



## *Love Your Husband*

by Kathy Perkins

*Let your fountain be blessed,  
and rejoice in the wife of your youth.  
As a loving hind and a graceful doe,  
Let her breasts satisfy you at all times;  
**Be exhilarated always with her love.**  
**Proverbs 5:18-19***

The root word for breast means the seat of love, and the root for exhilarated means to be enraptured so as not to stray. With these two roots in mind, the passage reads, As a warm affectionate hind and pleasant doe, let her seat of affection satisfy thee at all times (Heb. - err thou always with her love) and be thou enraptured (to keep you from straying) with her love.

Titus 2:3 word for to love your husband – Philandros – warm affectionate love. Used only once in the Bible. It is a command and a subset of the two greatest commandments.

Mark 12:28b-31 What commandment is the foremost of all? Jesus answered, “the foremost is, ‘HEAR, O ISRAEL! THE LORD OUR GOD IS ONE LORD; AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND, AND

WITH ALL YOUR STRENGTH.’ THE second is this, ‘YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.’ There is no other commandment greater than these.”

All scripture that applies to loving others (like 1 Corinthians 13) applies to loving your husband, plus respecting and submitting to him.

The reason we need to learn how to love our husbands is so that the word of God will not be dishonored.

1 Peter 4:8-11 instructs us that, *Above all, keep fervent in your love for one another, because love covers a multitude of sins. Be hospitable to one another without complaint. As each one has received a special gift (being a husband or wife) employ it in serving one another as good stewards of the manifold grace of God. Whoever speaks, is to do so as one who is speaking the utterances of God; whoever serves is to do so as one who is serving by the strength which God supplies; **so that in all things God may be glorified through Jesus Christ, to whom belongs the glory and dominion forever and ever. Amen.***

*God created us to be a helper  
\_\_\_\_\_ to him. Genesis 2:18*

1. *We are suitable to him \_\_\_\_\_.*

2. *We are suitable to him \_\_\_\_\_.*

3. *We are suitable to him \_\_\_\_\_.*

## 1. *Love Your Husband Spiritually*

### A. Know the Creator and author of your soul.

- Need to be a believer 1 Cor. 2:14
- Need to read the Bible
- Need to pray Phil. 4:6
- Need God's Grace – Enabling power

### B. Pray for your Husband

- As Spiritual leader:
  - o Take the leadership role God ordained Gen 3:16, 1 Cor. 11:3
  - o Make time to grow in the Word
  - o Think Biblically, which is counter-cultural
  - o Have discernment in all things Phil. 1:9-10
  - o Respond to daily challenges in Christ Eph. 4:1
  - o Wisdom in childrearing Eph. 6:4
- As a Provider: men often judge themselves in this area.
  - o Sufficient for family needs
  - o Like his job
  - o Challenge him in a good way so won't grow weary
  - o Be steadfast, Christ-like witness I Cor. 15:58
  - o Endure barbs of the Devil Eph.6:16
  - o Kept from temptation Mark 14:38, 2 Pet. 2:9-10
  - o Be healthy in body so he can perform tasks

### C. Pray for yourself

- Enabling power to fulfill our God-ordained role
- Accept spiritual truths and how to apply them
- Have a right attitude 1 Pet. 3:1
- Think no evil Matt. 15:18-19
- Put a watch over your mouth Ps. 141:3, Prov. 10:19
- Not give him ungodly counsel – serpent to Eve, woman has powerful influence
- Understand his nature
- Have and show true respect/reverence Eph. 5:33
- Stimulate unto love and good works Heb. 10:24
- Contentment in finances and his provision Phil. 4:11-13
- Ability to be trustworthy and dependable
- Be one in spirit, mind, and purpose Phil. 2:2

These prayers will help you to love him applicationally.

## 2. *Love Your Husband Mentally / Emotionally*

- Prefer him above all others Song of Sol.
- Be his biggest cheerleader
  - o Give him praise personally and before others
  - o Encourage him Prov. 16:24
  - o Say I love you often
  - o Thank him for his provision
  
- Spend time with him
  - o Sit with him sometimes in silence
  - o Learn his cares and concerns Phil. 2:3-4
  - o Talk to him about his hobbies
  - o Know about his job – role, responsibilities
  
- Give him space
  - o For hobbies
  - o For transition from work to home
  - o For godly fellowship
  
- Respect his maleness
  - o Understand he thinks through blue glasses.
  - o Let him make decisions. 1 Cor. 11:3, 1 Tim. 2:12
  - o Communicate lovingly, openly, honestly. Eph. 4:25
  
- Don't disrespect him
  - o Don't criticize him to others.
  - o Don't focus on his faults.
  - o Don't compare him to other men.
  - o Don't bring him shame.
  - o Don't nag.
  - o Don't treat/speak to him like a child.
  - o Don't undermine his authority.

- Submit to him as unto the Lord. Eph. 5:22
  - o Trust his decisions.
  - o Offer suggestions, advice, and corrections in a loving manner when needed. Eph. 4:15-16
  - o Learn to appeal properly – Queen Esther.
  - o Do not let the sun go down upon your wrath.
  - o Do not give place to the devil.
  - o Learn to be longsuffering, forbearing and forgiving. Eph. 4:2, 31-32; Col. 3:12-14
  
- Love your in-laws
  - o Remind him to call them.
  - o Don't make bad comments about them.
  - o Actively focus on good about them,
  - o Try to enjoy time with them,
  - o Never let children dishonor them because of you.



### 3. *Love Your Husband Physically*

#### A) Make your home a haven.

- Keep it clean and orderly.
- Be industrious and frugal. Prov. 31
- Cook his favorite meals.
- Establish a bedtime for children.

#### B) Keep yourself attractive

- Be the woman he fell in love with – take pains to look your best.
- Don't neglect yourself.
- Dress to please him – clothing/hairstyle/makeup
- Try to stay physically fit/active.
- Eat right.
- Get enough rest.

#### C) Lavish your husband with love sexually

- Do not withhold except by consent. 1 Cor. 7:3-5
- Do not use your love as a tool – to attain or punish
- Do not defile the marriage bed  
Heb.13:4 – even mentally
- Do not allow children to come between you.
- Be spontaneous.
- Be affectionate.
- Desire him.

*“You can be both  
mother and wife.  
But the wise woman  
remembers she will  
begin and end  
as a wife.”*

Elizabeth George  
*A Woman after God's Own Heart*

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