



The **ONE** **ANOTHER** way

TRANSFORMING RELATIONSHIPS

SERMON DISCUSSION GUIDE

WEEK FIVE

This guide can be used on your own or with a small group to reflect on the weekend message and apply it to your life.

- To aid in the discussion time, you may wish to text out one or two of the questions below, encouraging your group to begin thinking about their answers.
- Knowing the people in your group, facilitate the conversation in a way that best represents the relationships present: marriage, family, friendship or work.

ICEBREAKER

What is something you are usually happy to let someone else choose—the restaurant, movie, music, driving route, vacation plans, or something else?

Where do you see good teamwork most clearly demonstrated—a marriage, family, workplace, sports team, or somewhere else? What makes it work?

LEADER'S NOTE

Our natural tendency is to protect our preferences and get our own way. Ephesians 5 presents a different approach: because we belong to Christ and are filled with His Spirit, we can choose to serve one another. In this message, that principle is applied specifically to marriage, but the call to serve shapes all of our relationships.

Main Text: Ephesians 5:18–33

1 It Starts with Submission to Christ

Key Scripture: Ephesians 5:18

Discuss:

- What is the difference between having the Holy Spirit and allowing the Holy Spirit to direct the way we live?
- What practices help you become more attentive and responsive to the Holy Spirit in everyday life?
- Where do you find it hardest to surrender your preferences or desire to be in control?

Leader's Note:

Submission to others begins with surrender to Christ. We cannot consistently put others ahead of ourselves through willpower alone. As we yield to the Holy Spirit, He changes the way we think, respond, and relate to the people around us.

2 Husbands Submit through Sacrificial Love

Key Scripture: Ephesians 5:25, 33

Discuss:

- Christ's love for the church is the model Paul gives husbands. What qualities of Jesus' love stand out as especially important for a healthy marriage?
- What is the difference between sacrificial love and simply doing something nice when it is convenient?
- For those who are married: what is one practical way a husband can communicate, "I'm looking out for you, not just myself"? For everyone: how can Christ's example of sacrificial love shape the way we treat the people closest to us?

Leader's Note:

The husband's model is Christ, who loved His bride by giving Himself for her. Sacrificial love looks for ways to serve, protect, and put another person's good ahead of personal comfort. While Paul speaks specifically to husbands here, Christ's example challenges every believer to love selflessly.

3 Wives Submit through Consistent Respect

Key Scripture: Ephesians 5:33

Discuss:

- Why can the way we speak to those closest to us be just as important as what we say?
- What are some practical ways respect and appreciation can be communicated within a marriage?
- For those who are married: what habits help a couple move from trying to "win" disagreements toward serving one another? For everyone: how can respect change the way we handle conflict in our relationships?

Leader's Note:

Marriage is "a dance that is to be enjoyed, not a debate to be won." Mutual submission changes the goal from getting our way to loving and serving the other person. When both spouses surrender first to Christ, love and respect can shape the way they respond to one another.

Closing Prayer

Thank God for the example of Jesus, who came not to be served but to serve. Ask the Holy Spirit to reveal areas where selfishness, pride, or the desire to get our own way is affecting our relationships. Pray for marriages and families to be strengthened through sacrificial love, respect, and mutual service, and ask God to help each person live this week with the question, "**How can I help you today?**" Pray also for any needs shared during the discussion.