

One: A Study in Ephesians
Small Group Discussion Resource
Ephesians 5:21-33

1. Read Ephesians 5:21-33 and open in prayer together.
2. How do you think popular culture influences our understanding of marriage?
3. Have you ever encountered a Christian marriage that seemed noticeably different? What do you think made it stand out?
4. How do you think our society perceives the concept of submission in relationships? Is it seen as positive or negative?
5. While Paul's words are clearly instructions to husbands and wives, his words in this passage are not exclusive to married individuals. How do you think the principles outlined in this text can be applied to other types of relationships?
6. In what ways was the idea of mutual submission between men and women countercultural in the context of the ancient Roman society? Compare the Roman cultural norm, our current cultural norms and what Christ calls us to.
7. How would you differentiate between submission and obedience? Why is it important to understand the difference in the context of relationships?
8. In the context of verse 22, why is it important to interpret it within the framework of mutual submission mentioned in verse 21? How does this understanding change the way we perceive the roles of husbands and wives?
9. Looking at verse 23 again, we explored different ideas of "headship". How does the usage of the word "head" in the context of Christ's relationship with the Church differ from its typical connotation of authority and leadership?

10. In verse 23, when we consider the quality of Christ's headship that Paul explores in this passage as "Saviourship", how does that change or inform our understanding of the passage?
11. How does Paul's exhortation to husbands in verse 25 challenge traditional cultural expectations of masculinity? In what ways does the concept of selfless love redefine the role of a husband within a Christian marriage?
12. What significance does the use of the Greek word "agape" in verse 25 hold, and how does it differentiate from other forms of love? How does this type of selfless love reflect Jesus' sacrificial nature and impact the dynamics of a marital relationship?
13. How does the image of Jesus on the cross challenge our societal understanding of power and authority? In what ways does it call husbands to reassess their desires for control and dominance within their marriages?
14. How can you actively cultivate selflessness in your relationships, particularly within your marriage or close friendships? Take a moment to identify one area where you tend to prioritize your own needs and desires over others. Commit to making a conscious effort to put the other person first in that specific area for the next week, demonstrating selfless love through your actions.
15. Spend some time in prayer for one another.