



## Introduction

In today's complex and fast-paced world, many Christian men are struggling to understand their role as husbands.

"The Intentional Husband" seeks to clarify God's design for the role of a godly husband, drawing from Scripture, proven insights from Christian leaders, and modern research on marriage and masculinity.

This document provides practical tools, character traits, and actionable assignments that help men live out their calling in marriage.

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## God's Design for a Husband

The Bible outlines a clear vision of what it means to be a godly husband. At the core, a husband is called to **lead**, **love**, **serve**, and **protect** his wife and family.

### 1. Loving Leadership

- **Scripture:** *"Husbands, love your wives, just as Christ loved the church and gave himself up for her"* (Ephesians 5:25).
- **Practical Tips:**

- Take initiative in spiritual matters (e.g., lead family devotions).
- Make decisions with humility and consultation.
- Set goals for the family's growth and unity.

## 2. Sacrificial Love

- **Scripture:** *"Greater love has no one than this: to lay down one's life for one's friends"* (John 15:13).
- **Insights from Robert Lewis:** A husband is not merely a provider but a protector and nurturer of the relationship.
- **Practical Tips:**
  - Regularly ask your wife how you can support her emotionally.
  - Prioritize time and energy for your marriage.

## 3. Spiritual Shepherding

- **Scripture:** *"But as for me and my household, we will serve the Lord"* (Joshua 24:15).
- **Practical Tips:**
  - Pray daily for and with your wife.
  - Model Christ-like character in daily interactions.
  - Guide the family in consistent church participation.

## 4. Emotional Presence

- **Scripture:** *"Rejoice with those who rejoice; mourn with those who mourn"* (Romans 12:15).
- **Psychologist Insight:** Dr. John Gottman emphasizes emotional attunement as key to marital success.
- **Practical Tips:**
  - Engage in regular, undistracted conversations.
  - Be attentive to non-verbal cues.

## 5. Integrity and Honor

- **Scripture:** *"The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity"* (Proverbs 11:3).
  - **Practical Tips:**
    - Keep your word, especially with your wife and children.
    - Practice sexual purity and accountability.
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## Cultural & Research Context

Barna Research shows that only **37% of Christian men** regularly pray with their spouses, and just **24%** read the Bible with their family. These figures reflect a gap between intention and action that this guide seeks to bridge.

The National Marriage Project reports that **emotionally engaged husbands** are three times more likely to have a highly satisfying marriage.

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## Action Assignments

### Assignment 1: Vision Statement for Your Marriage

Write a 1-paragraph mission statement for your marriage. Share it with your wife and ask for her feedback.

### Assignment 2: Weekly Marriage Check-In

Schedule 30 minutes each week to:

- Express gratitude
- Address concerns
- Pray together

### Assignment 3: Scripture Memory

Memorize one verse per week that relates to marriage or your role as a husband (start with Ephesians 5:25).

### Assignment 4: Date Night Commitment

Commit to a weekly or biweekly date night. Rotate who plans it.

### Assignment 5: Spiritual Journal

Keep a journal for 30 days recording your prayers, reflections on Scripture, and how you're growing as a husband.

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## Final Encouragement

Being an intentional husband is not about perfection but about **progress and purpose**. When a man commits to becoming the husband God designed, he not only transforms his marriage but also sets a legacy for generations to come.

Let us rise to the calling with courage, humility, and faith.