

## Ephesians 5:22–33 – Wives and Husbands

*previous verses:*

15. Watch carefully then how you walk:
  16. making the best use of the time...
  17. ...understand what the will of the Lord is.
  18. ...**be continually filled by the Spirit,**
  19. **speaking** to one another in psalms and hymns and spiritual songs **singing and making music** with your hearts to the Lord
  20. **giving thanks**, always and for everything... to God the Father
  21. **submitting** to [lifting up] one another out of allegiance to Christ.
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22. **Wives ... to** your own husbands, as to the Lord.
  23. For the husband is the head of the **wife** even as **Christ** is the head of the church, **he is saviour** of the body
  24. But as the church submits to [lifts up] **Christ**, so also should **wives ... to** their husbands in everything.
  25. **Husbands**, love your **wives**, as **Christ** loved the church and gave **himself** up for her,
  26. that he might make her holy, cleansing her by the washing of water in the word,
  27. that he might present **to himself** the church, in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish.
  28. In the same way **husbands** should love **their own wives** as their own bodies. He who loves **his own wife** loves himself.
  29. For no one ever hated his own flesh, but nourishes and cherishes it, just as **Christ** does the church,
  30. because we are members of his body.
  31. "Therefore a man shall leave his father and mother and hold fast to **his wife**, and the two shall become one flesh."
  32. This mystery is profound, and I speak with reference to **Christ** and the church.
  33. However you, each one of you should so love **his own wife** as himself, and **the wife** should respect her husband.