



Love Life Hacks – Quarantine and Beyond

We are currently amid a global pandemic. Covid-19/ Corona virus/ The Rona has many of us home. Together, and for way more than the couple of hours like we are used to. This is real. This is happening. The man you are married to, your head, your lord, is now in your presence for potentially up to 24hours a day. Do you know him? Does he know you? Hadn't you ever noticed before that when he is bored he grinds his teeth? Did you know that he didn't know that your seasonal allergies are worse in the morning and that you sometimes have sneezing fits that can last up to 5 minutes at a time?! You never noticed because he is so busy that he doesn't have the opportunity to get bored. He never noticed because he gets up so early in the morning that he misses those sneezing fits. Reality has hit us all hard and it's time to face some facts. Are we truly well equipped to and able to navigate through the ups and downs of marriage? Even if you think you are, we could always use a little help.

Matthew 19:4-6 - ⁴ And he answered and said unto them, Have ye not read, that he which made them at the beginning made them male and female,

⁵ 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?

⁶ Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder.

1 Corinthians 7:28 ²⁸ But and if thou marry, thou hast not sinned; and if a virgin marry, she hath not sinned. Nevertheless, such shall have trouble in the flesh: but I spare you.

Ephesians 5:22-29 - ²² Wives, submit yourselves unto your own husbands, as unto the Lord.

²³ For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body.

²⁴ Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing.

²⁵ Husbands, love your wives, even as Christ also loved the church, and gave himself for it;

²⁶ That he might sanctify and cleanse it with the washing of water by the word,



²⁷ That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.

²⁸ So ought men to love their wives as their own bodies. He that loveth his wife loveth himself.

²⁹ For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church:

These are scriptures that discuss how a man and woman are to be joined in marriage as one flesh and how throughout that marriage, there will be various issues (troubles in the flesh). We, as the wives, are to submit unto our husbands as unto the Lord. Submission is a term that must be thoroughly understood in order to put it into action. The word submit is defined as - to accept or yield to a superior force or to the authority or will of another person. Self-examination time.... Have you truly accepted and yielded to your husband being the superior force and authority over you? Ultimately, there is a correlation between the husband & wife and Christ & the church. He, as the husband, is to love you as Christ loved the church and as he loves his own body. Your submission to the laws and to your lord will make him righteously correcting and loving you a much easier task.

Titus 2:4 ⁴ That they may teach the young women to be sober, to love their husbands, to love their children.

This scripture and verse show us that women are to be taught various things. One of them being how to love our husbands. Does the desire to love and cherish come without hard work? No! In properly loving and caring for your husband, you can help set the tone and atmosphere for him to love you. Is this road a one-way street? No.

Remember

2 Corinthians 13:5 - ⁵ Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?

Make sure to ask yourself if you have and are you **PUTTING IN THE WORK** to make the journey of being one flesh an enjoyable one?

Here are some communication ideas that may aid our lords in the sometimes difficult task of loving us as they love themselves.



1)PRAYING: Tell him you are praying for him and ask what he would like for you to include in those prayers. It shows that you not only care about his soul but also his spiritual growth.

James 5:16 - ¹⁷ Elias was a man subject to like passions as we are, and he prayed earnestly that it might not rain: and it rained not on the earth by the space of three years and six months.

Mark 11:24-25 - ²⁴ Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

²⁵ And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.

1Thessalonians 5:17-18 - ¹⁷ Pray without ceasing.

¹⁸ In everything give thanks: for this is the will of God in Christ Jesus concerning you.

2)LISTENING: Tell him you are listening to him. Do you listen or hear? Do you tune out? Are you easily distracted when your husband is speaking to you? If so, stop and focus. Remember he is the superior authority over you.

1 Peter 3:15 - ¹⁵ But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear:

Proverbs 25:11 ¹¹ A word fitly spoken is like apples of gold in pictures of silver

Proverbs 10:19 - ¹⁹ In the multitude of words there wanteth not sin: but he that refraineth his lips is wise.

Sirach 25:9 - “Well is him that hath found prudence, and he that speaketh in the ears of them that will hear:”

3)PROUD: Tell him you are proud of him. It is an easy thing to do but when was the last time you said the words? Imagine how it will make your husband feel to have some validity to the hard work he has put in for his family. To know that his efforts are noticed. Would he be inspired to continue and to do even better as the years go on?



2 Thessalonians 1:1-12 - Now we beseech you, brethren, by the coming of our Lord Jesus Christ, and by our gathering together unto him,

² That ye be not soon shaken in mind, or be troubled, neither by spirit, nor by word, nor by letter as from us, as that the day of Christ is at hand.

³ Let no man deceive you by any means: for that day shall not come, except there come a falling away first, and that man of sin be revealed, the son of perdition;

⁴ Who opposeth and exalteth himself above all that is called God, or that is worshipped; so that he as God sitteth in the temple of God, shewing himself that he is God.

⁵ Remember ye not, that, when I was yet with you, I told you these things?

⁶ And now ye know what withholdeth that he might be revealed in his time.

⁷ For the mystery of iniquity doth already work: only he who now letteth will let, until he be taken out of the way.

⁸ And then shall that Wicked be revealed, whom the Lord shall consume with the spirit of his mouth, and shall destroy with the brightness of his coming:

⁹ Even him, whose coming is after the working of Satan with all power and signs and lying wonders,

¹⁰ And with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved.

¹¹ And for this cause God shall send them strong delusion, that they should believe a lie:

¹² That they all might be damned who believed not the truth, but had pleasure in unrighteousness.

4)APPRECIATE: Tell him that you appreciate him. Not only for what he does but for who he is! Making the conscious decision to repent and keep that laws and then change who you were, break old habits, becoming a new creature is not an easy thing. As difficult as it can be for you, remember he is going through the same, if not more. Acknowledge his spiritual growth along with the physical.

James 1:12 - ¹² Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.

Proverbs 16:9 - ⁹ A man's heart deviseth his way: but the LORD directeth his steps

Ephesians 2:10 - ¹⁰ For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.



5)WANT & NEED: Tell him you want and need him. The whole package, from his head to his toes. Want and need him on every intimate level. Physical, life, support, and of course love.

Ecclesiastes 4:9 - ⁹ Two are better than one; because they have a good reward for their labour

Colossians 4:6 - ⁶ Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man.

1Peter 3:5-9 ⁵ For after this manner in the old time the holy women also, who trusted in God, adorned themselves, being in subjection unto their own husbands: ⁶ Even as Sara obeyed Abraham, calling him lord: whose daughters ye are, as long as ye do well, and are not afraid with any amazement.

⁷ 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.

⁸ Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous:

⁹ Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing.

Sirach 36:23 - If there be kindness, meekness, and comfort, in her tongue, then is not her husband like other men.”

Sirach 26:13-16 - “As the sun when it ariseth in the high heaven; so is the beauty of a good wife in the ordering of her house.”

Periodically telling your husband these types of things will be a reassurance to him that the work and dedication that they put in for their households and nation are well worth it. Their households should be the calm amid the storm, a physical refuge, a little taste of what is to come should they continue to endure. A lesson from our foremother, Judith is something we can put to memory and bring to remembrance when necessary....

Judith 12:14

Then said Judith unto him, Who am I now, that I should gainsay my lord? surely whatsoever pleaseth him I will do speedily, and it shall be my joy unto the day of my death.



It should be a joyous thing to please our lords. Sisters take heed and do well.

Peace & Blessings