

Made New
Spirit-Filled Relationships

July 19th, 2026

READ

Ephesians 5:18–6:9

KEY POINTS

- The Holy Spirit is the foundation of healthy relationships – Every Relational problem is first a spiritual problem
 - Spirit-filled people choose humility over selfishness - Mutual submission is about placing the good of others ahead of personal pride because Christ first humbled Himself for us.
 - Scripture is meant to transform us before we use it to correct others - Rather than asking, "How should someone else change?" followers of Jesus first ask, "Lord, how do You want to change me?"
 - Every relationship should reflect the character of Christ - Whether in marriage, parenting, friendships, leadership, or the workplace, Jesus is the model of sacrificial love, servant leadership, grace, and humility.
 - Healthy relationships are cultivated intentionally - Love grows through consistent, faithful choices. Be present, forgive quickly, listen well, pray together, and continually choose to love like Jesus.
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QUESTIONS

1. Paul begins this entire section by saying, "Be filled with the Spirit" before giving instructions about marriage, parenting, and work. Why do you think spiritual transformation comes before relational instruction? What does this teach us about the source of lasting change?
2. Ephesians 5:21 calls believers to "submit to one another out of reverence for Christ." How does biblical humility differ from the world's understanding of submission? What does mutual submission look like in everyday life?

3. We should read Scripture as something that first transforms us before we use it to correct others. How have you experienced God changing your own heart through His Word? What is one area where He may be inviting you to continue growing?
 4. Jesus consistently used His authority to serve rather than to control. How should His example shape the way we lead within our homes, workplaces, friendships, or church?
 5. Where is God inviting you to become more like Jesus in one of your current relationships? What specific step of obedience can you take this week?
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LIFE APPLICATION

- Ask God to transform you before asking Him to change someone else - Begin each day by inviting the Holy Spirit to search your own heart first.
 - Practice intentional presence - Set aside distractions this week and give someone your full attention through meaningful conversation, prayer, or encouragement.
 - Choose one act of humble service - Look for a practical way to serve your spouse, family member, coworker, friend, or neighbor without expecting recognition.
 - Reflect Jesus in your relationships - Before responding in a difficult situation, ask yourself: "What would loving like Jesus look like right now?"
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PRAYER

Dear Heavenly Father,

Thank You for giving us Your Holy Spirit, who transforms us from the inside out. Forgive us for the times we've relied on our own strength instead of Your power or expected others to change before allowing You to change us. Fill us with Your Spirit so that our relationships reflect the love, humility, grace, and truth of Jesus. Help us become people who serve, forgive, listen, and love sacrificially. May our relationships point others to Christ and bring glory to Your name.

In Jesus' name, Amen.