

THEY SHALL BECOME ONE FLESH

So the LORD God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. And the rib that the LORD God had taken from the man he made into a woman and brought her to the man. Then the man said,

*“This at last is bone of my bones and flesh of my flesh;
she shall be called Woman, because she was taken out of Man.”*

Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed.

Genesis 2:21-25

Removing the Barriers to Oneness Reconciliation

*See to it that no one fails to obtain the grace of God;
that no “root of bitterness” springs up and causes trouble and by it many become defiled:
Hebrews 12:15*

A. Understanding sin

B. Identifying sin

C. Forgiving sin

D. Reconciling sin

BREAKOUT: Reconciliation

Uncovering Your Sinfulness,

Confessing and asking your spouse for forgiveness

Confessing before God - 1 Jn. 1:9

3 Fold Commitment

Renewing Your Mind Outline

Uncovering Your Sinfulness

CONSTRUCTING A CONFESSION LIST

Step One - Start your list from memory:

- Prayerfully before God ask the Spirit to bring to your mind ways you have sinned against your spouse
- Write these sins on a pad of paper or in a notebook

Step Two - Using the “Memory Jogging Confession List” add sins that have been committed in your marriage relationship

- Your discipler will give you a “Confession Checklist”
- Use the list as a memory jogger to further develop your confession list.
- Write down in your own words, any sins the Spirit prompts you to acknowledge. Add these to the first list started under step one.

When you have completed steps One and Two, your discipler will lead you through the next step

Step Three - Understanding the impact of your sin:

- Select **the five most significant sins** on your list.
- For each of these five sins, build an impact list from the template below:

Sin # 1: Write the sin as it appears on your Confession list _____.

- Write out the impact of the above sin **on your spouse,**
- Write out the impact of the above sin **on yourself**
- Write out the impact of the above sin **on your immediate family,** i.e. children
- Write out the impact of the above sin **on God**

Sin # 2: Write the sin as it appears on their Confession list _____.

- Write out the impact of the above sin **on your spouse,**
- Write out the impact of the above sin **on yourself**
- Write out the impact of the above sin **on your immediate family,** i.e. children
- Write out the impact of the above sin **on God**

- Repeat this process for each of the five most significant sins in the relationship

Memory Jogging - Confession List

**Check the characteristics which apply to your life
in your marriage relationship only.**

When there is more than one sin listed circle one(s), which apply to you.

Relating sinfully to God

- Unwilling to confess sins to God and to repent
- Putting stipulations on obedience to God; trying to bargain with Him
- Twisting, ignoring and/or not studying God's Word
- Unwilling to sacrifice or take risks for Christ's sake
- Having wrong/unbiblical priorities
- Refusing to get serious about forsaking my sin

Having an unbiblical view of God

- Believing God does not love and accept me unconditionally
- Not trusting God to be my major source of security, fulfillment and purpose

Relating sinfully to my spouse and/or others:

- Disobeying the human authorities under whom God placed me
- Unwilling to seek forgiveness of my spouse against whom I have sinned
- Unwilling to forgive my spouse who offended me; carrying grudges
- Blaming my spouse or others or focusing on my spouses' sins rather than my own
- Being irresponsible and/or lazy; procrastinating
- Rescuing, intervening to protect my spouse from the consequences of their sins
- Being jealous or possessive in my marriage relationship
- Not loving and accepting my spouse unconditionally; requiring him/her to perform to receive my love
- Being overly sensitive and easily hurt by how my spouse interacts with me
- Exchanging marriage roles: wife makes the decisions and husband submits
- Being a perfectionist in my demands of self and/or others
- Believing people exist to make me happy and content
- Setting expectations of how my spouse and others are to love me and getting angry when they are not met
- Lacking a sense of humor
- Being impatient
- Being ungrateful, being greedy
- Being a crisis-causer
- Having "tunnel vision"; believing my way is the only way
- Deadening or hardening my heart against my spouse

Fearing my sins and weaknesses will be exposed;

- Hiding behind an "image" (being a different person at home than I am with those outside my home)
- Being very defensive when confronted
- Not being teachable
- Unwilling to be vulnerable and/or accountable to my spouse, fellow Christians or Christian authorities to deal with my sin
- Discrediting or finding fault with my spouse or others who admonish me
- Unwilling to seek biblical advice or counsel when making important decisions

Trying to control my spouse and/or others by:

- Using "guilt trips" to manipulate my spouse or others
- Being a martyr or a victim: self-pitying, whining, crying
- Manipulating, bribing, having temper outbursts
- Withdrawing: emotionally or physically to punish and/or protect myself from being hurt
- Being demanding
- Being stern, dictatorial, harsh
- Being verbally or physically abusive
- Repaying evil for evil; retaliating, getting even
- Verbalizing physical threats; other threats: i.e. divorce, suicide, retaliation
- Emotionally violating the marriage bond/commitment

Being a people-pleaser rather than a God-pleaser

- Minimizing or ignoring present or potential problems; allowing problems to compound
- Unwilling to admonish in love
- Ignoring, minimizing, excusing my spouses' or others' sins; seeing them through rose-colored glasses
- Unwilling to make difficult decisions
- Suppressing or ignoring painful realities
- Being a "chameleon;" acting one way with some people and differently with others
- Making promises and breaking them
- Keeping the peace at all costs; not "rocking the boat"
- Fearful of expressing my opinions

Striving for others' approval, affirmation, love, acceptance

- Seeking to draw attention to myself; being the "center of attention"
- Being promiscuous, and/or flirtatious
- Dressing provocatively to call attention to my body
- Being a braggart; arrogant
- Being a "know-it-all"
- Compromising, making unbiblical decisions
- Being a "clown"; making "light" of serious situations
- Expecting praise, admiration, respect, etc. of my spouse or others and being self-pitying or angry when it is not received

Comparing myself to others and thereby, feeling superior or inferior

- Analyzing frequently how my spouse and others are relating, responding to me
- Focusing on my inadequacies rather than seeking my adequacy in Christ
- "Rating" my spouse and/or others as inferior or superior to me
- Being jealous, envious, discontent
- Having a haughty, judgmental attitude toward my spouse and/or others
- Focusing on or seeking to build my self-esteem or my self-identity while not believing my identity in Christ
- Spending great amounts of time focusing on my own problems, failures and/or inadequacies (self-centeredness), rather than seeking and implementing biblical solutions

Communication Sins

- Being self-pitying; grumbling, whining and complaining frequently
- Being intolerant, disdainful, judgmental; being negative and critical

- Manipulating, bribing, having temper outbursts
- Verbalizing physical threats; other threats: i.e. divorce, suicide, retaliation
- Controlling conversations; talking too much
- Being a poor listener
- Being sarcastic; being very timid, shy
- Being nasty, contentious, lying and/or deceiving
- Being aggressive; intimidating
- Being verbally abusive
- Gossiping about my spouse or others
- Attempting to convince my spouse and/or others of my opinions rather than speaking the truth in love and releasing the outcome to God's sovereign control
- Using intellect and logic to convince my spouse and/or others or to formulate overwhelming arguments
- Belittling my spouses' and/or others' viewpoints; not seeking to hear or understand others' points of view
- Having a "win-lose" perspective when expressing opinions

Parenting (Family) Sins

- Showing favoritism to one child over another
- Allowing your child to dishonor your spouse
- Allowing your child to be disobedient without consequences
- Provoking your child
- Being either passive or overbearing with your child
- Been emotionally, physically or sexually abusive with your child
- Rescuing, intervening to protect your child from the consequences of their sins
- Ignoring, minimizing, excusing your children's' sins; seeing them through rose-colored glasses

Three-Fold Commitment

To God and the Offender

To be practiced following Forgiveness and Reconciliation

1. I will not bring up the transgression (sin) to the offender (unless admonishment is needed).
2. I will not bring up the transgression (sin) to others (by gossiping or venting)
3. I will not bring up the transgression (sin) in my own mind (to have a pity-party)

Renewing Your Mind Outline

To be used in disciplining your mind to believe God's Truth and transform your thinking from the pattern of the world to the pattern of the God's Kingdom.

*Do not be conformed to this world, but be transformed by the renewal of your mind,
that by testing you may discern what is the will of God,
what is good and acceptable and perfect.
Romans 12:2 (ESV)*

CATCH your thought or attitude as sinful

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, 2 Corinthians 10:5 (ESV)

CONFESS your thought or attitude as sinful

*If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.
1 John 1:9 (ESV)*

CLAIM the Holy Spirit's power to overcome the sinful thought or attitude

I can do all things through him who strengthens me. Philippians 4:13 (ESV)

FORCE your mind to change from the sinful thoughts or attitudes to godly ones

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

⁹ *What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. Philippians 4:8-9 (ESV)*

REPEAT this outline when sinful thoughts or attitudes occur again

And let us not grow weary of doing good, for in due season we will reap, if we do not give up. Galatians 6:9 (ESV)