**“Man Up!”**

**It’s time to “Man up!” To take responsibility…No more excuses. The task is clear and we have the tools to do it. Let’s “Man up!” Let’s be what God wants us to be and do what He wants us to do! He provides the grace to do it. Let’s commit to “Man up” in our marriages by…**

**Make Love Happen**

 *“Husbands, love your wives, even as Christ also loved the church, and gave*

 *himself for it” – Ephesians 5:25*

**Accountable Always**

 *“But I would have you know, that the head of every man is Christ; and the head of*

 *the woman is the man; and the head of Christ is God.” – 1 Corinthians 11:3*

**Never Give Up**

 *“And said, For this cause shall a man leave father and mother, and shall cleave to his*

 *wife: and they twain shall be one flesh.” – Matthew 19:5*

**Understanding**

 *“Likewise, ye husbands, dwell with them according to knowledge, giving honour unto*

 *the wife, as unto the weaker vessel, and as being heirs together of the grace of life;*

 *that your prayers be not hindered.” - 1 Peter 3:7*

**Peace-making**

 “*And be ye kind one to another, tenderhearted, forgiving one another, even as God*

 *for Christ's sake hath forgiven you.” – Ephesians 4:32*

**“Man Up!”**

**Small Group Discussion Guide**

**1. Read and discuss Ephesians 5:25-30. What are some specific ways**

 **that God desires Christian husbands to show love to their wives?**

 **Why is Christ-like love so important for ALL OF US to practice?**

**2. What is the difference between being a “boss” and being a**

 **“leader”? (See Mark 10:42-45)**

**3. Read and discuss Matthew 19:5-6. Why is it important to**

 **understand that the foundation for a marriage is a covenant (the**

 **exchange of vows)? Why is “being in love” not a strong enough**

 **reason to marry someone? What advice would you give to a**

 **Christian couple who have had much conflict and need to re-build**

 **their marriage?**

**4. Read and discuss Ephesians 4:29-32, noting especially v.32. Why**

 **is it so important to understand and practice forgiveness in**

 **marriage? What is the difference between being a peace-keeper**

 **and a peace-maker?**

**Small Group Prayer Time**

**Take some time to pray for the men in our church to be the kind of men described in Ephesians 5:25-32. Be sure to mention some of the men by name as you pray.**

**Digging Deeper**

**1. Observe the repetition of Genesis 2:24 in Matthew 19:5 and**

 **Ephesians 5:31. Why do you think this is the most repeated**

 **statement God gives about marriage? Consider also Malachi**

 **2:14-16.**

**2. Re-read Ephesians 4:29-32 a couple times. What specific ways do**

 **these verses challenge you to change and grow?**

**3. Husbands: Write 1 Peter 3:7 on an index card, keep it with you**

 **this week, and prayerfully read it several times each day.**

 **Wives: Do the same with Proverbs 31:10-12.**

 **Unmarried: Do the same with Ephesians 4:31-32.**