

MARRIAGE ENRICHMENT GROUP

Lesson 10 - Oneness

“This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.” **Genesis 2:24**

Main Idea: We were created to be one with our spouse. We are partners in life and purpose. Oneness happens when we agree with God’s purpose for our marriage. All other relationships in our life should be secondary to our relationship with God (first) and our relationship to our spouse (second), but we often prioritize children, jobs, hobbies, and personal comfort over our spouse. Mental, emotional, sexual, and spiritual intimacy create a closeness that unites us as one.

1. In what ways are you currently experiencing oneness with your spouse?
2. What choices have you made recently that are hindering your marriage and preventing you from experiencing oneness? (Examples: prioritizing job, kids, parents, schedule, personal issues, exhaustion, etc. over your spouse)
3. We desire intimacy in four ways: mentally, emotionally, sexually, and spiritually. In which of these areas do you need the most growth?

THROUGH THE WEEK

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Read the Scripture below for each day and answer the following questions. Every passage may not clearly give an answer to each question but think through these questions and see how God leads you. You may want to use a journal for this daily time in God's word.

1. What do I learn about God?
2. What do I learn about myself?
3. What do I learn about loving my spouse/others?

Day 1	Day 2	Day 3	Day 4	Day 5
Genesis 2:18-25	Ephesians 5:25-33	John 17:20-26	Ecclesiastes 4:8-12	Ephesians 4:1-3

Challenge for the Week:



Identify one thing that you have prioritized above God and your spouse (i.e., job, kids, parents, friends, hobbies). Ask forgiveness from God and your spouse.

Additional Resources:



Article – <https://www.reengage.org/blog/10-ways-to-grow>

Article – <https://www.reengage.org/blog/connect-creatively>

Book – Intimate Allies by Dan Allender