

The Husband List: 17 Rules for Husbands to Internalize and Live-Out in the Power of God the Holy Spirit

1. 5:22: “wives to your own husbands be submissive, as unto the Lord.” **Implication:** Men must provide leadership direction by example so that his wife will have something to submit to!
2. 5:23: “because the husband is the head of the wife.” **Implication:** You have to act as head when you are head.
3. 5:23: “and He is the savior of the body.” **Implication:** You must become her “savior”—sacrifice your comforts, needs, preferences for her eternal life, her real and ultimate needs, ultimate comforts in eternal outcomes at the judgement seat of Christ.
4. 5:24: “the wives <should be subject> to their own husbands in **everything.**” **Implication:** Be the head all the time. Stop taking breaks and vacations from the responsibility to set the tone and provide direction through your words which are backed up by exemplary deeds.
5. 5:23: “because the husband is the head of the wife, just as Christ is also the head of the Church.” **Implication:** We must constantly take Christ as our example, which means a constant focus on Him. To be spirit-filled husbands, we must be in the Word in a significant, life-changing, thought-directing, soul-convicting way every day.
6. 5:24: “**But just as the church is submitted to Christ, so also wives to their own husbands in everything.**” **Implication:** Have some compassion on your wife, for she has been given a terribly odious task when you are not walking as you should walk.
7. Eph 5:25: “Husbands love your wives, just as Christ loved the Church and gave Himself as a substitute for her.” This is the primary, summary command: **Love your wife in the pattern and power of the Lord Jesus Christ.**
8. 5:25: “and gave Himself as a substitute for her.” This love must be the selfless **use** of self to “save” or provide the ultimate needs of the wife.
9. 5:26: “so that He might sanctify her:” The love of a man for his wife has a purpose, an endstate in mind. This love is a means to an end.
10. 5:26: “by cleansing through the washing of water with the word...” The love of a man for his wife has a method, a sanctifying communication. Just as Christ’s word cleans us and draws us ever nearer to Himself (sanctification), so a husband must communicate with his wife in a way that does not defile her but “cleans her” and draws her nearer to himself.
11. 5:26 “by cleansing...” This implies that a husband must continually sanctify himself so that his spirit-filled communication does its work.
12. 5:27: “so that He might present the church to Himself” The goal of this cleansing and sanctification is the union of marriage. The husband must **want** the wife for himself.
13. 5:27: “glorious, not having any spot or wrinkle or any such thing, but so that she would be holy and blameless.” The husband’s sanctifying communication is the necessary maintenance for maximum glory and soul beauty for a spirit-filled man’s wife.

14. 5:28: "Thus husbands ought to love their own wives as their own bodies. He who loves his own wife loves himself." A husband's motivation for this sanctifying, self-sacrificial communication that keeps a wife clean and glorious is that she is his own flesh.
15. 5:29-30: "For no one ever hated his own flesh, but he nourishes and cherishes it, just as also the Lord the Church, because we are members of His body, from His flesh and from His bones." The one-flesh union should be a constant motivational factor for our self-sacrificial love, specifically in our sanctifying communication.
16. 5:31: "For this reason a man will leave his father and his mother, and he will be joined to his wife, and the two will become one flesh." Men must preserve the sanctity of their marriage union by separating from any outside influence that threatens the union of one-flesh.
17. 5:32: "This mystery is great; but I am speaking about Christ and about the church." Christian husbands are responsible for bearing witness for Christ to the world by how they love their wives self-sacrificially. Neglect this duty and deny the Cross. 1 Pet 3:7