

Ephesians 5:28-29 – So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church.

Transcript:

How should a husband love his wife? Ephesians, chapter five, says he ought to love her as he loves himself.

We don't hate ourselves, or at least we shouldn't. We ought to love ourselves, but we ought to love those who are close to us, those who are our spouses, as much as we love ourselves.

Christ did this for the church. He loved it so much, He died for it. Do you love your spouse as much as you love yourself?

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