

## Overflow in Marriage - Meeting #1 *One Flesh*

### Focus Verse:

Ephesians 5:31-32

*As the Scriptures say, "A man leaves his father and mother and is joined to his wife, and the two are united into one." 32 This is a great mystery, but it is an illustration of the way Christ and the church are one. 33 So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.*

### Five Things:

1. How is the husband and wife team described according to verse 31. Have you united to your spouse in your marriage? Are you half partners with your parents still, social influence, or personal preference? What does it mean to be "united as one?" What are some actual and practical things a couple must do to be "united as one?"
2. Reread verse 32. What is the "great mystery?" Has your marriage been illustrating the story of Jesus? What practical things can you do to begin illustrating the story of Jesus in your marriage? How does Philippians 2:1-8 describe Jesus'? Does this describe you? Your spouse?
3. Reread verse 33. Why is *love* stressed for the husband and *respect* featured for the wife? Have these identical struggles infiltrated your marriage at times? What does *love* look like according to 1 Corinthians 13:4-7? Can you pick one of those elements to implement in your relationship? What does *respect* look like according to Matthew 7:12 and Philippians 2:3? How can you implement elements of respect into your marriage?
4. God doesn't give the same instructions to husbands and wives because we do not have the same hang ups. Do not use your spouses responses as an excuse for your own disobedience. Remember what Jesus told Peter in John 21:22, "...What is that to you? As for YOU, you follow me..." Let God instruct your spouse and let yourself be instructed.
5. Remember your marriage looks like and isosceles triangle. Individually do what God has instructed each of you to do, and you will become one together - at the top of the triangle where God is. This is the ONLY way obey Ephesians 5:31 where we are instructed to be *united into one* with our spouse.

**\*Very important side note:** There is a special activity that literally makes you one flesh with your spouse. Do not ignore the significance of this activity. It is the only thing that separates your relationship with your spouse with all other relationships you have. (See 1 Corinthians 7:3-5, Proverbs 5:18-19, Song of Solomon 4:10, Titus 1:15, Proverbs 3:27)

### Facts from the verses:

1. Do not let anyone or anything influence your marriage except for the Lord.
2. Marriage shows the world how much Jesus loves us and willingly sacrifices with joy for our benefit, so we should be doing the same for our spouses.
3. Men struggle with loving their wives (patience, kindness, irritability...), and women struggle with respecting their husbands (rivalry, and treating him the way they want to be treated).
4. God has pointed these struggles out so that we will ask him to help us.
5. God will help us according to Philippians 2:13.

**Close in prayer.** (Make prayer requests out of the fact list)