

One Flesh

A complete blending of lives in marriage



One flesh; we hear the term at our wedding ceremony, but do we really understand it and what it means to our marriage? And our lives, once we are married? *One flesh* is the bottom line, ultimate purpose of marriage as stated in Genesis, chapter 2 and reiterated by Jesus in Matthew, chapter 19. *One flesh* isn't something we work for, it is the product of a man and woman working *together* as a couple; growing *together*, blending their lives *together*, working through the problems they will face in life *together*. We achieve the oneness God planned for marriage by being purposeful in growing in our intimacy with each other.

One flesh does *not* mean that a husband and wife give up their identities to become one in the marriage relationship. After nearly 45 years of marriage, Carmen and I still are very different - we have different ways of thinking, we see the world differently, we have different personalities and our gender and families of origin still affect us individually and in our marriage relationship. Yet, the blending of our lives, the singleness of purpose we share in our lives and ministry, and so much more are blended together. This is the mystery of marriage that the Apostle Paul wrote about in Ephesians, chapter 5. How can two people, so different, still become one flesh? It is through all those togethers mentioned above, and again, being *purposeful* about growing in our intimacy; spiritual, emotional, and physical. It is utilizing our differences to meet the challenges of life and work through the problems we encounter in life.

We don't aim for *one flesh*, but attain it as we grow together in our marriage relationship. I think oneness in our marriage relationship kind of snuck up on us as Carmen and purposefully worked together through our differences and stood together through many, many challenges in our life together. It is a great place to be, but it still requires our purposefully growing together in intimacy - growing in the *blending of our lives* together. You also can have this oneness, this peace in your marriage also. If you are stuck, get help; see a pastor, a Christian counselor - visit our website that has a lot of great resources. The joy of living out God's plan in our marriages is a wonderful blessing!

Helpful Resources: *Fortified Marriages Resource page:* www.fortifiedmarriages.com

The *Fortified Marriages Manual and Workbook* is a great tool to help couples grow together in intimacy and move toward the oneness God desires for their marriage.

Article to check out:

What "Two Become One" Doesn't Mean by Krista Ortiz - newspring.cc