

Love Handles Part 2 – “The Crazy Cycle”
February 11, 2018

Ephesians 5:21

Submit to one another out of reverence for Christ.

- Healthy marriages are a [submission](#) competition.

Ephesians 5:22-23

Wives, **submit** yourselves to your own husbands as you do to the Lord. 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.

Genesis 1:26-27

Then God said, “Let us make man in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.” So God created man in his own image, in the image of God he created them; male and female he created them.

Genesis 2:18

The LORD God said, “It is not good for the man to be alone. I will make a **helper** suitable for him.”

- A helper helps from a position of [strength](#).

Ephesians 5:25

Husbands, **love** your wives, just as Christ loved the church and **gave** himself up for her

- The essence of masculinity is to assume [responsibility](#).

Ephesians 5:33

However, each one of you also must **love** his wife as he loves himself, and the wife must **respect** her husband.

- A husband submits by [loving](#) his wife.
- A wife submits by [respecting](#) her husband.
- Relationships thrive on unconditional [love](#) and unconditional [respect](#).

Ladies first:

- Respect his desire to [achieve](#).
- Respect his desire to [analyze](#) and [counsel](#).
- Respect his [intentions](#).

Guys, what is love?

- Love her by getting to know her.
- Love her by accepting her.
- Love her by making her your priority.

For men to ask:

- What do I do that makes you feel unloved?
- What can I do to change that for you?

For women to ask:

- What do I do that makes you feel disrespected?
- What can I do to change that for you?

Groups

1. Who is a married couple that you admire? What is it about that marriage that makes it great?
2. From your perspective what are some of the main differences between male and female behaviors and thinking (don't give commentary on a spouse, just on gender distinctions)? Why did God create distinctions? Why do many think their gender's distinctions are better?
3. Read Ephesians 5:23. What happens when a husband doesn't understand this verse? What happens when a wife doesn't understand this verse?
4. Read Ephesians 5:25-30. From your perspective, what does it mean to be masculine? What does it mean to be feminine?
5. In the message, Jason talked about the importance of loving and respecting, even when you don't feel like it. How can you do that on a practical level?
6. Why do you think that the unique roles that God gave husbands and wives is so hard for us Christians to apply?
7. Our relationship lives are filled with failures. What did Jesus do for you? What did Jesus make you? How can you apply this to your relationships this week?