

Submitting to one another

Ephesians 5:21-33

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Paul ask of husbands and of wives, and whose love is the model for it all?

2. What does it show me about people — and about myself?

Where is it hardest for you to put someone else's good ahead of your own?

3. What will I obey this week? (a concrete step, with a day)

What is one act of self-giving love you could offer someone in your household this week — a chore taken on, a preference laid down?

4. Who will I tell?

Who could you tell about a love that gives itself up instead of demanding its own way?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

Pray

Lord, you loved the church by giving yourself up for her. Teach me that same self-giving love in my closest relationships.

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