

# POWER UP



## Exercising at Home and Work

Colossians 3:18-4:1

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1. **A word to the wives**

Wives, submit to your husbands.

2. **A word to the husbands**

Husbands must love their wives.

Do not be harsh "embittered" with them.

3. **A word to our sons and daughters**

Children, obey your parents.

4. **A word for parents**

Fathers, do not "provoke, exasperate" your children.

5. **A word to servants "employees"**

6. **A word to masters "employers"**

# taking it home

{ notes for small group,  
family & personal study

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Each week, *Taking it Home* notes are now graciously written by a team of Oakwood writers: Terry Breunig, Shana Hammond, Shelley Hooper, Rich Jefferson, Tom Reilly & Al Spiegel

## keeping it real

1 Identify how submission plays a part in your every day life. Whether we like it or not, it's true. How have you done so this past week? Why do you chafe against it? Where does this come from?

## look at the book

2 It is hard for some not to get stuck on Colossians 3:18. Submission to anyone is rather repugnant especially when it flows from a context of compulsion and dominance. What is the setting for this admonition? What is the theme from which it flows?  
a. Identify the repeated phrase or thought in 3:18-4:1.  
b. What verse in chapter one governs this whole concept?

3 The struggle in the DNA of every marriage relationship was embedded in us many years ago. Describe its foundations from Genesis 3 (especially verses 12-13, 16-17). How foreign is this to your marriage?

## the next step

4 One of the great dangers in the church today is for couples to think that somehow marital struggles will not come to the door of their home. Struggles always come (1 Corinthians 7:28; 10:12-13). The temptation is to passively ignore them until it is too late. What are you refusing to address? When is the last time you had a marital check up?

{ my next step this week is to:

- Take the time to positively communicate with my spouse about the condition of our relationship.
- Identify two ways in which I typically exasperate my children, and make appropriate changes.
- Memorize Colossians 3:23-24.
- Other \_\_\_\_\_