

SUBMISSION: THE MARITAL SECRET TO MENTAL HEALTH

PASSAGE
Ephesians 5:21-33

Using S.O.I.L. method

INTRO: Ice Breaker (for fun!): What's the worst marital advice you remember receiving?

*Open with a short prayer for the discussion and invite the Holy Spirit into the meeting.

Main thought: Submission is the marital secret to mental health.

SCRIPTURE: Read aloud: Ephesians 5:21-33 (You can ask several people to take turns reading-even though it's only three verses)

OBSERVATION

WHAT IS SUBMISSION? (verses 21-22, 25, 33)

Submission is Mutual.

Submission has Different Manifestations.

For the Husband: LOVE is submitting your RIGHTS to sacrificially LEAD.

For the Wife: RESPECT is submitting your SELF-RULE to sacrificially FOLLOW.

HOW TO SUBMIT? (verses 22 & 25)

Wives

1. Communicate your desires. (Philippians 4:6)
2. Hold your desires loosely. (Luke 22:42)
3. Offer love and grace. (1 Corinthians 13:5,7)
4. Trust and Obey!

Husbands

1. Sacrifice your rights and comforts. (Philippians 2:6-7)
2. Live in a way of gentle understanding. (1 Peter 3:7)
3. Faithfully cling to your wife. (Hebrews 13:5b)
4. Nourish your wife with the Gospel of Christ.

WHY SUBMIT? (verse 32) (1 Corinthians 11:3, 15:24,28)

So Christ and His work can be seen by the watching world.

Help the world see Christ by being His submissive Church. (Ephesians 5:32)

INTERPRETATION – What stands out to you in this passage? What do you have questions about or would like to understand better?

LIFE APPLICATION – If you're married, in what ways are you submitting to your spouse? In what ways might you need to grow in your obedience to Christ's call to submit to your spouse? If you're single (or married) are you submitting every aspect of your life to Christ? In what practical ways do you need to further submit to Christ to experience greater health and growth?

? - Is the Holy Spirit revealing to you an area of your life where you need to make an adjustment? If so, would you be willing to share it so we can all support you and pray for you?

Ask for prayer requests from group members.

Close In Prayer: Throughout the discussion someone may have indirectly shared a prayer request. It's a good idea to take note of these and ask if they can be prayed for at this time. It's also important to pray for the biblical content that was discussed to become a shaping influence in everyone's life.