



## **PART 2: IDEAL FAMILY: Power Down**

In his letter to the Ephesians, the apostle Paul drew from Jesus' use of power what is perhaps the most powerful relational teaching of all—an instruction that changes everything in family dynamics. It all comes down to asking a simple question: *What can I do to help?*

### **DISCUSSION QUESTIONS**

1. Talk about a time when someone in your family went out of his or her way to help you. How did it affect your relationship with that person?
2. **Read Ephesians 5:21-22.** According to these passages, what makes for a great family?
3. What is one thing you can do to improve the way you leverage your power, resources, and time on behalf of your spouse, your children, or your parents?
4. What is one obstacle/barrier to practicing mutual submission in your family? How can you overcome that obstacle/barrier?
5. Which member of your family do you need to ask, “What can I do to help?” What can the members of this group do to help you follow through?

Christian families should be characterized by mutual submission. The message of mutual submission is, *I'm here for you*. The assumption of mutual submission is, *You are of no less value than me*. The question mutual submission asks is, *What can I do to help?*