

EPHESIANS

Spirit-Filled Wives

Main Scripture: Ephesians 5:21-24, 33b

A Spirit-filled wife submits to her husband ...

As to the LORD (v 22)

(Jn 15:10, Col 3:18, Phil 2:1-11)

By responding to him (v 23-24)

(1 Pet 5:6, 3:1-2; Gen 3:16)

By respecting him (v 33)

(1 Pet 2:17)

Mutual Submission is ...

Not Only ...	But also ...
Wives to Husbands <i>Ephesians 5:22-24, 33b; 1 Corinthians 14:34; Colossians 3:18; Titus 2:5; 1 Peter 3:1-6</i>	Husbands to Wives! <i>Ephesians 5:25a, 28-29a, 31, 33a; 1 Peter 3:7</i>
Church to Christ <i>Ephesians 5:23b-24a, 30, 32</i> Eventually, everything to Christ <i>1 Corinthians 15:27-28, Philippians 3:21, Hebrews 2:8</i>	Christ to Church! <i>Ephesians 5:25b-27, 29b-30, 32; Philippians 2:5-11; 1 Peter 2:21-25</i>
Children to Parents <i>Ephesians 6:1-3, 1 Peter 5:5</i>	Parents to Children! <i>Ephesians 6:4</i>
Slaves (employees) to Masters (employers) <i>Ephesians 6:5-8, Titus 2:9, 1 Peter 2:18-21</i>	Masters (employers) to Slaves (employees)! <i>Ephesians 6:9</i>

One Paul could have included, but didn't:

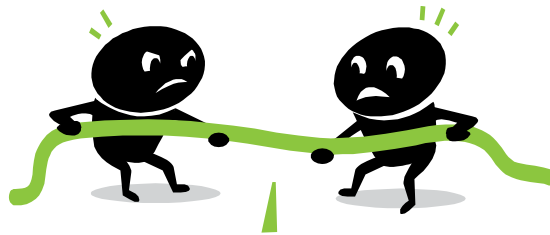
Subjects to Rulers <i>Romans 13:1-3, 5; 1 Corinthians 16:16; Titus 3:1; 1 Peter 2:13-17; 1 Peter 5:5</i>	Rulers to Subjects! <i>Romans 13:4</i>
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RULES TO RESOLVING CONFLICT

Based on Ephesians 4:1-4, 15, 25-27, 29-32, and 5:1-2

DO...

- ◆ LISTEN - God has given us two ears and one mouth; try to listen twice as much as you talk (Ephesians 4:29 “according to their needs,” serving others, listening)
- ◆ SEEK - to really understand your spouse’s concerns (Ephesians 4:2)
- ◆ VALIDATE - care about your spouse’s perspective (Romans 12:3, 10)
- ◆ EMPATHIZE - aim to understand and have compassion for how he/she feels (Romans 12:15)
- ◆ APOLOGIZE - for your part in order to re-establish safety and trust (1 John 1:7-9)
- ◆ FORGIVE - don’t let the sun go down before the issue is settled (Ephesians 4:26, 32)
- ◆ GET HELP - if you need it; someone to referee (Matthew 18:15-17)
- ◆ EXPRESS - real feelings
- ◆ SPEAK - in a respectful tone (Proverbs 15:1, 16:24; Romans 13:7; 1 Peter 2:17)



DO NOT...

- ◆ YELL - your opponent can tell you if you are too loud (Ephesians 4:29)
- ◆ LABEL, NAME-CALL, ASSASSINATE YOUR PARTNER’S CHARACTER OR BELITTLE THE ISSUES - “come on grow up” (Ephesians 4:29 “building up”)
- ◆ MIND-READ - telling your spouse what he/she is thinking or feeling (Ephesians 4:25 “truth”)
- ◆ GENERALIZE - “You never ...” or “I’m always ...” or exaggerate (Ephesians 4:25 “Is that true?”)
- ◆ DWELL ON THE PAST - if it has been forgiven, it should be forgotten (Ephesians 4:31 “bitterness”)
- ◆ AVOID THE ISSUES, IGNORE OR WALK AWAY - deal with one issue at a time; it is okay to ask permission for a time to cool but issues must be dealt with (Ephesians 4:31 “bitterness”)
- ◆ SULK (Ephesians 4:31)
- ◆ PICK A BAD TIME - in public, during headaches or illness (Ephesians 4:32)
- ◆ WITHHOLD AFFECTIONS AS A PUNISHMENT (1 Corinthians 7:3-5 married couples)
- ◆ USE ‘YOU’ STATEMENTS - “You make me mad”, etc. Nobody has that power. You decide to act mad. Instead use “I” statements, “I feel mad.”
- ◆ BRING OTHERS INTO THE FIGHT FOR SUPPORT - “I’m going to tell Mom.”

Prayer of Repentance for Wives

“Lord Jesus, I thank You that You love me
and I appreciate Your commitment
to help me thrive in my marriage.

Thank You for my husband.
And I thank You for what You want to teach me
through my relationship with him.

I confess that I have sinned against You
by seeking to undermine
the leadership and authority You have given to him.
Please forgive me and wash me clean
of the stain and defilement of my sin (1 John 1:9).

I repent for treating my husband in these ways.
And now, by an act of my will,
I choose to voluntarily yield to him
as I do to You, Lord Jesus.
I will seek to honour You by
responding to his leadership and authority
and to respect him for the role
that You have called him to fulfill in our marriage.

And Lord Jesus, I surrender myself
to You once again here today.
And I ask You to fill me with the Holy Spirit.
May I sense His presence
and may He give me all the power I need
to serve and submit to my husband
in ways that honour you.
May our marriage be a great reflection
of the relationship between
Christ and His bride, the church. Amen.”

Heartland Kids Weekend Bulletin

May 22-23, 2021



Ephesians 5:21-24, 33b

²¹Submit to one another out of reverence for Christ. ²²Wives, submit to your husbands as to the Lord.

²³For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior.

²⁴Now as the church submits to Christ, so also wives should submit to their husbands in everything. ³³However ... the wife must respect her husband.

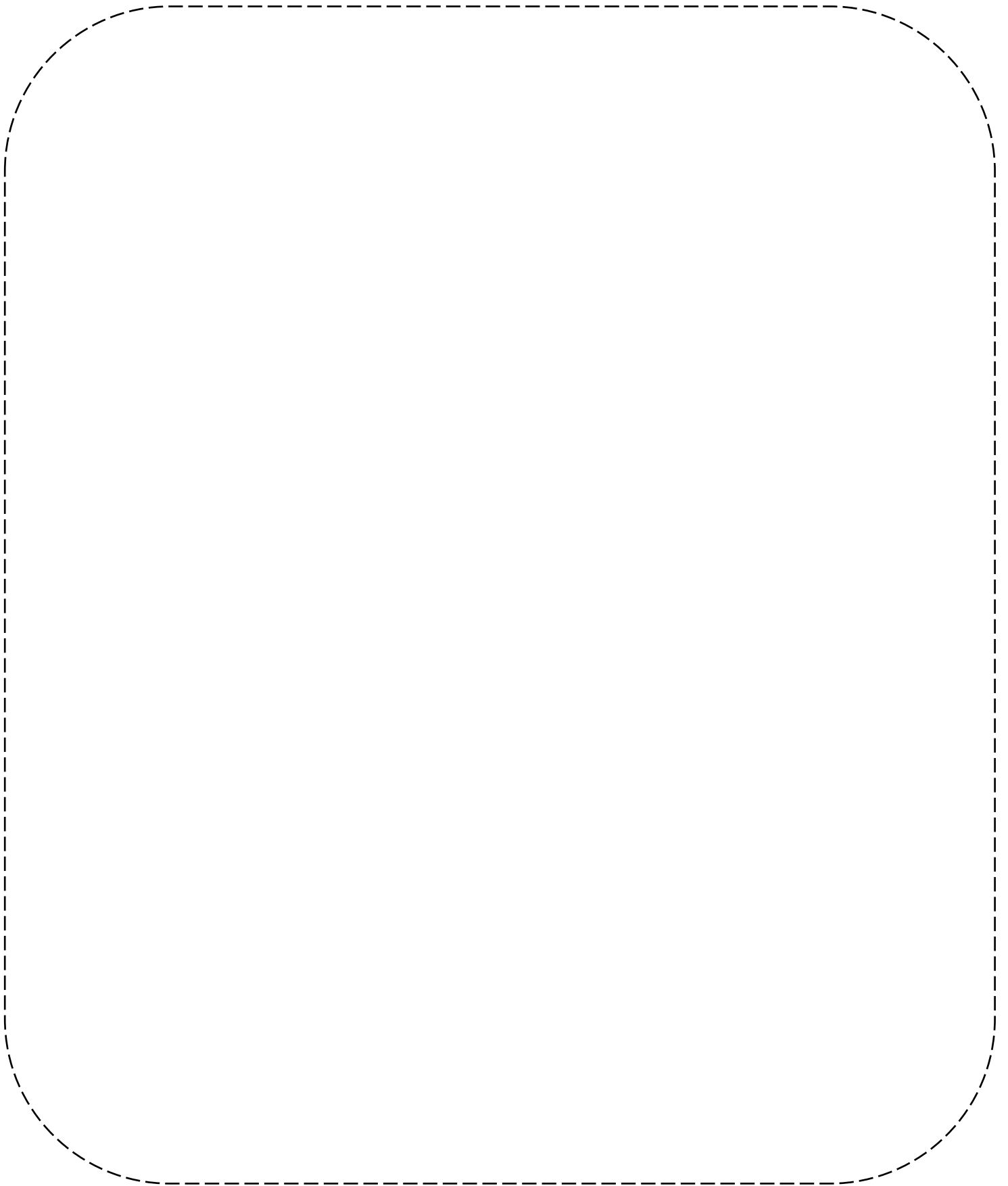
This week Pastor Barry and Mrs. Regier (Lori-Anne) are talking about how wives (moms) should submit to their husbands (dads). This talk is more for moms this week, but let's look at some of the words Pastor Barry and Mrs. Regier use to describe how wives submit and what those words can mean for you.

1. **Equality.** The world would say equality means everyone is the same. In this Bible verse, equality means putting the other person (your family members) first and making sure they know you love them.
2. **Covenant.** This is a tricky word! Pastor Barry talks about a covenant marriage. That means a marriage (mom and dad) who promise to love, help and stay with each other – even if the other person isn't always loving and helpful.
3. **Reverence.** Our Bible says, “*reverence for Christ.*” That means being loving, kind and helpful to other people, even when we don't want to, because we love God SO MUCH and He would do that for us!
4. **Humility.** This means to put our own wants or needs aside and do what the other person needs. The key to humility is to do what the other person needs with a grateful heart; that can be hard!
5. **Respect.** Some of you have probably heard this word before. Respect is a big part of our everyday life! It means to act kindly and speak lovingly to someone, even when they aren't doing the same for you.

Questions to ask as a family.

1. Were any of these words new for you? Did you have a different definition for any of the words above?
2. What word do you have the hardest time acting out in your own life?
3. How could you practice respect in your life this week?

Draw a picture of what you learned today.



Family Challenge

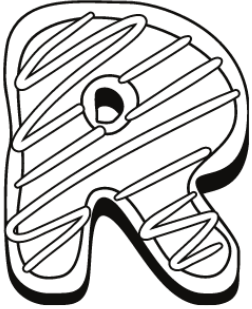
This long weekend, get outdoors! The snow is melting (hopefully for the last time before summer), so go and enjoy a nice walk/bike ride or jog together as a family.

Practice humility and equality by letting someone else in your family choose where you will go. Remember, humility is doing what someone else wants/needs with a grateful heart!

Have a great weekend! 😊

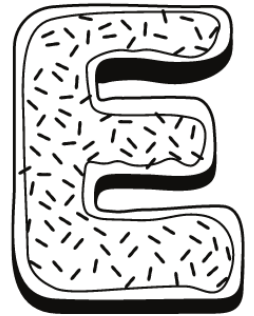
RESPECT

Did you know each letter of the word respect has its own definition? Colour the letters below and spend some time memorizing what each one means. For an added challenge, cut out each letter, shuffle them and then randomly pick one and define it! See if you can do it without looking at the page for help. Good luck!



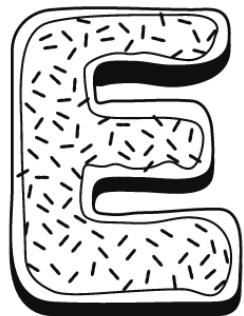
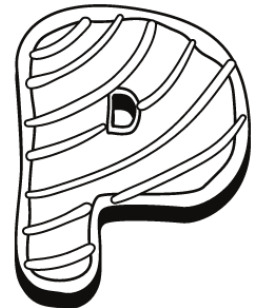
RESPOND. When someone speaks to you, answer them politely and look into their eyes.

EXAMPLE. Show others how to be respectful by acting it out daily!



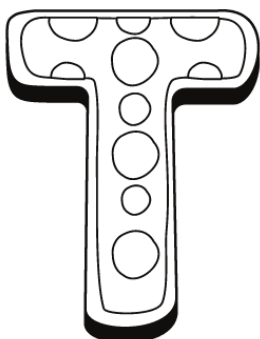
SPEAK. Instead of pouting or whining, use words to express your frustration.

PROPERTY. Take care of other people's things, just like you'd want them to take care of yours.



EARN. Work hard at being someone you would want to respect!

CARE. Think about how your actions affect others. Make wise choices.



TRY. Every day is a new chance to be respectful. Do your best to keep trying!

“Spirit-Filled Wives” | May 22 & 23, 2021

The Small Group Sermon Study

Ephesians 5:21-24, 33b



Opening Prayer: Father, in Jesus’ name, through the Holy Spirit, come and speak to us, teach us and transform us as we read, discuss and reflect on Your word.

1. Big Picture: What did you like or appreciate about this message? What challenged you in this message?
2. Read the key passage(s) of Scripture from the message and review the points from the sermon notes, then answer the following questions:
 - a. How has our small group helped wives to grow in responding to and respecting their husbands the way God intends for us? What else could we do to help you in this journey?
 - b. What are some of the challenges wives face in submitting to their husbands in the ways discussed in today’s message? How can we overcome these challenges together?
 - c. How does submitting to the Lord impact your ability and willingness to submit to your husband?
 - d. What does this part of the marriage passage tell us about Jesus and His relationship to the church?
3. What don’t you understand or what other questions does this passage make you ponder?

Silently re-read the key Scripture(s) from the message, asking the Holy Spirit to speak to you.

4. What emotions does this passage or the key theme stir up in you?
5. What do you need to surrender to Jesus? How will you respond to what God is showing you?
6. What is the most important next step you could take this week to grow in this area? And how will you hold yourself accountable to take this step?

Prayer: This week, take some extended time to pray specifically for each wife in your small group. You might even consider taking turns having wives sit in a chair in the centre of the room, and spend a few moments in listening prayer for each one, then sharing and praying what you sensed God showing you for them.