Marriage Enrichment



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

Week Two Homework

The homework and Small Group discussion for Week One took you deeper into understanding God’s plan for oneness. This week’s work 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:

Ephesians 5:28-33

**28**In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. **29**For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church,**30**because we are members of his body. **31**“Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.” **32**This mystery is profound, and I am saying that it refers to Christ and the church. **33**However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

1. How have you grown in oneness since you’ve been married? After reading these verses, how could you grow in your oneness as a couple?

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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.

During Large Group you learned five practical ways to cultivate oneness with your spouse:

* **Keep Growing** spiritually, both individually and together.
* **Keep Focused** and always learning on how to improve your marriage.
* **Keep Current** to avoid letting issues stay unresolved. Deal with them quickly and one at a time.
* **Keep Accountable** to others. Always work on something to improve your marriage.
* **Keep Dating** and invest focused time to keep learning about each other.

1. **Keep Growing** spiritually, both individually and together. The process of having a great marriage is the process of becoming unselfish by having a real relationship with Jesus. The horizontal relationship with your spouse will not work properly if your vertical relationship with the Lord is broken.
2. What does it look like to have a healthy relationship with the Lord? Does your relationship look like that now?

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1. What practical things can you do as a couple to grow your Worship, Walk and Work together? [You will share your answers to this question during Breakout Time – see Breakout Time Question #3]

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1. Joining Marriage Enrichment is a great step to **Keep Focused**. What’s something that you’ve learned about your spouse that has helped you to understand him/her better in the last couple of months?

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1. You were taught to **Keep Current** and keep short accounts by not letting any issues or frustrations stack up that could cause division in your marriage. Two keys to keeping current is having free and open communication and one focused hour each day with your spouse. Be gracious and patient with each other as you continue to learn how to talk with and listen to each other. How are you doing with Keeping Current? Are there any issues or frustrations that you can communicate better with your spouse?

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1. Another way to cultivate oneness is to **Keep Accountable** to others. You should always be working to improve some aspect of your marriage. Who is your “go-to” couple who has been married longer, can give wise, biblical counsel, can challenge you, and keep you accountable, both individually and as a couple? This should not be your parents.

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1. The last way to cultivate oneness is to **Keep Dating** and invest focused time to continue learning about each other. The typical couple has only 4 minutes per day together with no distractions.  To improve the quantity and quality of your time together, you were encouraged during Large Group to have:
   * One hour alone with your spouse every day
   * One evening alone with our spouse every week
   * One day alone with our spouse every month
   * One weekend (or better yet one week) alone with our spouse every year.
2. Ask each other: “Are you content with the quantity and quality of the time that we have together? What could I like do differently to improve the quantity and/or quality of our time together?” Write out your spouse’s responses. [You will share your answers to these questions during Breakout Time – see Breakout Time Question #4]

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1. What obstacles are hindering you from having focused, uninterrupted time together? What things do you need to reprioritize or change to have more focused time alone with your spouse?

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**Recommended: Apply What You Learned:**

* Plan some extended time to talk with your spouse and share one significant “take away” from this first month’s study on Oneness that has impacted your view of marriage or your role in your marriage. If necessary, confess and ask forgiveness from your spouse.
* Complete the “Spiritual Gifts Assessment” sent along with this homework to learn about your spiritual gifts. Talk about where you could serve as a couple to use the gifts that the Lord has specifically blessed you with – both individually and now as a couple.

**Recommended: Additional Resources to Read:**

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

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

1. How have you followed through with the goals you set last week to improve the oneness in your marriage?

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1. What has the Lord taught you during 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. From Homework Question #2b: What practical things can you do as a couple to grow your Worship, Walk and Work together?

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1. What were your spouse’s answers to Homework Question #6a?

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1. How is the Lord leading you to pray this week for your marriage, specifically in developing oneness with your spouse? What personal goal towards deepening oneness in your marriage will you commit to? [Keep your goal “SMART” – Specific, Measurable, Attainable, Realistic, Time (done by a specific time). Pray with 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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