Christ also does the church.” Here he describes Christ’s love as “nourishing and cherishing.”

Nurturing – Christ nurtures us each and every day. Why, He gives us life and breathe and all things! He richly provides for us His abundance of Joy and Peace, his mercy and His love endure forever! Husbands should nurture their wives. We are their provider and should seek to meet all of their needs, spiritual, emotional, social and physical. Are you a nurturing husband?

How does Christ nourish His church?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Cherishing – Christ treasures His church. He loves her and cares for her. He continually seeks her joy and blessing. This is the great focus and entire purpose of His life and ministry. In fulfilling the Father’s plan, he labored and strived to redeem the church, giving His own life in sacrifice to show His love and “win her to Himself” by His great devotion to her. Husbands cannot show their wives genuine lovingkindness unless they genuinely cherish them in the hearts. Otherwise it is only duty and not motivated by true affection and desire. Husbands should mimic Christ’s devotion to His bride. Do you cherish your wife?

How do we know that Christ treasures His church?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Can a husband cherish his wife if he does not genuinely value her in his heart? ________
**Affectionate** – If a husband genuinely cherishes his wife, he will manifest it by godly affection. This meets a deep and profound need in the life of a wife, she needs affection. A husband must tenderly give visible manifestations of his affection to his wife, and not for the motive of sexual gratification but out of genuine affection in his heart. This would include actions and words. *Are you an affectionate husband?*

In what ways do we see Christ’s affection for His church?

**Rewarding** – We often focus on bad things rather than good and noble. Christ overlooks our failures and *commends us for our righteousness*. We often take our wives for granted. Christ appreciates and *rewards our love to Him*. When you’ve worked hard, do you reward yourself? Of course, if nothing else you rest when you're tired. How then can you disregard rewarding your wife if you are to love her as your own self? *Are you a rewarding husband?*

Does Christ reward His church? ________________ How? ________________

C. **Meeting a woman’s emotional needs** – Husbands have a divine calling to meet the needs of their wives, just like they care for their own. You wouldn’t deprive yourself of food or clothing. Nor would you ignore your own spiritual and emotional needs, would you? We are therefore to meet these same needs for our wives. You wouldn’t starve yourself, so why then would you starve your wife of affection?

- The most important thing to most wives is a daily time of intimate communication with their husbands.
- Woman have a need to feel appreciated and accepted as do men. A husband must verbalize his appreciation and acceptance of his wife.
- Husbands need to praise their wives and speak affectionately to them! They must know that we adore them! Remember how you would speak to her when you were courting….
- A husband’s love should not be controlling and binding, but generally speaking it should be freeing, encouraging and uplifting.
- The most beneficial thing a father can do for his children is to love his wife.

**What are some of a woman’s emotional needs?**
1. Quality *time together* with husband, doing whatever, the time is what is important.
2. A husband who is spiritually whole, who meets her spiritual needs. One who models Christ in his behavior and leads her and her family to Christ continually.

3. A husband who is sincere in his love to her and expresses genuine love from his heart.

4. When overloaded or stressed, a woman needs “space” or a brief time away to unwind, or at times “help” with her responsibilities or even a “break.” The stresses and work of motherhood and wifery are constantly there to weigh her down.

5. A husband that will comfort her frequently, rather than lecture or criticize. She needs your shoulder not your mouth in times of failure or crisis.

6. She needs your understanding, kind-hearted attention and listening ear.

7. Constant criticism is destructive. At times criticisms may be necessary, but they should be done gently and tenderly and motivated by prayerful godly love.

8. Verbally express your love to her and her kids. Saying “I love you” when you leave to the family gives them security. Don’t just think they know you love them, tell them. Consider what evil may be in your heart that would keep you from verbalizing your love to your wife? Pride is often a huge stumbling block here.