

## 4 Actions Every Relationship Needs Create Balance

October 8, 2017 / Dan Solofra

<sup>1</sup> Unless the LORD builds the house, the builders labor in vain. Unless the LORD watches over the city, the guards stand watch in vain. <sup>2</sup> In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves. **Psalm 127:1-2, NIV**

<sup>19</sup> Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, <sup>20</sup> built on the **foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone.**

<sup>21</sup> In him the whole building is joined together and rises to become a holy temple in the Lord. <sup>22</sup> And in him you too are being built together to become **a dwelling in which God lives by his Spirit.** **Ephesians 2:19-22, NIV**

The \_\_\_\_\_ for a relationship comes from casting vision. The solid foundation that gives \_\_\_\_\_ and \_\_\_\_\_ to a relationship is \_\_\_\_\_.

<sup>21</sup> **Submit to one another out of reverence for Christ.** <sup>22</sup> **Wives, submit yourselves to your own husbands as you do to the Lord.**

<sup>23</sup> 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. <sup>24</sup> Now as the church submits to Christ, so also wives should submit to their husbands in everything. <sup>25</sup> **Husbands, love your wives, just as Christ loved the church and gave himself up for her . . .**

**Ephesians 5:21-25, NIV**

A balance of \_\_\_\_\_ and \_\_\_\_\_ offers both warmth and security in a relationship that men and women need.

<sup>25</sup> **Husbands, love your wives, just as Christ loved the church and gave himself up for her** <sup>26</sup> to make her holy, cleansing her by the washing with water through the word, <sup>27</sup> and to present

her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. **Ephesians 5:25-27, NIV**

Jesus' love for us creates \_\_\_\_\_ in our relationship with God and gives us a stable source of \_\_\_\_\_ to love others.

<sup>28</sup> In this same way, husbands ought to love their wives as their own bodies. **He who loves his wife loves himself.** <sup>29</sup> After all, no one ever hated their own body, but **they feed and care for their body, just as Christ does the church—** <sup>30</sup> for we are members of his body. <sup>31</sup> "For this reason a man will leave his father and mother and be united to his wife, and **the two will become one flesh.**" **Ephesians 5:28-31, NIV**

A man loving his wife is like going to \_\_\_\_\_.

A man loves his wife by devoting \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ to give stability to the relationship.

<sup>32</sup> This is a profound mystery—but I am talking about Christ and the church. <sup>33</sup> However, each one of you also must love his wife as he loves himself, and the wife must respect her husband. **Ephesians 5:32-33, NIV**

A wife respecting a husband is like going to the \_\_\_\_\_.

A wife respects her husband by finding \_\_\_\_\_ in him, by showing \_\_\_\_\_, by \_\_\_\_\_, by \_\_\_\_\_ to advice and by \_\_\_\_\_ about him.

### MEMORY VERSE

<sup>33</sup> However, each one of you also must love his wife as he loves himself, and the wife must respect her husband. **Ephesians 5:33, NIV**

**My next step:** Maintain a balance of love and respect in your relationships. Love like Christ loved the church. Submit out of respect for Christ and one another.

What's your next step today?

Mark it on your Communication Card.

## Impact Groups

### 4 Actions Every Relationship Needs – Creating Balance

**Getting Started:** Do you personally know anyone who was affected by the latest Hurricanes/earthquakes? Share how they are doing and/or if there is anything we can do to help.

#### **Worship:** **Read Psalm 103**

As you read Psalm 119 highlight words/phrases that:

- 1) Show your shortcomings and need for God.
- 2) Assure you that God has forgiven you and loves you.
- 3) Give you comfort in God's strength.

#### **Creating Balance** **Read Ephesians 5:21-33**

*Agree or Disagree:* These verses are telling a husband and wife to do things that they already should be doing as Christians.

Explain how a man's relationship with Christ helps him understand what it truly means to love his wife.

Explain why submitting to Christ helps us understand that submission is not oppressive.

Why is the idea of creating a 50/50 balance in a marriage a bad idea and something that is only going to cause frustration?

Don and Tina have been going through a rough patch in their marriage. Tina is complaining that Don is never home and shows very little concern for her or the kids. He seems most interested in work and watching football with his buddies. She has tried to talk to him, but it always turns into an argument.

Don also is unhappy. He says that Tina is constantly on his case about everything from money to work to how his mother talks to her. He said he actually likes being at work or at a friend's house because then he isn't getting yelled at by his wife all the time.

What words of advice would you give to help Don and Tina?

#### **Creating Impact** **Meet Your Neighbor**

This week our activity is going to focus on getting to know your current neighbors. Why is it valuable to know your neighbors and to have your neighbors know who you are?

Share a way that you have gotten to know a neighbor better through something that they have done or something you have done.

*Challenge:* Use one of the ways that were just shared (or come up with a better one ☺) to get to know your neighbors this week. Come back next with the names of 1-5 neighbors that you haven't met or don't know well. See if you can observe something about their lives (the "O" in the OILS training from week 1).

#### **Close with Prayer**