

How They Do It

DISCUSSION GUIDE | September 14, 2025

BIG IDEA

Mutual submission is the “secret sauce” of enviable relationships.

Message title: It's A Two-Way Street

Scripture Reading: Ephesians 5:22-28 NIV

We all enter into marriage with hopes, dreams, and desires. They create expectations. But when you put those expectations onto your spouse, it turns your marriage into a debt/debtor relationship. Your relationship becomes marked by the belief that your spouse owes you something. So, how do you keep your hopes, dreams, and desires from becoming expectations?

1. *What is your definition of a great marriage?*
 2. *Have you ever been in a relationship in which the other person felt you owed them something? If so, what happened to that relationship?*
 3. *What are some practical ways spouses can love each other the way Christ has loved them?*
 4. *Do you think Paul's advice to wives and husbands is realistic? Why or why not?*
 5. *What might it look like, practically, to practice “mutual submission” in your current relationship?*
-

THIS WEEK'S CHALLENGE

This week ask your partner, “What’s in your box?”. Then, listen without defending, explaining, or comparing. Commit to putting one of their hopes or desires ahead of your own as a tangible step toward mutual love and submission.