

NAKED MARRIAGE SERIES

Title: Naked Marriage Part 2

February 19, 2017

Myth: $1/2 + 1/2 = 1$ whole

Truth: 1 whole + $1 = 1$ healthy marriage

INTRODUCTION

Genesis 2:21-25 (NLT) “So the lord God caused the man to fall into a deep sleep. While the man slept, the lord God took out one of the man’s ribs and closed up the opening. Then the lord God made a woman from the rib, and he brought her to the man. “At last!” the man exclaimed. “This one is bone from my bone, and flesh from my flesh! She will be called ‘woman,’ because she was taken from ‘man.’” This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. Now the man and his wife were both naked, but they felt no shame.

Mark 10:2-9 (NLT) “Some Pharisees came and tried to trap him with this question: “Should a man be allowed to divorce his wife?” Jesus answered them with a question: “What did Moses say in the law about divorce?” “Well, he permitted it,” they replied. “He said a man can give his wife a written notice of divorce and send her away.” But Jesus responded, “He wrote this commandment only as a concession to your hard hearts. But ‘God made them male and female’ from the beginning of creation. ‘This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.’ Since they are no longer two but one, let no one split apart what God has joined together.”

“leave”

"cleave"

“one flesh”

THE ACT OF “BECOMING ONE FLESH” IS SOMETHING THAT HAPPENS TO THE COUPLE THROUGH SUBMISSION TO GOD AND EACH OTHER. WHEN WE SUBMIT TO GOD, THE PROCESS OF “ONE FLESH” BEGINS AND CAN BE A FUN AND INCREDIBLE JOURNEY.

WHAT HINDERS ONENESS

1. UNDERESTIMATING THE IMPORTANCE OF EMOTIONAL _____ OR _____.

The key to a healthy marriage or healthy relationship is healthy people. Healthy relationships start with healthy people.

What does a healthy relationship look like?

Healthy relationships are characterized by: compassion, security, safety, freedom of thinking, sharing, listening, mutual love and caring, healthy debates and disagreements, and respectfulness, especially when there are differences in opinions.

Toxic relationships are characterized by: insecurity, abuse of power and control, manipulation, selfishness, insecurity, self-centeredness, criticism, negativity, dishonesty, distrust, demeaning comments and attitudes, and jealousy.

Do you have a healthy marriage or relationship? If not, don't quit. Decide that you want to be healthy.

Ephesians 4:15 says, "Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church."

Rick Warren says, "emotional health creates relational wealth".

Dr. Gary Smalley explains, good self-care sets you up for relationship success, because, "If you don't take care of yourself, you have no overflow." Gary Smalley, *The DNA of Relationships*, 92.

Before you can love him or her, you have to love yourself (Leviticus 19:18; Matthew 22:39).

2. UNEXAMINED _____ ISSUES.

Another important part of emotional health in married life has to do with evaluating the positives and negatives of our families of origin.

A genogram is a family diagram, which can be thought of as an elaboration of the family tree. Genograms provide a way of mapping family patterns and relationships across at least three generations.

CONSIDER ABRAHAM'S FAMILY. Review Genogram of Abraham's family.

CONSIDER YOUR FAMILY. Complete genogram for three generations of your family.

Questions for Discussion:

- What aspects of your parents' relationship do you admire? What aspects do you hope not to imitate?
- How did your family communicate? How did you resolve conflicts? How did you make decisions? Are there communication patterns that you hope either to follow or to change in your own family?
- What was your family of origin's approach to money and finances?
- What are some family traditions that you value and hope to bring into your future family? Have you discussed initial ideas about how, and with whom, you will celebrate holiday times such as Thanksgiving and Christmas?
- Did your family spend time together? What pastimes or recreational activities did they enjoy? Are these experiences you hope to have in your family one day?
- What role did faith play in your family life?
- What role did technology and media play in your family?
- Do you have any concerns about becoming a member of your significant other's family when you marry? Have you discussed appropriate boundaries to have with your future in-laws, for example communication pathways, what to do if a conflict arises, and how to decide when and how often to visit each other's family?

CONSIDER IMPACT/INFLUENCE. What is the impact and influence?

CONSIDER YOUR SPOUSES FAMILY.

A thriving marriage isn't instant. It requires two people working together in an environment of love, support and mutual respect. Loving your mate means understanding how he or she views life. Becoming healthy requires a greater dependence upon Jesus than on self or spouse. It's work, but the alternative is far worse.