



ONE FLESH

GENESIS 2:24

The Marriage that Seeks to Serve God
Chris & Ashley Greene

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Dedication

This book is dedicated to the memory of Darryl C. Butler. Darryl was a great and close friend of ours who will forever be in hearts. We cannot tell the story of Chris & Ashley without mentioning our beloved friend Darryl. Darryl was a great teacher, mentor, friend, great husband to his wife, and most of all a true follower of Christ.

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Introduction - What is One Flesh?

Genesis 2:24

“Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.”

What does it really mean to be one flesh? We can attempt to understand the depths of this analogy by examining the depths of the human flesh. In a Bible based study, this manual aids in dividing scripture into categories that are parallel to the systems of the body. By understanding how each body system works, we can understand how our marriages should resemble one flesh. The entire purpose of the systems within our human flesh is to live. Our flesh has intentional mechanisms of survival that include obtaining nutrients, getting rid of wastes, reproduction, and systems of defense against harmful situations. In the same way, our marriages should include these systems of survival so that we can thrive in this world.

One flesh is the state in which a husband and wife are connected in every aspect of life, being Disciples of Christ, in love with God, in love with one another, serving together, functioning as a coherent, single unit, and are content in whatever state they are in. In a one flesh marriage, couples strive to be more like Jesus and seek Him and His Word in every situation.

One flesh focuses on:

1. Keeping Christ head of the marriage - the marriage seeks to serve God.

2. Aligning the husband and wife with Christ and the church.
3. Encouraging couples to have a relationship with Christ and obey the Word of God.
4. Encouraging couples to be committed to Christ and the advancement of His kingdom through active membership in church.
5. Encouraging fellowship and maintaining healthy relationships with other married couples for accountability and encouragement.

As the flesh has separate and distinct systems that work both independently and dependently to maintain a healthy and functioning body, the marriage is composed of two individuals united with Christ who have their own identities, strengths, and weaknesses coming together on one accord to maintain a healthy and functioning union for the furthering of the gospel. The husband and the wife are the world's best example of Christ and his church. (Ephesians 5:22-33) Scripture shows us that as members of the church, we are members of one body. The many members of the body, have specific roles and are vital to the entire body. We want to use this handbook to help you and your spouse obtain and sustain a one flesh marriage.

This handbook is designed for both the husband and wife to study God's word together. This is a Bible based manual and readers will need a copy of their Bibles to use with each chapter. Each chapter is divided in a way to get couples to discover and uncover scripture together and apply the meanings within the realms of their own

marriage. Using practical situations we aim to encourage marriages to stand firm on The Word of God while living in a sinful world. As we conform to His image, we can be one flesh!

Chapter 1

The Respiratory System – The Breath of Life: From Dust to Man to Woman

The Respiratory System is a system of organs that enables the flesh to breathe. It is the only system capable of providing oxygen that is suitable for respiration (breathing). The lungs are the major organs of this system that provide the means for breathing.

Talk About It

Do you believe your marriage has purpose? If so, describe in a few sentences below what you and your spouse believe your purpose is.

Background Scripture Reading: Genesis Chapter 1

Focus Passage

Genesis 2:5-9, 15-25

King James Version

⁵ And every plant of the field before it was in the earth, and every herb of the field before it grew: for the LORD God had not caused it to rain upon the earth, and there was not a man to till the ground.

⁶ But there went up a mist from the earth, and watered the whole face of

New Living Translation

⁵ neither wild plants nor grains were growing on the earth. For the LORD God had not yet sent rain to water the earth, and there were no people to cultivate the soil.

⁶ Instead, springs came up from the ground and watered all the land.

⁷ Then the Lord God formed the man from the

the ground.

⁷ And the LORD God formed man of the dust from the ground, and breathed into his nostrils the breath of life; and man became a living soul.

⁸ And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed.

⁹ And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil.

¹⁵ And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.

¹⁶ And the LORD God commanded the man, saying, of every tree of the garden thou mayest freely eat:

dust of the ground. He breathed the breath of life into man's nostrils, and the man became a living person.

⁸ Then the LORD God planted a garden in Eden in the east, and there he placed the man he had made.

⁹ The LORD God made all sorts of trees grow up from the ground - trees that were beautiful and that produced delicious fruit. In the middle of the garden he placed the tree of life and the tree of the knowledge of good and evil.

¹⁵ The LORD God placed the man in the Garden of Eden to tend and watch over it.

¹⁶ But the LORD God warned him, "You may freely eat the fruit of every tree in the garden -

¹⁷ except the tree of the knowledge of good and

¹⁷ But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.

¹⁸ And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him.

¹⁹ And out of the ground the LORD God formed every beast of the field, and every fowl of the air; and brought them unto Adam to see what he would call them: and whatsoever Adam called every living creature, that was the name thereof.

²⁰ And Adam gave names to all cattle, and to the fowl of the air, and to every beast of the field; but for Adam there was not found an help meet for him.

²¹ And the LORD God caused a deep sleep to fall upon Adam, and he slept:

evil. If you eat its fruit, you are sure to die.”

¹⁸ Then the LORD God said, “It is not good for the man to be alone. I will make a helper who is just right for him.”

¹⁹ So the LORD God formed from the ground all the wild animals and all the birds of the sky. He brought them to the man to see what he would call them, and the man chose a name for each one.

²⁰ He gave names to all the livestock, all the birds of the sky, and all the wild animals. But still there was no helper just right for him.

²¹ 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.

²² Then the LORD God made a woman from the rib, and he brought her to

and he took one of his ribs, and closed up the flesh instead thereof;

²² And the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man.

²³ And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man.

²⁴ Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.

²⁵ And they were both naked, the man and his wife, and were not ashamed.

the man.

²³ “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’.”

²⁴ This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.

²⁵ Now the man and his wife were both naked, but they felt no shame.

Focus Questions

1. Describe the earth before man comes on the scene (v. 5-6).
2. What did God use the earth to create (v. 7)?
3. What did God charge Adam to do (v. 15)?

4. What did God say is not good (v. 18)? And what should be done about it (v. 18)?
5. How did God create woman (v. 21-22)?
6. Who created the woman for the man and who brought the woman to the man (v. 22)?
7. What were Adam's initial thoughts and feelings upon meeting the woman (v. 23)?
8. How does a man and woman become one flesh (v. 24)?

The Meaning

God has purpose for your lives and your marriage. As illustrated in the first love story of husband and wife, God planned every detail of this union, before the man even knew he needed the woman. Literally a match made in heaven! This match was beautiful, initially, because God led it. Adam was in total submission to God and God provided for Adam everything that Adam needed. In the second chapter of Genesis, never do you see Adam trying to control his situations, but in everything he obeyed God and patiently waited, knowing that God would provide.

God created the earth that He used to create man that He used to create woman. Symbolically the dust represents you before you came to know Christ, the man represents you once you allowed God to breathe life into your body, and joining with the woman represents your completion once

God sends you your spouse. Each conversion created a better outcome with a different purpose. Each outcome was put together by God.

Attempting to obtain a perfect union without God is impossible. Your flesh, the union between you and your spouse, depends on respiration from God. Each of you must have a relationship with God through Christ Jesus for a healthy and functioning flesh. The rest of this handbook will not be of any effect if you or your spouse do not understand your need for Christ or desire to form a true relationship with Him that results in total surrender to His will. Just as your body cannot sustain itself without breath, a one flesh marriage cannot sustain itself without God. God is the Provider and if you decide to love, obey, and submit to Him your marriage will have the purpose He planned for you long ago. Know that if you are not aligned with the Word of God, your marriage is destined for disaster (See **Disease** below).

Let's explore the text a little more to understand the requirements and benefits of God breathing into your one flesh marriage:

Order of Communication

Before God gave the official order of marriage in Genesis chapter 3, God over man and man over his wife, this order was set in Genesis a 2:16. In this scripture God gave the man the command before woman was even created. God left it up to the man to give his wife the instructions that he was given from God. So in order to start your marriage off right, the husband has to be in constant communication with God to receive the vision and movement for his wife and family. (To be discussed more in Chapter 5 - Effective Communication.)

Helper Suitable for Adam.

When you let God choose your spouse for you it is much easier to walk in and fulfill the purpose God has set for your union. While Adam was fulfilling his purpose in his single life by tending to and watching over the garden, God saw fit that man should not be alone and that he would make a mate just right for him. God was already preparing the right mate just for Adam before Adam realized he needed help (v. 18 and 20). As Adam obeyed God and worked as God purposed him, he did not try to search for a mate. Adam worked on himself and allowed God to send the mate that was indeed for him.

Adam's Response to His Helper.

When God first brought Eve to Adam his response was “At Last!” You can feel the excitement that he showed when she was brought to him. Who knows how long he had to wait for his spouse. This enthusiasm could possibly stem from many things, but let us examine two:

1. Adam may have been exhausted from all of his hard work tending to the garden and naming all of the animals created. It is possible that God purposely allowed Adam to do all of this work so that he could appreciate the help meet to assist him.
2. Adam may have noticed that he had a partner that resembled him and was compatible with his needs. Adam could have noticed that there were at least two of each wild animal, at least two of all the birds in the sky, and that they each had partner that was similar to the other. During this time each animal had already begun to have offspring (Genesis Ch.

1:21-22) and he might have noticed there was nothing suitable for him which shows the appreciation in his statement “*This one is bone from my bone, and flesh from my flesh! She will be called ‘woman,’ because she was taken from ‘man.’*” (Genesis 2:23). Which points back to his “At Last” Adam finally had his partner that resembled him and everything was just right because she was made just for him.

Either way, appreciation and joy are the emotions from allowing God to supply your needs. God will create everything perfectly and purposefully for you.

Being Unashamed: Ability to Conquer Together

Now the man and his wife were both naked, but they felt no shame. Adam and Eve stood exposed before God and they felt no shame because they had nothing to hide; they had not yet committed any sins to keep them from God's presence. They lived their lives openly before God and felt no self-consciousness because they had nothing to be embarrassed about. The freedom and feelings of security from living a righteous life!

Adam and Eve stood before each other and felt no shame because they were all they knew. They had nothing else to compare to nor were they ashamed to be “naked” because they appreciated each other for all that they were. They saw each other and did not see flaws.

When you do things God's way and not your own, you have to opportunity to also enjoy in the benefits and privileges of being a child of God. Everything starts and ends with God. To have a better marriage, you need to start with your relationship with Him. The next few chapters

will focus on you having a right relationship with God through Christ Jesus.

Disease

Pneumoconiosis is a condition of the Respiratory System that damages the airways within the lungs when dust and other particles enter and are trapped there. This condition prevents the flesh from receiving adequate respiration.

As God provides breath into your one flesh marriage, it is vital that you do not revert back to the life you lived while you were still dust. You cannot serve two Gods (Mt. 6:24, Luke 16:13, 1 Cor. 10:20-22). The dust that you allow back into your life blocks the airways and makes it difficult for you to hear from God and feel His presence. A one flesh marriage is successful because God directs it. Keep these passageways clear so that you might be in constant fellowship with Him and that He might continue to breathe life into you.

Application

1. Describe your current relationship with God.
2. How is God breathing life into your marriage?
3. What do you feel you should do to better your relationship with God?

Homework

Spend more alone time with God in prayer and worship. Find a special place and time that you will dedicate to your creator. Just open your heart and mind to hear from Him. Journal about your intimate encounters with Him. Be prepared to share next week.

Prayer

Dear Lord, thank you for being the creator and almighty God. You thought of me long before you created me and you have set out for me to have purpose. Lord I just ask that you help me to know my purpose and fulfill my purpose. Teach me how to draw closer to you in prayer, studying your word and worship. Open my heart and mind so that everything that I am and everything I do will be about you. I ask these things in Jesus' name. Amen.

Chapter 2

The Digestive System – What Are Putting Into Your Marriage?

The Digestive System is a system of organs that work together to obtain the nutrients your body needs to survive. This system intakes food as well as breaks it down and absorbs it. The Digestive System is the flesh's only mechanism for receiving vital nutrients for survival. It is capable of consuming foods to quench those needs, however it can over indulge in diets that are not healthy for the flesh. The Digestive System will utilize any and everything that is consumed and those foods, whether healthy or not, will be absorbed into the flesh.

Talk About It

Do you believe your daily activities, interests, and hobbies affect your marriage? Make a list below of some activities, your interests, and hobbies that you and your spouse engage in with or without each other. Be very specific with your list.

Background Scripture Reading: Daniel 1

Focus Passage

Daniel 1:3-18

King James Version

³ And the king spake unto Ashpenaz the master of his eunuchs, that he should bring certain of the children of Israel, and of the king's seed, and of the

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³ Then the king ordered Ashpenaz, his chief of staff, to bring to the palace some of the young men of Judah's royal family and other noble families, who

princes;

⁴ Children in whom was no blemish, but well favoured, and skilful in all wisdom, and cunning in knowledge, and understanding science, and such as had ability in them to stand in the king's palace, and whom they might teach the learning and the tongue of the Chaldeans.

⁵ And the king appointed them a daily provision of the king's meat, and of the wine which he drank: so nourishing them three years, that at the end thereof they might stand before the king.

⁶ Now among these were of the children of Judah, Daniel, Hananiah, Mishael, and Azariah:

⁷ Unto whom the prince of the eunuchs gave names: for he gave unto Daniel the name of Belteshazzar; and to Hananiah, of Shadrach; and to Mishael,

had been brought to Babylon as captives.

⁴ "Select only strong, healthy, and good-looking young men," he said. "Make sure they are well versed in every branch of learning, are gifted with knowledge and good judgment, and are suited to serve in the royal palace. Train these young men in the language and literature of Babylon."

⁵ The king assigned them a daily ration of food and wine from his own kitchens. They were to be trained for three years, and then they would enter the royal service.

⁶ Daniel, Hananiah, Mishael, and Azariah were four of the young men chosen, all from the tribe of Judah.

⁷ The chief of staff renamed them with these Babylonian names: Daniel was called Belteshazzar. Hananiah was called

of Meshach; and to Azariah, of Abed-nego.

⁸ But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.

⁹ Now God had brought Daniel into favour and tender love with the prince of the eunuchs.

¹⁰ And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort? then shall ye make me endanger my head to the king.

¹¹ Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah,

Shadrach. Mishael was called Meshach. Azariah was called Abednego.

⁸ But Daniel was determined not to defile himself by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods.

⁹ Now God had given the chief of staff both respect and affection for Daniel.

¹⁰ But he responded, "I am afraid of my lord the king, who has ordered that you eat this food and wine. If you become pale and thin compared to the other youths your age, I am afraid the king will have me beheaded."

¹¹ Daniel spoke with the attendant who had been appointed by the chief of staff to look after Daniel, Hananiah, Mishael, and Azariah.

¹² "Please test us for ten days on a diet of

¹² Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.

¹³ Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.

¹⁴ So he consented to them in this matter, and proved them ten days.

¹⁵ And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.

¹⁶ Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.

¹⁷ As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding

vegetables and water," Daniel said.

¹³ "At the end of the ten days, see how we look compared to the other young men who are eating the king's food. Then make your decision in light of what you see."

¹⁴ The attendant agreed to Daniel's suggestion and tested them for ten days.

¹⁵ At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king.

¹⁶ So after that, the attendant fed them only vegetables instead of the food and wine provided for the others.

¹⁷ God gave these four young men an unusual aptitude for understanding every aspect of literature and wisdom. And God gave Daniel the special ability to interpret the

in all visions and dreams.

¹⁸ Now at the end of the days that the king had said he should bring them in, then the prince of the eunuchs brought them in before Nebuchadnezzar.

meanings of visions and dreams.

¹⁸ When the training period ordered by the king was completed, the chief of staff brought all the young men to King Nebuchadnezzar.

Focus Questions

1. What did Daniel not want to defile himself with (v.8)?
2. How long did Daniel request to be tested (v.10)? What was the outcome after time period was over (v.15)?
3. How did GOD show his pleasure to all four of the young men (v.17)?
4. After the training period was over who did the king consult when wisdom and good judgment were required (v.18)?

The Meaning

It is important that you and your spouse understand that you are now one flesh. What each of you digest - what you do, what you watch, what and who you listen to, etc. - will be incorporated into your single system and will affect the both of you. You can no longer act and think selfishly because God has joined you with another individual and everything you do will have either a negative or positive effect on your spouse.

The King's Provision/the World's Provision

In the passage, King Nebuchadnezzar ordered a special diet for those who would be in his home. The meal plan consisted of food and drink that the king felt was best for his subjects. Just as King Nebuchadnezzar suggested a particular diet that was contrary to the diet of God's people, the world is working hard to convince us that certain lifestyles, habits, and behaviors are healthy for our flesh. The enemy uses things of this world to entice us into falling into temptation and sin. 1 John 2:15-17 teaches us that there are 3 things that are in this world:

1. Lust of the flesh - Lust of the flesh is seeking to please fleshly desires that are contrary to what God desires of us. As discussed in Chapter 1, God provides us with purpose and we are to walk according to that purpose and stay within the will of God. However, when we take our eyes off of that purpose and begin to seek to fulfill our own desires - those things that please ourselves instead of the Creator - we are in jeopardy of interrupting the breath of life given to our flesh. Our carnal flesh and The Spirit of God are in constant battle with one another as we learn to trust in and depend on Him. Our human nature is to sin.
2. Lust of the eyes - The lust of the eyes is excessively admiring and coveting worldly possessions. The world wants to convince us that we need things. If we aren't careful we will seek things instead of God and create idols of our possessions. God is a jealous God and will not settle for second place in our lives. Matthew 6:33 teaches us to seek Him first and He will provide all of those things we need. As discussed in Chapter 1, it is much more pleasant and

rewarding to receive the gifts God gives as opposed to what we obtain ourselves.

3. Pride of Life - The pride of life is a sense of being that leads you to arrogance, pride in yourself, and boasting. Pride can become a hindrance in marriage living for the purpose that God has placed on it. Pride will cause you to forget where all the glory belongs and you will begin to worship yourself more than the God who sustains you. Remember, God will not settle for second place!

Defiling Your Marriage

Daniel did not want to defile his body with food and wine given to him by the king. During this time the foods that were offered to Daniel and his friends were considered unacceptable foods by Jewish standards because it was believed the meat had been offered to an idol god and it implied fellowship with Babylon's cultural system. Daniel purposed in his heart to conquer a difficult trial and glorify God before others in the midst of his testing. Daniel chose to obey God, even though his decision was not the popular choice. Christian marriages in today's society are under attack. Marriages are being encouraged by the world to defile and corrupt their unions by giving in to their own sinful desires. Galatians 5:19-21 reads:

¹⁹When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, ²⁰idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division,²¹envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

This passage defines the lifestyle that we should avoid or eliminate from our marriages. Just as Daniel made the conscious effort to glorify God with his actions, marriages should have it set that they will not compromise or fall victim to the world's provision. This lifestyle occurs when we are led by our sinful nature and not by the Spirit of God. If any activity or hobby in your life leads to one or more of the outcomes listed in Galatians 5:19-21, you are consuming the world's provision. We will discuss how to successfully recognize and remove the world's provision within your marriage in more detail in Chapter 3 - The Excretory System.

God's Provision

Although it might not be what's popular, God's Provision is the only diet necessary to sustain your one flesh marriage. Even if it doesn't appear as appetizing, trust in the God who created you - the God that is breathing His Spirit in you - and feed your flesh what He recommends through His Word. Maintaining a consistent diet of God's provision will provide the nutrients the flesh needs to aid in dealings with marital conflicts (more in Chapter 6 - The Lymphatic System: Conflict).

As with any healthy diet, it takes some adjusting and getting used to. If you have consumed a diet that is full of junk foods, foods that are full of fats, sugars, and salts, and not enough nutrient rich foods, you may have noticed some undesirable side effects. Maybe you don't feel as energetic, maybe you are more susceptible to illness, or maybe you have just put on more weight than you like. In the same way, having a marital diet full of the world's provision will have your marriage in an unhealthy state that will reflect those things of the world. What you put into your flesh is what will eventually come out.

God's Provision consists of a consistent and deliberate goal to keep Christ the center of your one flesh marriage. In honoring the Breath of Life that flows within your union, it is your duty to use your flesh to glorify God. You must make the decision to live for God and not for this world. As Daniel and his friends chose to stand for what they knew was right, we must do the same. We will discuss how to utilize God's Provision within your marriage in more detail in Chapter 4 - The Circulatory System.

God's Favor - The Benefits

God continued to bless and keep Daniel, Shadrach, Meshach, and Abednego. When you choose to live off God's Provision, conflict is minimal and you and your spouse are both satisfied. The nourishment you receive from studying and obeying God's Word will help your flesh overcome this world. The outcome is mutual submission out of love of God and one another that keeps you continuously seeking to please Him and each other. The benefits are numerous.

Living off of God's Provision does not eliminate you from experiencing the world. The four Hebrew boys lived in bondage, encountered difficult situation after difficult situation, and had to deal with life! Conflict will occur. Trials will come. Bad things happen. What a proper diet does is prepare you with a stored amount of resources for when your body is under attack (more in chapter 6 - The Lymphatic System: Conflict). It is always easier to fight off an infection when you have consumed a healthy diet. In the same way, when Satan begins to shoot darts at your union, you will be prepared to fight. The battle might leave you wounded, but not defeated.

Disease

What's interesting about disease for this chapter is that the main issues that can stem from an unhealthy digestive system will cause problems in any given location throughout your body. What you put into your flesh is of high importance because it is what feeds the entire body. Chronic diseases are long-term diseases that are not contagious and very preventable. They include diseases such as obesity, diabetes, cardiovascular diseases, cancer, osteoporosis, and dental diseases. These diseases are often prevented and reversed with a healthy diet and physical activity.

Marriages are also susceptible to long-term problems if it is not provided a healthy diet of God's provision. When pleasing God is not the primary focus of a marriage it is easy to accept the world's provision which can turn into long-term diseases such as bitterness, hate, a negative spirit, unhappiness, separation and possibly divorce. Be cautious of the things you participate or take in on a daily basis. 1 Thessalonians 5:21 teaches us to test all things and decide what things are good. If it conflicts with the Word of God we should remove it from our spiritual diet.

Application

1. Think of your lifestyle and the things that you used to do before you came to know Christ. How is your lifestyle different now?
2. Look at the list you created under the Talk About It section. Keeping 1 John 2:15-17 and Galatians 5:19-21 in mind, categorize each activity, hobby, or interest that you consume into one of the following sections.

God's Provision	World's Provision

3. In detail, discuss with your spouse the effects the items in the chart have on you personally and how, according to scripture, they might be helpful or harmful to your flesh.

Homework

1. This week in your journal, keep track of those things that you consume. Decide what things are not beneficial to your one flesh marriage and write about why they might not be. Consider God and your spouse in your writings.
2. This week, start your day and end your day in prayer with your spouse. Ask God to show you His righteousness and what things are of the world.

Prayer

Lord, help us to see you in everything we do. Help us to know what things impact our marriage and our relationships with you. Help us to have open hearts and clear minds so we are able to see the things that have negative effects on our marriage. Lord, let us only think and act upon the things that are true, things that are honest, things that are just, things that are pure, and all things that are lovely and of good report. These things we ask in the name of Jesus. Amen.