



How can I help you?
Getting Started

- What are the most important parts of a wedding ceremony?
- What's not as important?
- What's your favorite part to watch at a wedding ceremony?
- What was your favorite moment in your own wedding ceremony?
- Have you seen a cringeworthy moment?

In Depth

Was there anything in Jack's message that grabbed your attention and you wanted to discuss?

In [Ephesians 5:22](#) Paul makes this controversial statement "Wives submit to your husband." Why does this statement cause so much controversy?

The key word to help us understand this verse is the word "Wives." This verse isn't written to husbands, it's written to wives. Words for the husband come a few verses later. Take a moment to read through [Ephesians 5:22-29](#) and focus on what God is saying specifically **to you** not your spouse. Consider reading it in the [Message version, Ephesians 5:22-29](#)

What is God calling me to do in these verses?

[Proverbs 4:23](#) gives us this challenge. *"Above all else, guard your heart, for everything you do flows from it."*

That word guard means to examine. Turns out we are great at examining hearts...other people's hearts! Scripture talks a lot about the condition of a person heart.

[Jeremiah 17:9, Proverbs 4:23,](#)

((For additional references to the condition of the heart. **[Heart Scriptures.](#)**))

God challenges us to start with evaluating our own hearts.

Read the following verses and talk about the importance of starting the evaluation process with us and not our spouse or our kids or our parents.

[Psalm 139:23,24](#)

[Psalm 4:4](#)

[Ephesians 5:21](#) challenges us with this thought " Submit to one another out of reverence for Christ." The most difficult aspect of submitting to someone is that we don't always respect the person we are submitting to. We don't trust them. We aren't sure they will consider our needs. According to this verse we are not submitting to the people in our lives because they are great but in reverence to Christ.

- How does that make a difference?
- What couples do you know who really love each other as they love themselves? How do you know this is true?

Jesus gives us the ultimate example of submission. Read **[Romans 5:8](#)** and talk about what that example looked like.

- How does that example change your view of submitting to others?
- Does the church seem to act like Christ has done all this for her?

In his letter to the Ephesians, the apostle Paul gives us one question instruction that changes everything in family dynamics.

How can I help you? Talk about a time when someone in your family went out of his or her way to help you.

How did it affect your relationship with that person?

What is one thing you can do to help on behalf of your spouse, your children, or your parents?

What is one obstacle to practicing mutual submission in your family?
How can you overcome that obstacle?

Close in Prayer

Take a few minutes to Pray together as a group.

For Additional Conversations afterward:

- Read Love and Respect by Emerson Eggerichs or another marriage book to further flesh out this passage.
- If you are a husband, identify ways you can better love your wife this week.
- If you are a wife, identify ways you can submit to and respect your husband this week.
- Talk through this passage with your spouse, considering the implications. What will each of you do as a result of reading this passage?

