

Series on marriage and the family – sermon 9 - 6/06/10 (am)

Body Care

Ephesians 5:28-32

Theme: Husbands ought to love their wives because they are their own bodies.

Loving your Body (5:28-30)

verse 28

Paul is **not** saying that a husband is to love his wife *as he loves his own body*.

He is saying that a husband is to love his wife *because she is his own body*.

This points us to two other key
Scriptures:

1. Mark 12:29-31.

A husband's nearest and dearest
neighbour is his wife!

Neighbour in its Hebrew feminine form
is used for the beloved in Song of
Solomon, *cf.* Song of Solomon 1:9, 15.

2. Matthew 7:12

A husband is to treat his wife as he would want to be treated!

The general point Paul is making in 5:28 is that a husband is to love his wife **because she is his body**. He is saying implicitly what he will say explicitly in 5:31.

Paul now compares a husband's love for his wife to how a person loves his own body.

He points out:

1. A man loves his body by not hating it. (*cf.* 5:29a)

He does not deprive, forsake or abuse it.

(Some do but it is not natural.)

**2. A man loves his body by
nourishing & cherishing it.**

(cf. 5:29b)

At this point Paul again uses the
example of Christ, *cf. 5:29-30.*

How does this apply to the husband/wife relationship?

*A husband must not hate his wife;
he must not abuse his wife;
he must not neglect his wife;
he must not take his wife for granted.*

Practically, how may a husband
cherish/nourish his wife?

Consider her. What will help her?

*Know his wife's likes/dislikes and act
accordingly.*

Talk to her. Communicate!

Know his wife's weaknesses and strengths.

Be patient with her.

Help her to reach her full potential under God.

These things are all two-way but are the particular responsibility of a husband!

A Foundational Truth (5:31)

Why should a husband treat his wife in such a way?

Paul explicitly reminds us of the foundational truth that he has been hinting at in 5:28-30.

A husband and wife are one flesh—
one body, *cf.* Genesis 2:24.

*If you do not care for your body it is
bad for your health.*

*Husband, if you do not care for your
wife it is bad for your marriage.*

Husband, you are one with your wife.

Christ and the Church (5:32)

The thread running through the second analogy is Jesus' care for and nourishing of the Church, His Body, *cf.* 5:32; Eph. 4:11-16.

The *mystery* in 5:32 refers to the relationship between Christ and the Church as a picture of marriage.

Conclusion—The Better Half!

Husbands often glibly talk about their *better* half when referring to their wives.

There is a ring of truth about this!

Husbands and wives are halves of the one body.

*Husband love your wife as your own
body because she is your own body.*

Your model is Jesus' love for His body,
the Church.

5:28b, 5:25a.