

The logo consists of a white circle with a small notch at the top, containing the text "IDMC" in a bold, sans-serif font, with "MOVEMENT" in a smaller, all-caps font below it.

IDMC
MOVEMENT

LIFE GROUP STUDY MATERIAL

STRONGER TOGETHER



SESSION #3

HUSBANDS: LOVE LIKE JESUS

LESSON AIM

To equip husbands to love their wives as Christ loved the church.

VIDEO LESSON

Link to video: <https://www.youtube.com/live/5ry7rqnmEcU>

SCRIPTURE READING

Ephesians 5:25-33

25 Husbands, love your wives, as Christ loved the church and gave himself up for her, **26** that he might sanctify her, having cleansed her by the washing of water with the word, **27** so that he might present the church to himself 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 nourishes and 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.

Ephesians 5:25-33 ESV

INTRODUCTION

God is the designer of marriage. From the very beginning, He gave us a clear blueprint for family life: “Husbands, love your wives” and “Wives, submit to your husbands” (Eph 5:22, 25). These instructions may sound outdated to us in the current world, but they remain God’s timeless path to a strong and flourishing home. For husbands, the call is unmistakable: your highest responsibility is to love your wife. Not with a shallow or sporadic love, but with the same sacrificial, faithful, life-giving love that Christ has for His church. This kind of love is the foundation of a thriving marriage and the witness of God’s love to the world.

Three Theological Reasons to Love Your Wife

1. The Practical Outworking of Redeemed Life

Loving your wife is the natural overflow of a Spirit-filled life. In contrast to the broken marriage patterns of Jewish, Greek, and Roman culture, this kind of love becomes a radical, countercultural testimony of Christ at home.

2. The Practical Illustration of the Redeemer's Love

Marriage is designed to mirror Christ's love for the church. Every act of a husband's love is a living picture of the gospel, showing the world the sacrificial and faithful love of Jesus.

3. The Practical Benefit of Redeemed Love

When a husband loves his wife, she flourishes and the home becomes a place of life and joy. In turn, he himself is blessed, for "he who loves his wife loves himself."

Two Practical Expressions of How to Love Your Wife

Having seen why husbands are called to love, we now turn to how this love is to be expressed, both in its manner and in its means.

A. The Manner of Love (Two Pictures)

As Christ loves the church — Study how Jesus loved the church and imitate His sacrificial, faithful, and unconditional love.

As you love yourself — Extend to your wife the same patience, grace, and kindness as you naturally give yourself.

B. The Means of Love (Five Verbs)

Give — Like Christ, give yourself fully in attention, affection, and sacrificial service (Eph 5:25).

Leave — Reorder loyalties by honoring your parents but prioritizing your wife above all other ties (Eph 5:31).

Cleave — Hold fast in exclusive intimacy; nurture deep emotional and physical faithfulness (Eph 5:31).

Nourish — Lead spiritually by speaking life, setting the atmosphere of faith, and helping your wife flourish (Eph 5:29).

Cherish — Treat with tenderness, patience, and gentleness, showing love in everyday words and actions (Eph 5:29).

DISCUSSION QUESTIONS

Instructions for group facilitators: Every group is different. You may modify the discussion questions to suit your group and you do not need to use all the questions in the group discussion.

Question 1: What stands out to you about God's simple yet radical design for marriage? Why do you think the culture of this world often resists or dismisses these instructions?

Question 2: How does being Spirit-filled shape the way love is expressed at home? Can you think of how we can intentionally nourish love at home that is shaped by being Spirit-filled?

Question 3: In what ways can a husband's love for his wife serve as a living picture of Christ's love for the church? How does this perspective change the way you view marriage as a powerful witness of God's love to others (i.e., more than just a private relationship)?

Question 4: Ephesians 5:28 says, *"He who loves his wife loves himself."* What do you think this means in practice, and how might both spouses experience the blessing of this truth?

Question 5: The passage calls husbands to love *"as Christ loves the church"* and *"as you love yourself."* Which of these two pictures challenges you the most, and why?

Question 6: Of the five verbs, Give, Leave, Cleave, Nourish, Cherish, which one feels most urgent for you to grow in today? What would it look like for you to practice that in very practical, everyday ways?

Question 7: As a community of disciples of Christ, what can we do to help boys and men to understand and practice loving their wives as Christ loved the church?

Question 8: [For singles] How can you make use of what you have learnt in this lesson to think and pray about a life partner?

Question 9: [For singles] During dating, a man may show his full attention, affection and sacrificial service to woo a lady. How can we know that a man will love his wife as he loves himself after marriage?

Question 10: [For singles] How can a dating couple prepare for their future marriage to equip the husband to love his wife as Christ loved the church?

NEXT STEPS

Loving your wife as Christ loves the church is a lifelong journey, not a one-time decision. Take time this week to reflect on which of the five verbs—give, leave, cleave, nourish, cherish—you most need to grow in right now. Pray for God's grace to strengthen you in that area, and invite your spouse (or a trusted friend) to encourage you along the way. Remember, small, consistent acts of love build a lasting foundation for a thriving marriage and a powerful witness of Christ's love to the world.