

1. Husbands, love your wife as her head, the savior of her body.

Eph. 5:23. *For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the savior.*

For those of you who have placed Christ as your head, your Lord, think for a second. Why did you do it? Did He hold a gun to your head? Did He beat you into submission with filthy words and a harsh tone? Is it because He was selfish and demanded it?

Probably not. You did so because He loved you. You know God's fighting for you, not with you. You know He's got your best interest always in mind.

Yet, too often husbands believe they've got to control their wife. "Wives submit" is their mantra, and they'll do that by force, verbal abuse, selfishness or other means if necessary. The world has taught us that a man is a wimp if he doesn't control his wife.

Somehow, somewhere down the line, we were given this title of ruler and we'll fight to the death to keep the position.

A good rule of thumb: Whatever the world teaches, Christ teaches the exact opposite. In this case, the world says demand compliance. Ever have a boss who was a jerk? What didn't you like about him or her? They were strict, they stuck their nose into your business, they micromanaged, they didn't cut you any slack, they didn't reward your work with praise or pay, etc.

Most of us would say that boss had no clue how to run a business or manage people – yet many of us bring that same model into our marriages and think that it'll work!

In I Cor. 11: 3, Paul writes that the "head of every woman is man." Some imply this to mean authority. While that's partially true, Paul also means that the man should be the life-giver to his wife. He is the source of her life and energy.

In Eph. 5:23, Paul uses "head" again. Here, we are to follow Christ's example as head of the church. Christ modeled what's known as servant-leadership: You lead by serving – not demanding.

In fact, the entire role of husband is one of servanthood. We're not the head of the home because we're the man. We're the head because we accept this awesome responsibility as part of our submission to Christ to lead our families in a way that brings glory to God. Jesus is the administrator. He is involved in everything connected with His bride.

He doesn't micromanage. He doesn't do all of the work. But He sees that all the work is done. Christ understands us and develops our potential to its fullest. He knows our strengths and weaknesses.

He knows us intimately – just as a husband should know his wife.

*Excerpt from **Enjoying Marriage**
By Rick and Charlotte Redding*

Husbands, encourage your wife. Strengthen her. Help develop her potential.

Know the messages she sends. Is she hurting emotionally? Physically? Mentally? Spiritually? Know her so well that when you see your wife is hurting you can be the savior of her body.

Is she lacking spiritually? Pray for her and with her. That's one area most Christian marriage slack. It seems we each have our own spirituality but rarely do we come together to express it.

Years ago I was at a Promise Keepers event when the speaker challenged us men to go home and pray every day with our spouse. I stood up with 35,000 men and gave a rousing "Yeaaahhhh!!!" And I went home and meant it.

Or so I thought. My commitment lasted four days.

Praying together is the greatest tool we have as Christians. Everyone knows the divorce rate is above 50%. But a recent study showed that husbands and wives who pray together – more than just a quickie prayer at mealtime – have a divorce rate of 1 in 1009.

Divorce is almost non-existent in a praying home! Why? Because I can do all things in Christ who strengthens me (Phil. 4:13).

Encourage your wife to become involved in a women's group study – and without the guilt trips most men attach. Don't make her feel guilty because she's away or because you have to "babysit" the kids.

Men, they're your kids. That's not babysitting. That's called parenting.

Let her go. She'll come back refreshed and energized.

Be her savior, not her dictator. Just as Christ frees us from the slavery and bondage of sin, free your wife to become the woman of God He wants her to be.