



MADE FOR THIS

a study through the book of ephesians

Week #5: Made for Healthy Relationships

- Christian relationships should be marked by _____.

Submit to one another out of reverence for Christ.

Ephesians 5:21 (NIV)

- What mutual submission looks like:
 - Ephesians 5:22 – Wives to husbands.
 - Ephesians 5:25 – Husbands to wives.
 - Ephesians 6:1 – Children to parents.
 - Ephesians 6:4 – Parents to children.
 - Ephesians 6:5 – Servants to masters.
 - Ephesians 6:9 – Masters to servants.

Wives, submit yourselves to your own husbands as you do to the Lord. ²³ For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. ²⁴ Now as the church submits to Christ, so also wives should submit to their husbands in everything. ²⁵ Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶ to make her holy, cleansing her by the washing with water through the word, ²⁷ and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. ²⁸ In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ²⁹ After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— ³⁰ for we are members of his body. ³¹ “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” ³² This is a profound mystery—but I am talking about Christ and the church.

³³ However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

Ephesians 5:22-33 (NIV)

- **For Husbands and Wives**

- This is not assigning _____, establishing _____, or ordering _____.
- This is assigning _____, establishing _____, ordering ____ & _____.

Children, obey your parents in the Lord, for this is right. ² “Honor your father and mother”—which is the first commandment with a promise— ³ “so that it may go well with you and that you may enjoy long life on the earth.” ⁴ Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

Ephesians 6:1-4 (NIV)

- **For Parents and Children**

- Children: _____ and _____.
- Parents: Don't _____, rather _____ & _____.

Slaves, obey your masters here on earth with fear and respect and from a sincere heart, just as you obey Christ. ⁶ You must do this not only while they are watching you, to please them. With all your heart you must do what God wants as people who are obeying Christ. ⁷ Do your work with enthusiasm. Work as if you were serving the Lord, not as if you were serving only men and women. ⁸ Remember that the Lord will give a reward to everyone, slave or free, for doing good. ⁹ Masters, in the same way, be good to your slaves. Do not threaten them. Remember that the One who is your Master and their Master is in heaven, and he treats everyone alike.

Ephesians 6:5-9 (NCV)

- **For Employees and Employers**

- Employees: Work for _____ and serve _____.
- Employers: Lead _____ and _____.

Closing Question: _____ can I serve better this week, and _____?

Discussion Questions:

1. In what ways does mutual submission "out of reverence for Christ" challenge the way you currently approach relationships at home, work, school, or community?
2. How does understanding submission as a posture of love and responsibility—not hierarchy or superiority—reshape your view of healthy relationships?
3. Which relationship in your life might need a renewed posture of service, grace, or respect this week? What specific action can demonstrate that?

Recommended Resources:

- [*Rediscovering Scripture's Vision for Women: Fresh Perspectives on Disputed Texts*](#), by Lucy Peppiatt
- [*Unveiling Paul's Women: Making Sense of 1 Corinthians 11:2–16*](#), by Lucy Peppiatt
- [*Every Good Endeavor*](#), by Timothy Keller
- [*Parenting: Getting it Right*](#), by Andy and Sandra Stanley
- [*Habits of the Household: Practicing the Story of God in Everyday Family Rhythms*](#), by Justin W. Earley
- [*Ephesians*](#), by N.T. Wright

(NIV) New International Version

(NCV) New Century Version

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- Christian relationships should be marked by **mutual submission**.

Submit to one another out of reverence for Christ.

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Ephesians 5:22-33 (NIV)

- For Husbands and Wives
 - This is not assigning **value**, establishing **superiority**, or ordering **authority**.

- This is assigning **responsibility**, establishing **posture**, ordering **love** & **respect**.

Children, obey your parents in the Lord, for this is right. ² “Honor your father and mother”—which is the first commandment with a promise— ³ “so that it may go well with you and that you may enjoy long life on the earth.” ⁴ Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

Ephesians 6:1-4 (NIV)

- **For Parents and Children**

- Children: **Obey** and **honor**.
- Parents: Don't **frustrate**, rather **model** and **instruct**.

Slaves, obey your masters here on earth with fear and respect and from a sincere heart, just as you obey Christ. ⁶ You must do this not only while they are watching you, to please them. With all your heart you must do what God wants as people who are obeying Christ. ⁷ Do your work with enthusiasm. Work as if you were serving the Lord, not as if you were serving only men and women. ⁸ Remember that the Lord will give a reward to everyone, slave or free, for doing good. ⁹ Masters, in the same way, be good to your slaves. Do not threaten them. Remember that the One who is your Master and their Master is in heaven, and he treats everyone alike.

Ephesians 6:5-9 (NCV)

- **For Employees and Employers**

- Employees: Work for **the Lord** and serve **diligently**.
- Employers: Lead **graciously** and **generously**.

Closing Question: **Who** can I serve better this week, and **how**?

Discussion Questions:

1. In what ways does mutual submission "out of reverence for Christ" challenge the way you currently approach relationships at home, work, school, or community?
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