



Week #1

Series Goal: To help us manage the tension in every family between the _____ and the _____.

- Matthew 5, 6, 7 (Jesus' Sermon on the Mount)

Jesus taught and pointed towards an ideal, yet refused to _____ those who fell _____.

Submit to one another out of reverence for Christ.

Ephesians 5:21 (NIV)

The principle for every family: _____.

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

Ephesians 5:22 (NIV)

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

Ephesians 5:25 (NIV)

Children, obey your parents in the Lord, for this is right.

Ephesians 6:1 (NIV)

Fathers, don't frustrate your children with no-win scenarios. Take them by the hand and lead them in the way of the Master.

Ephesians 6:4 (MSG)

The question to ask every family member: _____?

The barrier to living this out: _____.

*A generous person will prosper;
whoever refreshes others will be refreshed.*

Proverbs 11:25 (NIV)

Give, and you will receive. ...

Luke 6:38 (NLT)

Discussion Questions

1. What comes to mind when you hear the word "submit"?
2. In what area(s) is it challenging for you to accept or yield to another person's authority? Why is this challenging?
3. In the context of your own family, what would "mutual submission" look like? Give some examples.

Recommended Resources

- *Parenting Beyond Your Capacity*, by Reggie Joiner and Carey Nieuwhof
- *The Smart Stepfamily*, by Ron L. Deal
- *When Work and Family Collide*, by Andy Stanley
- *Building Relationships That Last*, by Freda R. Wilson
- *The 5 Love Languages*, by Gary Chapman

SESSION 1 | How to Survive the Holidays

Connect

In your small group, take 5 to 7 mins to connect.

- What are you thankful for this week? Where did you see God move in your life this week?
- The goal for these series is help manage the tension in every family between the ideal and the real. What is one quirky or possibly annoying thing about your family you have learned to appreciate or live with?

Opening Prayer

Have the facilitator pray for the study.

[Sample prayer: “God, thank you for inviting us into this community of faith to hear what your spirit has to say as we study your word. May we be attuned to the Holy Spirit that teaches and guides, and may we be empowered to follow through on such things as we might be invited to reflect on, or to do. May we be continually reformed into your image by your work in each of us. Amen.”]

Read the Passage

Have someone read the following passage aloud.

1 Peter 5:1-9 (NIV)

5 To the elders among you, I appeal as a fellow elder and a witness of Christ’s sufferings who also will share in the glory to be revealed: 2 Be shepherds of God’s flock that is under your care, watching over them—not because you must, but because you are willing, as God wants you to be; not pursuing dishonest gain, but eager to serve; 3 not lording it over those entrusted to you, but being examples to the flock. 4 And when the Chief Shepherd appears, you will receive the crown of glory that will never fade away.

5 In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because,

“God opposes the proud but shows favor to the humble.”^[a]

6 Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you.

8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 9 Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

Family Matters

Discover Bible Study



10 And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. 11 To him be the power for ever and ever. Amen.

Discover God's Word | Reflection

- What in this text stood out to you?
- What does the passage tell us about God?
- What does this passage tell us about leadership and our influence?
- What comes to mind when you hear the word "submit"? What comes to your mind when you think of mutual submission, as illustrated in this passage?

Moving Forward | Application

- While this passage begins by addressing leaders in the church, there is wisdom here for all of us. How can you live out what you learned in this passage?
- Think about the healthier and easier relationships in your life and the more challenging ones. What might being "alert and sober minded" look like for you in the context of your relationships?
- In the context of your own family, what would "mutual submission" look like? Give some examples.

Closing Prayer

Have someone close in prayer.

[Sample prayer: *"Jesus, thank you for your word that graciously speaks truth to each of us. May we continue to abide in and obey your word. May we continually be reformed in your image not just for our own sake, but for the sake of others and the world. Amen."*]