



Every Spiritual Blessing—A Study in Ephesians

Please ask the Holy Spirit to give you understanding before you begin.

Lesson 14—Ephesians 5:22–33

1. Please read all of chapter 5. What truth from this chapter are you most thankful for as you see its significance to your life?
2. In Eph 5:21 Paul encouraged the believers to mutually submit to one another in the fear of God. This basically means giving preference or yielding authority to each other, “as is fitting” for God’s holy church. Now, in our current passage, Eph 5:22-33, he turns his attention to marriage, the sacred covenant of husband and wife before God. What exclusive charge does he give in verse 22?
 - What is his reasoning or example for this? (vs. 23 & 24)
 - Is this an area that comes easily to you? What hinders you?
 - It has been said that the level to which a wife submits to her husband is a measure of her submission to Christ. Is that an accurate portrayal of your heart?
3. Do you think Paul is intimating that the wife is “less than” the husband? Why or why not— What is the basis for your conviction?
 - Read 1 Peter 3:1-6 & share your thoughts
 - Read Proverbs 31:10–31 and pull out some of the “virtuous wife’s strengths, listing them below. What is your take-away?
4. What kinds of attributes, attitudes and accolades do you see surrounding women today that challenge this God given, God esteemed role? —And how are marriages and families affected?
 - How can you be an encouragement to younger wives within the body of Christ?
 - What is your responsibility toward them according to Titus 2:3-5;

5. If a husband loved his wife as Christ loves the church, what would some of the characteristics of that relationship be? (vs. 25-33) Paraphrase them below:
6. The English word *nutrition* comes from the Greek word that is translated *nourishes*. Here it is implied that the husband will nourish his wife by meeting her needs which helps her grow spiritually. The Greek term for cherishes describes the way a nurse tenderly cares for a sick patient or a mother gently cares for a newborn baby.* Wow! What wife doesn't appreciate a little sincere TLC—that's Paul's idea here. You are married now, you are a Christian now, everything you lavish on yourself, you are one now, give her that kind of time and attention! She is your beloved bride; treat her as such!
- What does Paul ask of the wife after he has laid it all on the table for the husband? (vs.33b)
 - What does that entail?
7. In this passage, Paul beautifully outlines the grace given the church through Christ. What an outstanding, inspired way to help us understand the relationship between husband and wife and how sacred & holy it is to our heavenly Father while also relaying the mystery of Christ & His plan for the church. Because we have received, we are able to walk in His enabling grace toward our spouse, submitting, loving, respecting one another in the Spirit of God. We have been given many other illustrations of the intimacies of the relationship between Christ & His church. Here are just a few...share your insights:
- (John 10:1-18)
 - (John 15:1-8)
 - (1 Cor 12:12 & 13, 27; Eph 4:4)

Reviewing & remembering what we have learned in Ephesians about our spiritual blessings & who we are "in Christ" from chapter one will help us rightly relate to others, married or single:

—In Christ I Am—

Vs. 3—	Vs. 6—	Vs. 11—
Vs. 4—	Vs. 7—	Vs. 13—
Vs. 5—	Vs. 7—	Vs. 14—
Vs. 5—	Vss. 8 & 9—	

“Blessed be the Lord, Who daily loads us with benefits, The God of our salvation!—Psalm 68:19