

PRESCRIPTION FOR A HEALTHY MARRIAGE

There are people who believe that their family was a punishment from God: The husband does not love. The wife does not submit. The children don't obey and the parents are harsh and sometimes difficult to be around.

NOW... I do not know if families (with problems like these) are being punished by God... but such families are unhealthy. They are diseased. They are sick! In addition, their sickness has a name: The sickness is called Sin.

As with all illnesses, when a Doctor prescribes a medication ... you need to take it the way the Doctor ordered.

Illustration: I do not know how it is with you but when I get medicines at the pharmacy I do not read ALL of the instructions on my medicine. I figure – it is medicine – all I have to do is swallow it!

I did that once with a medicine my Doctor prescribed. I did not bother to read the instructions that came along with the antibiotic I was given and I ended up with a painful upset stomach that took me better than a week to get healed.

When you buy a medicine for an illness, they have those little papers that come along with them to tell you 'how' to take your pills. Unbelievably, we are expected to read those silly things.

If we do not... and something goes wrong... we can blame ONLY ourselves.

God gives us instructions on how to have a healthy marriage.

Col. 3 ¹⁸ **Wives, submit** to your husbands, as is fitting in the Lord.

¹⁹ **Husbands, love your wives** and do not be harsh with them.

NIV

Gen. 5:2...When God created man, he made him in the likeness of God. ² He created them male and female and blessed them. And when they were created, **he called them “man”**. NIV (Adam, KJV)

The first prescription we must take is to....

I. Understand “man” (the spouse)

A. We are **similar**

In the likeness of God- body, soul, and spirit

B. We are **different....**

Biologically- appearance

Women respond to touch and hearing

Men respond more to visual

Emotionally- female more sensitive

Have different interest

In roles we fulfill in the family

C. We must **accept our difference**

D. We must **accent the positive**

When we understand “man” then.....

II. ‘Man’ can become one

Gen. 2²⁴ For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. NIV

How can we truly understand our “oneness”?

A. We become one by **affiliating our marriage with the Lord.**

He is the true head of all relationships. He is the one who made who us who we are. We marry, take covenant before God to love. This is honoring God and submitting to his authority over our family.

B. We become one **spiritually by obeying his commands** concerning our relationship.

1. Wives, submit to your husbands

Why?

Illustration: A pastor once held a wedding rehearsal for a young couple. In the wedding vows, this pastor always included a passage like this from Ephesians or Colossians that includes the word “submit.” During the rehearsal, one of the friends of the bride literally jumped up in her pew and cried out “You don’t have to do that! Times have changed and you don’t have to “submit” to anybody!”

Fortunately, the bride graciously turned and replied “but this is what we want in our vows. It’s OK.”

- a. It is your spiritual service.
- b. Your objective is to create a spiritual leader in your husband.

c. You allow him to lead by giving him permission to make mistakes.

d. You refuse to take the reins of leadership away from him and refuse to make the leadership decisions for him.

e. God's goal for your husband is for him to be a spiritual leader.

It is hard to submit to a husband who doesn't deserve to be submitted to.

However, let me tell you in on a secret... NOBODY deserves to be in a position of being submitted to – except Jesus.

So, if a husband NEVER deserves to be submitted to - why should you submit to him?

- * Because Jesus commanded you to.
- * Because this is your spiritual service.
- * This is part of your ministry within the family.

B. Wives learn to know and meet the needs of your husband.

Isn't that a form of submitting?

Titus 2 ⁴ Then they can train the younger women to love their husbands.....

What is it that a man needs?

- sexual fulfillment
- recreational companionship
- an attractive spouse
- peace and quiet- support at home
- his wife to be proud of him
(significance & importance)

2. Husbands love your wives v 19

Notice what Jesus is not saying:

He is not saying to “dominate” your wife or family.

We are to be to the family as Mat. 20:25-28 encourages

Us to do, “he that is greatest among you is **the servant** of all”

- A. She cannot go without affection.
- B. She needs conversation
- C. She needs intimacy
Honesty and openness
- D. She needs money (security)
- E. She needs her husband committed to the family.
- F. She needs admiration and respect.

If you will systematically take this medicine from the Word you will have a healthy marriage.