

NORTH WAY

notes outline

EPHESIANS

During trauma, marriages tend to become stuck in intense cycles of drift toward distance, disappointment, and distrust.

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”

John 16:33

And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, submitting to one another out of reverence for Christ. Wives, submit to your own husbands, as to the Lord.

Ephesians 5:18-22

SUBMISSION IS A WE THING NOT A SHE THING.

For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. Now as the church submits to Christ, so also wives should submit in everything to their husbands. Husbands, love your wives, as Christ loved the church and gave himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word, so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, because we are members of his body.

Ephesians 5:23-30

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Headship is a responsibility of servanthood not a license of power.

And he said to them, "If anyone would be first, he must be last of all and servant of all."

Mark 9:35b

"Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh." This mystery is profound, and I am saying that it refers to Christ and the church. However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

Ephesians 5:31-33

Oneness takes two.

Fight the drift of Distance, Disappointment and Distrust...

1. What have I said or done recently that made you feel loved / respected by me? How can I do even better in this?
2. Are there any areas in our marriage where you feel that I am causing distance in our marriage by comparing?
3. Do you have any expectations or desires of me that you have not communicated?
4. What have I said or done recently that has built trust in our marriage? How can I do even better in this?

