

Relationship Rehab: Roles

Key Scriptures

Eph. 5:22-33 ²² Wives, submit to your own husbands, as to the Lord. ²³ For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior.

²⁴ Now as the church submits to Christ, so also wives should submit in everything to their husbands. ²⁵ Husbands, love your wives, as Christ loved the church and gave himself up for her, ²⁶ that he might sanctify her, having cleansed her by the washing of water with the word, ²⁷ so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish.

²⁸ In the same way husbands should love their 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 Christ does the church, ³⁰ because we are members of his body.

³¹ "Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh." ³² This mystery is profound, and I am saying that it refers to Christ and the church.

³³ However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

Key Point: Headship and submission are God's design for marriage in Christ.

TALK IT OVER

Start talking: Pick a conversation starter for your group.

- Where are some of your favorite places you've visited in the U.S. and in the world?

Start thinking. Ask questions to get your group thinking.

- What is the theme of Ephesians 5:22-33?
- What are the specific things wives are called to do? What are the specific things husbands are called to do?
- How does what Paul wrote in Eph 5:17-21 lead into this section on our roles as husbands and wives?
- Bonus Question: What do you think verse 32 saying?

Start sharing. Choose a question to create openness.

- In what ways are submission and headship difficult to obey? In what ways does this passage challenge you personally?
- Concerning v. 33, Kyle shared a summary of what biblical headship and submission looks like:
"Two words summarize verse 33; respect and protect. When wives submit to their husbands, what that looks like *from a husband's perspective in real life* is respect and honor, . . . and what it feels like is love. When husbands love their wives like *Christ loved the church, what it feels like from a wife's experience* is they are protected."

Do you feel like this is true from your own experience?

Start doing. Commit to a step and live it out this week!

- If you are married, have a conversation about what headship and submission looks like (or should look like) in your marriage and decide to live out these roles.

Prayer Requests. It may be helpful to pray the scriptures back to God.

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