

# Being a better husband

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*“a man will leave his father and mother and be united to his wife, they will become one flesh.”* Genesis 2:24.

Marriage is the most intimate of all human relationships and therefore the most difficult. Potentially, though, it is the most rewarding.

Do you want to have a better marriage? If your answer is YES, the way for you to have a better marriage is for you to become a better husband.

You can only change one person - yourself. (Ever tried to change your wife?) If you change for the better your wife will change as well, and your marriage will gradually grow and develop.

## How can you become a better husband?

### (a) By understanding what God says about “husband-hood” (and putting it into practice!)

The principles involved in being the kind of husband God wants you to be are clearly spelled out in the Bible. Key scriptures: Genesis 2:18-25, Ephesians 5:21 - 6:9, Colossians 3:12-24, 1 Peter 3:1-12.

Genesis 2:18-25	Ephesians 5:21-6:9
<p>Marriage is God’s idea. He designed men and women to complement each other and live together as one in a marriage relationship.                      Husband and wives are to help each other in all aspects of their lives.                      Marriage should include a leaving of parents, emotional cleaving together of husband and wife, and uniting together sexually.                      Husband and wife are ‘one flesh’.                      Nothing is to be hidden between husband and wife.                      They live together with nothing between them and no shame.</p>	<p>Submit to each other in love.                      Love your wife sacrificially, unselfishly, continually – as Christ loves the church.                      Help your wife blossom and grow personally, emotionally, and spiritually.                      Take your place as head of the family.                      Love your wife as you love yourself. Provide for her and nurture and care for her.                      Leave your parents emotionally.                      Be united with your wife spiritually emotionally sexually, and in your values and goals.                      Be faithful to your wife, regardless of external circumstances.                      Earn your wife’s respect at all times.</p>
Colossians 3:12-24	1 Peter 3:1-12
<p>Act in a Christ-like manner towards your wife with compassion, kindness, humility, gentleness and patience. Bear with her individual qualities and forgive her when she lets you down.                      Always seek peace in your relationship.                      Be thankful.                      Share together in prayer and Bible reading.                      Don’t be harsh towards your wife.                      Work hard at having a great marriage.</p>	<p>Be considerate towards your wife.                      Treat her with respect.                      Pray together.                      Seek harmony in your relationship.                      Be sympathetic towards your wife.                      Repay evil with blessing.                      Keep your tongue under control. ‘If you can’t say anything nice, don’t say anything at all!’</p>

All of these principles come together in one verse:

*Husbands, love your wives, just as Christ loved the church and gave Himself up for her.* Ephesians 5:25. The key to Christian husband-hood is to show your wife the same kind of love that Jesus Christ shows to you.



- *Do you- love your wife as Jesus Christ loves you?*
- *Who is the head of your family?*
- *How often do you tell your wife you love her?*
- *How much do you pray for your wife?*
- *In what ways have you sacrificed your life for her in the last week?*
- *How do you express gratitude and praise for what she does?*
- *Who takes the lead in re-establishing communications when tensions arise?*
- *What are you doing to encourage your wife to develop and grow as a person?*
- *Does your wife respect you? Why?*
- *Do you hold things against your wife?*
- *What are some areas you need to forgive (and forget)?*
- *How can you be more gentle in your relationship with your wife?*
- *List the ways you have been considerate to your wife today.*
- *Do you love your wife as Jesus Christ loves you?*

**(b) By understanding the human relationship that exists between you and your wife.**

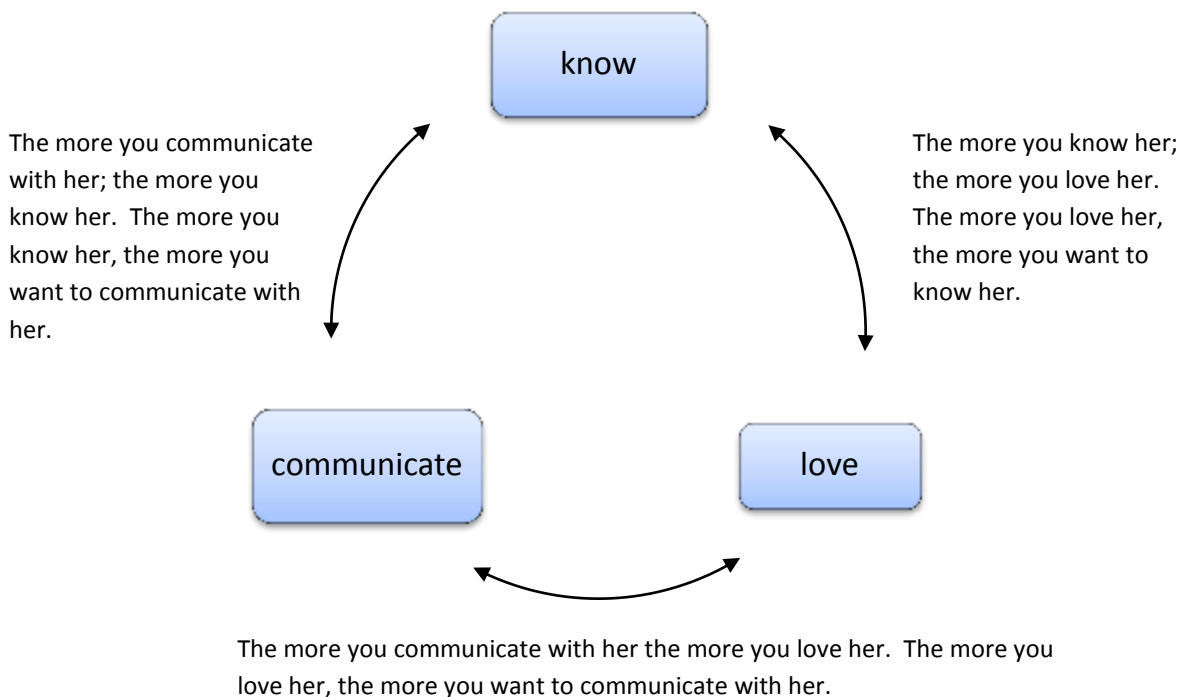
Most important here is understanding your wife's emotional make-up and meeting her needs, especially her need for:

- security
- communication
- romance
- happiness

There are big differences between men and women. You may have noticed this! If you know what your wife's most basic needs and desires are, understand them, and meet them, she will be secure and happy. And you will have laid the foundation for a wonderful marriage.

This requires lots of heart-to-heart communication. Gal 6:7-10.

The key to a good marriage relationship:



The end result is that the two of you become one. *What God has joined together let no-one separate.*  
See Matthew 19:5,6

*What are your wife's most basic needs and desires?*

Needs and Desires	How to understand them	How to meet them

### You can have a better marriage!

Having Jesus in your marriage is of incalculable benefit. *A cord of three strands is not easily broken.* Ecclesiastes 4:12 especially if you share together with Him in daily prayer and Bible reading. Ultimately, though, there are only two people who can make your marriage better: you and your wife. And the only one you can change is you!

#### Here are 10 proven things you can do to be a better husband:

1. Be strong, but gentle  
*"Woman is said not to have been taken out of man's head to be lorded over by him, nor from his feet to be trampled on by him, but from his side to be equal with him, from under his arm to be protected by him, and from near his heart to be loved by him."* See Genesis 2:21-25
2. Give lots of praise, reassurance encouragement and appreciation.
3. Don't criticise (or if you do, be careful how you do it)  
*Why are 2. and 3. above so important for a wife?*
4. Tell her you love her regularly and in lots of different ways.
5. Show your love in the little things.
6. Keep up the romance.  
*How can you put 4, 5, and 6 into practice?*
7. Give her quality time.  
*Why is this needed? How can you do it?*
8. Communicate your feelings and allow her to do likewise  
*What are the benefits of sharing your deepest feelings?*
9. Clearly define areas of responsibility.  
*What happens if you don't?*
10. Recognise the validity of her moods.

God knew what He was doing in establishing the marriage relationship. As husbands, we have a tremendous privilege and responsibility to love and care for the special one whom God has given us.



*Who can find a virtuous wife for her worth is above rubies? Proverbs 31:10*

*He who finds a wife finds a good thing, and receives favour from the Lord. Proverbs 18:22*

*A prudent wife is from the Lord. Proverbs 19:14*

*A wife of noble character who can find? She is worth far more than rubies. Her husband has full confidence in her and lacks nothing of value. She brings him good, not harm, all the days of her life. She selects wool and flax and works with eager hands. She is like the merchant ships, bringing her food from afar. She gets up while it is still dark; she provides food for her family and portions for her servant girls. She considers a field and buys it; out of her earnings she plants a vineyard. She sets about her work vigorously; her arms are strong for her tasks. She sees that her trading is profitable, and her lamp does not go out at night. In her hand she holds the distaff and grasps the spindle with her fingers. She opens her arms to the poor and extends her hands to the needy. When it snows, she has no fear for her household; for all of them are clothed in scarlet. She makes coverings for her bed; she is clothed in fine linen and purple. Her husband is respected at the city gate, where he takes his seat among the elders of the land. She makes linen garments and sells them, and supplies the merchants with sashes. She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue. She watches over the affairs of her household and does not eat the bread of idleness. Her children arise and call her blessed; her husband also, and he praises her: "Many women do noble things, but you surpass them all."*

*Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised. Give her the reward she has earned, and let her works bring her praise at the city. Proverbs 31:10-31.*

*May your fountain be blessed and may you rejoice with the wife of your youth. Proverbs 5:18.*