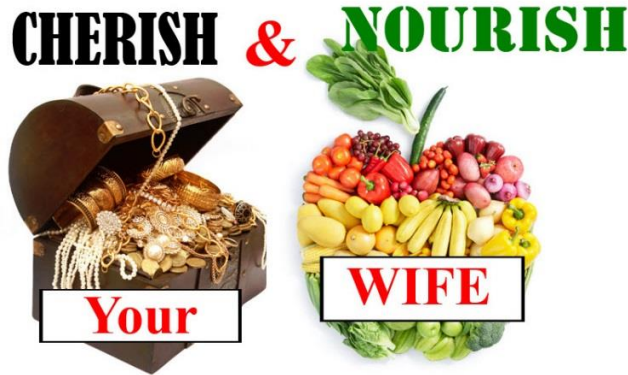


Men of Faith
Faith Church
Jan. 17, 2015

RAFE Refior



Ephesians 5

20 giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, 21 submitting to one another out of reverence for Christ.

22 Wives, submit to your own Husbands, as to the Lord. 23 For the Husband is the head of the Wife even as Christ is the head of the church, his body, and is himself its Savior. 24 Now as the church submits to Christ, so also wives should submit in everything to their Husbands.

25 Husbands, love your wives, as Christ loved the church and [1] **gave himself up for her**, 26 that he might [2] **sanctify her**, having [3] **cleansed her** by the washing of water with the word, 27 so that he might present the church to himself [4] **in splendor, without spot or wrinkle** or any such thing, that she might be **holy and without blemish**. 28 In the same way Husbands should love their wives as their own bodies. He who loves his Wife loves himself. 29 For no one ever hated his own flesh, but [5] **nourishes** and [6] **cherishes** it, just as Christ does the church, 30 because we are members of his body. 31 “Therefore a man shall leave his father and mother and hold fast to his Wife, and the two shall become one flesh.” 32 This mystery is profound, and I am saying that it refers to Christ and the church. 33 However, let each one of you love his Wife as himself, and let the Wife see that she respects her Husband.

CHERISH YOUR WIFE

- Scriptural References

Proverbs 12:4. “An excellent Wife the crown of her Husband.”

Proverbs 15:6. “In the house of the righteous there is much treasure.” (And the absolutely most valuable treasure is your wife !)

Proverbs 18:22. “He who finds a Wife finds a good thing and obtains favor from the Lord.”

Proverbs 31:10. “Who can find a virtuous Wife? For her **WORTH** is far above rubies.”

Song of Solomon....[read the entire book](#)

Also, looking at the actions taken which reflect placing value and worth See Jesus’ parables of the Hidden Treasure and the Pearl of Great Price:

Matthew 13:44. “Again, the kingdom of heaven is like treasure hidden in a field, which a man found and hid; and for joy over it he goes and sells all that he has and buys that field.”

Matthew 13:45-46. “Again, the kingdom of heaven is like a merchant seeking beautiful pearls, who, when he had found one pearl of great price, went and sold all that he had and bought it.”

In the New Testament **Cherish = thalpo ...** Which literally means “to soften or warm with body heat”so we are make our Wife our priority relationship.... to cherish our Wife by providing warmth, safety and security – so they will never doubt our commitment, our care, our appreciation and our love The only other use of **thalpo** in the NT is in 1 Thessalonians 2:7 where Paul declares the he and his fellow missionaries had “proved to be gentle among you, as a nursing mother tenderly CARES FOR (**thalpo**) her own children.”

DISCUSSION:

- What does it mean to “**CHERISH**” anything?
- Specifically, what does it mean for a Husband to “**CHERISH**” HIS WIFE?
- **IF** a Husband **CHERISHES** his Wife, what difference does that make in:
 - Your thoughts about your Wife ?
 - Your countenance when seeing or looking at your Wife ?
 - Your words to your Wife ?
 - Your actions with or toward your Wife.
 - How you approach intimacy with your Wife?
- If a tornado is coming, what will you grab on your way out to the storm shelter?

HOW then can you CHERISH your Wife ?

- The art of **UNDIVIDED ATTENTION**
- Plan and pray about how you can be ROMANTIC
- Do the simple “little” things: love notes, love letters, display photos of her
- Plan and pray about how to create simple, sweet and relaxing times together
- Plan for your conversations with her – so she will enjoy knowing your life and hearing from your inside ... you can even jot some notes
- Take care of your appearance and your smell
- Shower her with compliments
- Be her best Cheerleader
- IMMEDIATELY refute any negative statement she says about herself (believe me at that point she is NOT looking for agreement, she is crying out for your affirmation of her)
- **Daily make her know that if she has a need, your world STOPS until her need to taken care of**



How I will DO it:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**SHOW ME HOW A
MAN SPENDS HIS
TIME AND HIS MONEY
... AND I CAN TELL
YOU ASOLUTELY
WHAT ARE HIS
PRIORITIES**

**The Husband who
cherishes his Wife will
give her and show her
Honor and Respect**

**The Husband who
cherishes his Wife will
consider the impact
of his words upon her**



CONSIDER THIS LIST WRITTEN BY MY DAUGHTER, NIKKI LAMBETH:

I feel cherished when:

- he listens to what is really on my heart and mind
- he makes sure that I am safe (but isn't over protective about it)
- he quietly does little things around the house or yard that he knows will save me from discomfort – shoveling snow, mowing the lawn, taking the trash to the curb, or even helping me with dishes or laundry (he knows that I don't like doing either)
- he regularly opens doors for me (buildings and car)
- he sends me an e-mail or text in the middle of the day with a quick sentence about something he is thankful for about me
- he leaves me a note or a sign telling me of his love
- he brings home flowers for no reason except because he loves me
- he tells me often that he loves me, that I'm his favorite, that I'm his perfect Wife (not sinless, but perfectly matched by God to him)
- he asks my opinion before making decisions or plans that affect the family – and truly listens and considers my opinion to be weighty and valuable
- he is willing to learn about what excites me and invest time and money to help me achieve goals

- he prays for me regularly
- when he has to confront my sin, he does so with love and tenderness
- I hear from someone else that my Husband has praised me (in appropriate ways) publicly
- I realize that he has gotten up early to finish his work so that he has time to spend time with me or do a project for me later in the day
- he leads me and our family spiritually
- he is excited to spend time alone with me on a date, or on a get-away
- he tells me that I'm beautiful ... and clearly means it. Even at times when I know that it has required a deliberate choice of how he views me, it means so very much.
- he takes the lead on difficult decisions or hard parenting issues

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NOURISH YOUR WIFE

Ephesians 5:28 In the same way Husbands should love their wives as their own bodies. He who loves his Wife loves himself. **29** For no one ever hated his own flesh, but **[5] nourishes** and **[6] cherishes** it, just as Christ does the church, **30** because we are members of his body.

Nourish= ektrepho

Eph. 5:29 - ektrepho from **ek** = this intensifies the meaning + **trepho** = nourish, rear, feed. So it means to nourish up to maturity, to nourish in general, to nurture, to bring up from childhood, to raise to maturity by providing not just for physical and but also for emotional, soul needs . **Ektrepho** means to provide extremely well for, with the implication of doing so for a considerable period of time

The other use is in Eph 6:4 – Fathers do not exasperate your children, but “**bring them up**” (“**ektrepho**”) in the discipline and instruction of the Lord.

THEREFORE >>>>>>>> HUSBANDS, we are responsible for our Wife's spiritual, emotional and intellectual growth, i.e. we diligently nourish her soul continuously for the long term

HOW then can you NOURISH your Wife ?

First, remain vigilant to KNOW the physical emotional and spiritual condition of your Wife Proverbs 27:23-27 (NASB) “Know well the condition of your flocks, and pay attention to your herds...”

- Initiate praying together with your Wife
- Share together what is being learned by each in God's Word
- Lead in SERVING the Lord together
- Lead in exercise and nutrition
- Nourish your Wife's Emotions with your restoring help and care

- [illegible]

CONSIDER THIS LIST WRITTEN BY MY DAUGHTER, NIKKI LAMBETH:

My Husband Nourishes me when does these things:

- spend time alone with God in his own Bible study and prayer – whether it's at home or away, a wife knows if this is happening. The more saturated you are with God's love, the more I get to enjoy the overflow.
- pray together about what is happening in the family or our ministries
- share about what has been learned from the Bible, and ask about what I have been learning
- lead the family to take the next step spiritually – leading in family Bible study times, encouraging kids to have personal times of Bible study and prayer, leading the family to serve well together
- encourage me to stretch my faith
- encourage me to have godly friendships with women who will hold me accountable for biblical growth and help facilitate that if necessary
- be quick to repent, confess and ask forgiveness for sin ... and to forgive me when I sin.
- if my husband has an area of habitual weakness or sin, be willing to seek out a mature, godly man who will help you grow and keep you accountable. I want to support and encourage you and not nag you, so having a man who will talk straight and hard to you when you need it will protect me from feeling like I have no choice but to nag (although I do have a choice – I may just feel differently). I feel safe and nourished when I know you are growing in Christ and humbly submitting yourself to church leadership and allowing godly men to hold you genuinely accountable for your choices.

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CHERISH & NOURISH

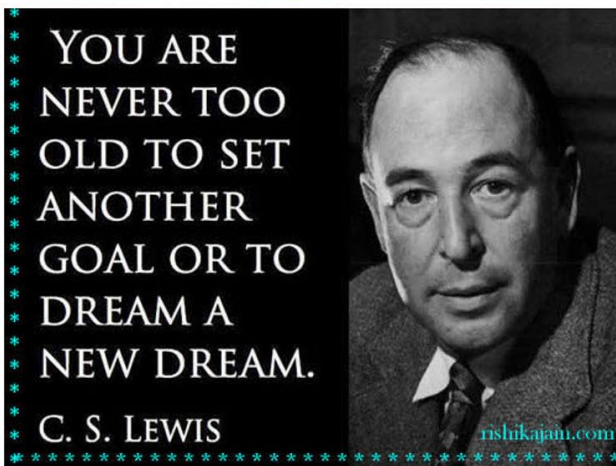


How do these
common sayings
provide points to
ponder that are
consistent these Bible
truths

Don't say
"**There's still time**"
or
"**Maybe next time**"
Because there's also
the concept of
"**It's too late**"

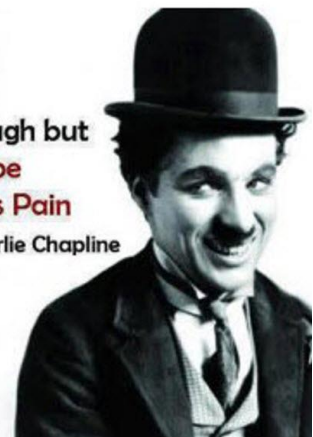


When temptation knocks
send Jesus to the door



My Pain may be the
Reasons for Somebody's Laugh but
My Laugh must never be
the Reasons for Somebody's Pain

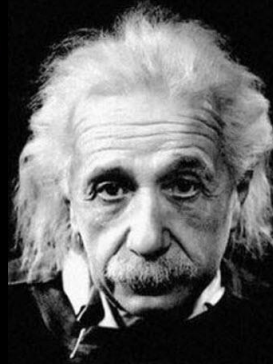
...Charlie Chapline



"And even the very hairs
of your head are
all numbered."



Matthew 10:30



"Everybody is a genius. But if you judge a
fish by its ability to climb a tree, it will live its
whole life believing that it is stupid."

-Albert Einstein

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NOW
OR
PAY THE DOCTOR
LATER

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on the market where the
supply always exceeds
the demand.

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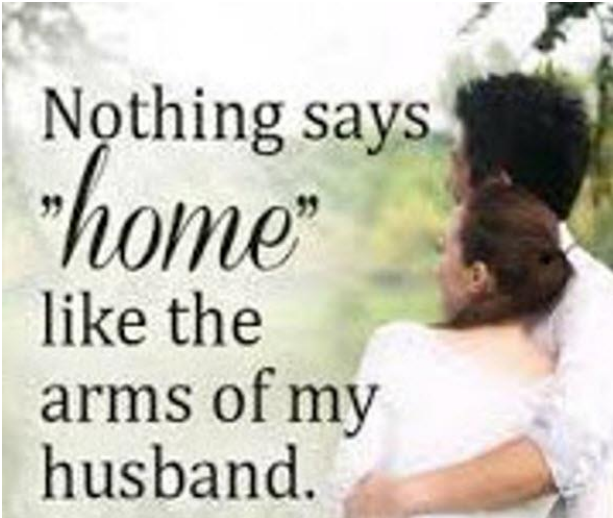
Henry Ford

Dealing with Problems

"Most people spend more time and
energy going around problems
than in trying to solve them."

Husbands:

The condition of
your wife reflects to
the world the kind
of man you are.

A photograph of a man and a woman embracing outdoors. The man is wearing a white shirt and the woman is wearing a white dress. They are looking away from the camera, towards a green background.

Nothing says
"home"
like the
arms of my
husband.

A good marriage
is not just
about marrying the
right person,
it is also about being
the right person..!!

**TODAY WILL BE
AMAZING BECAUSE
GOD HAS MY BACK
AND HE'S GIVEN
ME AN AMAZINGLY
SUPPORTIVE
HUSBAND.** APROVERBSWIFE.COM

**"Treat
me like an angel,
and I'll show you
what heaven's really
like."**

A red rectangular sign with white text. To the left of the sign is a vertical string of five heart-shaped decorations with different patterns (stripes, polka dots, etc.). To the right of the sign is a white floral arrangement on a black stand.

**EVERY
LOVE
STORY is
BEAUTIFUL,
but
OURS
is my
FAVORITE**

A rectangular sign with a chalkboard-style background, enclosed in a double-lined white frame. The text is written in a light-colored, blocky font.

**ENJOY THE LITTLE THINGS IN LIFE,
FOR SOMEDAY YOU WILL REALIZE
THEY WERE THE BIG THINGS.**