Marriage Enrichment



Lesson Topic: Oneness in Marriage and Spiritual Oneness as your Foundation

Week One Homework

During Large Group you learned that marriage is God’s idea and becoming one is part of God’s plan for a husband and wife. The goal of marriage is “oneness.” Oneness does not mean that you think exactly alike, have all of the same interests or always agree on everything. God made you different in many ways - that was His design and intention; however, being one in marriage means being unified and committed to one another – working together towards common goals, for the glory of God and the good of each other. You can be very different, as God created you to be, yet unified with the oneness God intended.

The homework and Small Group discussion for Week One will take you deeper into understanding God’s plan for oneness in marriage. The homework and Small Group discussion for Week Two will help you better cultivate that oneness, focusing on developing spiritual oneness as the foundation for marriage.

**Scripture Memory Verse**:

“Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.” (Genesis 2:24 ESV)

**In the Word Together -** Read and discuss the following verses with your spouse:

Genesis 2:18-24:

**18**Then the Lord God said, “It is not good that the man should be alone; I will make him a helper fit for him.” **19**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. **20**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. **21**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.**22**And the rib that the Lord God had taken from the man he madeinto a woman and brought her to the man. **23**Then the man said, “This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man.”

**24**Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

1. In your memory verse Genesis 2:24 God says, “Therefore a man shall leave his father and mother and hold fast to his wife and they shall become one flesh”.
2. What does it mean to be of “one flesh” with your spouse?

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1. How can you develop oneness together while still keeping relationships with friends and family?

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**Talk About It Together:**

Discuss the following questions with your spouse and write down your shared responses. Remember that transparency and openness is developed by being a safe place for your spouse to express his/her thoughts.

In Genesis 2:18-20 God says, it is not good for man to be alone. The first essential for oneness is **Companionship**. Having a companion is a good thing, but it takes work to cultivate that companionship to increase oneness. One of the ways that you cultivate companionship is through developing trust.Some practical ways you can build trust in your marriage is by:

* Sharing passwords for e-mail, social media, bank, etc. (No hidden accounts!)
* Having no unaccounted for time alone (Share your location with each other!)
* Confess quickly and encourage your spouse when they make efforts in this way
1. Ask each other and write out your spouse’s response: “Is there anything else that I can do to help build your trust in me?”

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1. Genesis 2:18 also tells you that God made a “helper fit” for Adam. Men and women were designed by God differently so that you **Complement** each other– your second essential for oneness. You learned when you complement each other in marriage, you are “like/opposites.” Opposites attract; however, differences can be frustrating and sometimes lead to conflict. Recognizing these differences is important to oneness. Discuss the following questions with your spouse: You will share your responses to #3d below during the small group discussion time so you can bless and compliment your spouse in front of others.
2. What are some ways that you and your spouse are alike?

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1. What are some ways that you are different?  Do any of these differences have the potential to cause disharmony in your marriage? [You will share your answers to this question during Breakout Time – See Breakout Time Question #2]

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1. God can use these differences as part of His sanctification process to make you more like Christ. Sometimes, these differences reveal areas where you are selfish and need to put your spouse first. What has God taught you in your marriage as a result of these differences?

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1. What strengths does your spouse bring to your relationship and how does that make you stronger as a team?

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1. The third essential for oneness that you learned is **Commitment**. The two key parts to living out that commitment to each other are leaving and cleaving. Leaving is coming out from under your parent’s authority and financial support as well as abandoning emotionally everyone and everything else. No other person or thing has my heart besides my spouse. God first, spouse second, family third. All others and anything else comes after that. Cleaving is developing the oneness and emotional connection in your marriage – “sticking like glue” to your spouse. Your spouse should be your best friend – give him/her your best.
2. Leaving: Have you had any difficulty in “leaving” your parents? If yes, in what ways? What can you do to “leave” your parents more so that you can cleave to each other more in your marriage?

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1. Cleaving: In what ways or areas have you successfully cleaved together in oneness? In what ways or areas has it been difficult for you to cleave together? What can you do as a couple to cleave together and develop deeper oneness?

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**Recommended: Apply What You Learned – Making an Investment in Your Marriage:**

Plan a date night to have more focused time to talk about:

* The successful ways you have come together in oneness since you have been married.
* The areas it has been more challenging to come together in oneness since you have been married. What can you do to take a step towards improving your oneness in these areas? Remember to be kind and understanding so your spouse can share their thoughts and feelings about these issues.

**Recommended: Additional Resources to Read:**

* “The Complete Husband” by Lou Priolo
* “The Excellent Wife: A Biblical Perspective” by Martha Peace

**Come prepared to talk about your answers to the following questions during the Small Group Breakout Time:**

1. Personal Growth this past week. What has the Lord taught you in your personal times with Him this past week? How many days this past week were you in the word and prayer? What are you reading?

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1. Use your answers from Homework Question #3b: In what ways are you and your spouse different?  Do any of these differences have the potential to cause disharmony in your marriage?

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1. Based on your answers from Homework Question #4a and #4b: Which has been harder for you as a couple – leaving or cleaving? Why? What have you agreed to do to leave and/or cleave together more in your marriage to develop deeper oneness?

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1. How is the Lord leading you to pray for your marriage, specifically in developing oneness with your spouse this week? What personal growth step towards deepening oneness in your marriage will you commit to? [Pray for each other about these things, encourage each other to pursue them, and lovingly hold each other accountable for applying what you are learning and committing to do.]

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