

7 TRUTHS FOR YOUR BEST MARRIAGE:

Committed & Loving It

Session 1: You Are One for Life

Welcome! We are so excited to get started. Your workbook is a place for you to take notes, keep up with important reminders from the teaching, and stay engaged during the session.

We've provided you with some prompts and fill-in-the-blanks as a guide, but please use the extra space however you'd like to!

Truth #1: You Are One for Life

You can encounter a _____ and _____ love with your spouse by remembering seven key truths.

Marriage is that ultimate fulfillment of _____.

God designed us to crave _____ and to crave our _____.

A man leaves his father and mother and is united with his wife, and they become one flesh. Genesis 2:24 (NIV)

What does it mean to become one flesh?

You are one _____.

You are one _____.

Marriage is a _____.

Covenant vs. Contract

**BASED ON UNCONDITIONAL LOVE BETWEEN GOD,
A HUSBAND, AND A WIFE**

**SACRIFICIAL ACTION (I.E. I'LL DO IT
NO MATTER WHAT YOU DO)**

BASED ON MUTUAL COMMITMENT

SEEKS TO GIVE

FOR LIFE

**BASED ON CONDITIONAL CONSIDERATION
BETWEEN TWO PEOPLE**

**RECIPROCAL TRANSACTION (E.G. IF YOU DO
THIS, THEN & ONLY THEN I WILL DO THAT)**

BASED ON MUTUAL DISTRUST

SEEKS TO GET

FOR NOW

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A contract is all about what you _____.

A covenant is all about what you _____.

One for life is _____.

Ecclesiastes 4:9-12 (NLT): "Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken."

Where are you right now? Have you run the race well?

Even in tough times, if you remember:

- 1.
- 2.
- 3.

then your deepest desires can be fulfilled.

NOTES