

# **SESSION 1: LOVE YOUR SPOUSE**

**Welcome and Review Last Week's Homework: 20 minutes**

**Session #2 Teaching: Loving Your Spouse: 10 minutes**

As married couples, we are called to love our spouse. We can so center our homes on our children that we neglect our marriages, and a neglected marriage will become an unhappy marriage.

**Read Ephesians 5:21–33:**

21 Submit to one another out of reverence for Christ. 22 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.

**NOW PRAY for UNITY before discussing these questions.**

This Scripture is intimidating and possibly overwhelming, but it is what we are called to do in our marriage covenant. As a husband, it is intimidating to think of being to your wife what Christ is to the church. Husbands are commanded to love their wives

**Small Group Discussion: 15 minutes**

**What does it look like for husbands to love their wives as Christ loves the church? Also, how can wives help their husbands obey this command?**

As a wife, it is equally intimidating to think of submitting to your husband as you should to the Lord. “Submission” is frowned on in the world’s eyes, but it’s a clear command to wives in Scripture.

**What does it look (and not look) like for wives to submit to their husbands as the church does to Christ? Also, how can husbands make it easier to submit to them?**

If you have embraced the gospel, then the Holy Spirit lives in you. You are not alone! The Holy Spirit will help you do what God has commanded you to do.

**Small Group Wrap-Up: 10 minutes**

What did you cover in your small group time?

What were the biggest take-aways and action items?

**Discuss This Week's Homework: 5 minutes**

## ***This Week's Homework:***

### ***Re-read Ephesians 5:21-33:***

21 Submit to one another out of reverence for Christ. 22 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.

***PRAY AGAIN for UNITY before discussing these questions.***

This Scripture is intimidating and possibly overwhelming, but it is what we are called to do in our marriage covenant. As a husband, it is intimidating to think of being to your wife what Christ is to the church. Husbands are commanded to love their wives.

### ***Review the questions from last week's class and discuss again:***

***What does it look like for husbands to love their wives as Christ loves the church? Also, how can wives help their husbands obey this command?***

As a wife, it is equally intimidating to think of submitting to your husband as you should to the Lord. “Submission” is frowned on in the world's eyes, but it's a clear command to wives in Scripture

***What does it look (and not look) like for wives to submit to their husbands as the church does to Christ? Also, how can husbands make it easier to submit to them?***

If you have embraced the gospel, then the Holy Spirit lives in you. You are not alone! The Holy Spirit will help you do what God has commanded you to do.

***Discuss together how you can love and respect each other more openly.***

Be intentional and make commitments to each other on specific improvement areas to represent Jesus' model for a Godly marriage.

***\*Read “Tips for Biblical Conflict Resolution” on page 19 before session.***

# SESSION 2: Weekly Devotional: Day 1

## Read Genesis 2

Focus on Genesis 2:24 and journal about what God says about becoming ONE flesh.

**L=Listen:** In your journal, write the date and the Scripture you're studying. After you've read the passage a few times, listen to the Holy Spirit and focus on a verse or two that stands out to you and then write out those verses in your journal. Writing helps you remember the verses...

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**I = Investigate:** the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#)

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**F=Focus:** to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

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**E = Engage:** God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

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# SESSION 2: Weekly Devotional: Day 2

## Read Ecclesiastes 4

Focus on Ecclesiastes 4:12 and journal about what God says about the unity of marriage.

**L=Listen:** In your journal, write the date and the Scripture you're studying. After you've read the passage a few times, listen to the Holy Spirit and focus on a verse or two that stands out to you and then write out those verses in your journal. Writing helps you remember the verses...

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**I = Investigate:** the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#)

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# SESSION 2: Weekly Devotional: Day 3

## Re-Read Ephesians 5:25-33

Think about how you can do YOUR part to treat your spouse like God expects. Journal about that.

**L=Listen:** In your journal, write the date and the Scripture you're studying. After you've read the passage a few times, listen to the Holy Spirit and focus on a verse or two that stands out to you and then write out those verses in your journal. Writing helps you remember the verses...

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# SESSION 2: Weekly Devotional: Day 4

## Read 1 Corinthians 13

Pray about the fruits of the Spirit and areas that YOU need to improve to show God's love to your spouse.

**L=Listen:** In your journal, write the date and the Scripture you're studying. After you've read the passage a few times, listen to the Holy Spirit and focus on a verse or two that stands out to you and then write out those verses in your journal. Writing helps you remember the verses...

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**I = Investigate:** the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#)

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