Date:					
Husband Journal					
Memory Verses					
Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others. (Philippians 2:3-4)					
Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, so that He might sanctify her, having cleansed her by the washin of water with the word. (Ephesians 5:25-26)					
I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me. (Galatians 2:20)					
Did you review these verses and pray for help to put them into practice before you relate to your wife?.					
What were your opportunities to love your wife today?					
What happened?					
What Scripture applied and why?					
What I thought, said and did:					

Why this was honoring to \mbox{God} (according to the $\mbox{Word})$ or not.

Prayer (thanks for God's help or confess and repent):