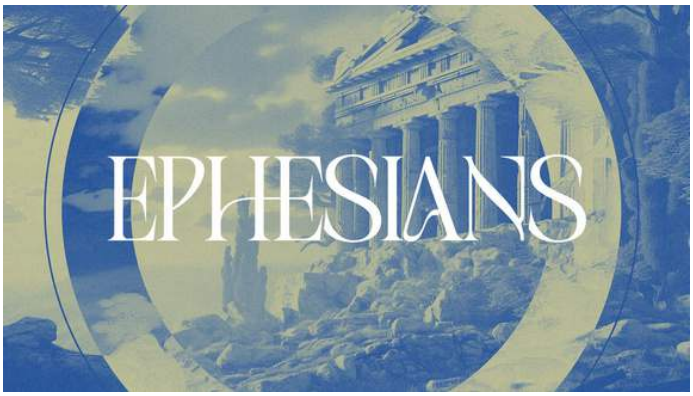
Connect Group Discussion Guide

PARTICIPANT
EPHESIANS - PT 9
11/8/2026

PASSAGE SUMMARY



In the first sphere of submitting to each other in Christ, Paul moves into the Christian marriage. He speaks both to wives and husbands with the gospel-church dynamic in view.

Paul connects the submission and sacrificial love between husbands and wives to gospel dynamics, making marriage a sacred mirror... albeit with smudges.

The gospel is the pattern we embrace, and the practices follow in its wake.

READ THE PASSAGE

Ephesians 5:21-33

Have someone read this all the way through once. Then, on the second time, after each instruction, pause and ask **"why?"** (Example: "Wives to your own husbands, as to the Lord. Why? For the husband...")

Use this exercise to separate this section into two categories: Instruction (what to do) and explanation (the reasons behind it).

DID YOU KNOW?

- The Rock Bridge App has Daily Habits to help you grow in your relationship with God through daily devotions, journaling, gratitude, and prayer.
- Use these daily practices to make room for God's Word, listen for the Holy Spirit's leading, and invite Him to shape your thoughts, words, and actions.
- Open the Rock Bridge App and tap **Daily Habits** to get started!

ENGAGE WITH THE PASSAGE

1. **How does this scripture's picture of marriage relate to or differ from the one you grew up witnessing?**

2. **Ephesians 5:21 calls us to submit to one another out of reverence for Christ. What does it look like to submit to Jesus?**

3. **How did Christ love the church and give Himself up for her?**

4. **If we could draw a picture of that holy relational dynamic describes between Christ and the church, what would that picture look like?** Singles: Have you seen marriages where this dynamic is present? What marriages have shaped your perspective of how Christ and His church relate?

5. **Matt shared 6 questions for us to look at in our marriages. Let's focus on number 6: In wisdom, what tools will we use? How will we be intentional?**

NEXT STEPS

As you consider your next step, reflect on:

1) Men: Do I tend toward domination or abdication in my relationships? How can I turn back toward Christ's example in the gospel of sacrificial love and leadership?
2) Women: Do I tend toward control or looking to others to fulfill a role only Jesus can fill? How can I turn back toward trusting Christ and His design for my relationships?

SCRIPTURE MEMORY

Ephesians 4:1 "I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called."

If your group has a good handle on the first verse already, try memorizing the next two!

Ephesians 4:2-3 "with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace."

PRACTICE

Last week: We took a first attempt at "examen prayer," inviting God to review each day's events with us before bedtime. Were you able to do this? How did it go?

This week: Let's continue the examen prayer, but with a focus lens this time. We can review the day's events before going to sleep, like we did last week, with one tweak:

Ask a specific question about how the day went in regard to putting into practice the things we've learned in Ephesians so far. Wives, husbands, and single folks can all ask, "Jesus, how was my reverence and submission toward You today?" (v. 21)

Married couples can do this exercise together this week, spending time praying for your marriage and each other. Reflect on the 6 tools Matt gave us:
A. What is our frame of reference?
B. What is the source or motivation?
C. Is the cross and the path on display?
D. Is sanctification part of my plan and purpose?
E. Am I aware of the serpent?
F. In wisdom, what tools will we use? How will we be intentional?

Here is an article to read more about the practice of "The Examen Prayer."

ROCK BRIDGE APP

CLICK HERE TO DOWNLOAD

OR SCAN THE QR CODE>>