

Lesson #3 – One Flesh: Delight in Oneness

Theme: United in marriage, you glorify God by _____ His _____ in this _____

Key Truth # 1 — The one flesh relationship is _____ to be a _____ relationship

Key Truth # 2 — The one flesh relationship is _____ physical

Key Truth # 3 — The one flesh relationship is _____ physical

Common Hindrance # 1 — Belief that the physical relationship is just about _____

Common Hindrance # 2 — Physical or sexual activity _____ marriage

Common Hindrance # 3 — _____ physical or sexual activity before marriage

Common Hindrance # 4 — Unbiblical _____ set by the world's view of sex

Key Truth # 4 — The one flesh relationship needs _____

Protection # 1 — Be _____ in Your Spouse

Protection # 2 — Be _____ Your Spouse

Protection # 3 — Be _____ to Your Spouse

Protection # 4 — Be _____ with Your Spouse

Step 1: Prepare with _____

Step 2: Purpose in _____

Step 3: Persevere in _____ / Practice _____

Step 4: Pursue _____

Key Truth # 5 — The one flesh relationship seeks _____

Discussion Questions:

1. How would you describe the non-physical state of your one flesh relationship? How much do you like each other? In what things do you find joy together as a couple?
2. Review the list of common hindrances to joy in the physical relationship. Discuss which ones you may be struggling with (or others not on the list).
3. Share honestly and humbly about how satisfied you are with your physical relationship (both sexual and non-sexual) in its activities and frequency.
4. Find time soon to start the process of sharing about the unbiblical lusts and temptations that you struggle with and ask your spouse to pray for you.
5. Share how you can grow in the fruit of the Spirit, specifically self-control in this area!