

“One Flesh”

This video devotional encourages couples to pursue being united, in sync with one another, and focused on each other. *Running time: 4 minutes, 14 seconds*

What to Complete This Week

1. Watch the video titled “One Flesh.”
2. Read Matthew 19:4-6 and Acts 18:1-3 and then write brief responses to the discussion questions below.
3. Discuss the questions below with your spouse.
4. Attend religious services together this week.
5. Pray **with** your spouse at least 3 times this week (beyond meals).
6. Pray for your spouse in your individual prayers on a daily basis.

Weekly Scripture Reading: Matthew 19:4-6; Acts 18:1-3

Matthew 19:4-6 He answered, "Have you not read that he who created them from the beginning made them male and female, and said, 'Therefore a man shall leave his father and his mother and hold fast to his wife, and the two shall become one flesh'? So they are no longer two but one flesh. What therefore God has joined together, let not man separate." (ESV)

Acts 18:1-3 After this Paul left Athens and went to Corinth. And he found a Jew named Aquila, a native of Pontus, recently come from Italy with his wife Priscilla, because Claudius had commanded all the Jews to leave Rome. And he went to see them, and because he was of the same trade he stayed with them and worked, for they were tentmakers by trade. (ESV)

Reflection Questions for Independent Thought

You and your spouse are encouraged to think about the questions below. Make some notes about your thoughts. You will discuss these together later.

1. As read above, Aquila and Priscilla worked together. They also taught others about Jesus together (Acts 18:24-26), and hosted church meetings in their home together (1 Corinthians 16:19). In fact, they are always mentioned together in the Bible. They truly seem to have been *joined at the hip*. If a friend was describing you and your spouse as joined at the hip, what evidence would they give to demonstrate this?
2. What changes can I make to increase the unity I have with my spouse? Are there activities which isolate me from my spouse which I can decrease or eliminate? What things can I add that will increase unity and a sense of togetherness?

Couple Discussion Time

Discuss your answers to the questions above with your spouse. Then, consider your marriage with the following question in mind:

Are we now “one flesh?”

Whether we are or aren't, how can we strengthen the unity in our relationship?