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| ***Welcome***  |
| Tell the whole group something about your family or workplace that they may not know.  |
| ***Memory Verse***  |
| Ephesians 5:21 Write your own version of this verse to bring out the meaning.  |
| ***Worship***  |
| Ask one of the group read out Philippians 2:5–11. Consider Jesus’ example. Offer prayers of gratitude for His life.  |
| ***Word***  |
| Reflect on the message from Sunday and the *Transformed Living* book* Considering the phrase ‘Out of reverence for Christ’, how does this change our motivation for how we behave in our family or workplace?
* What has been your experience of submission and love in a marriage? This could be your own, your parents’, your friends’ or anyone else’s.
* How does Ephesians 6:1–4 impact your own thoughts and feelings on parent/ child relationships?
* How can we apply the teaching about slaves and masters in Ephesians 6:5–9 to our own culture and circumstances?

In response to what we have considered together, share in twos or threes things we can pray for one another, related to the family or workplace. Pray for these things.  |
| ***Witness***  |
| Is there anyone in our families who needs particular prayer at present? What is it that you will be doing in your ‘9 to 5’ hours in the coming week? Ask God to prompt you on anything coming up that requires prayer. Pray for each other.  |