

The Process of Becoming One

Genesis 2:21–24 NLT

So the Lord God caused the man to fall into a deep sleep. While the man slept, the Lord God took out one of the man's ribs and closed up the opening. Then the Lord God made a woman from the rib, and he brought her to the man.

"At last!" the man exclaimed. "This one is bone from my bone, and flesh from my flesh! She will be called 'woman,' because she was taken from 'man.'" This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.

Becoming One does not have to be hard, but it does require effort.

Psalms 133 NLT

How wonderful and pleasant it is when brothers live together in harmony [or unity]! For harmony is as precious as the anointing oil that was poured over Aaron's head, that ran down his beard and onto the border of his robe. Harmony is as refreshing as the dew from Mount Hermon that falls on the mountains of Zion. And there the Lord has pronounced his blessing, even life everlasting.

Matthew 19:3–6 NLT

Some Pharisees came and tried to trap [Jesus] with this question: "Should a man be allowed to divorce his wife for just any reason?"

"Haven't you read the Scriptures?" Jesus replied. "They record that from the beginning, 'God made them male and female.' And he said, 'This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.' Since they are no longer two but one, let no one split apart what God has joined together."

Seek first to understand, then to be understood.

Embark on this Journey in the Trinity App:
Becoming One: A Shared Vision for Your Marriage

It is illegal to hold your spouse accountable for unspoken expectations.

Small Group Guide: The Process of Becoming One

Opening Question

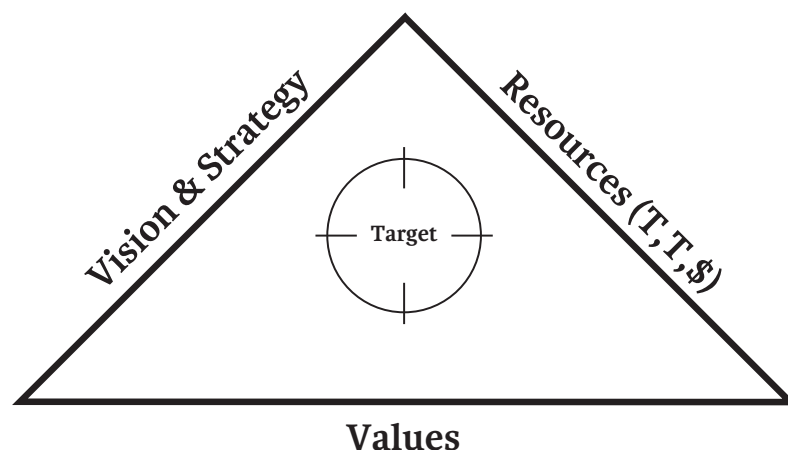
What's one thing you "thought you knew" about marriage, but it turns out you had some learning to do?

Marriage is the foundational relationship God designed to model the perfect unity and harmony of the Trinity. As Genesis 2:21-24 reveals, God created woman from man's rib and united them into one flesh, establishing an inseparable bond that is physical, spiritual, and emotional. It is a completely new entity that reflects the very image of God. When a man and woman become husband and wife, they start a lifelong journey of becoming one.

Society often sells the story of finding a "soulmate" who will effortlessly complete you, promising a perfect marriage without struggles (cue every Hallmark movie). But this view is misleading and destructive. The Bible teaches that marriage requires intentional effort, patience, and grace. It is forged over time by blending two unique individuals, each with their own backgrounds, values, and personalities, into a harmonious union.

Psalms 133 celebrates the blessing of living in harmony, promising God's anointing and refreshing provision for those who dwell in unity. Yet this unity doesn't happen automatically. It requires open communication, especially around unspoken expectations. In fact, many conflicts come from missed expectations that were never clearly discussed.

A practical and helpful tool for developing understanding in marriage is the **Decision Triangle**.



Every decision in marriage is influenced by three key perspectives:

- 1. Values:** What deeply matters to each person in the situation? For example, you might value hospitality, while your spouse values efficiency.
- 2. Resources:** What shared resources, like time or money, are available? Recognizing these belong to "us," not "me," encourages cooperation.
- 3. Vision & Strategy:** What is the desired outcome, and what steps do you hope will achieve it? Sometimes spouses differ because they focus on different points of the triangle.

Learning what perspective your spouse prioritizes helps you move from frustration to understanding. For example, one spouse valuing time efficiency and the other valuing enjoying an experience isn't a battle to win, but an opportunity to find common ground by appreciating the other's viewpoint.

Finally, becoming one doesn't mean losing your identity. As the Father, Son, and Holy Spirit are distinct yet one, so too each spouse retains individuality while building something new together. This new entity, empowered by God's Spirit, reflects God's glory and His kingdom on earth.

Discussion Questions

1. What stood out to you about the biblical description of marriage as becoming "one"? How might this view change the way you approach your marriage?
2. What are some ways you have seen God working in your marriage so far, whether in a specific instance or through various seasons?
3. How might you apply the Decision Triangle in your next decision together? What can you look for in your spouse's perspective on values, resources, and vision?