



# Fall 2025 Marriage Study | Week 2

## The Shape of Marriage

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### Opening (5 minutes)

#### Icebreaker Question:

"Imagine for a second that you and your spouse had to switch roles for one week—every responsibility, every decision, every daily task. What's the first disaster that would happen?"

#### Leader Notes:

- Expect humor here – let the group laugh and relax. After a few shares, transition:  
*"Our differences aren't mistakes. They're part of God's design. Tonight we're looking at how husbands and wives are oriented differently on purpose – not for competition, but for completion."*
- If singles are present, adjust by asking: "If you had to switch roles with your roommate/parent/friend for a week, what would be the first disaster?"

### Scripture Focus (5 minutes)

Read aloud together:

- **Genesis 2:18-24** – God creates Eve as a helper fit for Adam; man called to hold fast to his wife.
- **Ephesians 5:22-28** – Wives submit as to the Lord; husbands love as Christ loves the church.

#### Group Prompt:

Ask: *"What stands out to you about the different orientation God gives husbands and wives?"*

#### Leader Notes:

- Draw out contrasts: "helper" vs. "hold fast," "submit" vs. "love."

- Emphasize: These are equal in worth, distinct in calling, united in purpose.

## **Discussion - The Wife's Calling: Helper Fit for Him (10 minutes)**

**Key Principle:** A wife is called to be a *"helper fit for him"* – equal in dignity, distinct in orientation.

### **Questions:**

- What comes to mind when people hear the word *helper*? How does the Bible's use of this word (often applied to God Himself – Ps. 54:4; Ps. 121:1-2) change that?
- Why is it important to emphasize that *helper* is an identity, not just a task or part-time role?
- How does trusting Christ reshape the way a wife understands submission (Eph. 5:22-24) so that it's not weakness but worship?
- For singles: How could cultivating humility and service now prepare you for supporting godly leadership later?

### **Application Challenge:**

- **Wives:** Identify one way you can encourage your husband's leadership this week – through prayer, affirmation, or partnership.
- **Singles:** Identify one way to practice the posture of helpfulness and encouragement in a friendship or ministry role.

### **Leader Notes:**

- Anticipate resistance: "Helper" and "submission" may trigger negative associations. Gently reframe: *"This is not about inferiority – the Son submitted to the Father (Phil. 2:6-8). Biblical submission is strength under God's authority."*

## **Discussion - The Husband's Calling: Hold Fast and Love (10 minutes)**

**Key Principle:** A husband is called to sacrificial leadership – loving his wife as Christ loved the church.

**Questions:**

- How does the world define “headship” (e.g., domination, control)? How does Paul describe it (sacrifice, servanthood, dying to self)?
- What does it look like practically for a husband to “love his wife as himself” (Eph. 5:28-29)? Think: time, words, decisions, priorities.
- How does a husband’s leadership either encourage or discourage his wife’s trust in Christ’s authority?
- For singles: How could you begin practicing sacrificial love now in friendships, church service, or family responsibilities?

**Application Challenge:**

- **Husbands:** Choose one sacrificial act this week – putting her needs above yours in time, attention, or resources.
- **Singles:** Intentionally put another’s needs above your own this week as an act of Christlike love.

**Leader Notes:**

- If conversation gets abstract, press for specifics: *“What does this look like on a Tuesday night after work? Or when making decisions about money or schedules?”*
- Encourage balance: leadership is not control; it is costly love.

**Discussion - The Shape of Marriage Together (7 minutes)**

**Key Principle:** Marriage takes shape through God’s design – equal in worth, distinct in orientation, united in purpose.

**Questions:**

- How does seeing marriage as God's *design* (rather than just a cultural contract) shift the way you approach marriage – or prepare for it if single?
- What happens when couples resist these God-given orientations? What fruit have you seen when they embrace them?
- How do these distinct callings – helping and leading – actually *complement* one another to produce unity?
- How does this picture of marriage point us back to Christ and His church?

### **Application Challenge:**

Take one step this week – as husband, wife, or single – to lean into God's design rather than resist it. Share your plan with someone who can encourage and pray for you.

### **Leader Notes:**

- *Transition tip:* "The beauty of marriage isn't in erasing differences but in harmonizing them under God's design – just like different instruments in a symphony."

### **Closing (3 minutes)**

Re-read **Psalms 119:68:**

"You are good and you do good; teach me your statutes."

### **Prayer Points:**

- For husbands to love with Christlike sacrifice.
- For wives to trust Christ as they help and follow.
- For singles to embrace God's good design now as preparation.
- For all of us to trust that God's commands are not only correct but good.

### **Leader Notes:**

- Consider ending with a responsive prayer: leader prays, group responds together, *"You are good and You do good."* This reinforces Psalm 119:68 and unites the group's voice.