



Daily Verse and Comment

Ephesians 5:28-33

(28) So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. (29) For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord *does* the church. (30) For we are members of His body, of His flesh and of His bones. (31) *"For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh."* (32) This is a great mystery, but I speak concerning Christ and the church. (33) Nevertheless let each one of you in particular so love his own wife as himself, and let the wife *see* that she respects *her* husband.

New King James Version

A baby is not born evil. It is most certainly born with a measure of self-centeredness that [God](#) pronounced as very good in [Genesis 1:31](#), for some small measure of self-centeredness enables a person to take care of the self.

Understood and controlled, a right measure of self-[love](#) provides a foundation for the love of others, which proves beneficial for the giver as well as the receiver. This is especially true in marriage because husband and wife become one flesh; to love one's spouse is to love the self because of this oneness.

It is at least equally true, if not more so, in our relationship with [Christ](#). He is our example. Because of our spiritual oneness with Him, and because we are His body, His loving service of us is the same as loving Himself. This principle works both ways. Our loving service of Him is also the same as loving ourselves. What we see in these two intimate relationships is a practical application and benefit of the Golden Rule—"Do unto others as you would have them do to you"—in operation, with the added benefit to the giver.

The problem with self-love is that, without [contact with God](#) throughout life, an individual's innate self-centeredness can easily develop into an extreme and sharply honed sinfulness and evil. Such an egotist gives little thought to loving others as a way of life; he shows little care for others and rarely looks for ways to serve. Without God, life becomes all about the self. [The world](#), established by and built upon selfish human nature, continues to feed its self-absorbed inclinations and cravings.

— John W. Ritenbaugh

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[**The Christian Fight \(Part Two\)**](#)

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