

BIBLICAL MARRIAGE | WEEK 3

Marital oneness is the “singleness” granted by God where a husband and wife become connected and unified as their hearts and lives are knit together in the covenant of marriage. This is the supernatural process whereby two individuals literally become one flesh—one person—before God. This transformation happens as the husband and wife make a marriage covenant together before God.

God has designed oneness so that a husband and wife lay aside their personal interests and desire to see them replaced with a longing for the success and the unity of the marriage relationship. It’s not that the husband and wife stop being individuals or have to share all the same thoughts, desires, and interests. Rather, oneness is about two distinct and different individuals laying aside their own desires and pursuits for the success of the oneness of the marriage relationship.

You might think of it like this: If the husband “wins” and the wife “loses,” both members “lose.” If the wife “wins” and the husband “loses,” both members “lose.” But, if both the husband and the wife “win” together, the marriage relationship is strengthened because both members “win”—together.

The second aspect of marital oneness is emotional oneness. While spiritual oneness (week 2) is foundational to the covenant relationship of marriage, emotional oneness is the ability to share your thoughts, passions, desires, interests, fears, and needs with your spouse in a safe and intimate way. This is vital in being able to grow together toward spiritual and physical intimacy. Emotional oneness is the key that unlocks the door to deeper conversations and greater passions and pursuits as husband and wife. This also provides the safety to share and be honest with one another in every aspect of life.

Week 3 challenge

For married and engaged couples:

Think | Take some time this week, with your spouse if possible, and reflect on where your marriage is in regards to your emotional oneness. Are you honest with your spouse? Are there areas where you hide from one another? How do you emotionally

connect on a deep and intimate level? Where is emotional oneness lacking, and what might you need to do to build or rebuild your emotional oneness?

Pray | Spend time praying each day this week that God would increase the emotional oneness of your marriage. Ask Him to reveal areas where you might be holding back from your spouse or relying on other people to fill that emotional oneness need. Spend time praying specifically for your spouse this week. If possible, spend time praying together for one another.

Do | Take the plan you started last week and look for ways to build emotional oneness into your marriage. Be honest and transparent with one another. Seek another couple or a counselor to help you work through areas of conflict or challenge. Keep reading or start reading *The Meaning of Marriage*.

For singles:

Think | Emotional oneness is a part of the oneness of marriage, but Solomon warns us to guard our hearts for from it flows the wellspring of life (Prov. 4:23). Outside the covenant of marriage, emotional oneness is dangerous and often leads to heartache and brokenness. Are you in any relationships where you are crossing emotional boundaries that are unhealthy or that will lead to heartache or brokenness?

Pray | Pray that God would bring godly friends into your life who would know you, care for you, walk alongside you, and spur you in your walk with God. Pray that He would give you strength to watch over your heart and to protect yourself so that you don't prematurely seek emotional oneness with a man or woman who is not your spouse.

Do | Invite a close friend or your Small Group into your thinking on how to guard your heart. Pursue a counselor who can help you work through past hurt and pain or current realities in relationships in your life. Keep reading or start reading *The Meaning of Marriage* by Tim Keller.