



# Going All Out

by Vincent M. Newfield

*Husbands, go all out in your love for your wives, exactly as Christ did for the church—a love marked by giving, not getting.<sup>1</sup> . . . Husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself. No [man] hates his own body but feeds and cares for it, just as Christ cares for the church.<sup>2</sup>*

As men, most of us are good providers. We are willing to work long and hard to give our wives and children what they need . . . and more. But when it comes to personal involvement in their lives, many of us have dropped the ball. In other words, we come home from a long day's work and because we're exhausted, we mentally and emotionally "clock out." As a result, we are disconnected from our family, creating a vacuum in their lives where their needs are not being met. If left unchecked, this vacuum will eventually be filled with other relationships and things that can often do more harm than good.

Thankfully, this can be reversed. If we know that we have fallen short in our commitment to our bride and our children, we can ask God to forgive us and give us His grace—supernatural strength and ability—to change.<sup>3</sup> Once we have gotten things right with God, we need to ask our wife and children to forgive us. A sincere, heartfelt apology is a powerful act of humility. God's blessing rests upon it, and it can go a long way in bringing restoration to relationships that are distant or broken.

Once we've apologized, we need to back it up with actions. As the old saying goes, actions speak louder than words. When you and I begin to take a genuine interest in our wife and children, we will be speaking volumes to them. How can we change our actions? By changing our thinking, and changing our thinking starts with prayer. As you're driving home, whisper a prayer to God. Say something like, "Father, I am tired, but I know that my wife and children need my time and attention. I commit myself into Your hands and ask You to help me give them the love and attention they need. Give me the grace to *genuinely listen and love* with my words and actions. I believe I can do everything I need to do through the strength You give me. In Jesus' name, Amen."

With God's strength, you **can** develop new habits. Instead of "clocking out," simply switch gears. Begin walking in the door with a smile and greeting your bride with a healthy hello, a hug and a kiss. Take a moment to hug your kids and ask how their day was. Other things you can do include sitting on the swing for a few minutes with your wife, throwing the ball with your son, helping your daughter with homework or rolling on the floor with your wee ones. If possible, schedule having dinner with your family a few nights a week. Conversation around the dinner table is priceless and can promote true love and togetherness. You could occasionally offer to help your wife prepare dinner or clean up the dishes afterward. Actions like these say *I love you. I am interested in you. You are worth my time and attention.*

When you and I do these types of things, we are planting powerful seeds of love that will bring a tremendous harvest. Remember men, when you love your wife, **you are actually loving yourself**. The more love you express to your wife, the healthier and happier you will be. Yes, you may have to give up some things you want to do in order to give your family what they need. But this is an investment that *will pay off big time* in the near and distant future. As you continue to humble yourself before the Lord, *going all out* for your family, God will bless you. He will restore the peace, joy and love you have longed for in your home and establish a connection with your wife and children beyond your wildest dreams!<sup>4</sup>

(1) Ephesians 5:25 The Message. (2) Ephesians 5:28,29 NLT. (3) See James 4:6; Hebrews 4:15,16. (4) See Ephesians 3:20.