

# Oneness:

## Two or more parts being unified or whole



*Adam Clark's Bible Commentary* defines oneness in marriage as: "Two shall be one flesh, shall be considered as one body, having no separate or independent rights, privileges, cares, concerns, etc., each being equally interested in all things that concern the marriage state." Two people do not give up who they are as people; oneness is not "sameness," but, when they marry, they choose to give their lives to each other. Both husband and wife give up the right to do whatever they please; they choose to remain in the marriage relationship and share their whole life with each other. "Socially, legally, physically, emotionally, every which way, there is just no other means of getting closer to another human being, and never has been, than in marriage" wrote Mike Mason in *The Mystery of Marriage*. There is a cost to that closeness—giving up the separateness that was a right before marriage.

Oneness in marriage begins with a deep commitment that you are going to fulfill the promise you made in your wedding vows: that you are going to love, cherish, and uphold your spouse for life. It is a difficult concept to grasp and is a process that begins on the wedding day and continues throughout life together. Husband and wife become bound together in the totality of their lives. Living the concept of oneness on a daily basis is impossible without God's intervention. Participating in the candle lighting ceremony on their wedding day does not prepare a couple for the flames of independence and selfishness that tend to rise up during the conflicts that will occur in marriage. Dying to self, trusting an imperfect spouse, giving when you don't want to give, revealing your inner self, and loving your spouse no matter what are all aspects of oneness. Oneness means that two people will cleave to each other and choose to develop and work at intimacy with each other over all other people.

**Helpful Resources:** *Fortified Marriages Resource page:* [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)

**Articles to check out:** *6 Ways to Grow Oneness in Marriage* by Mark Merrill - [www.markmerrill.com](http://www.markmerrill.com)

*What is Oneness? — A Couple's Bible Study* by David Penley - [simplyoneinmarriage.com](http://simplyoneinmarriage.com)

**Book to check out:** *Two Becoming One: Experiencing the Power of Oneness in Your Marriage*  
by Don & Sally Meredith

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