

Love on a Schedule

Turning agapē into a weekly rhythm · Ephesians 5:25-30

Name _____

EPHESIANS 5:25-26, 28-29 (KJV)

"Husbands, love your wives, even as Christ also loved the church, and gave himself for it; That he might sanctify and cleanse it with the washing of water by the word, So ought men to love their wives as their own bodies. He that loveth his wife loveth himself. For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church."

I. Love That Costs Something

1. Sunday named three movements of a husband's love: _____, _____, and _____.
2. Agapē (Strong's G26) is a _____ with a _____.
3. Love that isn't _____ isn't _____, it's _____.

II. Three Weekly Practices for the Rest of October

4. **Sacrifice (v. 25):** Give up _____ this week for the _____ of your house. Screen time. The last word. A hobby hour. _____ it. Do it.
5. **Sanctify (v. 26):** _____ your house with the _____. Read one verse _____ at home this week and say _____ about it. That's it. Start there.
6. **Nourish (v. 28-30):** _____ one person under your roof: a specific word of _____, a physical act of _____, or a moment of _____.

III. The Weight and the Warmth

7. **Men's Room:** "Where have I led by _____ instead of by _____?" Commit to one act of _____ leadership before Sunday.
8. **Women's Room:** "Where have I responded to my husband's weakness with _____ instead of _____?" Commit to one act of _____ before Sunday.

IV. Corporate Prayer

9. We pray Ephesians 5:25 over every man in the room, and Ephesians 5:33, _____ and _____, over every household represented.

Discussion Questions

1. Which of the three movements (sacrifice, sanctify, nourish) comes most naturally to you? Which one do you tend to skip?

2. Look at your calendar this week. What gets a time slot before the people under your roof do?

3. What's the difference between a sacrifice your household actually feels and one only you notice?

4. Christ “gave himself” (v. 25). What would giving yourself, not just your stuff, look like in your home this week?

Sacrifice, Sanctify, Nourish

Write one concrete action under each column. Share with one person. Pray over each other's cards.

Sacrifice v. 25	Sanctify v. 26	Nourish v. 28-30
What will I give up?	What Word will I wash with?	Who will I warm?
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Shared with: _____ Prayed over by: _____

This week, put it on the calendar

My sacrifice happens on: _____ My verse gets read on: _____

I'll warm _____ on _____. Sunday I'll share what happened.

"Love that isn't scheduled isn't stewardship, it's sentiment." Name it. Do it.