



MANNA CHURCH HAWAII - SMALL GROUP DISCUSSION GUIDE

Sept 27, 2026 | Built Different pt. 3 - "Built Different Marriage - Learning to Love Like Christ"

ICEBREAKER QUESTIONS: When you care about someone, how do you usually show it: spending time with them, helping them, encouraging them, checking in, giving gifts, or something else?

MESSAGE SUMMARY & SCRIPTURES:

Ephesians 5:21-25 calls us to "submit to one another out of reverence for Christ" and to love others the way Christ loved us. While Ephesians 5 speaks specifically about marriage, the heart of the message applies to every follower of Jesus and every relationship we have, whether we are married, single, dating, divorced, widowed, or simply learning how to have healthier relationships with family and friends. We are all learning how to love people who are imperfect, who communicate differently, and who sometimes hurt or misunderstand us. Because Christ is our source and example of love, our relationships are not just about getting our needs met, but about learning to love like Jesus.

One of the ways God uses relationships to make us more like Christ is through holiness. Holiness does not mean perfection. It means being set apart and allowing God to continually shape us into who He created us to be. Ephesians 5:1-10 calls us to walk in love as dearly loved children and live as children of light. Sometimes the people closest to us expose areas in our hearts that still need healing, patience, surrender, or growth. Instead of expecting another person to fill what only God can fill, we learn to pursue Jesus for ourselves and allow the Holy Spirit to transform us. Whether it is a spouse, parent, sibling, friend, coworker, or someone we are dating, God can use our relationships to reveal what He is still working on in us.

Christ also teaches us to love through humility and honor. Humility means being willing to listen, be vulnerable, admit when we are wrong, repent, and learn how to repair relationships when there has been conflict. Sometimes the most mature thing we can say is, *"I'm sorry. Please forgive me. Help me understand why that hurt you."* Honor means choosing to care about the other person's well-being, not just asking, "What do I need?" but also, "How can I love this person well?" Ephesians 5:21 reminds us that this kind of mutual submission is about lifting one another up, not making ourselves less than someone else. Healthy relationships require work, repair, forgiveness, boundaries, and sometimes outside support, and this does not mean tolerating abuse or remaining in an unsafe situation. Ultimately, because we are deeply loved and accepted by Christ, we can learn to love our family, friends, relationships, and marriages with holiness, humility, and honor.

GOING DEEPER: (break up into groups of no more than 4-6 for discussion)

1. What's something that stood out to you from the message or the summary?
2. When conflict happens with someone you care about, what usually helps you work through it, and what makes you want to pull away?
3. Ephesians 5:1-2 calls us to walk in love as dearly loved children. How does knowing that you are already loved by God change the way you approach the people closest to you?
4. Think about one relationship in your life right now, whether it is with family, a friend, a dating partner, or a spouse. **What is one way you can choose to love that person more like Christ this week through greater humility, honor, forgiveness, honesty, or intentional time?**

PRAYER: (break up into groups of 2-3 for prayer):

Father, thank You that because of Jesus we are deeply loved, accepted, and continually being transformed into who You created us to be. Help us pursue You first and allow Your Holy Spirit to heal, shape, and make us more like Christ. Teach us to love the people in our families, friendships, and relationships with holiness, humility, honor, forgiveness, and grace. Let the way we love people point others to the love of Jesus and show them what it looks like to belong to Him. Amen.

New Growth Track Cycle begins October 1, 2026. Sign up here: [Growth Track](https://www.hawaii.manna.church/growth-track) - <https://www.hawaii.manna.church/growth-track>



MANNA CHURCH HAWAII - SMALL GROUP DISCUSSION GUIDE

Sept 27, 2026 | Built Different pt. 3 - "Built Different Marriage - Learning to Love Like Christ"

MANNAYOUTH DISCUSSION GUIDE

ICEBREAKER QUESTIONS: When you care about someone, how do you usually show it: spending time with them, helping them, encouraging them, checking in, giving gifts, or something else?

MESSAGE SUMMARY & SCRIPTURES:

Ephesians 5:21-25 calls us to "submit to one another out of reverence for Christ" and to love others the way Jesus loves us. While Ephesians 5 talks about marriage, the heart of this message applies to all of our relationships, including our family, friends, classmates, and teammates. We are all learning how to love people who are different from us, who may communicate differently, and who misunderstand us. Because Jesus is our example of love, our relationships are not just about what we can get from other people. They are also opportunities to learn how to love like Jesus.

God uses relationships to help us grow and become more like Jesus. Holiness does not mean being perfect. It means being set apart for God and allowing Him to shape us into who He created us to be. Ephesians 5:1-10 calls us to walk in love as dearly loved children and live as children of light. Sometimes the people closest to us, like our parents, siblings, friends, teammates, or classmates, can show us areas where we still need to grow. Maybe we get frustrated easily, hold onto anger, compare ourselves to others, or have a hard time saying sorry. Instead of expecting other people to make us feel complete, we can go to Jesus and allow the Holy Spirit to change our hearts.

Christ also teaches us to love through humility and honor. Humility means being willing to listen, admit when we are wrong, apologize, forgive, and learn how to make things right when there is conflict. Sometimes the most mature thing we can say is, *"I'm sorry. Please forgive me. Can you help me understand why that hurt you?"* Honor means caring about the other person's feelings and needs, not just asking, "What do I want?" but also, "How can I love this person well?" Ephesians 5:21 reminds us that loving this way is not about making ourselves less than someone else. Healthy relationships take work, forgiveness, honesty, boundaries, and sometimes help from a trusted adult. Because we are already deeply loved and accepted by Jesus, we can learn to love our family, friends, classmates, and others with humility, honor, and grace.

GOING DEEPER: (break up into groups of no more than 4-6 for discussion)

1. What's something that stood out to you from the message or the summary?
2. When conflict happens with someone you care about, like a parent, sibling, friend, teammate, or classmate, what usually helps you work through it, and what makes you want to pull away?
3. Ephesians 5:1-2 calls us to walk in love as dearly loved children. How does knowing that you are already loved by God change the way you treat the people closest to you, especially when you are frustrated, hurt, or misunderstood?
4. Think about one relationship in your life right now, whether it is with family, a friend, a teammate, a classmate, or someone you are dating. What is one way you can choose to love that person more like Christ this week through greater humility, honor, forgiveness, honesty, or intentional time?

PRAYER: (break up into groups of 2-3 for prayer):

Father, thank You that because of Jesus we are deeply loved, accepted, and continually being transformed into who You created us to be. Help us pursue You first and allow Your Holy Spirit to heal, shape, and make us more like Christ. Teach us to love others with humility, honor, forgiveness, and grace. Help us reach out to people who may feel alone or left out, and let the way we love others point them to Jesus. Amen.

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Referenced Scripture: Ephesians 5:1-10 (NIV)

Theme Verse for “Built Different” Series

1 Peter 1:14-16 CSB *As obedient children, do not be conformed to the desires of your former ignorance. ¹⁵ But as the one who called you is holy, you also are to be holy in all your conduct; ¹⁶ for it is written, **Be holy, because I am holy.***

Ephesians 5:31-32 CSB *For this reason a man will leave his father and mother and be joined to his wife, and the two will become one flesh. ³² This mystery is profound, but I am talking about Christ and the church.*

Ephesians 5:21-25 (NIV): *Submit to one another out of reverence for Christ. Wives, submit yourselves to your own husbands as you do to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave himself up for her.*

1. _____

Ephesians 5:25-27 (NIV): *Husbands, love your wives, just as Christ loved the church and gave himself up for her...to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.*

“If we look to our _____ [others] to fill up our tanks in a way that only God can do, we are demanding an impossibility.” - **Tim Keller**

2. _____

Ephesians 5:28-30 (NIV): *In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— for we are members of his body.*

3. _____

Ephesians 5:32-33 (NLT): *This is a great mystery, but it is an illustration of the way Christ and the church are one. So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.*

“The reason that marriage is so painful and yet wonderful is because it is a reflection of the _____, which is painful and wonderful at once. The gospel is this: We are more sinful and flawed in ourselves than we ever dared believe, yet at the very same time we are more loved and accepted in Jesus Christ than we ever dared hope.” - **Tim Keller, Meaning of Marriage**

Discussion Guide/Going Deeper:



Growth Track:



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