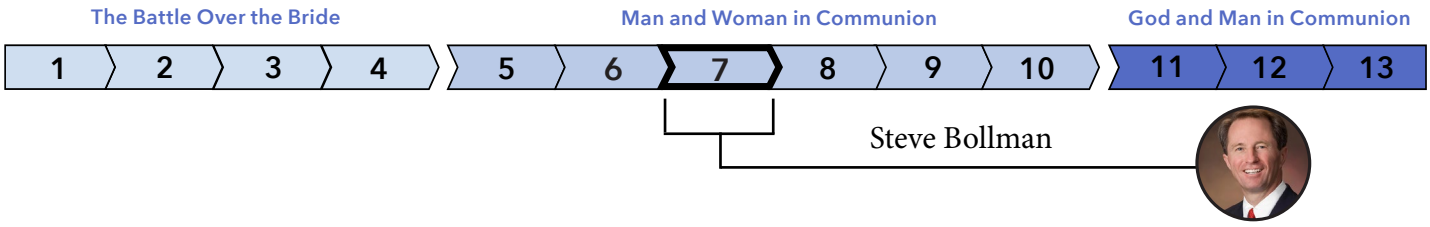
TMIY

REVELATION OF THE FATHER

Small Group Guide

Session 7: The Two Become One

Fall Semester Timeline



Summary

This week, we contemplate the mystery of two becoming one. Marriage creates a communion so real that husband and wife are no longer meant to live as isolated individuals. Consider whether that union will be cherished and protected or slowly weakened by neglect. Many marriages do not lose love all at once; they drift apart through small omissions, distractions, and forgotten gestures. The one-flesh union is also attacked directly through infidelity, pornography, cohabitation, and the misuse of sexuality. Since the union is sacred, the heart must be guarded as carefully as the body. Renewing love requires practical choices that rebuild affection, gratitude, and shared life. God desires us to recover our first love and guard the unity He has made.

Small Group Goals

- Reflect on the one-flesh union as a deep communion of persons, not merely a physical or emotional bond.
- Recognize the danger of losing your first love through neglect, distraction, resentment, or divided desire.
- Encourage men to renew their fidelity through affection, shared life, repentance, and daily acts of love.

Discussion Questions

- How can you guard the integrity of the one flesh union - in your body and in your brain?
- How do you regain your first love for your spouse in the little things you say and do?

Supplemental Questions

- What are the desires, habits, or attachments that are quietly competing with your commitment to Christ and your vocation?
- How do your daily habits keep you from regularly engaging your parasympathetic nervous system (rest and digest)?
- What action can you take to recommit yourself to Christ and the man he wants you to be?
- If you are maried, what habits can you incorporate to protect the unity you share as husband and wife: shared meals, prayer, affection, communication, or going to bed together?