

A Christ Centered Marriage - Focus on Jesus in Marriage.

Ephesians 5:21 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.

QUESTIONS FOR WIVES

'Submit' - rather than meaning "obey," carries the idea of voluntarily placing oneself under another, "to submit voluntarily ... to lose or surrender one's own rights or will."

1. What does this submission look like in a marriage?
2. What are the pros and cons of faithful submission to your husband?
3. In what ways do you submit to the Lord?
4. Do you submit to your husband in the same way?
 - a. If yes, husbands take the time to thank your wife
 - b. If no (h/w):
 - i. Humbly discuss why not and what each of you can do to get there

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 (*nourish*) and care for (*cherish*) their body, just as Christ does the church.

QUESTIONS FOR HUSBANDS

Husbands are called to love their wives as Christ loves the church.

1. According to vs 25 what does this love look like?

The standard of love for the husband is vs 29 - 'to nourish and cherish his wife'.

Nourish: (same as Eph 6:4) feed, bring up, nurture, to help grow

2. Is your wife stronger in her faith and walk with God because she is married to you?
3. Which of these could you initiate more: praying together; having QTs; reading spiritual books; reflecting on lessons?
4. Does she feel built up by your words?

Cherish: "warm someone up" (= revive their health); showing tender care (1 Thess 2:7)

5. Do you create a home environment that is emotionally warm, safe and loving?
 - a. Discuss why/why not
6. Ask your wife how you could best 'warm her up'.
7. Husbands it's your job to keep the romantic fire burning:
 - a. How often do you plan dates?
 - b. Are conflicts resolved quickly and healthily?
 - c. Does your wife feel cherished? Ask her and listen.

Pray together for God's protection over your marriage and family. Ask Him to lead you into a stronger and healthier, Christ centered marriage.

[Article on how to build an emotionally healthy marriage.](#)

