

Small Group Lesson – Week of April 3, 2022
Head to Toe (Ephesians 5:22-32)

Introduction:

Ephesians 5:22-32

Wives, submit yourselves to your own husbands as you do 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.

Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— for we are members of his body. “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” This is a profound mystery—but I am talking about Christ and the church. (NIV)

Going Deeper Study Questions:

- What was Pastor Dale’s overall theme of his message?
- What was your biggest take-away from this message?
- In what way is Christ the head of the Church?
- How did Christ prove His love for the church? What does Christ’s love for the Church look like?
- How does the church submit to Christ?
- What does it look like to submit to one another out of reverence for Christ? (Eph. 5:21)
- How would you summarize this message in one sentence? What is the passage saying?

Application Questions:

- What can I take away from this passage and apply to my life in the next seven days?

- What are some practical ways that we as believers can submit to ...
 - Christ
 - One another
 - The church
- What should I change in my life based on this message/Scripture passage?
- What does God want me to believe?
- What does God want me to desire?
- What does God want me to do?
- What should I be praying about in my life?

Pray for One Another:

- Pray for your marriage and the marriages of the other couples in your small group.
- Pray for specific areas of marital conflict to be resolved biblically.
- Pray that your marriage will be a positive influence on others.

Assignment:

- Commit to praying as a couple every day this week.
- Think of another couple that you can pray for in applying this Scripture passage.
- If you need assistance with your marriage, please reach out to a trusted Christian friend or seek out one of CFC's elders/pastors.