"Wives, submit to your own husbands, as to the Lord. 23 For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. 24 Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything – Ephesians 5:22-24, NKJV

If you have a problem with the idea of a wife submitting to her husband, perhaps you should ask yourself if you are a Spirit filled woman. A Spirit filled woman would recognize that she is fulfilling her God-given role. When a woman steps out of her role and tries to take on the role of the man, it leads to big problems. In Eve’s case, it led to sin and death. Your husband must be Spirit filled as well. He is urged to love his wife as himself just as Christ loved the church and gave Himself for her. Both people are subject to Christ and their relationship with each other should mirror that of Christ’s relationship with the church. It’s a relationship built on self-sacrificing love and respect. In fulfilling their roles, both the husband and the wife are honoring God.

The way I look at it is that the husband is the president and the wife is the vice president. Together they run the house. The wife can offer advice, suggestions, recommendations but the final decision is the husband’s. As head of the home, the husband has to be in charge. The wife is there to support him. Even if the final decision is not the best one, the wife has to concede and leave the consequences to the Lord.

The wife is not there to undermine her husband’s authority. She was created from his rib, which means she is his partner and not his superior or inferior. She is not to challenge or demean him or resist his leadership. If it turns out that the wife’s suggestion is the best one, God will let the husband know as he did with Abraham. When Sarah told Abraham to cast out Hagar and Ishmael, this displeased him but God advised him, “Do not let it be displeasing in your sight because of the lad or because of your bondwoman. Whatever Sarah has said to you, listen to her voice; for in Isaac your seed shall be called. 13 Yet I will also make a nation of the son of the bondwoman, because he is your seed” (Genesis 21:12, 13, NKJV). Abraham did as Sarah said. Abraham was a man of God, famous for his unswerving obedience. It was tough sending his son away, knowing that he would never see him again but he loved his wife as he loved himself. Part of loving your spouse is doing what is best for him or her.

In the Christian home, the husband and wife are a team. He is in charge and she submits to him as is fitting to the Lord. This means she is respecting and following God’s Word and His order of authority. It means that you don’t submit to your husband only when you agree with him. If he does something you don’t agree with, tell him. Submission doesn’t mean that you can’t voice your thoughts, objections or misgivings. Just remember to be respectful at all times.
Devotional

Beloved, let us love one another; for love is of God and everyone who loves is born of God and knows God – 1 John 4:7, NKJV

Do you find it a challenge to love some people, even those in church? How do you reconcile that with what John exhorts us to do? He tells us that we are to love one another because love is of the God we worship. How can we worship a God of love and not love those whom He loves? John says that if we love one another it means that we are born of God and we know God. This means we are truly God’s children because we do as our Father does just as Jesus did when during His ministry here on earth. We love others whether or not they deserve it.

Whenever you find yourself resisting the command to love that person who rubs you the wrong way, remember that God love you during those times when you were His enemy (Romans 5:8). His grace works the same way. It’s freely given to you even though you don’t deserve it.

Health Matters

“But Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself” – Daniel 1:8, NKJV.

Daniel and his three friends chose to eat vegetables and drink water for ten days. At the end of those ten days, they looked much better and much healthier than the young men who ate the king’s delicacies and drank wine. How come?

Well, it’s a no-brainer. A diet consisting of vegetables and water is far more beneficial than a diet which includes wine and meat. Vegetables provide fiber, reduce the risk of disease, are rich in vitamins and minerals and are low in calories. There are so many other benefits.

We are always encouraged to drink eight glasses of water a day. Water flushes out the toxins in your system and it does wonders to your skin. It also boosts your immune system; promotes weight loss. You feel more energized and less fatigued.

Start treating your body right. Remember it’s the temple of the Holy Spirit. Keep it happy and healthy by consuming more vegetables and drinking more water. And remember an apple a day keeps the doctor away.

Have more fruit.