**Series: Sit. Walk. Stand.**

**Today: Adventures in Marriage**

**Speaker: Ronnie Norman, Senior Minister**

**Ephesians 5:21-33**

***21****Submit to one another out of reverence for Christ.*

**1. Christian marriage reflects Jesus and the church.**

***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.*

***25****Husbands, love your wives, just as Christ loved the church and gave himself up for her****26****to make her holy, cleansing[*[*b*](https://www.biblegateway.com/passage/?search=ephesians+5&version=NIV#fen-NIV-29331b)*] 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 and care for their body, just as Christ does the church—****30****for we are members of his body.****31****“For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.”[*[*c*](https://www.biblegateway.com/passage/?search=ephesians+5&version=NIV#fen-NIV-29336c)*]****32****This is a profound mystery—but I am talking about Christ and the church.****33****However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.*

**2. The indispensables of marriage empowerment are love and respect.**

Crazy Cycle image – link below

<http://www.widowspeak.org/wp-content/uploads/2015/03/IMG_1870-e14259368392321.jpg>



Energizing Cycle image – link below



<http://www.widowspeak.org/wp-content/uploads/2015/03/IMG_1871-e14259368573111.jpg>

**3. Five losing strategies to avoid**

A. Needing to be right

B. Controlling your spouse

C. Unfiltered self-expression

D. Retaliation

E. Withdrawal