

SESSION 3: LOVE YOUR SPOUSE

- **Review Last Week's Homework & FIRE Starters Journaling Method:** 20 minutes
- **Love Your Spouse:** 30 minutes

We can so center our lives on the wrong priorities, that we neglect our marriages, and a neglected marriage will become an unhappy marriage.

Read Ephesians 5:21-33:

- **21** Submit to one another out of reverence for Christ. **22** Wives, submit yourselves to your own husbands as you do to the Lord. **23** 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. **24** Now as the church submits to Christ, so also wives should submit to their husbands in everything. **25** Husbands, love your wives, just as Christ loved the church and gave himself up for her **26** to make her holy, cleansing her by the washing with water through the word, **27** and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. **28** In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. **29** After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— **30** for we are members of his body. **31** "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh."^[b] **32** This is a profound mystery—but I am talking about Christ and the church. **33** However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

NOW PRAY for UNITY before discussing these questions.

- *This Scripture is intimidating and possibly overwhelming, but it is what we are called to do in our marriage covenant. As a husband, **it is intimidating to think of being to your wife what Christ is to the church.** Husbands are commanded to love their wives.*

What does it look like for husbands to love their wives as Christ loves the church? Also, how can wives help their husbands obey this command?

- *As a wife, it is equally intimidating to think of submitting to your husband as you should to the Lord. "Submission" is frowned on in the world's eyes, but it's a clear command to wives in Scripture.*

What does it look (and not look) like for wives to submit to their husbands as the church does to Christ? Also, how can husbands make it easier to submit to them?

If you have embraced the gospel, then the Holy Spirit lives in you. You are not alone! The Holy Spirit will help you do what God has commanded you to do.

- **Discuss This Week's Homework:** 10 minutes
 - *Using active listening, discuss how each spouse feels love.*
 - *Go back to the "love languages" profile and discuss some practical ways to show each other love.*
 - *Do your "love jars" and be ready to discuss at the next session.*