

## How to Love Your Husband (Part II)

### IV. Make your home a refuge for him.

1. **Proverbs 14:1** – *The wise woman builds her house, but the foolish tears it down with her own hands.*

Establish order in your home. Specific standards will be individualized according to your comfort level, but your home should be in order, so that it is comfortable for your husband and children. They should be able to relax and feel at ease when they come home. Your husband should feel welcome when he comes home (and not be tripping over toys or dirty laundry.)

**I Corinthians 14:33** - *...for God is not a God of confusion but of peace.*

This passage deals specifically with order in the church, but the statement about the nature of God is without restriction—it's just true. This is the same God who lined up genetic codes on DNA strands when He created the universe.

2. **Proverbs 17:1** – *Better is a dry morsel and quietness with it than a house full of feasting with strife.*

**Proverbs 19:13** – *A foolish son is destruction to his father, and the contentions of a wife are a constant dripping.*

Create an atmosphere of peace—both in relationships with children and between husband and wife. We want to be committed to the same goals as a family. Children will mirror what they see in adults. If they see their mother manipulating to get around showing respect to their father, then they will learn how to get out from under authority in their own lives.

### V. Be available to comfort your husband physically.

1. **Genesis 24:6,7** – *Then Isaac brought her into his mother Sarah's tent, and he took Rebekah, and she became his wife; and he loved her; thus Isaac was comforted after his mother's death.*

Men are comforted by sexual fulfillment. They desire and need sex after times of great excitement, stress or grief. Women, on the other hand, are comforted by our husbands listening to us and holding us. There is no right or wrong in this, it is just a way in which men and women are different. Usually, the last thing we want when emotionally spent is sex. But for men, this situation brings this need to the forefront. A wife can really

minister to her husband at this time. It is also important for us to know that, for our husbands, some of the greatest times of sexual temptation will be when they are stressed.

2. **Proverbs 5:15-19 (especially v. 18)** – *...Let your fountain be blessed, and rejoice in the wife of your youth...*

This passage speaks of a physical relationship that is a blessing, fulfilling, producing great enjoyment and satisfaction. The word picture is of a man in the desert, terribly thirsty, and then he finds a well full of sweet water. He enjoys it completely—not just taking a little sip, but immersing himself in it completely, joyfully.

3. **I Corinthians 7:3-5 (especially v.5)** - *...Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control.*

Do not deprive your husband of the physical aspect of your relationship.

Do not use withholding sex as a weapon or as punishment when you are upset.

Be a blessing to each other.

Be attractive—use what you have to the fullest. Remember, he chose you to marry.

Be rested—think ahead.

Be aggressive—plan a romantic night.

You want to be the one used by God to meet this need for a lifetime.

VI. Be a lifelong companion to him.

1. **Ecclesiastes 9:7** – *Enjoy life with the woman whom you love all the days of your fleeting life which He has given to you...*
2. **Genesis 2:18** – *Then the Lord God said, “It is not good for man to be alone; I will make him a helper suitable for him.”*
3. **I Corinthians 7:34** - *...but the one who is married is concerned about the things of the world, how she may please her husband.*

Study your man. What are his interests? How does he spend his day?

Ask him how you can support his ministry and then do it.

Respond positively to his request to do something together.

Develop some common interests.

Learn about his work.

Conquer your fears—let him confide in you without over-reacting.

Be willing to support his gifts.

Do not just live life centered on the children—give him some focused attention, plan to be together.

Be available—communicate before taking on another responsibility—put his schedule ahead of other activities.

Know his favorite meals and prepare them for him.  
Give him the best part of ourselves, not the leftovers.

Love is always a choice. Therefore, it is unconditional. It is not based on circumstances. When I chose to marry this man, I pledged my love to him. The world says marriage is a convenience. God says it is a commitment—His gift of a special relationship to us.