

# EPHESIANS

## Spirit-Filled Husbands

Main Scripture: Ephesians 5:21, 23, 25-33a

**A Spirit-filled husband submits to his wife by ...**

**Loving her, as Christ loves the church (v 25a)**

with a sacrificial love (v 25)  
(1 Pet 3:7)

with a purifying love (v 26-27)

with an attentive love (v 28-30)  
(Gal 5:19-26)

with an unbreakable love (v 31)

**Leading her, as Christ leads the church (v 23, 33a)**

(Mat 28:18, Jam 3:1, Eph 4:2)

## 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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## Prayer of Repentance for Husbands

“Lord Jesus, I thank you for my wife.  
And I thank you for what you want to teach me  
through my relationship with her.

I confess that I have sinned against You  
by not loving her the way she needs to be loved.  
I also repent of distorting and/or neglecting  
the leadership and authority  
You have placed on my shoulders.

Please forgive me and wash me clean of the  
stain and defilement of my sin (1 John 1:9).  
I repent of these ways and now, by an act my will,  
I choose to love her and lead her,  
accepting the responsibility  
that You have placed on my shoulders  
for the health of our marriage relationship.

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 You give me  
all the power I need to serve and submit  
to my wife in ways that honour you.

May our marriage be a great reflection  
of the relationship between  
Christ and his bride, the church.

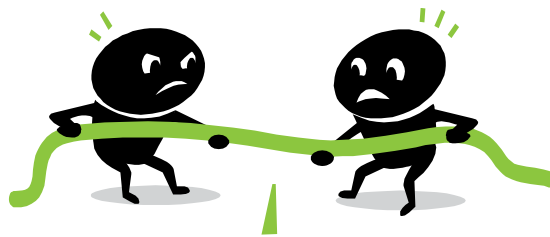
Amen.”

# 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.”

# Heartland Kids Weekend Bulletin

May 15-16, 2021



## Ephesians 5:21, 23, 25-33a

<sup>21</sup> Submit to one another out of reverence for Christ. <sup>23</sup> ... the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. <sup>25</sup> Husbands, love your wives, just as Christ loved the church and gave himself up for her <sup>26</sup> to make her holy, cleansing her by the washing with water through the word, <sup>27</sup> and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. <sup>28</sup> In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. <sup>29</sup> After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church – <sup>30</sup> for we are members of his body. <sup>31</sup> 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.' <sup>32</sup> This is a profound mystery – but I'm talking about Christ and the church. <sup>33</sup> However, each one of you also must love his wife as he loves himself ...

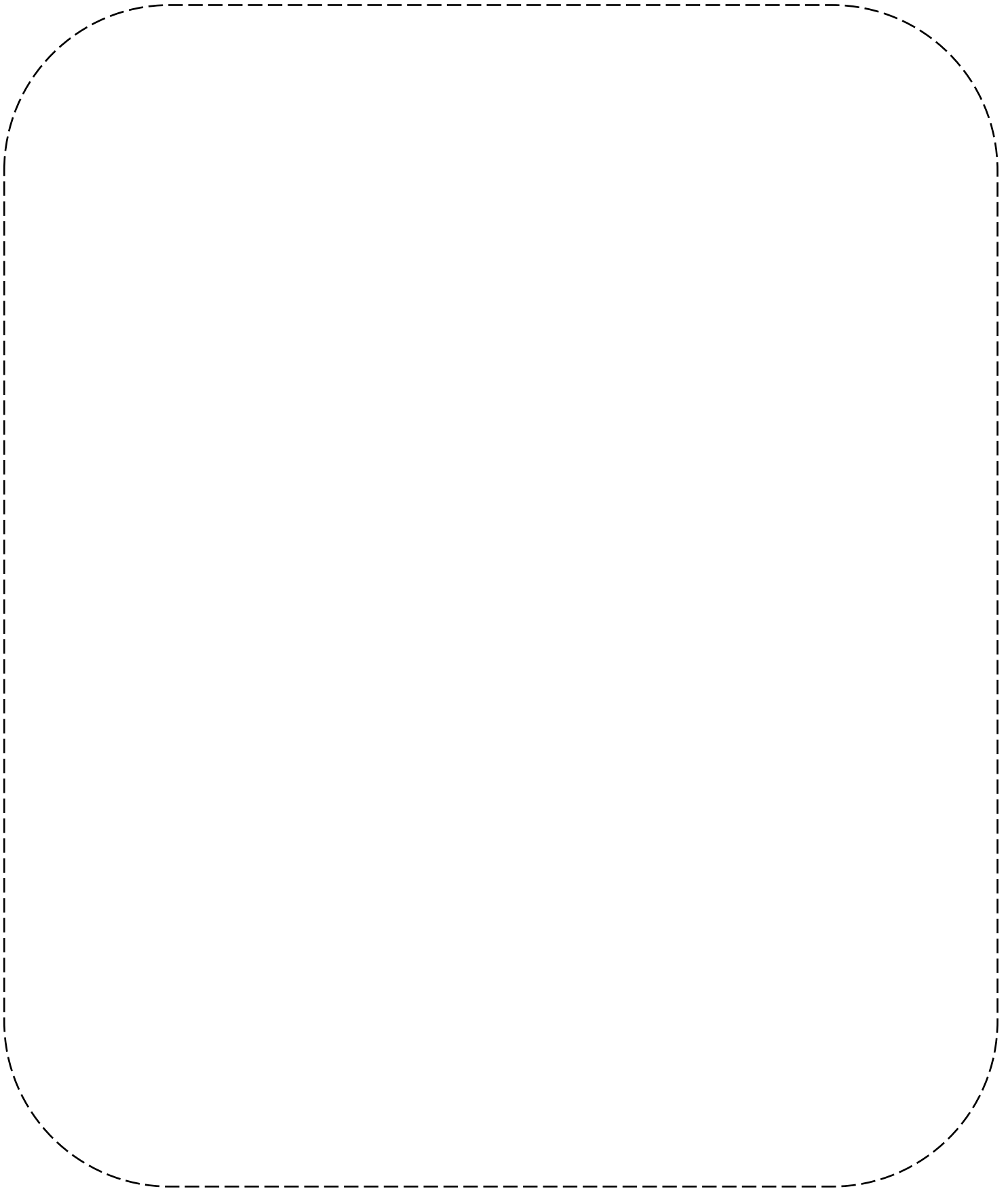
## How to Love

- This week Pastor Barry and Mrs. Regier (Lori-Anne) are talking about how husbands (dads) should submit to their wives (moms) and families. Part of submitting is love. The Bible says, "love your wives just as Christ loved the church." This doesn't just apply to husbands though! We can all love like Christ. Christ loves the church with:
  1. **Sacrificial love.** This means that someone else's needs are more important than yours. Wow! Can you imagine putting someone else first *all* the time?
  2. **Purifying love.** This means helping someone be more like Jesus. This can be helping them avoid temptation (wrong things) or helping them by showing them how Jesus lived through your words/actions.
  3. **Attentive love.** Have you ever spent time with someone who wasn't really paying attention to you? Being attentive means to be completely focused on someone or something. God knows everything about you because He is attentive!
  4. **Unbreakable love.** This is probably the hardest thing for us as humans to understand. Loving someone even when they hurt us is *hard*. But God loves us all the time, so that is how we are to love other people too.

## Questions to ask as a family.

1. Which of these four kinds of love is the most difficult for you to act out? Why?
2. How can I practice *sacrificial love* with my family?
3. How do my parents practice *purifying love* for me?

Draw a picture of what you learned today.



# Family Challenge

This week we are learning all about husbands! Your family challenge is to be an encourager for the husband/dad in your life. Pay attention and tell him when he is showing love to you and your family. Try and encourage him in each of the four ways we learned about this week. Just as a reminder, they are:

1. **Sacrificial love.** When has your dad/husband put your needs above his own this week?
2. **Purifying love.** How has he helped you become closer to Jesus this week?
3. **Attentive love.** When has he shown that he really knows you?
4. **Unbreakable love.** How has he shown that he loves you, even when you have done something hurtful (even without meaning to) this week?

# SCAVENGER

## HUNT

We're going to practice **attentive love** with a scavenger hunt!  
Go outdoors and see how many of the things below you can find.

Pay attention to what is around you and have fun.



**3 DIFFERENT  
LEAVES**



**TREE BARK**



**FLOWERS**



**3 DIFFERENT  
INSECTS**



**SMOOTH ROCK**



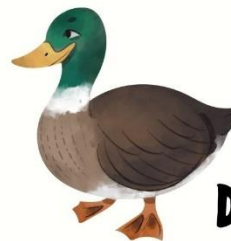
**DIRT**



**ANT**



**SOMETHING  
YELLOW**



**DUCK**



# “Spirit-Filled Husbands” | May 15 & 16, 2021

The Small Group Sermon Study

Ephesians 5:21, 23, 25-33a



**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 husbands to grow in loving and leading their wives the way God intends for us? What else could we do to help you in this journey?
  - b. What are some of the challenges husbands face in *loving* their wives in the ways discussed in today’s message? How can we overcome these challenges together?
  - c. What are some of the challenges husbands face in *leading* their wives well? How can we overcome these challenges together?
  - d. What does this 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 husband in your small group. You might even consider taking turns having husbands 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 shows you for them.***