

Chapter 1: One Flesh

Learning Objective

The goal of this session is for couples to understand that God designed marriage to be a reflection of the Trinity. The marriage union forms a new creation by merging two identities, yet each person completely retains their individuality. A couple must have an appropriate way of thinking, talking, and behaving to live like this.

General Session Assignments

1. Read Chapter One of Marriage Rx: Prescription for a radical marriage.
2. Create a list together of the Top 100 things you would like to do, be or have. Use the Life List Exercise as a template to get started.
3. Discuss together the roles and responsibilities of who does what in your house. Where did these assignments come from?
4. Ask your spouse: "What can I do to bring you joy today?"

Small Group Session One

1. **Introductions.** Select a spokesman for each couple to answer the following questions in sixty seconds or less:
What are your names?
How long have you been married?
How did you hear about Marriage Rx?
What do you hope to gain by being part of this class and group?
2. **Discussion questions**
 - a. How have you experienced relating to the three persons of the Trinity?
 - b. Which one are you most comfortable relating to? Why?
 - c. Which one is most difficult for you to relate to? Why?
 - d. How is your marriage union a depiction of the Trinity?
3. **Group process**
 - a. What are the challenges you've seen couples experience in the leaving, cleaving and weaving process?
 - b. Which of these challenges do you most identify with?
 - c. What conflicts tempt couples to separateness? (Finances, health, sex, other relationships, etc.)
 - d. Which of these has most challenged your marriage?
 - e. What strategies have you found to maintain or return to oneness?

Review the general session assignments and homework.

Small Group Session Two

1. Discussion questions

- a. What did you discover about your passions or dreams?
(this is a trick question: pay attention to the use of pronouns)
- b. What did you learn about your spouse as you worked on the Life List?
- c. What do you hope your spouse learned about you?

2. Group process

- a. Who does what?
Work together as a group to create a list of roles and responsibilities in a marriage and running a household. This can be done on butcher paper or a white board. Go around the room and ask “who does what” until the majority of roles and responsibilities have been assigned.
- b. What influenced the “Who does what”?
Talk as a group about influences such as stereotypes, traditions, habits, patterns, abilities, and willingness.
- c. Share your observations and conclusions from asking your spouse: “What can I do to bring you joy?”