Leader's Guide - The One Flesh Principle

Genesis 2:24 | Pastor Dave Bennett | May 3, 2026

Session Overview

This session helps couples explore God's design for marriage through the "one-flesh principle". Using Genesis 2:24 and key biblical examples, the group will examine how unity, shared obedience, repentance, and faithfulness shape a healthy, God-centered marriage. Participants will identify areas where independence or isolation may be present - and take intentional steps toward living aligned as one under God.

Session Flow (60-75 minutes)

1. Welcome and Icebreaker (10 min)

Think about a time when working together with your spouse or a significant other made something stronger or better. What made that unity work?

Purpose:

To help couples recognize the importance of unity and begin identifying areas where they may be living independently instead of as one.

2. Scripture Reading (5 min)

Read Genesis 2:24 and Ecclesiastes 4:12 aloud.

3. Discussion (40-50 min)

Leader Coaching Sidebar: One Flesh Principle
- Help couples identify areas of isolation.
- Focus on unity, not just behavior.
- Encourage honest reflection between spouses.
- There are probably some people in your group who aren't married. Discuss how this is still practical to all of our family relationships.

1. Why does God describe marriage as one flesh instead of just a partnership?

Leader Note: Emphasize spiritual unity, not just relational closeness.

2. Where do couples most often begin drifting into separate lives?

Leader Note: Push for practical examples like time, decisions, priorities, and spiritual habits.

3. Why is isolation so dangerous in marriage?

Leader Note: Highlight how separation creates vulnerability.

4. What does it look like to pursue God together daily as a couple?

Leader Note: Encourage simple, realistic rhythms.

5. Why is shared repentance more important than perfection in marriage?

Leader Note: Reinforce returning to God together.

6. What can we learn from Abraham and Sarah's journey?

Leader Note: Show both failure and faith in unity.

7. How did Hannah and Elkanah handle difficulty together?

Leader Note: Focus on presence, prayer, and faithfulness.

8. What are early signs that unity is breaking down in a marriage?

Leader Note: Help identify warning signs.

9. Where might you be functioning independently from your spouse right now?

Leader Note: Move toward personal honesty.

10. What is one step you can take this week to strengthen unity in your marriage?

Leader Note: End with clear, actionable next steps.

4. Application and Prayer (10-15 min)

Invite each couple to identify one area where they have been living independently instead of in unity. Ask: What is one step you can take this week to strengthen your one flesh relationship?

Closing Prayer Suggestion

Lord, thank You for Your design for marriage. Help us live as one - united in purpose, aligned in heart, and faithful to You. Give us courage to confront isolation, humility to repent together, and strength to walk in unity. Amen.