

# EPHESIANS: Living in Harmony Ephesians 5:22-6:9

## *Treating others as you would want them to treat you*

### 1. Men and Women are so different... that sometimes we just have to laugh

- “A woman worries about the future until she gets a husband.  
A man never worries about the future until he gets a wife.”
- “A woman marries a man expecting he will change, but he doesn’t.  
A man marries a woman expecting that she won’t change and she does.”
- A Woman has the last word in any argument.  
Anything a man says after that is the beginning of a new argument.”
- “Any married man should forget his mistakes—  
there’s no use in two people remembering the same thing.”
- And Socrates once said, “By all means marry; if you get a good wife you will be happy.  
If you get a bad one, you’ll become a philosopher.”<sup>1</sup>

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## I. MARRIAGE: Husbands and Wives (5:22–33)

### A. THE CHRISTIAN VIEW OF MARRIAGE

#### 1. No one living today would truly realize how great this passage is (5:22-33)

- a) Even though no marriage is perfect— because no one is perfect
- b) The Bible describes the true and perfect ideal of marriage...
- c) The two become one: One Flesh and one spirit...

The union of body, mind and spirit between a husband and wife.

#### 2. But the general view of marriage throughout history fell far short of this

##### a) In Jewish Culture:

- (1) Even if there was a high view of marriage — there was a low view of women
- (2) Women had no legal rights in courts of law... —and no rights in divorce
- (3) Women were not even trusted as a witness in any legal proceeding
- (4) Women in the first century were considered more property than person

##### b) In Greek Culture:

- (1) It was even worse—because prostitution had become a normal way of life
- (2) The wife ran the household affairs and cared for the children but she shared no companionship with her husband.
- (3) He found companionship outside the marriage.

##### c) In Roman Culture:

- (1) By the time Paul writes Ephesians—Marriage in the empire was in ruins.
- (2) “Rome was the sewer of the ancient world.” (Boice)
- (3) **The philosopher Seneca** wrote that women were married to be divorced and divorced to be married... ..and that women dated the years of the calendar by the names of their husbands. (Barclay)

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<sup>1</sup> John Maxwell, *Winning with People*, p.181, Published by Thomas Nelson, 2004

### 3. Paul is elevating our view of marriage to a higher level of purity and love.

- a) “It is the simple fact of history that no one in this world with the single exception of children... owes more to Christ than women. It is impossible to exaggerate the cleansing effect that Christianity had on ordinary everyday home life in the ancient world.” (William Barclay, Daily Study Bible)

## B. DUTY OF WIVES (v.22–24)

### 1. SUBMIT – hypotassō (ὑποτάσσω)

- a) Basic meaning: “To place under,” “to arrange under,” or “to yield”
- b) Used in a voluntary, relational sense, not forced submission
- c) Submission does not mean inferiority. And submission does not mean silence.
- d) **It does NOT say:** “Wives, submit to your husbands, if you think they are worth it. and husbands, love your wives if you think they are worthy of love.”

### 2. Submission means “sub-mission.” [to place yourself under the mission]

- a) God has a mission for Christian marriage—the mission is obeying & glorifying God.
- b) The wife (and husband) are to put ourselves under that mission. (Just as Christ did)
- c) The mission God has for your marriage, and for your life.

## C. DUTY OF HUSBANDS (v.25–32)

### 1. LOVE: A self-sacrificing love for their wife...

### 2. As Christ love the Church and gave Himself ...

### 3. This Agape love is defined for us in the Bible (1 Corinthians 13:4–7)

## D. LOVE AND RESPECT (v.33)

### 1. The Importance of Love and Respect in Marriage is proven statistically

- a) A Harvard Psychologist called this: The ‘Admiration-Adoration’ Paradox In Couples<sup>2</sup>
- b) Men desire Admiration (respect) – Women desire Adoration. (Love)
- c) **Studies show that during marital conflict • 83% of men feel disrespected • while 72% of women feel unloved.**

- A Wife has a deep need to be loved — When that need is met she is happy!
- A Husband has a deep need to be respected—When that need is met he is happy!
- But when neither of these needs are met—things get crazy.

### 2. **CRAZY CYCLE [CHART 1] a destructive self-perpetuating cycle<sup>3</sup>**

- a) Notice how the cycle perpetuates...

“The soul of a marriage can be a trysting place where two people can come together quietly from the struggles of the world and feel safe, accepted and loved ... or it can be a battle ground where two egos are locked in a lifelong struggle for supremacy, a battle which is for the most part invisible to the rest of the world.”<sup>4</sup> (Keith Miller)

### 3. **ENERGIZING CYCLE [2] The CRAZY Cycle can be stopped and reversed!**

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<sup>2</sup> Arthur C. Brooks on the admiration-adoration paradox, by Mark Travers forbes.com Oct 2, 2025

<sup>3</sup> Dr. Emerson Eggerichs, Love and Respect, Word Publishing, 2004

<sup>4</sup> Keith Miller, The Taste of New Wine, cited by Boice in his commentary on Ephesians

- a) With a self-perpetuating cycle that is for the good!
4. **REWARDING CYCLE [3] when we reach a point of spiritual maturity**
- a) That we can learn love one another for richer and for poorer, in sickness and in health, till death do us part. (From the Book: Love and Respect)

## II. FAMILY: Parents and Children (6:1–4)

### A. FAMILY DYNAMICS

1. **The relationship between husband & wife sets the tone for the whole family**
  - a) If there's constant tension and bitterness in the marriage there will be in the family.
  - b) But if there is Love, patience, kindness, gentleness and self-control in the marriage
  - c) The home will be a shelter from the storm — instead of the center of the storm.
2. **Importance of a Safe Environment:** Gary Smalley uses metaphor of Sea Anemone
  - **Metaphor:** Sea anemones retract when threatened, symbolizing how children may withdraw and close off emotionally when they sense danger or stress in their environment.
  - **Safe Environment:** A safe, loving and secure home makes children feel secure and supported. This safe atmosphere encourages children to open up and communicate and connect with their parents.
  - **Parental Role:** Parents should strive to create an atmosphere of trust and support to encourage emotional connection. The home becomes a secure and safe place for all family members to grow stronger and healthier.
3. **CHART: 4 Basic Types of Parenting**<sup>5</sup>

PARENTS	Love and Support of their Children	Controlling Children By Limits, Rules, Firm Boundaries at home
1. DOMINANT	Low	High
2. NEGLECTFUL	Low	Low
3. PERMISSIVE	High	Low
4. LOVING AND FIRM	High	High

### B. DUTY OF CHILDREN

1. **Obedience (6:1)** Children are to be obedient to their parents...
2. **Honor / Respect (6:2)** ...this is how they learn to respect authority
3. **Reward (6:3)** Children should be encouraged & rewarded in the home for being good

### C. DUTY OF FATHERS

1. **Do not provoke [NIV: exasperate] your children to anger**
  - a) If your child is exasperated, then you are too. — Neither of you are happy or healthy.
2. **Some Examples of Exasperation in the Bible:**

<sup>5</sup> Gary Smalley, The Key to Your Child's Heart, p.58 Word Publishing 1992

- a) **Jacob and Laban**– “I served you 14 years for your two daughters, and six years for your flock, and you changed my wages 10 times.” (Genesis 31:41-42)
- b) **Jacob and Joseph**– “And his brothers saw that their father loved him more... and so they hated him.” (Genesis 37:4)
- c) **Saul and Jonathan**- “Then Saul’s anger burned against Jonathan and he said to him, ‘You son of a perverse, rebellious woman!’” (I Samuel 20:30)

### 3. How to Exasperate Your Children...<sup>6</sup>

**1. Play Favorites. 2. Be Sarcastic. 3. Focus on Failures.**

**4. Don’t Listen. 5. Unrealistic Expectations. 6. Parental Disunity.**

(Overly strict dad and overly permissive mother)

**7. Don’t Keep Promises. 8. Don’t allow for fair atonement of wrongs**

(by continually holding guilt over them)

### 4. How to AVOID Exasperating Your Children...

- a) Read (1 Corinthians 13:4–7) and List all the attributes of LOVE [Love is the answer]

### 5. Why specifically only fathers?

- a) Men do NOT deal with emotions very well... But Women just naturally do...
- b) Men Tend to Discipline, Women tend to Nurture

**EX: I heard about a prison ministry** that asked the men to write a card to their mothers on mother’s day and it was a great success. So much so that the prison ministry thought of trying it again for father’s day. They said it was a disaster. It stirred up all the deep anger and hostility they had toward their fathers and they refused to participate.

### 6. Remember the Mission for Marriage and Family? [CHART]

**Bring them up with Teaching, Training and Admonishing in the Lord.**

- **A Switzerland Family Study found:** • **When Fathers** attend worship services regularly. 33% of children became regular church goers. • **When Mothers** attended regularly but the father did not, 2% of children became regular church goers. • **When both parents** attended regularly, 75% of children became regular church goers. (Switzerland 1994)
- **A U.S. Pew Research Center study** found that when both parents share the same religious faith: 82% of children continued in that faith. (Pew 2014, 2023)

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## III. WORKPLACE: Employers and Employees (6:5–9)

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### A. WORKPLACE

#### 1. On June 23, 1988, Billy Martin was fired as the manager of the NY Yankees

- a) Baseball Managers lose their jobs all the time, so that may not sound like news...
- b) But what was different about Billy Martin is that he was being fired from his job as the Yankees manager for the 5th time!
- c) Martin had a great baseball reputation—but a terrible relationship reputation
- d) He kept getting into fights with people, players, coaches and even umpires!

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<sup>6</sup> How to Exasperate Your Children. MAC Aug 2023, by Bob Whiddon. Email: dr\_whiddon@msn.com

## 2. A Newspaper article summarized Billy Martin this way:

- a) “The fights and insobriety [from his playing days] continued into Martin’s managerial career. In 1969 during his tenure as manager of the Minnesota Twins, he beat up his star pitcher Dave Boswell and was fired. In 1974 with the Texas Rangers, he popped the team’s 64-year-old traveling secretary in a fight over a proposed club for the team’s wives. Hired back as manager of the Yankees in 1977, he took the team to a world title, but was, at one point, seen battling with Reggie Jackson in the dugout during a nationally televised game, and again was relieved of his position. In 1979—again managing in Minnesota—he clobbered a marshmallow salesman.
- b) “The early eighties were the usual for Martin. Hired, fired and rehired again by the Yankees, Martin drank and brawled his way out of every job he ever had. His teams almost always won, but the price of living with Martin was too much. Yankee star Ron Guidry said of the manager, “If you approach Billy Martin right, he’s okay. I avoid him altogether.” (Tobias Seamon, The Morning News)
- c) A sports writer once said: “**Some people have a chip on their shoulder. Billy Martin has a whole lumberyard.**” (Jim Murray)

3. **John Maxwell calls this the Bob Principle:** “If Bob has problems with Bill and Bob has problems with Fred and Bob has problems with Sue, and Bob has problems with Jane, and Bob has problems with Sam, then Bob is usually the Problem”<sup>7</sup>

## B. DUTY OF EMPLOYEES (v.5–8)

1. **Obedience (v.5)** Doing a good job and being able to follow instructions.
2. **Respect (v.5)** showing respect — rather than disrespect.
3. **Sincerity (v.5)** Doing your work from a good and sincere heart.
4. **Loyalty (v.6)** Character is how a person acts even when no one is looking.
5. **Goodwill (v.7)** not grumbling/complaining but working hard w/ pure motives for good
6. **The Reward (v.8)**
  - a) EX: our manager used to tell us NOT to bring a problem unless we had some ideas as a solution to solving it. Don’t just be part of the problem—but part of the solution

## C. DUTY OF EMPLOYERS (v.9)

1. **To do the same!**
2. **knowing your own Master is in heaven—Jesus Christ!**
3. **Isn’t that the golden rule? (Luke 6:31 NASB)**

## CONCLUSION:

**This is The rule of love (1 Cor 13:4-7)**

–Bill Turner 3/2026

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<sup>7</sup> John C. Maxwell, Winning with People, p. 143 Published by Thomas Nelson, 2004