

One Flesh, One Faith—A Blueprint for Purposeful Marriage

I. _____ UNITY (*Ephesians 5:22–27*)

- A. _____ must be at the Center of Marriage
- B. _____ and _____ are Acts of Worship

II. _____ UNITY (*Ephesians 5:28–33*)

- A. _____, _____, and _____ Each Other
- B. _____ and _____ are Tools of Unity

III. _____ UNITY (*1 Corinthians 7:1–5*)

- A. _____ is God’s Gift for Mutual _____
- B. The “One Flesh” Union in _____ Terms

IV. THE _____ OF UNITY

- _____ (“My needs first”)
- _____ (“We’ll work on it later”)
- _____ (“I remember what you did”)

Notes: _____

Upcoming

- Aug 31st – Light Bearers Meeting (any/all welcome)
- Aug 31st – Security Team Qualifications (after service)
- Sept 11th – Board Meeting
- **Sept 14th – Back To Church Sunday !!**
- Sept 16th – “The Place” begins
- Oct 1st – “Light Bearers” begins

Please Note

- Adult Sunday School – 9am – Rm 205
- Sunday Prayer – 10am – Rm 202
- Men’s Group – Fridays – 7-9pm

Group Questions

1. Am I committed to living out a biblical marriage whatever it takes? *(you should answer this for yourself personally and honestly)*
2. How can we make Christ the center of our marriage this week?
3. In what ways can we serve one another as an act of worship?
4. What does “nourishing and cherishing” each other look like in our daily life?
5. Are there small acts of encouragement we’ve been neglecting?
6. Are we prioritizing intimacy, affection, and connection?
7. How can we communicate our needs in a loving, safe way?
8. What selfish habits or unresolved conflicts do we need to address?
9. How can forgiveness and service become a daily practice in our marriage?
10. Who is a “safe” person I can discuss my marriage with? Do I have a “safe” space for these discussions?

Unity Challenges

1. **Spiritual:** Pray together for 5 minutes about your marriage.
2. **Emotional:** Write a short note or text affirming something you love about your spouse.
3. **Physical:** Give a loving touch—back-rub, holding hands, hug, or kiss.
4. **Spiritual:** Read a Bible passage together and discuss how they apply to you personally. (Eph 5:22-33; 1 Cor 7:1-5)
5. **Emotional:** Ask your spouse how their day really went, and listen without interrupting.
6. **Physical:** Plan a small, intimate date—coffee, walk, or shared hobby.
7. **Reflection:** Discuss what you learned this week and pray for continued growth.

*If you need marital discipleship do not be ashamed, seek it out!!