Submission in Marriage

“. . . in marriage both spouses submit to God and obey God. . . . Submission in marriage is about following God’s will, and not about one spouse’s domination over the other. The head of the house is Christ, because he is the one who gives marriage . . .”

(Building an Orthodox Marriage, Bishop John Abdalah and Nicholas Mamey)

How do we practice submission and obedience to God and to one another in our marriage, both in the big and small matters? How can you do better? Be specific in the discussion.