That Covenant Life

March 1st, 2026

Main Passage: 1 Corinthians 7:8–9, 32–35

LEAN IN

1. When you think about a wedding ceremony and the phrase “till death do us part,” what emotions or thoughts surface for you?
2. Where have you most clearly seen either a *beautiful* or *broken* picture of marriage lived out? How has that shaped your expectations?
3. The message said marriage is “far more glorious and far more demanding than we imagined.” Which side of that statement resonates more with you right now—and why?

LOOK UP – Observation, Interpretation, Application (OIA)

Read Together:

- Epistle to the Ephesians 5:21–33
- Book of Genesis 2:24
- First Epistle to the Corinthians 7:1–7

OBSERVATION – What Does the Text Say?

- What repeated words or themes stand out? (love, submit, respect, one flesh, Christ, church)
- How does verse 21 frame everything that follows?
- What comparisons does Paul make between marriage and Christ/the church?

- What responsibilities are given specifically to wives? To husbands?
- What does Paul say is the ultimate mystery in verse 32?

What do you notice and what are you curious about?

INTERPRETATION – What Does the Passage Mean?

- What does "mutual submission" (v.21) look like practically?
- How is Christ's love defined in this passage?
- In what ways does this teaching challenge both ancient culture and modern culture?
- What do we learn about God's character through Christ's model of love?
- What do we learn about humanity—our fears, pride, and need for grace?

What do you learn about God?
What do you learn about humanity?

APPLICATION – What Is My Response?

- Where do you most struggle: pride, fear, control, self-protection, selfishness?
- If you are married: what would mutual submission look like this week in your home?
- If you are single: how does this shape your understanding of marriage and Christ's love for you now?
- How does remembering that marriage reflects the gospel change how you approach conflict?
- What would it look like to revere Christ more than you defend yourself?

How are you encouraged, challenged, or convicted by this passage?
What should be our response to this passage?

Reflective Questions

1. In what ways have your family-of-origin experiences shaped how you approach trust, leadership, or vulnerability?
2. According to Book of Proverbs 9:10, "The fear of the Lord is the beginning of wisdom." How might deeper reverence for Christ transform your closest relationships?
3. Read Epistle to the Philippians 2:3–8. How does Jesus' humility reshape your definition of strength?

Scripture

- Ephesians 5:21–33
- Genesis 2:24
- I Corinthians 7:1–7
- Proverbs 9:10
- Philippians 2:3–8

Prayer Guide (Pray Through Together)

1. Reverence for Christ
Ask God to deepen your awe of Jesus so that submission flows from worship, not pressure.

2. Repentance and Healing
Confess pride, fear, selfishness, or wounds from family of origin that shape your relationships.

3. Strength for Covenant Love
Pray for husbands to love sacrificially and courageously
Pray for wives to trust and respect with confidence in Christ
Pray for those who are single to experience Christ faithfully

4. Gospel Witness
Ask that marriages in your church would visibly reflect the love between Christ and His church.

Close by thanking Jesus for giving Himself up for us.

STEP OUT – Practice This Week

- **Practice Mutual Submission**
  Have one intentional conversation this week where you ask, “How can I serve you better?” Listen without defending.
- **Renew the Covenant**
  Married couples: Pray together at least once this week, specifically thanking God for your spouse and recommitting to love as Christ loves.
  Singles: Spend intentional time reflecting on Christ’s covenant love for you in Ephesians 5 and journal what it means that you are fully loved now.
- **Engage Community**
  If married or in a committed relationship, sign up for Date Night at the North Campus on March 6th at 6:30 pm.