

# SESSION 1

## The Fundamental Foundations of a Godly Family

Why we are here:

1. Some just getting started
  - a. Green & Growing – Don't know where, but you want to know
  - b. New & Nurtured – Good pre-marital; immersed in the church; godly men and women
2. Some have been at it for a while
  - a. Tune Up
  - b. Maintenance
3. Some are teetering on the edge
  - a. Its not going well – a lot of danger signs, you don't know what to do at this point
  - b. Its close to falling apart – desperate

The good news:

**The word of God is sufficient for everything pertaining to life and godliness.**

2 Timothy 3:16-17 - *All Scripture is God-breathed and profitable for teaching, for reproof, for correction, for training in righteousness, so that the man of God may be equipped, having been thoroughly equipped for every good work.*

2 Peter 1:2-8 - *Grace and peace be multiplied to you in the full knowledge of God and of Jesus our Lord; seeing that His divine power has granted to us everything pertaining to life and godliness, through the full knowledge of Him who called us by His own glory and excellence. For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust. Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge, and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness, and in your godliness, brotherly kindness, and in your brotherly kindness, love. For if these things are yours and are increasing, they render you neither useless nor unfruitful in the full knowledge of our Lord Jesus Christ.*

### Four Fundamental Foundations of a Godly Family

Open your Bibles to Ephesians 1

What does it mean for something to be fundamental?

Essential; foundational; basic fundamental; primary or original source; Important; crucial; necessary; underlying; vital; integral; indispensable

## I. The First Fundamental Foundation of a Godly Family is SALVATION

You must be in CHRIST, and Christ must be in YOU

### A. The FOUNDATION of our Salvation – (The **BIGGER** picture)

- Ephesians 1:3-12 - *Blessed be the God and Father of our **Lord Jesus Christ**, who has blessed us with every spiritual blessing in the heavenly places **in Christ**, just as He chose us **in Him** before the foundation of the world, that we would be holy and blameless before Him in love, by predestining us to adoption as sons through Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, which He graciously bestowed on us **in the Beloved. In Him we have redemption through His blood, the forgiveness of our transgressions, according to the riches of His grace which He caused to abound to us in all wisdom and insight, making known to us the mystery of His will, according to His good pleasure which He purposed **in Him** for an administration of the fullness of the times, that is, the summing up of all things **in Christ**, things in the heavens and things on the earth **in Him. In Him**, we also have been made an inheritance, having been predestined according to the purpose of Him who works all things according to the counsel of His will, to the end that we who first have hoped **in Christ** would be to the praise of His glory.***
- **For us to be in Christ...**
  - We must be In Christ – 9x in 10 verses
  - He must make us a new creation – holy & blameless (1:4)
  - He must make us children of God (1:5)
  - He must redeem us by the blood of Christ (1:7)
  - He must forgive our sins (1:7)
  - He must give us wisdom, insight (1:8)
  - He must reveal to us His will (1:9)
  - We must fix our minds on the end (1:10)
  - We must remind ourselves of the big picture (1:11-12)
  - Pause = The Bigger Picture – All about God & Christ (1 Cor. 15:20-28)
- Ephesians 1:13-14 - ***In Him**, you also, after listening to the word of truth, the gospel of your salvation—having also believed, you were sealed in Him with the Holy Spirit of promise, who is given as a pledge of our inheritance, unto the redemption of God’s own possession, to the praise of His glory.*
- For us to be in Christ, what must we do?
  - We must listen to His word, the Gospel (1:13)
  - We must believe the Gospel of Jesus Christ (1:13)
  - We must receive the Holy Spirit (1:14)
- Romans 8:28-30 - *And we know that for those who love God all things work together for good, for those who are called according to His purpose. Because those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brothers; and*

those whom He predestined, He also called; and those whom He called, He also justified; and those whom He justified, He also glorified.

- If you are in Christ, then all things (including marital difficulties) work together for your good
- Your Good = you are being conformed into the image of Christ
- If you are predestined, then you have been called, justified, and will be glorified together with Christ.

**Conclusion: The first fundamental = You must be “In Christ”**

**Made a new person, Given a new power, Having a new pursuit**

- God’s Description of the Old You (Not in Christ)
  - Our natural condition, coalition, ambition, and fate
  - *Ephesians 2:1-3* And you were dead in your transgressions and sins, in which you formerly walked according to the course of this world, according to the ruler of the power of the air, the spirit that is now working in the sons of disobedience, among whom we all also formerly conducted ourselves in the lusts of our flesh, doing the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest.
- God’s Description of the New You (In Christ)
  - *Ephesians 2:4-10* - But God, being rich in mercy because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together with Christ—by grace you have been saved— and raised us up with Him, and seated us with Him in the heavenly places **in Christ Jesus**, so that in the ages to come He might show the surpassing riches of His grace in kindness toward us **in Christ Jesus**. For by grace you have been saved through faith, and this not of yourselves, it is the gift of God; not of works, so that no one may boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.
- You were created by Christ to maintain a godly family.
- “Apart from a knowledge of the Lord Jesus Christ, we have no motivation for righteousness, no constraint from evil, and no real ability to obey from the heart what God commands for our families. That, then, is the essential foundation: Christ must be first in our hearts and in our families.<sup>1</sup>

## **II. The Second Fundamental Foundation of a Godly Family is ASSOCIATION**

### **Association & Active Participation in the CHURCH**

- A. An Explanation of the Church
  - *Ephesians 2:11-4:16* is an explanation of how God began the church, designed the church, purposed the church’s work on earth

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<sup>1</sup> John MacArthur, *The Fulfilled Family: God’s Design for Your Home*, p. 5.

- Ephesians 2:12-13 - ...remember that you were at that time **without Christ**, alienated from the citizenship of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now **in Christ Jesus** you who formerly were far off have been brought near by the blood of Christ.
- Ephesians 2:18-22 - for **through Him** we both have our access in one Spirit to the Father. So then you are no longer strangers and sojourners, but you are fellow citizens with the saints, and are of God's household, having been built on the foundation of the apostles and prophets, Christ Jesus Himself being the corner stone, in whom the whole building, being joined together, is growing into a holy sanctuary in the Lord, in whom you also are being built together into a dwelling of God in the Spirit.
  - o Formerly you were outside the fold
  - o Now you have been grafted into the kingdom of God
  - o Now you have been granted citizenship to the city of Christ
  - o Now you have been adopted into the family of God
  - o Now you have been made an essential part of the church
- Ephesians 3:1-13 – Further explains the birth of the church, the blessing of being “members of the body, and fellow partakers of the promise in Christ Jesus through the gospel” (Ephesians 3:6), and then he prays (3:14-21) for the Lord’s help, “according to the riches of His glory.” He prays they would be...
  - o Strengthened by the power of the Holy Spirit (3:16)
  - o Controlled by the will of Christ (3:17)
  - o Filled with the fullness of God (3:18-19)
  - o All for the glory of God (3:20-21)
- You need the church; You are dependent on the body of Christ; He created you for this purpose (to evangelize the lost & edify the saints)

### III. The Third Fundamental Foundation of a Godly Family is SANCTIFICATION

#### An Ongoing, Persistent Pursuit of HOLINESS and GODLINESS

(Walking Worthy of Christ; Putting Off the Old; Putting On the New)

##### A. Walk Worthy of Christ (Ephesians 4)

Ephesians 4:1 - *Therefore I, the prisoner in the Lord, exhort you to walk worthy of the calling with which you have been called*

- a. Walk = Daily, habitual, continual living or conduct
- b. Worthy = Equivalent to; Equal to
- c. Your CONDUCT must match your CALLING (string of 40 imperative commands)
- d. FAITH and FAITHFULNESS go hand in hand;
- e. **The Explanation of a Worthy Walk** (Definition)
  - i. Ephesians 4:2-6 - *All humility and gentleness, with patience, bearing with one another in love, being diligent to keep the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as also you were called in one hope of your calling; one Lord, one faith, one baptism; one God and Father of all who is over all and through all and in all.*

- ii. All – keep it perfect; keep it impossible; keep it like Christ
- f. **The Instrumentation of a Worthy Walk** (Means by which it is accomplished)
  - i. The Church - Elders/Pastors/Preachers teaching the Word of God – (Ephesians 4:12-16)
  - ii. Equipping of the saints for the work of service (4:12) – make complete; adequate; sufficient
  - iii. Building up of the body of Christ (4:12) – constructing & strengthening
    - 1. We all reach to the unity of the faith (4:13)
    - 2. We all reach the full knowledge of the Son of God (4:13)
    - 3. We all reach complete maturity in Christ-like, holiness (4:13)
    - 4. We all reach discernment – Maturity leads you through the realm

**Discernment** – acute judgment; to sense/see and be able to distinguish accurately; recognize differences; acumen; ability to understand correctly; clear judgment

B. *Discernment is a dying virtue – as morality, character, and integrity are being snuffed out in our culture – discernment is being lost*

C. *Discernment is not easily attained, and can only be found through truth and practice*

D. *Discernment provides protection from deception*

- a. Stop thinking, acting, responding like children (4:14) - gullible
  - b. Tossed around by trials and tests – instability, no conviction
  - c. Led Astray by every wind of doctrine
  - d. Fooled by the trickery of men – cunning tricks
  - e. Mislead by craftiness in deceitful scheming – purposeful strategy behind all fallacy – greatest conspiracy
  - 2. The **Method** for Equipping & Building up the body of Christ
    - a. By speaking the truth in love (4:15)
    - b. We grow up in all aspects into Christ who is the head
- E. *“This manner of life is far more powerful than a life of deceit because it has no fear that hidden motives or facts will be revealed. It is a transparency that is wedded to love, love with truth that enables individual believers to grow harmoniously with other members of the body with the resulting growth of the whole body.”<sup>2</sup>*

- 1. The **Means** for Equipping & Building up the body of Christ - Jesus Christ Himself accomplishes the work (Dependence on Him)
  - a. Christ holds together the whole body
  - b. Christ supplies all we need
  - c. Christ assures proper working of each according to His measure, standard, purpose
  - d. Christ causes growth for each part and the whole

## B. Put off the Old, Put on the New (Ephesians 4:17-22)

Walk no longer as the Gentiles walk (4:17) – Put away past, worldly, foolish worldview

- a. Futility - The futility of your mind (4:17) – Empty Reasoning
- b. Darkness - Darkened in you mind (4:18) – Unable to see/perceive
- c. Separation - Alienated from the life of God (4:18) – estranged from God

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<sup>2</sup> Harold Hoehner, Ephesians Commentary.

- d. Ignorance - Ignorance that is in them (4:18) - Unaware
- e. Hardness - Hardness of their heart (4:18) – because of stubbornness
- f. Calloused – Calloused Conscience (4:19) – no sensitivity; shame; conviction
- g. Flesh Controlled - Given self over to sensuality (4:19) – willingly submit
  - ii. Practicing impurity
  - iii. Practicing greediness
- F. Lay aside the old man – the old way of thinking, speaking, acting (4:22)
  - a. Corrupted in accordance with the lusts of deceit
  - b. The lusts of the flesh, the mind, the boastful pride of life
- G. Walk in a Manner Worthy of Christ (4:23-32)
  - a. Be renewed in the spirit of your mind (4:23) – Reprogram Your Life
  - b. Put on the new man in the likeness of God (4:24)
    - i. New man created in righteousness
    - ii. New man created in holiness
    - iii. New man of the truth
- H. 5 Concrete Characteristics of Christians:
  - a. Truth - Laying aside falsehood (Put off), speak truth to each other (put on) – (4:25)
    - i. Honesty, truthfulness, Integrity, fidelity, virtue, honor
  - b. Patience - Be angry, and yet do not sin (4:26-27) – self-controlled, disciplined
    - i. Do not let the sun go down on your anger
    - ii. Do not give the devil an opportunity
    - iii. Forgiveness, mercy, resolution, reconciliation, love
  - c. Generosity - Steal no longer (put off), labor hard & be generous (put on) – (4:28)
    - i. Diligence, perseverance, persistence
    - ii. Purposed for generosity, hospitality, benevolence, selflessness
  - d. Encouragement - No unwholesome words (put off), only speak words that are good (put on) – (4:29)
    - i. for building up, needed in the moment, that give grace to those who hear
    - ii. Encouragement, love edification, admonishment, patience
    - iii. Do not grieve the Holy Spirit of God (4:30)
    - iv. Let all bitterness and anger and wrath and shouting and slander be put away from you, all malice (put off) – (4:31)
  - e. Love - Be kind to one another, tender-hearted, graciously forgiving each other, just as God in Christ also has graciously forgiven you (put on) – (4:32)

#### IV. The Fourth Fundamental Foundation of a Godly Family is SUBMISSION

##### Submission to Christ; The Spirit; One Another

Dependence, Obedience, Subjection, Surrender, Deference, Meekness, Humility, Non-Resistance, Allegiance, (Must understand & submit to God's authority)

##### A. to Christ - Imitate God, Love Like Christ

Ephesians 5:1-2 - *Therefore be imitators of God, as beloved children, and walk in love, just as Christ also loved us and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma...*

## B. Submission to the Spirit - Be Controlled by the Spirit of God (Ephesians 5)

Submission = Be Controlled by the Spirit of God

- a. The Walk of the Wise
  - i. Carefully Examine Conduct
  - ii. Diligently Redeem Every Moment
  - iii. Accurately Know the Will of God
- b. *Ephesians 5:15-17 - Therefore look carefully how you walk, not as unwise but as wise, redeeming the time, because the days are evil. On account of this, do not be foolish, but understand what the will of the Lord is.*
- c. Being Spirit Filled – 3 Signs someone is Spirit Filled
  - iv. Resolute Singing
  - v. Consistent Thankfulness
  - vi. Submissive Humility
- d. *Ephesians 5:18-20 And do not get drunk with wine, for that is dissipation, but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father;*
- e. “The continuous aspect of being filled involves day-by-day, moment-by-moment submission to the Spirit’s control...it is not something we do, but that we allow to be done in us. The filling is entirely the work of the Spirit Himself, but He works only through our willing submission.”<sup>3</sup>
- f. “God designed the family to be “Spirit-filled,” which is to say, God intends for your family life to be directed by the Spirit-inspired truth of scripture, oriented by the Spirit-intended goal of sanctification, and empowered by the Spirit-provided resources of grace. Your family will only be a means of grace when the Spirit’s authority fills your Christian home, and the Spirit will only fill your home when you submit to the roles He has given to each member of the home.”<sup>4</sup>
- I. Lack of Submission = Controlled by the Flesh
  - a. *Ephesians 5:3-7 - But sexual immorality or any impurity or greed must not even be named among you, as is proper among saints; nor filthiness and foolish talk, or coarse jesting, which are not fitting, but rather giving of thanks. For this you know with certainty, that no one sexually immoral or impure or greedy, who is an idolater, has an inheritance in the kingdom of Christ and God. Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. Therefore do not be partakers with them...*
- J. Conforming us to image of Christ (Romans 8:26-29)

## C. Submission to One Another

Be Subject to one another in the fear of Christ

- a. Ephesians 5:21 - *being subject to one another in the fear of Christ*
  - i. Opposite of independence, individuality, selfishness, pride, enslavement

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<sup>3</sup> John MacArthur, Ephesians Commentary.

<sup>4</sup> Paul Shirley, *The Christian Home*, p. 8

- ii. Founded on humility and selflessness love
  - iii. Preferring others before self; others interests before yours; others good before yours; humility; counting others as better – willing, mutual submission
- b. Romans 12:10 – *being devoted to one another in brotherly love, giving preference to one another in honor*
- c. Philippians 2:3-5 - *doing nothing from selfish ambition or vain glory, but with humility of mind regarding one another as more important than yourselves, not merely looking out for your own personal interests, but also for the interests of others. Have this way of thinking in yourselves which was also in Christ Jesus*
- d. “Submission is the single principle that sums up the character of a truly Spirit-filled person. It is the key and the capstone of the Spirit’s work in our heart...That is at the core of truly Christlike character, and it is also the single most important principle governing all personal relationships for all Christians.”<sup>5</sup>
- K. “If you want to be controlled by the Spirit, you need to submit yourself to the people He has put in your life and the order He has provided for those relationships. This mutual submission is done out of reverence for Christ, which means it acknowledges that Christ is the one who has put these people into your life. If you are not willing to do this – when you struggle to submit to those around you – it is actually a problem with submitting to the Spirit of Christ.”<sup>6</sup>
- L. “Each Christian has all of the Spirit, but the command to be filled by the Spirit enables the Spirit to have all of the believer. The wise walk, therefore, is one that is characterized by the Holy Spirit’s control.”<sup>7</sup>
- M. To fight the created order is to fight God Himself
  - a. The Created order – Husband submits to Christ; Wife submits to husband; Children submit to parents
  - b. Mutual submission – Ephesians 5:21 – All submitting to Christ; All submitting to one another; All exemplifying Christ
  - c. Ordered Submission – Husbands → Wives → Children

## Homework:

### The Christian Home Reading:

Read the Introduction & Chapter 1 “A Spirit-Filled Family” (8 pages)

1. **Prayer:** Pray for your spouse every day this week
2. **The Word:** Memorize 1 Corinthians 13:4-8
3. **The Date:** Go on a date with your spouse this week
  - a. Discuss “True Love” from 1 Corinthians 13:4-8
  - b. Reflect on ways you have failed to love one another, and commit to loving one another just as Christ loved you

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<sup>5</sup> John MacArthur, *The Fulfilled Family: God’s Design for Your Home*, p. 9, 11.

<sup>6</sup> Paul Shirley, *The Christian Home*, p. 7

<sup>7</sup> Harold Hoehner, Ephesians Commentary.



- c. Write down 3 ways you will strive to love one another this week
  - d. Tell each other at least five things you love and appreciate about them
4. **Extra Credit:** Listen to “How to Really love” by Brad Bigney
- a. <https://www.graceky.org/sermons/05-how-to-really-love-your-wife/>
  - b. <https://www.graceky.org/sermons/04-how-to-really-love-your-husband/>