

Two People – One Body
Series: Identity: Who We Are in Christ
(A Close-up Look at Ephesians)
– Ephesians 5:26-32 –

I. The PROMISE of Unity

II. The PRACTICE of Unity

1. _____ *the Body (vs. 26)*

2. _____ *of the Body (vs. 29)*

Application Questions. . .

1. What especially spoke to you in this message?
2. What is your short definition of a good marriage?
3. If God had written this passage (vss. 21-33) only for *you*, which words or phrases do you think He would have underlined?
4. When you first got married, what would have helped you prepare for the stuff you are dealing with now?
5. How have you grown in the area of truth-telling? What has helped you avoid retreating rather than relating?
6. What is one thing that you can take away from this week's message and apply to your life this week?
7. (Just for husbands and wives) What did you learn about each other through the, *What Does a Healthy Marriage Look Like* exercise on the back?
8. (Just for husbands and wives) Which principle of the 7 is the most challenging? Develop 3 to 5 "action steps" to strengthen that aspect of your relationship.

What Does a Healthy Marriage Look Like?

“Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” (Ecclesiastes 4:9-12)

	LOOKING AT US						
	WEAKNESS			STRENGTH			
1. Grace Giving	1	2	3	4	5	6	7
A marriage based on unconditional love, seeking to both give and receive grace, “unmerited love.”							
— Jeremiah 31:3; Ephesians 5:1-2; Titus 3:3-7							
2. Connected	1	2	3	4	5	6	7
yet enjoying an appropriate independence. One in Christ yet respectful of one another’s individual gifts, dreams, and personal needs.							
— Romans 12:10; I Peter 3:7							
3. Communicating the truth in love	1	2	3	4	5	6	7
A couple able to talk openly with love and respect, even about the difficult issues.							
— Ephesians 4:2-3, 15, 25; I Corinthians 13:4-8a							
4. Resolving conflict redemptively	1	2	3	4	5	6	7
Real people who get angry, yet work through the pain with respect and forgiveness.							
— Prov. 15:1; Eph. 4:26-27, 29-32; Col. 3:12-14							
5. Meeting one another’s personal needs	1	2	3	4	5	6	7
A man and woman who accept the facts, “God made us different,” and seek to understand how to meet the needs of their life partner.							
— Ephesians 5:21-33; Philippians 2:1-5							
6. Being refreshed by playing together	1	2	3	4	5	6	7
A couple which continues to date, play, laugh, and romance even after they say, “I do.”							
— Prov. 5:18-20; 17:22; Eccl. 9:9; I Thess. 5:16-18							
7. Worshipping and serving God together	1	2	3	4	5	6	7
Two disciples with enough spiritual agreement they can work and serve God together.							
— Eccl. 4:12; Romans 15:5-6							