

MARRIAGE RESTART

Life Group Leaders Guide

Directions

This packet contains the background information, series information, and weekly curriculum you will need to lead a life group during our *Marriage Restart* series. Everything on this page is to help you stay connected to the series as a whole. Behind this page is the individual curriculum to help you point people to Jesus. The *Purpose* and *Move* sections of the curriculum are for the leader to read or paraphrase to the group. The *Notes and Commentary* section is for the leader to get background information and go deeper into the passages before leading the life group. The curriculum was designed with your freedom in mind. Read through the curriculum and decide what will work best for your group. SOAP the passages with the group, use only certain questions, write your own questions, or use the curriculum verbatim. As the leader, you know what will point your people to Jesus.

Series Overview

Whether you've been married for fifty years or five months, your marriage can get better but it takes work. It takes regular seasons of reevaluation and refreshment. Marriage Restart is a time to lay a fresh foundation to revitalize and strengthen your marriage. For people that are not yet married this a golden opportunity to learn the principles of how to build a strong foundation for marriage. To help all of our people to restart well, there will be a marriage conference and parents night out during the series to give couples the opportunity to put what they are learning into practice.

Life Group Overview

During the *Marriage Restart* series our life group curriculum will generally cover the same topic that was covered from stage but using a different passage or set of passages. Each curriculum will begin with an unpacking of the previous Sunday's service to help the leader open up the topic for the study and also see how people responded to the Sunday teaching.

Marriage Restart Series Schedule

Week	Sermon Date	Topic of sermon	Topic of life group
Week 1	2/4	New Language - Philippians 2:3-5	Authentic Communication - Various verses
Week 2	2/11	New Expectation - Ephesians 5:25-27	Forgiveness/Reconciliation - Ephesians 4:26-32
Week 3	2/18	New Habits - Ecclesiastes 4:9-12	Oneness - Genesis 2:18-25
Week 4	2/25	New Commitment - Matthew 19:1-10	New Kind of Love - 1 Corinthians 13:1-8

The Point Church Life Group Curriculum

Marriage Restart - Week 3 - Oneness

Purpose of Study

In this study we are going to cover the idea of “oneness” in a marriage. To do that, we will be going back to the very beginning of the bible to see what God had in store for marriage. This will not only allow us to diagnose God’s perfect blueprint for our marriages but also allow us the opportunity to see where we could be straying from His perfect design. The hope of this study is that all married couples would be encouraged by God’s design of oneness and begin/continue living out of that truth in their day to day actions.

IMPORTANT NOTE TO THE LEADER

This sermon series and life group curriculum were designed to unpack important characteristics of marriage. That topic can feel isolating to someone who is single (whether they plan on being single for life or are in a season of singleness). For a person hoping to get married, there is no better time to learn these truths than before marriage. For a person who feels called to singleness, our hope is that these passages will illuminate the beauty of their relationship with Jesus. While we cannot write curriculum to perfectly fit the demographic of every life group, we want to remind you to alter these studies on marriage to best benefit the demographic of your life group.

Flow of Study

Icebreaker: Have you ever prayed alone with your spouse or with another person? If so what were the effects or praying together?

Move #1: Since the sermon series and life groups are covering mostly the same topics, it might be a good idea (both for content and time) to begin the discussion with some unpacking questions from this Sunday’s sermon.

1. This Sunday we spoke about new habits in our marriage or relationships. Did anything stand out to you from the message this weekend?
2. Is there anything from the message this weekend that you want to apply?
3. What were some bad habits that you carried with you into marriage? Where did you get those from? How did being married help you see those as negative to yourself and others? Where there any habits that you didn't think were negative until you were married?
4. Our key verse from this weekend was Ecclesiastes 4:12 (posted below). What do you think this verse has to do with spiritual habits in marriage?

¹² A cord of three strands is not quickly broken.

Move #2: This weekend we learned how practicing spiritual habits together in marriage helps to creates oneness in marriage. Today we will be diving deep into the important subject of “oneness” in marriage. We will seek to understand God’s desire of “oneness” for every marriage and how we can either grow in it or destroy it.

To begin our lesson, let's go to the very beginning of the bible to see what God intended for man and woman. Not much (and a ton) has happened before this passage takes place. God has created the heavens, earth, animals, oceans, etc. and has created humans to be the caretaker and workers of the perfection he has created. However, what God says about humans gives insight into how he has designed our marriages. After we cover Genesis we will quickly go to Ephesians to see the truths of Genesis backed up in the New Testament.

Read Genesis 2:18-25 (NIV)

¹⁸ The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him." ¹⁹ Now the Lord God had formed out of the ground all the wild animals and all the birds in the sky. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. ²⁰

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 from the rib he had taken out of the man, and he brought her to the man. ²³ 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." ²⁴ That is why a man leaves his father and mother and is united to his wife, and they become one flesh. ²⁵ Adam and his wife were both naked, and they felt no shame.

1. In this passage it is painfully clear that marriage (a permanent relationship between one man and one woman) was created by God. Can you spot the evidences for that in this passage?
 - a. **Possible answers:** God is the one who diagnoses the issue of "aloneness" and does something about it (v. 18). God shows all the animals to Adam to convince him that none of them are suitable for companionship (v. 19-20). Adam is asleep when the work of creating a woman happens (v. 21). God creates the woman in a unique way (v. 22). God brings the two together (Adam does not go and find her) (v. 22 & 24).
2. What does the truth that marriage was God's idea and God's design tell us about the seriousness and beauty of our marriages?
3. Earlier in Genesis God makes man by picking up dirt and breathing life into it. However, God makes Eve differently. He makes her not from scratch but from a piece of the man. Why do you think God did this?
 - a. **Answer:** God uses a part of Adam to make Eve which shows how he desires them to be one flesh. God did not have to get all new raw materials. They are made of and for each other. This can even play into the location God used for Eve. She was pulled from his side...the same place they would reside as they walked through life. Side by side.
4. Adam was given the responsibility for naming the animals and he also has the responsibility of naming this new creation that has been created from his flesh. The name for man in Hebrew is "ish" and he calls this new woman "ishshah" which Adam declares means "taken out of man". What purpose do you think Adam had for naming this new like/different creature "taken out of man"?
 - a. **Answer:** Adam, in naming "woman," was intentionally and forever tying man and woman together as one. We learned in a series we did a few years ago called "Gender Reveal" that Man and Woman we created together to reflect the image of God in a way that neither can do alone. In marriage man and woman come together as one in a way that fully reflects the image of God.

5. What does the phrase “bone of my bones and flesh of my flesh” reveal about Adam as he lays eyes on Eve that is relevant to our marriages today?
 - a. **Answer:** Our spouse is not our enemy. Rather they are our other half. Since our spouse is one with us we should treat them as we would our own body.

Read Ephesians 5:28-30:

²⁸ In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself.
²⁹ For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, ³⁰ because we are members of his body.

6. How should we treat our spouse in light of the reality explained in Ephesians 5:28-30 that we are one flesh?

Go back and reread Genesis 2:24

²⁴ That is why a man leaves his father and mother and is united to his wife, and they become one flesh.

7. In verse 24 God explains what the process of becoming one looks like in our marriages. A key phrase to remember for your marriage is “leave and cleave.” When you become one with your spouse it means you must leave your parents and cleave to your spouse forming one new family. What are some ways we leave our parents to become one family with our spouse?
8. How has it been hard for you to leave your parents and cleave to your spouse? Or if you are single how does that idea seem difficult?
9. In what ways do you need to do more to “leave and cleave” in your marriage in order to truly be one new family?

Go back and reread Genesis 2:24b-25

...united to his wife, and they become one flesh. ²⁵ Adam and his wife were both naked, and they felt no shame.

10. What do you think this verse talking about?
 - a. **Answer:** You guessed it...sex. God has given married couples sex as a physical demonstration of oneness. We will be talking more about sex at the RESTART CONFERENCE but how did God seem to view Adam and Eve feel after being physically united as one flesh? They felt no shame. God created sex to create oneness and bring joy to marriage. In marriage sex is life giving. However, outside of the marriage bed sex brings shame and destruction because it is being used outside of God’s perfect design...to create permanent oneness between husband and wife.

Move #3: To close out, let’s make this passage and what we have studied tonight a little more personal.

1. One thing that was obvious from the study is that God was very purposeful about marriage. In what ways is this encouraging to people that are married or plan to get married?

- a. **Possible answer:** God is very interested in the success of our marriage. He cares about it more deeply than we do. This can be a source of strength and encouragement in seasons of discomfort or difficulty.
2. Adam knew after seeing his wife that she was made for him. Is there something about your spouse that gives you the same idea?
3. How does understanding a greater purpose for your marriage, change the way you view your spouse?

Next Steps: The following are things you could challenge your members to do in order to take what you studied in this curriculum farther.

1. If married talk with your spouse about the level of oneness in your marriage this week and consider practicing the “one flesh” gift described in Genesis 2:24-25.

Prayer: End your study with a time of prayer where people can share prayer requests and be prayed for before they leave. If possible, please steer some prayer towards what your group talked about during this study.

Notes and Commentary

The following are pieces of commentary, facts, and links based on the passages of this study in order. Use them to help supplement your group time or for your personal preparation.

- Many of the ideas in this study could be traced back to *This Momentary Marriage* by John Piper.