

EPHESIANS



Rooted and Grounded
in love

Lesson Ten EPHESIANS 5:22-6:9

Day 1



Father, give me ears to hear and eyes to see what you have for me in your word. Make my mind understand and my heart desire you and your ways. Work in me through your Holy Spirit to make me more like you.

- Read Ephesians 5:22-6:9 several times. Read through the passage *prayerfully*—responding to what you are reading with praise, thanksgiving, confession or surrender. (God speaks to us through his word and we respond back to him through prayer.)
- Pick one word or phrase that stands out to you to ponder on throughout the day and week. (It may be something that resonates with you or that you want to understand better.) Write it here.
- Write one sentence summarizing the passage.

Day 2- Eph. 5:22-24, 31-33

Write out verses 22-24, 31-33

We left off in 5:21 where we saw four effects of being filled with the Spirit. The remainder of chapter 5 will be expanding on the fourth one—*submitting to one another out of reverence for Christ*.

1. How does *out of reverence for Christ*, (5:21) put a different perspective on submitting to one another?

For Discussion

What are some ways we can submit to one another?

2. Submitting to husbands is not usually our favorite topic 😊, but how should a wife view submission to her own husband according to verse 22?

- What are the implications of this?

3. We see in verse 32 that God has a higher design for marriage than only its earthly purpose. What does the wife represent in God's story of marriage according to verses 23-24?

- What does the husband represent?

4. Verse 24 tells us that as the church submits to Christ, so also wives should submit in everything to their husbands. How does the church submit to Christ and why?

5. What responsibility does God give wives according to verse 33?

- Ask your husband what makes him feel respected.
- What is one way you can do this today?

Picture and Ponder

“Equality of worth is not identity of role”.¹

Digging Deeper:

God designed men and women to have different roles. But different roles do not mean different worth or value.

- What truth expressed in Galatians is important to remember when we are talking about submitting to one another?

Galatians 3:28 There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus.

- We know that Jesus is fully God and yet we see in Corinthians that God is the head of Christ; and, we see Jesus in the gospels submitting to the Father’s will. If, in Christ, everyone is equal, how would you explain the reason for submission?

1 Corinthians 11:3 But I want you to understand that the head of every man is Christ, the head of a wife is her husband, and the head of Christ is God.

Picture and Ponder

“Jesus Christ demonstrates rather than loses his dignity by his subordination to the Father. When a person is voluntarily amenable to another, gives way to him, and places himself at his service, he shows greater dignity and freedom than an individual who cannot bear to be a helper and partner to anyone but himself.”²

For Discussion

What does a wife submitting to her husband look like in every day practical life?
How is being submissive different than obedience?



Most people bristle at the word *submission*—“Self” rises up and reveals our strong desire to be in charge. But as always, we avoid a lot of heart ache and discord when we trust that God’s ways are good and his design for us is perfect.

- ❖ How are submission and trusting God connected?

- ❖ Why does submitting to one another, and in this relationship, wives submitting to husbands, require the fullness of the Spirit?

- ❖ God has ordained that some people remain single, others have lost a husband through death or divorce, and some are still hoping to be married. If God has ordained that you are not married right now, how are you using the place God has you to serve him and trust him?



Father help me to not just submit to your ways, but to love your ways and see the goodness and wisdom in them. You are my hope and confidence, and I can trust in you.

Day 3- Eph. 5:25-31

Write out verses 25-31

6. In what way are husbands to love their wives according to verse 25?

7. What did Jesus' sacrifice accomplish for the church according to verses 26-27?

- How is what Jesus did for the church a gift for himself?

Digging Deeper

We have seen in chapter one the marvelous blessings we have as individuals who are in Christ. Now in verses 25-27 we see the marvelous blessings Jesus has bestowed on his bride, the church. Read the verses in Revelation below for a fuller picture. How does seeing the church in this light affect the way you think about the church?

Revelation 19:6-7 Then I heard what seemed to be the voice of a great multitude, like the roar of many waters and like the sound of mighty peals of thunder, crying out,

"Hallelujah! For the Lord our God the Almighty reigns. Let us rejoice and exult and give him the glory, for the marriage of the Lamb has come, and his Bride has made herself ready..."

8. How can husbands imitate Jesus in what he did for the church? (vs.28-30)

Picture and Ponder

"The church's head is the church's bridegroom. He does not crush the church. Rather he sacrificed himself to serve her, in order that she might become everything he longs for her to be, namely herself in the fullness of her glory. Just so a husband should never use his headship to crush or stifle his wife, or frustrate her from being herself. His love for her will lead him to an exactly opposite path. He will give himself for her, in order that she may develop her full potential under God and so become more completely herself."³



But what if your husband isn't loving you the way Jesus loves his bride? How can you be expected to do your part if he isn't doing his part? Someone in the marriage has to be willing to put themselves in God's hands and obey. Why don't you be that someone. 1 Peter 3:1-2 says that if a husband is not following God that they could be won over without a word by the way their wife acts—when he sees her respectful and pure conduct. Wow, that's a lot of power working through submission. It's the death and resurrection pattern that is interwoven throughout the life of a follower of Jesus. When you put your hope and trust in God and die to yourself, don't forget to look for the resurrection!⁴

- ❖ Followers of Jesus submit to one another out of *reverence for Christ, and as to the Lord*. If your husband isn't loving you well, remember how well Jesus loves you and submit to him. How will thinking of submitting to Jesus help you submit to your husband?

- ❖ How does submitting to your husband help him fulfill his God given role?

- ❖ Spend some time in prayer, asking God to help you submit to your husband as unto the Lord.

- ❖ Pray for your husband, asking God to help him to lead and love like Jesus.

Picture and Ponder

“What does it mean to ‘submit’? It is to give oneself up to somebody. What does it mean to ‘love’? It is to give oneself up for somebody, as Christ ‘gave himself up’ for the church. Thus ‘submission’ and ‘love’ are two aspects of the very same thing, namely of that selfless self-giving which is the foundation of an enduring and growing marriage.”⁵

Day 4- Eph. 6:1-4

Write out verses 1-4

9. Remember that Ephesians is a letter Paul wrote to house churches in Ephesus that was passed around and read from house to house. What does it signify that Paul addressed the children directly?

10. How does being *in the Lord* transform the family relationship between parents and children?

11. How does honoring parents go beyond obedience?

- In our culture, adults are not required to obey their parents, but how can you still honor your parents?

12. The child-parent relationship is not one-sided. As with the husband-wife relationship Paul wants to make sure that the stronger party doesn't misuse their authority, so he tells Christian parents not to provoke their children to anger. What are ways parents might provoke their young children to anger?

- Even if your children are grown what are ways you provoke them to anger?

Scholar's Note: Although the word in verse 4 is, in fact, 'fathers' (pateres), yet it could be used for 'fathers and mothers', much as 'brothers' (adelphoi) meant 'brothers and sisters'. Certainly it is parents, both father and mother, who are referred to in verses 1-3..."⁶



Bring them up in verse 4 "(ektrephō) means literally to 'nourish' or 'feed'. One commentator translates it as 'rear them tenderly'"⁷. We see Jesus demonstrate that tenderness in the gospels as he lets the children come to him. God is such a good and gentle Father, nourishing us with his word, showing us grace and mercy, and disciplining us in perfect love and gentleness. We are to treat our children with the same care and gentleness that we receive from our heavenly Father as he teaches and disciplines us.

- ❖ When you discipline your child, is it with the goal of teaching, training and correcting for their good? How can you avoid reacting out of anger?

- ❖ If you are a parent of young children, are you intentional in your spiritual instruction? If not, how can you weave that into the life of your family?

- ❖ If you don't have children or if you have already raised your children, How might you encourage a mom who is raising children?

Picture and Ponder

"When you are disciplining a child, you should have first controlled yourself ... What right have you to say to your child that he needs discipline when you obviously need it yourself? Self-control, the control of temper, is an essential prerequisite in the control of others."⁸

Day 5- Eph. 6:5-9

Write out verses 5-9

Paul's third instructions for believers about submitting to one another is between bondservants and masters. For our application that translates into employees, and employers.

13. In one long sentence from verses 5-8, Paul tells workers how to obey those they work for:
 - *with fear and trembling*
 - *with a sincere heart as you would Christ*
 - *not by way of eye service, as people pleasers*
 - *but as bondservants of Christ, doing the will of God from the heart*
 - *rendering service with a good will as to the Lord and not to man*

- How would you summarize his inspired instructions on how to obey as an employee?

- According to verse 8, how do you know that the good you do to your employer is not ever wasted?

14. What is the great equalizer that Paul reminds Christian employers of in verse 9?

- In light of this how should employers treat employees according to verse 9?

Taking Root:

- What in this portion of Scripture swells your heart with love for God, or makes your heart treasure Jesus?

- What from this portion of Scripture spurs you on to love others?

- How are you challenged to reach God's world after living with this portion of Scripture this week?

¹ J. H. Yoder as quoted in Stott, John. The Message of Ephesians (The Bible Speaks Today Series) (p. 218). InterVarsity Press. Kindle Edition.

² Barth, Ephesians II p.714-715, as quoted in Stott, John. *The Message of Ephesians* (The Bible Speaks Today Series) (p. 233). InterVarsity Press. Kindle Edition.

³ Stott, John. *The Message of Ephesians* (The Bible Speaks Today Series) (p. 229). InterVarsity Press. Kindle Edition.

⁴ These thoughts on the pattern of death and resurrection in the Christian life come from *The J Curve* by Paul Miller.

⁵ Stott, John. *The Message of Ephesians* (The Bible Speaks Today Series) (p. 235). InterVarsity Press. Kindle Edition.

⁶ Stott, John. *The Message of Ephesians* (The Bible Speaks Today Series) (p. 245). InterVarsity Press. Kindle Edition.

⁷ Stott, John. *The Message of Ephesians* (The Bible Speaks Today Series) (p. 247). InterVarsity Press. Kindle Edition.

⁸ Lloyd Jones, *Life in the Spirit*, p.279 as quoted in Stott, John. *The Message of Ephesians* (The Bible Speaks Today Series) (p. 249). InterVarsity Press. Kindle Edition.

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