

**“NOURISH HER, CHERISH HER”**  
Genesis 29:15-20; Ephesians 5:25-33

The Spirit-filled husband (v. 18) to provide fatherly provision and motherly affection.

**I. HUSBANDS -- NOURISH YOUR WIFE (YOUR OWN BODY)**

**A. The Wife is the Husband's Body**

Verse 28: Why “so”? Because Christ did and does the same thing. Conclusion drawn from verses 25 to 27. Recall the mystical union between Christ and His bride, the great mystery of v. 32. Not *as if* but *since* she is your own body. Versus wife as disconnected person/thing. Rabbis: money, contract, intercourse; love rarely mentioned as obligation. Graeco-Roman writings: all obligations belonged to the wife.

**B. Christ Provides For His Body**

"Nourish" = "provide food for, with the implication of a considerable period of time and the food being adequate nourishment." LXX Gen 45:7; Matt 25:37. Christ nourishes us.

**C. The Husband Must Provide Her Needs**

Verse 29; 1 Tim 5:8. Richard Baxter wrote, "The husband is to be the chief provider for the family (ordinarily). It is supposed that he is most able for mind and body, and is the chief disposer of the estate. Therefore he must be especially careful, that wife and children want nothing that is fit for them, so far as he can procure it." *Mohar* (1 Sam 18:25; cf. Gen 34:12; Ex 22:17; Gen 29:18-20). Woman's family was compensated for her loss. Life insurance policy? Demonstrated the man could provide. Wife not obligated to nourish herself or her husband; husband's role.

**D. Questions To Ask A Nourishing Husband**

Can you defend your wife from a physical attack? Are you stuck in a dead-end job? Does she have AAA? Could she use a new dress? Is she taking her vitamins? Is stressed out and simply doing too much? Do you have a will? Do you have adequate life insurance? Are all your papers in order? The nourishing does not end when the husband gets home from work. Chief Servant. Christians in general: still “more blessed to give than receive” (Acts 20:35).

**II. HUSBANDS -- CHERISH YOUR WIFE (YOUR OWN BODY)**

**A. Christ Cherishes His Body**

Verse 29; not as in the song “Cherish.” It means to make someone else feel warm and tender: Deut 22:6; 1 Kgs 1:2; 1 Thess 2:7. Doesn't Christ cherish us? A wellspring of ardent love and passion resides in His heart toward us His people. By His Spirit He enables to grasp/feel the dimensions of His love; 3:17-21.

**B. Husbands, Cherish Your Body**

To cherish her is to make her feel the warmth of your love. Being a handyman around the house, or buying her a new dress every week, is not enough. A Christ-like warmth is to emanate from the husband. A man should not get married in order to be mothered; he should “do the mothering.” How? Communication. Encourage. Dwell on her strengths. Honor her. Don't settle for peace at any price. She will want to rule over you (Gen 3:16). Be man enough to say no when necessary. Speak well of her in front of others. Spiritual leader. Initiate prayer and family worship.

*Conclusion*