

## Ephesians 5:22-33

A One Page Summary of God's Recipe for a Successful Marriage – Smiley T. Papenfus

Husband's who step up, giving 100% to diligently practice these 8 commands, will make it easy for their wives to respond in kind to fulfill their role in the marriage. Think carefully how you can *live out* each of these truths – write out at least one practical way under each point – it'll revolutionize your marriage – His Word always works! **Both** draw near to God (*James 4:8*). Read this list everyday for 30 days & thereafter once a week as a refresher.

8 Commands for Husbands – you reap 10 times more than you sow – women are bigger givers than men.

1. To be **head** of the wife, to take responsibility, set the example and be a leader she can look up to and admire. Set goals, make plans, manage well (*Eph 5:23*).
2. To **love** their wives as Christ loved the Church, with a sacrificial, selfless love, also giving her full domestic support. Don't expect her to carry the can alone. Successful marriages take thoughtfulness & W-O-R-K. Lazy remote clickers and those married to computer entertainment need to reprioritize (*Eph 5:25*).
3. To **love** their wives as their own bodies, caring for her needs as you do your own – preferring her. Loving your wife is equivalent to loving yourself, because the two are one flesh (*Eph 5:28, 33*).
4. To **nourish** (Greek: *ektrepho* [1625], bring up, care for, daily feed her heart with kind thoughtful words & corresponding deeds (*creating quietness & confidence*) – also to protect her, *Eph 5:29; Eph 6:4; Rev 12:6*).
5. To **cherish** (Greek: *thalpo* [2282], to foster, take into your home, make her feel secure like it's her own, warm in one's bosom, hug, nurture, shield, treasure, value, admire, adore & appreciate, *Eph 5:29; 1Th 2:7*).
6. To be **joined** as one flesh, taking your time to fulfill her needs too. A woman whose heart is kept warm will also be warm in bed. Foreplay is not 5 minutes, it's how you treat her 24/7. Responsibly keep yourselves looking your appealing best for one another → [http://www.smileygo.com/index\\_files/SEX\\_after\\_50.htm](http://www.smileygo.com/index_files/SEX_after_50.htm) (*Eph 5:30-31*).
7. To **leave** their parents FOR their wives, to provide a dwelling the wife can make her own; never allow meddling parents (*or family/friends*) to manipulate, threaten or drive a wedge between you (*Eph 5:31*).
8. To **cleave** to their wives (Greek: *proskollao* [4347], to glue to, permanently sticking & joining oneself closely to, never considering or threatening divorce – slam that door shut permanently, *Eph 5:31; Mt 19:5*).

4 Commands for Wives – because men needed twice as many instructions as women.

1. **Submit** to their husbands as to Christ (*Eph 5:22*).
2. **Recognize** the headship of their husbands (*Eph 5:23*).
3. Be **subject** to their husbands (*Eph 5:24*).
4. **Reverence** their husbands, be respectful, esteem him, build him up, praise him for his good points & PROGRESS (you don't help a man by hen-pecking, being critically repetitive or shattering his ego, *Eph 5:33*).

TIP: **Husbands need** your respect, sex & food (plus time to do some guy stuff that's not illegal or immoral).

TIP: **Wives need 4 I's** – **I**time, **I**talk, **I**tenderness & **I**touch OR Security (always make her feel like she is the most important person in your life), Communication, Romance & Touch. Always open the car & all doors for your wife, allowing her to go first – be smart and treat her like a queen, then you get to be king. She also needs her space to do chick stuff without being cross-examined – a relationship needs to be built on trust.