



Ephesians 5:21-33

Made for More - Oct 12, 2025

Message Recap

Every relationship has “last 30 seconds” moments - tiny endings that determine the next three hours or three days. If those last seconds end in contempt, criticism, or withdrawal, hearts close; if they end with kindness or repair, hearts reopen. In Ephesians 5, God calls us to move from pride to partnership, replace contempt with honor, trade control for care, build shared meaning, and choose daily what we promised once.

Icebreaker / Personal Reflection

- Icebreaker:

Share with the Group the most memorable wedding you’ve attended?

- Reflection:

What was one insight, illustration, or principle from the message that really stood out to you or challenged you?

Discussion Questions

- **When tension rises in any relationship...at home, work, or with friends, what do your “last 30 seconds” usually look like? What helps you end a hard moment with kindness instead of withdrawal or pride?**
- **Pastor Byron said, “*Every relationship eventually faces the moment when the real fight is between pride and peace.*” Where do you most often feel that tension, and what are some practical ways we can choose peace?**
- **Eph 5:21 says “Submit to one another out of reverence for Christ.” What does it look like for you to “yield” in a relationship...not out of weakness, but out of reverence for Christ? OR - How can you show that you value the relationship more than being right?**

- **In your closest relationships, where are you tempted to control instead of care? If married, what ways can you care for your spouse? If single, what ways can you display care in your relationships?**
- **God designed marriage to reflect His unity and purpose. What shared mission, value, or goal gives your marriage relationship deeper meaning, and how can you strengthen that connection this week? If single, how can your close relationships reflect His unity and purpose?**

For Additional Study

Phil 2:3-4

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

- Where do selfish ambition or the need to be right show up most easily in your life?
- What's one practical way you could "look to the interests of others" in a tense or everyday moment this week?

Col 3:12-14

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another... And over all these virtues put on love, which binds them all together in perfect unity.

- Which of these virtues—compassion, kindness, humility, gentleness, patience—feels most natural for you? Which feels hardest?
- How does "putting on love" daily help shape your tone in those "last 30 seconds"?
- What does it look like to "bear with" someone rather than withdraw when tension rises?