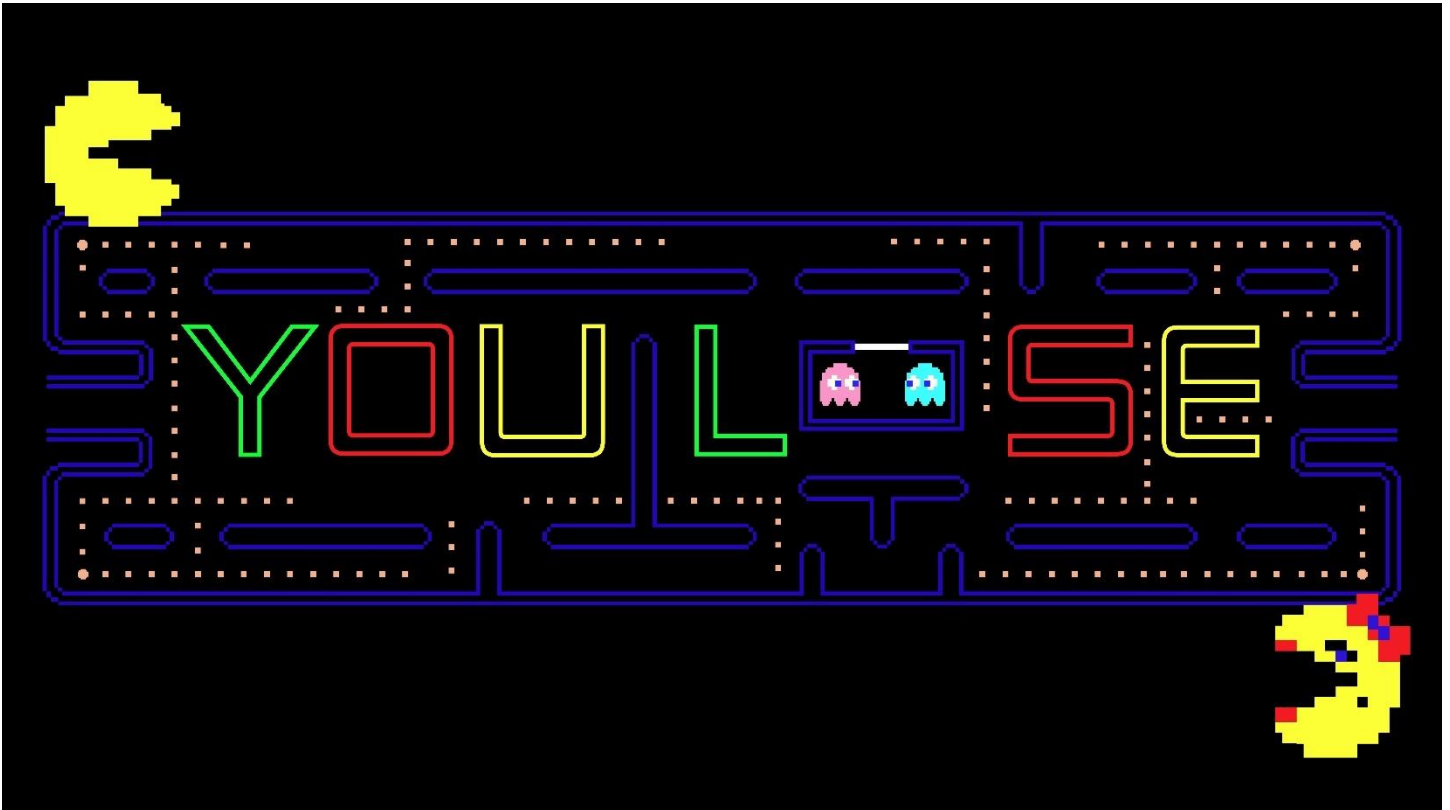


## Well Groomed



### Notes:

1.

2.

3.

# SERMON-BASED STUDY

For the week of March 24, 2019

Eph 5:25 - 33

## QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

## ENGAGE WITH THE MESSAGE

- 1 This weekend we were reminded that a husband's love for his wife should be sacrificial, sanctifying, and "two for one." What does this kind of love look like in the husband-wife relationship?
- 2 Paul concludes chapter five by stating that husbands should love their wives and wives should respect their husbands. Why does Paul make this distinction? Should both husbands and wives love and respect each other? Explain.
- 3 Compare and contrast times in your marriage when the husband loved well and the wife respected well with times that one or both have not loved or respected well. What does this say about God's design for marriage?

## DIGGING DEEPER

- 1 **1 Cor 13:4-7, ESV** – <sup>4</sup> Love is patient and kind; love does not envy or boast; it is not arrogant <sup>5</sup> or rude. It does not insist on its own way; it is not irritable or resentful; <sup>6</sup> it does not rejoice at wrongdoing, but rejoices with the truth. <sup>7</sup> Love bears all things, believes all things, hopes all things, endures all things.

The Greek form of the word love used in Ephesians 5 is "agape", meaning the highest form of love. It is an unconditional love that transcends and persists regardless of circumstances. Looking at the passage above, how is agape love different from romantic or brotherly love?

How has Jesus shown you this kind of love? Husband's, how have you shown this kind of love to you wife? Husband's and wife's, how have you shown this kind of love to your children? To other believers? To nonbelievers?

In Ephesians 5:27, Paul reveals Christ's motivation for loving the Church in this manner. Husbands, in what ways have you loved your wife as Jesus demonstrates for us? In what ways have you struggled to love your wife as Jesus loves?

2

**Gen 2:23-24, ESV** – <sup>23</sup> Then the man said, “This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man.” <sup>24</sup> Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

**Matt 19:4-6, ESV** – <sup>4</sup> He answered, “Have you not read that he who created them from the beginning made them male and female, <sup>5</sup> and said, ‘Therefore a man shall leave his father and his mother and hold fast to his wife, and the two shall become one flesh’? <sup>6</sup> So they are no longer two but one flesh. What therefore God has joined together, let not man separate.”

When reading passages about the marriage relationship, we see that the husband and wife are to become “one.” What does it mean to become “one?”

How is this “oneness” a reflection of Christ’s relationship with the Church?

In light of this understanding, explain the significance of the following statement. “A husband/wife is a detriment to himself/herself if he/she does not love and submit to his/her spouse.”

## TAKING IT HOME

**Husbands** are called to love their wives as Christ loves the Church. Following are some examples of how this kind of love can be actualized in contemporary Christian marriages. Husbands, pick one or two of these examples, or make your own, and commit to living this out in your marriage this week and beyond. Share your plan with an accountability partner and pray together.

- to grow in a willingness to deny himself to ensure his wife’s well-being and care
- to care for her in a compassionate and loving way when she is sick
- to resist the impulse to spend money on things that are outside of the priorities that the two have established for the household
- to be vigilant to guard against tones and language that could wound his wife
- to spend regular quality time with his wife and consistently make her feel precious to him

- to take every precaution not to demean his wife by looking at other women in inappropriate ways and desiring them in his heart
- to deny himself of the desire to relax when his wife needs to talk or engage (e.g., turning off the sports channel when his wife has an emotional need he should attend to).
- to lead and not boss or rule
- to resist the temptation to any form of self-centered demanding
- to learn to discern his wife's needs and strive to meet them
- to recognize his wife's giftedness and support her and give her opportunity to express her gifts
- to be responsible for seeking his wife's input on casting vision and direction for the family oriented around God's kingdom purposes
- to take the initiative in conflict resolution
- to concentrate on doing his role rather than to insist that his wife fulfill her role

**Wives** are called to submit to their husbands as is fitting in the Lord. Following are some examples of how this kind of submission can be actualized in contemporary Christian marriages. Wives, pick one or two of these examples, or make your own, and commit to living this out in your marriage this week and beyond. Share what God is teaching you with an accountability partner and pray together.

- to receive her husband's love, care, and provision
- to provide encouragement, support, and input to her husband's initiatives to give vision and direction to the family
- to be vigilant to guard against tones and language that could wound her husband
- to resist the temptation to "take control"
- to resist the impulse to undermine or complain about the leadership her husband provides
- to align her spending habits with the priorities she agreed upon with her husband for the vision and direction of the household
- to concentrate on doing her role rather than to insist that her husband fulfill his role
- to voluntarily yield to their husband's leadership<sup>1</sup>

## PRAISES AND PRAYER REQUEST

- 
- 
- 
- 

## FOR FURTHER STUDY

- Mark 10:7-8
- 1 Peter 2:17-3:7
- 1 John 4:18-19

**Bay Life Church Life Groups | [baylife.org/groups](http://baylife.org/groups) | [groups@baylife.org](mailto:groups@baylife.org)**

---

<sup>1</sup> Clinton E. Arnold, *Ephesians, Zondervan Exegetical Commentary on the New Testament* (Grand Rapids, MI: Zondervan, 2010), 401–407.