

Three Things Men Need

Discussion Notes- February 22, 2026

1. What is one small action from someone that has made you feel really valued or appreciated?

The sermon this week taught that men deeply need three core things to thrive in marriage and relationships: respect, appreciation, and peace. Respect makes a man feel valued and secure, while consistent disrespect can cause him to withdraw emotionally. Appreciation communicates gratitude for his efforts and strengthens his desire to give and serve even more. Peace in the home provides refuge from the pressures and battles he faces in the world. When these three needs are present, they create a healthy, life-giving dynamic that allows both husband and wife to flourish in their God-given roles.

Read Genesis 2:18-22

“Then the LORD God said, “It is not good that the man should be alone; I will make him a helper fit for him.” Now out of the ground the LORD God had formed every beast of the field and every bird of the heavens and brought them to the man to see what he would call them. And whatever the man called every living creature, that was its name. The man gave names to all livestock and to the birds of the heavens and to every beast of the field. But for Adam there was not found a helper fit for him. So the LORD God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. And the rib that the LORD God had taken from the man he made into a woman and brought her to the man.”

The word “helper” in this passage comes from the Hebrew word *ezer*, which does not mean assistant, subordinate, or “less than.” In fact, this same word is most often used in the Old Testament to describe God Himself as the one who helps, rescues, and strengthens His people. It carries the idea of a powerful ally as someone who comes alongside to support, supply what is lacking, and make success possible. The New Testament echoes this same heart when the Holy Spirit is called our Helper. He is the One who comforts, guides, empowers, and strengthens us. This shows that being called a helper is not a diminished role but a divine calling of great honor and influence. When women walk in this God-designed role, they are not shrinking men, they are actually championing them, strengthening them to fully live out who God created them to be.

2. What does the creation account reveal about God’s design for partnership between men and women?

Read Colossians 3:16-17, 23-24

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him... Whatever you do, work heartily, as for the Lord and not for men,

knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.”

These verses begin and end with a focus on living for Christ in all that we do, offering thanks and making Him the center of our words, actions, and work. Nestled between these two sets of verses, Paul gives practical instruction for life in a Christian household which is guidance for wives, husbands, children, and servants. He is showing how God’s design for family life flows from the same principle: living for Christ in every relationship. The message is that our respect, appreciation, and pursuit of peace aren’t just nice ideals but they are ways to honor God and reflect His love in relationships.

3. When you reflect on the scriptures about respect, appreciation, and peace, what is God challenging you to change in your approach to relationships?

Respect, appreciation, and peace are not just nice ideas; they are practical ways we can love and champion the men God has placed in our lives. Applying these truths requires intentionality, self-reflection, and a heart aligned with God’s design for marriage and relationships.

Read Ephesians 5:22-24

“Wives, submit to your own husbands, as to the Lord. For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. Now as the church submits to Christ, so also wives should submit in everything to their husbands.”

Marriage is designed by God to reflect the relationship between Christ and the Church. Just as the Church submits to Christ’s loving leadership, wives are called to respect and support their husbands in a way that mirrors that divine partnership. Submission here is not about inferiority; it’s about aligning with God’s design, honoring His order, and allowing love and leadership to function as He intended. The husband, like Christ, is called to love sacrificially, protect, and serve, while the wife, as the “helper” or *ezer*, strengthens, encourages, and supports him. When this divine dynamic is lived out, the marriage becomes a living picture of God’s relationship with His people, where both husband and wife thrive as God created them to.

4. How does seeing marriage as a “living picture of God’s relationship with His people” influence your perspective on roles, responsibilities, and partnership within the home?

Read Romans 12:10-13

“Love one another with brotherly affection. Outdo one another in showing honor. Do not be slothful in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints and seek to show hospitality.”

This passage reminds us that respect, appreciation, and peace are not just for marriage but that they are foundational for all relationships. Men, women, husbands, and wives alike are called to honor, encourage, and support one another as God’s image-bearers. Just as wives are called to champion their husbands, men are called to love, honor, and serve others; both in marriage and

in broader friendships or community. Living this out creates strong, life-giving relationships and reflects Christ's love to everyone around us.

5. As you think about the people in your life (your spouse, children, friends, or fellow believers) how can you intentionally show respect, appreciation, and create peace this week? For men, how might this look in your friendships with other men?

Prayer/Closing:

- Pray for hearts that show genuine respect.
- Pray for eyes to see and express appreciation.
- Pray for homes and relationships filled with peace.

Deeper Dive: Biblical Submission vs. Cultural Assumptions – Following Christ's Example of Servant Leadership

In discussions about marriage, especially regarding the roles of husbands and wives, cultural assumptions often shape our views more than Scripture does. Today's culture frequently equates submission with inferiority, oppression, or loss of equality. These are ideas rooted in modern individualism, power dynamics, or historical misuses of authority. Some see "submission" as outdated or harmful, associating it with rigid hierarchies where one partner dominates. Yet the Bible presents a radically different picture: submission as a voluntary, grace-filled act modeled on the church's relationship to Christ and transformed by Jesus' own humble, servant-hearted leadership.

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Paul writes this in the context of mutual submission among believers (Ephesians 5:21), showing that submission flows from reverence for Christ. It is not about inferiority or domination; it is about God's good design for marriage, where the husband leads with Christ-like love and the wife responds with respect and support. This dynamic allows both to flourish as God intended.

To truly grasp biblical submission, we must look at Christ's own leadership—never forceful or self-serving, but always humble, sacrificial, and service-oriented.

Read Philippians 2:5-8

"Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross."

Paul wrote Philippians around AD 61–62 while imprisoned, urging the church in Philippi to reject selfish ambition and embrace unity through humility. He doesn't just command it—he points to Jesus as the perfect example. Though fully God and equal with the Father, Christ voluntarily laid down His rights, took the form of a servant, and obeyed to the point of death. This is leadership that serves, not controls; that gives, not grasps.

Read John 13:12-17

“When he had washed their feet and put on his outer garments and resumed his place, he said to them, ‘Do you understand what I have done to you? You call me Teacher and Lord, and you are right, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet. For I have given you an example, that you also should do just as I have done to you. Truly, truly, I say to you, a servant is not greater than his master, nor is a messenger greater than the one who sent him. If you know these things, blessed are you if you do them.’”

On the night before His crucifixion, Jesus knelt to wash His disciples' feet, the task of the lowest servant. He deliberately chose this act to show that in His kingdom, true leadership means humble service. Authority is used to lift others up, not to lord over them.

Together, these passages reveal that Christ's leadership is servant-hearted: He leads by sacrificing Himself, empowering others, and showing love in action. Biblical submission follows this model; it is a willing, grace-filled response of trust and respect within God's order. Wives submit “as to the Lord” because husbands are called to lead like Christ: loving sacrificially (Ephesians 5:25), protecting, and serving. This creates true partnership, where respect flows naturally, appreciation grows, and peace reigns in the home.

Cultural views often set submission against equality, but Scripture shows they are not in conflict. Christ remained equal with God yet submitted to the Father's will. In marriage, this means rejecting control, resentment, or independence, and instead embracing mutual service that honors God and champions one another.

Discussion Questions:

1. How do cultural assumptions about submission differ from the picture we see in Christ's humble, servant leadership in Philippians 2:5-8 and John 13:12-17?
2. In what ways does Jesus' example challenge the way we think about authority, power, and partnership in relationships today?
3. How can husbands and wives practically live out Christ's model—servant leadership and willing support—to build respect, show appreciation, and create peace in the home this week?

