Sunday Morning | June 21, 2015 **MAN UP!**

EPHESIANS 5:25-33

FALSE ASSUMPTION: "Somewhere there's this perfect person that's just right in every aspect for some specific someone."

INSIGHT: If you don't walk in the Spirit, that marriage will have massive problems.

FOUR BIBLICAL REASONS FOR MARRIAGE:

- 1. To produce children
- 2. To eliminate solitude
- 3. To prevent immorality
- 4. To provide affection

What does God expect men to remember?

I. GOD MADE US MALE AND FEMALE.

INSIGHT: There are a lot of things about men that are mysterious... How they are to treat their wives shouldn't be one of them.

II. WHAT REAL MEN DO

1. Real men provide for their wives.

INSIGHT: A man cares for his children but, by nature, that man is not going to be the chief caregiver in the home.

INSIGHT: To "man up" means we do what it takes to make sure our family has the necessities of life.

TRUTH: No real man is a deadbeat dad or lazy husband.

2. Real men protect their wives.

INSIGHT: God has hardwired the man to be the protector.

INSIGHT: We live in a day when men have confused the purpose of their strength.

INSIGHT: The biblical man is to be strong but controlled and focused.

INSIGHT: Real men will take a blow for their wives, but they will never give a blow to their wives.

3. Real men cherish their wives.

INSIGHT: Emotional abuse hurts marriage, too.

*You are an emotional abuser when you:

- a) Devastate her with your tongue.
- b) Hit her with your ridicule.
- c) Batter her with your words.
- d) Hammer her with your attitude.

QUESTION: Your wife may not have skin bruises from your hand, but is her soul bruised by your mouth? Ephesians 4:29ff (NLT)