

## Week 23: "Wives Submit"

### Day One: "Mutual Submission"

**Read:** Ephesians 5:21-24

**Reflect:** Why is the concept of "submission" so unpopular in our time?

In what ways has this concept been abused?

**Dig:** As a review, remember that the main action (verb) here is to "be filled with the Spirit." List the four consequences that flow out of being filled:

Since Ephesians 4:2-3 is a parallel thought to Ephesians 5:21 (commands directly related to the work of the Holy Spirit) list the commands of Ephesians 4:2-3:

According to Eph. 5:21, what is the reason or "ground" for submitting to each other?

Exactly who is supposed to practice this radical kind of relating?

**Apply:** As a result of being filled, who in the community of faith are you being called to submit to?

## Week Twenty-Three: "Wives Submit"

### Day Two: "Voluntary Submission"

**Read:** Ephesians 5:21-24 (with emphasis on vs. 22)

**Reflect:** In your experience, what makes a healthy marriage work?

**Dig:** In Ephesians 5:22, wives are called to voluntarily submit to their husbands. Why is the "voluntary" emphasis so important?

What might the phrase "as to the Lord" mean in this verse?

Does a wife's submission to her husband assume she is submitted to Jesus? (See if you can ground your answer in the Bible).

How often is the word "Lord" mentioned in Ephesians 5:21-24?  
Why might that be important?

**Apply:** If you are married, in the space provided here, write out a short prayer asking that Jesus would grant the wife a desire to voluntarily submit herself to her husband.

Note: if you are a single person, choose a couple whose marriage is precious to you. Write out a prayer for the wife in this marriage to voluntarily submit to her husband.

**Week Twenty-Three: "Wives Submit"**  
**Day Three: "As Christ is Head of the Church"**

**Read: Ephesians 5:22-24**

**Reflect:** What are the characteristics of a Christ-centered marriage?

**Dig:** What word is used to describe the church?

How does Ephesians 5:28-29 help you understand how Christ cares for his church (bride)?

Read Ephesians 2:4-5. How does this help you understand how Christ is head of his church and what he does as head?

According to this passage (Ephesians 5:22-24), does a husband's headship have more to do with authority or nurturing or both? Give reasons (if you can) for your answer.

**Apply:** Based on your answer to the above "reflect" question, ask God to grow the characteristics of a Christ-centered marriage in a marriage close to you (your own or another).

**Week Twenty-Three: "Wives Submit"**  
**Day Four: "As the Church Submits to Christ."**

**Read: Ephesians 5:22-24**

**Reflect:** Why does the church love to follow Christ and submit to his leadership?

What is it about Christ (his character, his way) that makes it easy to follow him?

**Dig:** What does the church receive from Christ that nurtures her? See Ephesians 4:15-16 for a Biblical answer.

In these verses, what does it mean for the church (bride) to submit to and follow Christ?

Ephesians 5:2:

Ephesians 5:10:

Ephesians 5:17:

According to the last two words of Ephesians 5:24, in how many ways are wives to submit?

**Apply:** List 3 or 4 ways that God is calling wives to relate to their husbands as they relate to Christ:

**Week Twenty -Three: "Wives Submit"**  
**Day Five: "Lectio Divina"**

**Read: Ephesians 5:22-24** "Wives, submit to your husbands as to the Lord. 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. Now as the church submits to Christ, so also wives should submit to their husbands in everything."

Lectio divina (a Latin expression which means Sacred reading) is done in three stages:

- reading: you read the passage slowly and reverentially, allowing the words to sink into your consciousness: after you have memorized the text, write down one word which strikes you and draws your attention and note why you chose that word.
- meditation: you allow the passage to stir up memories within you, so that you recognize in it your own experience or that of people who have touched your life: write down memories of events or conversations or other scripture passages.
- prayer: you allow the meditation to lead you to prayer -- thanksgiving, humility and petition. Write out a prayer based on the passage.