

Sexuality #4

How to create a healthy marriage (one flesh relationship).

Genesis 2:24-25 (KJV)

²⁴ Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.

²⁵ And they were both naked, and were not ashamed.

1. Be _____ (cleave).

Genesis 2:25 (NIV)

²⁵ The man and his wife were both naked, and they felt no shame.

Genesis 3:7 (NIV)

⁷ Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

Genesis 3:10 (NIV)

¹⁰ He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

Genesis 3:11 (NIV)

¹¹ And he said, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?"

Genesis 3:21 (NIV)

²¹ The LORD God made garments of skin for Adam and his wife and clothed them.

- a. The depths of _____ can only come with the depth of _____.

- b. Love _____ and you will never be broken. Love

_____ and you are at another's _____.

2. Be _____ (leave).

Genesis 2:24-25 (KJV)

²⁴ Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.

²⁵ And they were both naked, and were not ashamed.

a. The depth of vulnerability can only be _____

on the _____ of commitment.

b. _____ commitments.

c. _____ by the commitments.

d. _____ the commitments.

How to heal from a broken marriage.

1. Understand that your broken relationship is a _____

of _____.

Genesis 3:6-24 (NIV)

¹² The man said, "The woman you put here with me--she gave me some fruit from the tree, and I ate it."

¹³ Then the LORD God said to the woman, "What is this you have done?" The woman said, "The serpent deceived me, and I ate."

¹⁵ And I will put enmity between you and the woman, "I will greatly increase your pains in childbearing; with pain you will give birth to children. Your desire

will be for your husband, and he will rule over you."

¹⁷ To Adam he said, "Cursed is the ground because of you;²³ So the LORD God banished him from the Garden of Eden ...²⁴ After he drove the man out, he placed on the east side of the Garden of Eden cherubim and a flaming sword flashing back and forth to guard the way to the tree of life.

Romans 7:14-25 (NIV)

I am unspiritual, sold as a slave to sin.

¹⁵ I do not understand what I do. For what I want to do I do not do, but what I hate I do.

¹⁶ And if I do what I do not want to do,....

¹⁷ As it is, it is no longer I myself who do it, but it is sin living in me.

.... For I have the desire to do what is good, but I cannot carry it out.

¹⁹ For what I do is not the good I want to do; no, the evil I do not want to do--this I keep on doing.

²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

When I want to do good, evil is right there with me.

²⁴ What a wretched man I am!

2. Understand that a broken relationship is a _____ of
how Christ deals with His _____.

Hosea 1:2

² When the LORD first began speaking to Israel through Hosea, he said to him, "Go and marry a prostitute, so that some of her children will be conceived in prostitution. This will illustrate how Israel has acted like a prostitute by turning against the LORD and worshiping other gods."

Hosea 1:3

So he went and took Gomer the daughter of Diblaim.

Hosea 3:1 Then the LORD said to me, "Go again, love a woman *who is* loved by a lover and is committing adultery."

Hosea 3:2

So I bought her for fifteen shekels of silver and about a homer and a half of barley.

3. Look at your broken marriage in the context of _____
commitment, _____, and sacrifice to _____.
4. _____ your pain through paralleled _____
journaling.
5. Heal your _____ through _____ journaling.
6. Move towards the _____ of _____.

Make Commitments to Your Mate

I will love you unconditionally.

I will not reject you.

I will keep my heart vulnerable to you.

I will not blame you for how I feel.

I will make it safe for you to be honest.

I will not use anything you say against you.

I will be willing to reveal my inner fears and disappointments.

I will not interrupt you when you share your feelings.

I will include you in my hopes and desires.

I will not try to manipulate or control you.

I will consider things from your point of view.

I will not be defensive.

I will be accountable to you.

I will not force you to meet my expectations.

I will reach out to you with affection.

I will not withdraw emotionally or physically.

I will encourage your spiritual growth.

I will not engage in faultfinding.

I will view conflict as an opportunity for growth.

I will not reject that God is using you in my life.

Questions to Ask

1. If you could change only one things in your life, what would that be and why?
2. In a regular day, what do you find yourself thinking about the most?
3. On your drive to/from work, what consumes your mind, the majority of the time?
4. What things in your life bring you the greatest pleasure?
5. What do you feel is your greatest accomplishment in your life? Did other people help to make that happen?
6. In what settings are you the happiest/eager/most comfortable/saddest/unsure/afraid?
7. What things do you look forward to each day?
8. What things do you look forward to in your life?
9. If you had three wishes that would come true, what would they be?
10. What other things would you want to change now, and why?
11. What major regret do you have so far in your life? Is it too late to change it?
12. When you reach old age, what do you think you would wish you had done? (That haven't attempted so far.)
13. Is there a belief or attitude that seems to interfere with creating or pursuing a big dream?
14. What are a couple of things that you appreciate about our relationship and why are these things significant for you?
15. Who was your best friend in primary school- and why?
16. Who was your best friend in high school – and why?
17. Of all the people you have known, read about, or fantasized about, who is your biggest hero – and why?
18. If you had enough money and never had to work again in order to survive, what would you spend your life on? Why?
19. What do you still need to do or be in order to not to write "If only...." on your gravestone.