

Sunday School

Marriage Series #6: Cultivating Contentment—Instructions for Wives

Opening Check-in: How did your time audits go? Did you learn anything? Decide to make any changes?

Ephesians 5:22-24 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.

1 Peter 3:1-7 Likewise, wives, be subject to your own husbands, so that even if some do not obey the word, they may be won without a word by the conduct of their wives, ² when they see your respectful and pure conduct. ³ Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear— ⁴ but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God’s sight is very precious. ⁵ For this is how the holy women who hoped in God used to adorn themselves, by submitting to their own husbands, ⁶ as Sarah obeyed Abraham, calling him lord. And you are her children, if you do good and do not fear anything that is frightening.

⁷ Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered.

[BIG IDEA] that as husbands must cultivate courage, wives must cultivate contentment.

Cultivating Contentment looks like:

1. **Self-sacrifice (dominion: via submission to husband) — Eph. 5:22-24; 1 Pet. 3:1a**
2. **Care for husband’s holiness (work) – 1 Pet. 3:1b-2**
3. **Pursue godly character (keep) – 1 Pet. 3:3-6**

1. Self-sacrifice (Eph. 5:22-24; 1 Pet. 3:1a)

[Quick Discussion] How does that land with you?

2. Wives cultivate contentment by: Contending for their husband's holiness (work) – 1 Pet. 3:1b-2

If Satan took up marriage counseling, he would want husbands to be passive in their leadership and wives to be so disappointed in that lack of leadership that they feel justified in failing to respect their husbands. He would want wives to determine that submission is a mark of weakness and that if it is given at all, it should be given only when it is earned. He would want husbands to treat their wives harshly instead of gently and to express constant disappointment rather than delight. —Tim Challies

My Big Fat Greek Wedding

Maria Portokalos: "Let me tell you something, Toula. The man is the head, but the woman is the neck. And she can turn the head any way she wants."

[Quick Discussion] Men: as far as you understand yourself, what would be a good way for your wife to help you grow?

3. Wives cultivate contentment by: Pursuing godly character (keep) – 1 Pet. 3:3-6

[Discussion] How do you process the complimentary instructions given to husbands and wives? If our marriages (in their diversity) followed (or grew in following) these commands, what would be the effect on marriages? Church? Neighborhood?

[Summary Instruction] | Ephesians 5:33 However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

[Extension Activity] At your marriage meeting, during the "problems and challenges" portion, take an honest look at where comparison might be stealing the joy from your home. Make a list of all the pressures to conform or perform you feel and assess whether they are legitimate or not.