

Ephesians

Walk In Harmony
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(Ephesians 5:21-33) Submit to one another out of reverence for Christ. 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. Now as the church submits to Christ, so also wives should submit to their husbands in everything.

Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church—for we are members of his body. “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” This is a profound mystery—but I am talking about Christ and the church. However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

1. Acceptance.

(Romans 15:7 NIV) Accept one another, then, just as Christ accepted you, in order to bring praise to God.

✓ Do I accept my spouse's differences?

2. Attention.

(1 Peter 1:22 NIV) ...love one another deeply, from the heart.

(1 Peter 3:7 NIV) Husbands, in the same way be considerate as you live with your wives...

✓ Do I give my spouse the attention they need?

3. Adjustment.

(Ephesians 5:21 NIV) Submit to one another out of reverence for Christ.

(Romans 14:19 NIV) Let us therefore make every effort to do what leads to peace and to mutual edification.

✓ Am I willing to adjust to the needs of my spouse?

4. Amnesty.

(Colossians 3:13 NIV) Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

(Romans 15:5 NLT) May God, who gives this patience and encouragement, help you live in complete harmony with each other—each with the attitude of Christ Jesus toward the other.

✓ Do I forgive my spouse when they hurt me?

5. Appreciation.

(1 Thessalonians 5:11 NIV) Therefore encourage one another and build each other up...

(Hebrews 3:13 NIV) But encourage one another daily, as long as it is called today, so that none of you may be hardened by sin's deceitfulness.

✓ Do I appreciate what my spouse does well?

6. Affection.

(1 Corinthians 7:3 NKJV) Let the husband render to his wife the affection due her, and likewise also the wife to her husband.

(1 Corinthians 7:4-5 NKJV) The wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.

✓ Do I give affection to my spouse frequently?

- Acceptance – Accepting and enjoying differences.
- Attention – Focusing on the needs of your spouse.
- Adjustment – The willingness to submit your life to another.
- Amnesty – The ability to forgive and move on.
- Appreciation – Lifting up the gifts and strengths of your spouse and encouraging them.

- Affection – Expressing your love.