

The Posture Check

Practical application of Ephesians 5:21 — mutual submission in real households

Name: _____

“Submitting yourselves one to another in the fear of God.”

— Ephesians 5:21 (KJV)

TEACHING

Bow Before You Build

Ephesians 5:21 is one verse, but it's the _____ for every household relationship in the chapter — marriage, parenting, and everything after.

If you get verse 21 wrong, you'll get the whole _____ wrong.

THE WORD

hypotassō (Strong's G5293)

“Arrange _____ under.” — not “arrange your spouse under.”

If the only submission you can find in your house is _____, you've already missed it.

You can't fix a house by rearranging _____ in it. You fix it by rearranging yourself under _____.

Paul puts verse 21 before he says a word to wives or husbands. Verse 21 is the _____ into the whole household. Skip it and you're climbing through the _____.

THREE POSTURES

One Posture at the Kitchen Table

These aren't three separate commands. They're three ways one _____ shows up at your kitchen table.

1

Letting someone else's preference win without _____.

- Deference is not _____. It's the visible form of a _____.
- The moment you start a _____ in your head, you're not deferring anymore — you're just _____.

"I don't need to win this one, because I already know who I am in Christ." · See Philippians 2:3

2 _____ instead of _____.

- Silence is not _____. Sometimes it's _____.
- Delay puts a _____ between the offense and the answer.
- You can't give a soft answer (Proverbs 15:1) if you never give yourself a second to find one. Delay is where the _____ gets a word in edgewise.

"I'm going to feel this, and I'm going to answer it — but not on the flesh's timetable."

3 _____
Telling the _____ about where you are instead of making people _____.

- Going quiet and slamming a cabinet isn't submission — that's _____.
- Disclosure is honest without being _____.
- You can't be one with somebody you're _____ from. Disclosure is how a house stays _____ instead of just co-existing.

"I'm not okay right now, and here's what's going on." · See Ephesians 4:25

TONIGHT'S DIAGNOSTIC

What's Missing From My House?

Not your neighbor's house. Yours. Circle one, then name it before you leave this room.

☐ Deference

☐ Delay

☐ Disclosure

Where I see it missing:

The Fear of God Sets the Temperature

When God is the _____ thing in the room, you can bow to each other without _____, because you both already belong to Him.

SMALL GROUP DISCUSSION

Where's the Fear of God?

Groups of 4–6. About five minutes per question. Answer for you — not your spouse.

1. Where in my household do I lead with ego instead of reverence?

Where do I have to be right, be heard, or be in control?

2. Where have I confused “being right” with “being Christ-like”?

Where have I been winning the argument and losing the person?

3. What would change this week if I actually feared God more than I feared losing an argument?

Most household conflicts are about who's going to bend.

MY DECISION BEFORE SUNDAY

Name it. Write it down. Then do it before Sunday.

This week I will: _____

CORPORATE PRAYER

Pray over every household represented in the room — by name where you can. Ask God for homes where the fear of God sets the temperature, not the fear of each other. Pray that deference, delay, and disclosure become the normal rhythm of our houses — and for the homes where this word landed heavy.

Households I'm praying for: _____