



## Life Group Sermon Study Notes

### “Relationships: Loving Well”

Sr. Ps. James Lowe and Debbie Lowe – November 17, 2019

#### Warm Up (10-15 minutes)

Choose a question below to answer, or ask another. No right or wrong answers.

- What was your first car?
- What is your favorite holiday dish?

#### Word (10-15 minutes)

Sermons can be heard online at [www.bethelworld.org](http://www.bethelworld.org)

*Ephesians 5:18-32*

*<sup>18</sup>And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, <sup>19</sup>addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, <sup>20</sup>giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, <sup>21</sup>submitting to one another out of reverence for Christ. <sup>22</sup>Wives, submit to your own husbands, as to the Lord. <sup>23</sup>For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. <sup>24</sup>Now as the church submits to Christ, so also wives should submit in everything to their husbands. <sup>25</sup>Husbands, love your wives, as Christ loved the church and gave himself up for her..... <sup>29</sup>For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, <sup>30</sup>because we are members of his body. <sup>31</sup>“Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.” <sup>32</sup>This mystery is profound, and I am saying that it refers to Christ and the church. <sup>33</sup>However, let each one of you love his wife as himself, and let the wife see that she respects her husband.*

## **Be filled with the Spirit**

Paul made an appeal to the Ephesus saints to be wise in what they spent time doing. He contrasted excessive drinking with being filled with the Holy Spirit. Paul saw a parallel with excessive drinking and wasting time on self-indulgence. Being filled with the Holy Spirit was to spend time in worship to God for all things. There are numerous ways in our society to prioritize self-indulgences. Paul teaches us to be intentional with our time by focusing on praising God and building one another up, which can lead to mutual submission.

## **Submission**

The word submission carries a different connotation with it depending on who you are talking to. Often it is seen in terms of who has superior strength, talent, intelligence, etc. In the bible, the idea of submission is to voluntarily yield to one's admonition or advice. Paul taught that submission was to happen between all members of the body of Christ and in the context of marriage. To submit within the church is to recognize each member has a specific role within the whole. To yield within the body demonstrates to the world, we respect God's wisdom as the Lord of all things. In marriage the wife is called to submit to her husband and the husband to lead by sacrificially loving his wife. In doing so it shows the union of Jesus and the church.

## **Christ and the church**

The union the church experiences with Christ is because he was submissive to the will of the Father for our sins. Philippians 2:6-8 states, "Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross". Jesus modeled submission and we should have the same mindset. When we practice submission, we show that we respect the wisdom of God. The right motive for submission in any given relationship is because we delight in obedience to Christ.

## **Discussion (10-15 minutes)**

**Choose one of the points below, and discuss how the lesson applies to our lives.**

- Do you have a good routine for spending time in thanksgiving with God?
- What connotation did the word submission have for you growing up?
- How often do you seek out godly advice when making decisions?

## **Prayer (10-15 minutes)**

**Pray for any of the following, as well as other requests you may have.**

- Thank Christ for his sacrificial display of love on the cross to unite us to God.
- Ask God to fill us with his Spirit to imitate him in our actions towards one another.
- Ask God for cohesiveness in the church to submit to Christ.