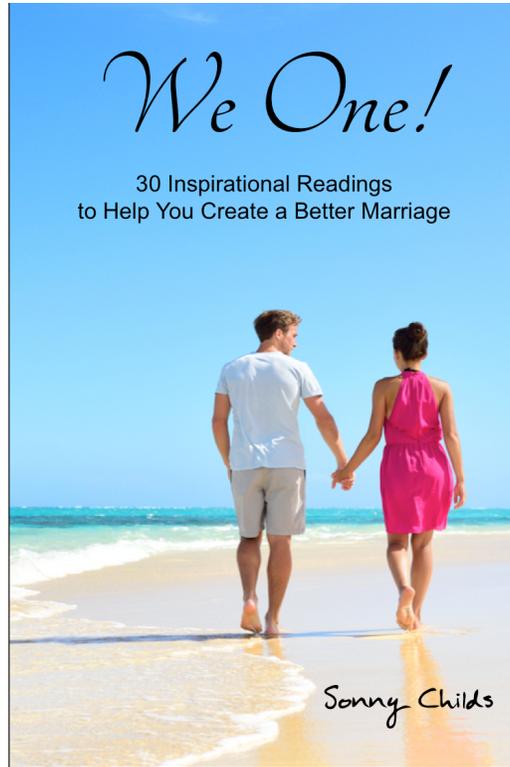


# We One

By Sonny Childs



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10 Inspirational Readings and Applications

## **Introduction**

"We One!" is a collection of inspirational tidbits to help you create a better marriage. The first section, "Marriage Memo," focuses on various suggestions about communication, money matters, and romance. The second section, "Marital Blissters," highlights some of the most common stresses disrupting marital bliss. Finally, "God Glue" will lead us through a study of Genesis 2 and the original instructions from God Himself.

It is my prayer that this collection of biblical advice will not only inspire and enrich your marriage, but also center it within God's pattern. Let's get started.

# Marriage Memo

## 1. Marriage Memo

The sign on the back of the newlywed's car read, "We one!"

Do you feel so close to your spouse that it's almost like you are the same person? Is your relationship so special that it makes you feel like a winner? Never stop working to be one!

The phrase "one flesh" (Genesis 2:24, NIV) means far more than just sexual unity.

1. "One flesh" also implies cooperation. Think of marriage as a three-legged race. Only through open communication, organized effort and submissive agreement can two people become one.
2. "One flesh" also implies wholeness. Both men and women are created in God's image. Consequently, it is only when the qualities of both genders are combined that the full image of God can best be seen.

## **2. Marriage Memo**

Spice it up!

Surprise your spouse with a not-so-anonymous gift that communicates your love. Don't sign it, mark it, or send it with a friend. Find a special way to say it's from you.

Suggestion: Tape a love note to your spouse's cell phone.

Love notes do more than express love; they also indicate a priority. Every time you write or read a love note from your spouse remember, they took time away from something else to write it and make sure you got it. Celebrate the priority!

## **. Marriage Memo**

Money Matters

**3**

Debt robs you of peace and enslaves you to others. In order to be released from this oppression, you must not expect instant solutions (Ex: winning the lottery). Take small incremental steps that allow you to develop self-discipline along the way. Small steps lead to lasting life-skills.

Think of debt reduction as an adventure. Set goals and rewards for meeting those goals. Chart your progress and establish rules to keep you from ever returning to that condition.

## **. Marriage Memo**

**4**

If you want a marriage made in Heaven, Heaven is where your marriage must be made. Think of a triangle. Picture Christ at the top with the husband and wife at the bottom corners. If both the husband and the wife move toward Christ, they will also move closer to each other. Focus on Christ and He will give you a heavenly bonding.

Suggestion: Balance is essential to the “one flesh” relationship. Be sure to prioritize God above all else and move together as you mature in Him. To do so this, remember to read the Bible TOGETHER, discuss it TOGETHER, pray TOGETHER, go to church TOGETHER. Make a regular, uncompromised habit of doing these things and you will grow TOGETHER!

## **. Marriage Memo**

Money Matters

**5**

Experts say that conflict over money is a leading cause of divorce.

Suggestion: Never think of it as his money or her money. Separate accounts often lead to separate lives. Be one flesh. Have one budget. Don't let Satan to use materialism to separate you.

**. Marriage Memo**

**6**

Spice it up!

Tape a love note to your spouse's toothbrush. Include this paraphrased version of Song of Solomon 1:2, "Let us kiss with the kisses of our mouth—for your love is more delightful than wine."

I think you can take it from there. :)

Suggestion: Song of Solomon is a perfect book to read together. While you read it, ask these questions:

What prompted the writer to say that?

**. Marriage Memo**

Money Matters

What would it take for your relationship to experience that?

**. Marriage Memo**  
**7**

The first and most important principle of money management is knowing Who it really belongs to. Place your gift for God at the top of your budget priorities. Always put Him first and He will never put you last.

Suggestion: Do more than just place a convenient offering in the plate each Sunday. Find a ministry, orphan child or special project to support. Connect your giving to your prayer life. Post reminders around the house to pray about the contributions you are making. Think of giving as a expression of worship 'cause it is!

## **8. Marriage Memo**

### Parenting

Spoiled parents produce spoiled children. Be the adult. Teach your children to live disciplined lives. One day they might be in charge of you. Would you want to have a parent like yourself?

Even if you have no children, your parental influence is still felt by the culture around you. Adults set the bar for acceptable behavior. Your example today is shaping the world in which you will grow old tomorrow.

Suggestion: Rise above the immaturity and visionless reactions many have to life. Make the hard decisions. Be a disciplined leader in the home and beyond.

## 9. Marriage Memo

### Communication

Experts say that poor communication skills are a leading cause of conflict in the home.

Suggestion: Before attempting any form of communication ask yourself this question, "What will they hear when I say it?"

True communication only happens when both the sender and the receiver are in harmony.

1. Message Sent – Don't trust the silence. Don't expect your spouse to read your mind or pick up on your implications. If you want to truly communicate, be sure the message is truly sent.
2. Message Received – One of the biggest enemies of communication is assuming that you are understood. Always look for evidence that your message has arrived and it has been processed properly. Suggestion: Ask the receiver to repeat what has been sent.

## 10. Marriage Memo

Spice it up!

A man was in the middle of watching his third straight game of the day. Frustrated and feeling very ignored, his wife planted herself in front of the large screen TV and demanded, "Play me, or trade me!"

Don't ever forget to spice it up!

Suggestion: Think of loving validation in the same way as you define good communication, it must be sent and it must be received in order for it to be truly functional within a relationship.

1. Validation Sent – Story: "Honey, do you love me?" asked the woman who was starved for attention. The man growled at the interruption. In a huff he replied, "Woman, I told you I loved you when we got married! If I change my mind I'll let you know!"

Don't trust ancient expressions to deliver present validation. Don't expect your spouse to read your mind or pick up on your implications. Make sure your validation is sent often and is sent obvious.

2. Validation Received – Just like malnourishment, the signs of being under loved are obvious to those who are watching. Be alert. Make sure that your validation is not just sent but also received.

## **Marital Blissters**

## **1. Marital Blissters**

A terribly jealous wife subjected her husband to regular inspections every evening when he came home. The smallest hair found on his coat would lead to a horrible scene. One night, She found nothing and burst into tears, "Even bald women now!"

Trust is the foundation of any relationship. When you were called by God to become "one flesh" (Genesis 2:24), He was asking that you blend yourselves into a functional unit that reflects His nature. Imagine the frustrating struggles your body would have if the right hand did not trust the left. Both halves must strive to trust and to be trustworthy.

Suggestion: Volunteer information about your day rather than have it pulled from you.

## **2. Marital Blissters**

Someone has suggested that the middle years of a marriage are the most critical. In the early years, couples want each other and in the later years, they need each other.

Although no one likes to think about it, there is a day coming that the body will fail. When that day comes you will either reap the benefits of building a strong, faithful relationship with your spouse or you will sit alone wishing you had. Prepare for tomorrow today!

Suggestion: Consider your parents and the challenges they faced in older life. What can you do to help your spouse prepare if you end up in that condition.

### **3. Marital Blissters**

The freeway traffic had come to a complete stop and there was no relief in sight. Frustrated, and obviously nervous, the man held the phone out the window and shouted to the driver next to him, "Will you please tell my wife why I'm late?"

If your spouse worries about your faithfulness every time you are late, there is something terribly wrong. Create such an open transparent relationship that there is no room for doubt.

Suggestion: Keep your spouse in the loop. Assume that being "one flesh" depends upon the left hand knowing what the right hand is doing. Keep no secrets. Don't begrudge accountability.

#### **4. Marital Blissters**

A little girl asked a young boy if he would like to play house.

“I can’t ‘cause I don’t know how.”

“Oh, it’s easy” said the girl, “All you have to do is communicate.”

“Communicate?” asked the boy. “I don’t even know what that means!”

“Alright,” said the little girl. “You can be the husband.”

Effective communication requires two parts:

1. Message sent.
2. Message received.

Until both parts are completed, true communication has not happened.

Suggestion: Learn to say what you mean then ask for your spouse to acknowledge what they have received.

#### **5. Marital Blissters**

“Honesty is the best policy, although sometimes just keeping your mouth shut is even better.”

While secrets are never good within a “one flesh” relationship, it is not always necessary to say everything that is in your head.

Suggestion: Taste every word then ask yourself, “How will that taste to them?”

## **6. Marital Blissters**

“Tact is rubbing out another's mistake instead of rubbing it in.”

1 Corinthians 13:5, 7 (NIV) says that true love “keeps no record of wrongs” and it “always protects.” Some spouses become hysterical when they argue, others become HISTORICAL. Protect your spouse from past mistakes. Rub it out!

Suggestion: Practice changing the subject and deflecting awkwardness when your spouse is uncomfortable.

## **7. Marital Blissters**

It was 2:00 a.m. when Mrs. Smith thought she heard a prowler in the living room. "Tiptoe downstairs," she told her husband. "Don't turn on the lights. Maybe you can sneak up on him before he knows what is happening."

Dutifully, Mr. Smith put on his robe and grabbed a baseball bat from the closet. Just as he reached the bedroom door, his wife added, "And when you come back, could you bring me a glass of milk?"

Be careful not to take advantage of each other. While both of you are gifted with unique qualities that make the relationship whole, it is possible to get out of balance. Treasure your differences but don't abuse them.

Suggestion: Do unto others what you would have them do unto you. Only manipulate situations with the intent of helping your spouse benefit.

## **8. Marital Blissters**

An aging man called the Social Security office to inquire about his wife's benefits after retirement. "She has worked all her life to make me happy," explained the man.

"That's nice," said the government worker, "but has she ever worked under the Social Security system?"

"No" said the elderly gentleman.

"We made an agreement when we got married. I would make the living and she would make the living worthwhile."

A man is specifically designed by God to be a provider. A woman is specifically designed by God to be a nurturer. When these roles dominate the genders, a functional home is most likely. Be disciplined. Work hard to keep the temptations of materialism from threatening God's design.

Suggestion: Celebrate the roles within the home. Be sure to validate your partner when they excel at their God-given assignment.

## 9. Marital Blissters

“What am I supposed to do?” asked the young man to his best friend. “Every woman that I bring home to meet my parents, my mother doesn’t like.”

“Oh, that’s easy,” said his friend. “All you have to do is find a woman that is just like your mother.”

“I did that already,” said the young man, “That one my father didn’t like!”

While it is inevitable that some of your parent’s values will be carried over into your home, they need not dominate. One of the most ancient assignments of God is for a man or woman to leave their parents and be united in a “one flesh” relationship. Leaving is important.

Suggestion: Your parent’s relationship can be both a template for success and failure. Have an open conversation with your spouse about these qualities. Make a list. Take intentional steps to duplicate the positive ones and guard your relationship from the negative ones.

## 10. Marital Blissters

With total amazement the father leans over the crib of his newborn son. His wife enters the room and notices the expression on his face. With tears forming in her eyes she asks, "A penny for your thoughts?"

The husband looks up and replies, "I just can't believe they can make these cribs for only \$99.95!"

Men and women often view things very differently. Men tend to dominate their mental processing with facts. Women tend to be dominate their mental processing with emotions. Both are essential to a "one flesh" relationship. Learn to complete each other.

Suggestion: Think of your brain as only being 50% of what's needed for processing. Ask your spouse to complete your thoughts by adding in their half of the equation.

# God Glue

## 1. God Glue

Mark 10:6-9 (NIV) ...at the beginning of creation God 'made them male and female.' **7** 'For this reason a man will leave his father and mother and be united to his wife, **8** and the two will become one flesh.' So they are no longer two, but one flesh. **9** Therefore what God has joined together, let no one separate.

In Mark 10:6-9, Jesus (The Creator, John 1:3) explains the creation of genders and the purpose of marriage.

1. Verse 6 - God's design for marriage has existed from the beginning. Cultural changes do not change it.
2. Verse 7 - Gender is the reason we marry. Celebrate your gender and the unique qualities it brings to the relationship.
3. Verse 8 - Even though you are created with unique genders, you are designed to complement each other and thereby become "one flesh".
4. Verse 9 - God, Himself, demands faithfulness to that union.

Apply the "God Glue" daily.

## 2. God Glue

Genesis 2:20-22 (NIV) So the man gave names to all the livestock, the birds in the sky and all the wild animals. But for Adam no suitable helper was found. **21**

So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh.  
22 Then the Lord God made a woman...

1. "man gave names to all" – God designed man to rule over his creation. This is a vital part of the male psyche.
2. "But for Adam no suitable helper was found." – God also designed women to rule over His creation. See Genesis 1:26, 28. Only through proper cooperation and celebration of the gender roles can this assignment be accomplished.
3. "he took one of the man's ribs" – Woman came from man, and every man since has come from woman. Study 1 Corinthians 11:11-12.

### 3. God Glue

Genesis 2:23 (NIV) The then Lord God made a woman from the rib he had taken out of the man, and he brought her to the man. The man said, “this is now bone of my bones and flesh of my flesh; she shall be called ‘woman’ for she was taken out of man.”

1. Verse 22 – While Adam was made from dirt, Eve was formed from the living flesh of Adam.
2. Verse 22 – God presented Eve to Adam. Imagine a gift so special that it comes with an introduction from the Creator Himself. What kind of intense emotional validation must they have had at the first moment their eyes met?
3. Verse 23 – The feminine gender derives its very name from the eternal bond woman has with man. Truly couples are called to be “one flesh.”

#### **4. God Glue**

Genesis 2:25 (NIV) Adam and his wife were both naked, and they felt no shame.

1. Presumably, Adam had no need for clothing during the opening moments of his consciousness and was still naked when God created Eve. The human form is to be celebrated as the original condition the Creator intended. Do not withhold this celebration from your spouse.
2. They felt no shame because sin had not yet made the situation awkward. (See 3:7.) Transparency and openness are of God. Secrecy and cover up are of the Devil. Keep your relationship open.

## 5. God Glue

Genesis 3:6 (NIV) When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

At the other end of the Bible, the last living contributor to the inspired text, identifies temptation this way, “For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.” (1 John 2:26, NIV) Nothing has changed since the beginning. Notice the temptations of Eve.

1. “When the woman saw that the fruit of the tree was good for food” – Don’t let the carnality of food distract you from your “one flesh” priority.
2. “and pleasing to the eye” – Don’t let vanity distract you from your “one flesh” priority.
3. “and also desirable for gaining wisdom” – Don’t let the pursuit of worldly wisdom distract you from your “one flesh” priority.

## 6. God Glue

Genesis 3:7 (NIV) Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

1. “Then the eyes of both of them were opened, and they realized they were naked” – Sin brings shame. It takes that which is beautiful and makes it awkward. Don’t allow Satan to rob your marriage of God’s pure design. Don’t allow the great destroyer to turn your marital bliss into marital blisters.

2. “so they sewed fig leaves together and made coverings for themselves.” Because sin brings shame and awkwardness, it also prompts cover up. Secrecy and dishonesty will kill a marriage faster than any other enemy. Satan is referred to as the father of lies and rightly so. Obey God’s instructions regardless of what human reasoning (Satan’s foothold) says is best.

## 7. God Glue

Genesis 3:8-9 (NIV) Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. 9 But the Lord God called to the man, "Where are you?"

1. Verses 8-9 – From the very beginning, God has wanted to walk with His creation. He seeks us (see verse 9). Only when you reciprocate His involvement in your relationship can the God glue be effective.
2. Verse 9 – Notice who God seeks out first. It is the man's primary responsibility to protect his family from Satan's attack. Only by staying out of the shadows and near to God can men protect their family effectively. Study! Study! Study! Read, assimilate and enforce God's standards.

## 8. God Glue

Genesis 3:9-11 (NIV) But the Lord God called to the man, "Where are you?" 10 He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

11 And he said, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?"

1. Verse 10 – Hiding from God is both futile and senseless. While you might hide some things from your spouse, God knows and WILL bring them to light.
2. Verse 11 – God knows the source of our sin without our explanations, but He still asks because confession is essential to healing. Always keep God at the center of your life walk and never attempt to hide your problems from Him.

## 9. God Glue

Genesis 3:16 (NIV) To the woman he said, “I will make your pains in childbearing very severe; with painful labor you will give birth to children. Your desire will be for your husband, and he will rule over you.”

Genesis 3:14-19 is often referred to as the passage of curses. However, it is also the passage that lays out the God-given roles within the home. God’s assignment to the woman is to go in and bring out (nurture). His assignment to the man is to go out and bring in (provide). When these roles dominate within the home, the family will be blessed. Notice three instructions to women:

1. “give birth to children” – Wives are uniquely built to be the perfect nurturers.
2. “Your desire will be for your husband” – Women are called to treasure and promote the role of the husband, more nurturing.
3. “he will rule over you” – Women are called to submit to the God-given structure within the home. Read 1 Corinthians 11:3.

God’s roles are neither popular nor politically correct, but they are, nonetheless, His assigned roles. Our culture dismisses them as old-fashioned.

Look where that has gotten us. Try the “God Glue”. It works!

## 10. God Glue

Genesis 3:17-19 (NIV) To Adam he said, “Because you listened to your wife and ate fruit from the tree about which I commanded you, ‘You must not eat from it,’ “Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life. 18 It will produce thorns and thistles for you, and you will eat the plants of the field. 19 By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return.”

Genesis 3:14-19 is often referred to as the passage of curses. However, it is also the passage that lays out the God-given roles within the home. Notice three principles for men:

1. “Because you listened to your wife” – When men follow instead of lead, the home is disadvantaged.
2. “Cursed is the ground because of you” – Men must remember that even nature was effected when we failed to “man up”. Eve may have sinned first, but that was no excuse for Adam’s failure to lead. This principle still applies.
3. “By the sweat of your brow you will eat your food” – Men are called to make whatever sacrifices are necessary in order to provide for the family. Read 1 Thessalonians 4:11 and 2 Thessalonians 3:10.

God’s roles are neither popular nor politically correct, but they are, nonetheless, His assigned roles. Our culture dismisses them as old-fashioned. Look where that has gotten us. Try the “God Glue”. It works!