

Love Your Wife.

The MANUP Series : Step 7 of 12 : MANUP.co

***Marriage is a COVENANT to be FRIENDS,
PARTNERS, and LOVERS for Life.***

Ephesians 5 (NLT)

²⁸ Husbands ought to **LOVE** their wives as they love their own bodies. For a man who loves his wife actually shows love for himself.

The most important thing you can do for your FAMILY is to love your WIFE.

7 Ways to Love your Wife.

1. Love her with your WORDS.

Ephesians 4 (NLT)

¹⁵ Speak the truth in love... ²⁹ Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

Proverbs 18 (NLT)

²¹ The tongue can bring life or death.

Psalms 141 (NLT)

³ Take control of what I say, O Lord, and guard my lips.

*Say what you MEAN
and mean what you SAY.*

2. Love her with your ACTIONS.

1 John 3 (NLT)

¹⁸ Let's not merely say that we love each other; let us show the truth by our actions.

1 Corinthians 13 (NLT)

⁴ Love is patient and kind. Love is not jealous or boastful or proud ⁵ or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged...

⁷ Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

Love isn't a FEELING it's an ACTION.

3. Love her with your TIME.

Proverbs 5 (GNT)

¹⁸ Be happy with your wife and find your joy with the woman you married.

Ephesians 5 (NLT)

¹⁶ Make the most of every opportunity.

It's not about Quality time vs.

Quantity time - you need BOTH.

4. Love her with your ATTENTION.

Philippians 2 (NLT)

⁴ Don't look out only for your own interests, but take an interest in others, too.

1 Peter 3 (NLT)

⁷ Husbands must give honor to your wives. Treat your wife with understanding as you live together.

Romans 12 (ESV)

¹⁵ Rejoice with those who rejoice, and weep with those who weep.

*Sometimes the most loving thing
you can do is to be fully PRESENT.*

5. Love her with your MIND.

Job 31 (NLT)

¹ “I made a covenant with my eyes
not to look with lust at a young woman.”

Phillipians 4 (NLT)

^{8b} Fix your thoughts on what is true, and honorable,
and right, and pure, and lovely, and admirable. Think
about things that are excellent and worthy of praise.

*What you THINK about
is what you'll ALL about.*

6. Love her with your BODY.

1 Corinthians 7 (NLT)

³ The husband should fulfill his wives sexual needs, and
the wife should fulfill her husband's sexual needs. ⁴ The
wife gives authority over her body to her husband, and
the husband gives authority over his body to the wife.

^{5a} Do not deprive each other of sexual relations.

Proverbs 5 (NLT)

¹⁵ Drink water from your own well - share your love only
with your wife. ¹⁶ Why spill the water of your springs in
the streets, having sex with just anyone? ¹⁷ You should
reserve it for yourselves. Never share it with strangers.

¹⁸ Let your wife be the fountain of blessing for you.
Rejoice in the wife of your youth. ¹⁹ She is a loving deer,
a graceful doe. Let her breasts satisfy you always. May
you always be captivated by her love.

*Intimacy is sharing something with HER
that you don't share with ANYONE ELSE.*

7. Love her with your SPIRIT.

Ephesians 5 (NLT)

²⁵ For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her ²⁶ to make her holy and clean, washed by the cleansing of God's word.

³¹ As the Scriptures say . . .

"A man leaves his father and mother and is joined to his wife, and the two are united into ONE."

³² This is a great mystery, but it is an illustration of the way Christ and church are one.

There's nothing SEXIER to a godly wife than a SPIRIT-FILLED husband.

Joshua 24 (ESV)

^{15b} "As for me and my house, we will serve the Lord."

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Q: Which one of the 7 steps do you need to work on the most?

| | |
|-----------------|--------------|
| _____ Words | _____ Mind |
| _____ Actions | _____ Body |
| _____ Time | _____ Spirit |
| _____ Attention | _____ Other |

Q: What's your next step?

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Prayer: Jesus, will you help me love my wife in the same way that you love me. Will you fill me with patience, kindness, gentleness, and self-control. Will you guard my tongue, guard my eyes, and guard my steps from chasing anything but my wife and YOU.

