

"Keeping the Fire Glowing"

(Enhancing the "One Flesh" Relationship You Share with Your Husband)

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Introduction: *Genesis 2:23-24* *Song of Solomon 2:16*

What does "one flesh" mean?

I. Implications in the Term "One Flesh"

- A. Commitment
- B. Loyalty
- C. Priority
- D. Unity
- E. Concern
- F. Intimacy

II. Hindrances to a Successful "One Flesh" Relationship

- A. A bad experience in the past (*2 Timothy 1:7; 2 Corinthians 5:17, 10:5*)
- B. Guilt over past promiscuity (*1 John 1:9*)
- C. Wrong teaching in the past or lack of proper teaching in the present
- D. False expectations from Hollywood
- E. Problems in the marriage
- F. Bitterness, lack of forgiveness, and/or lack of trust

III. Helps for a Successful "One Flesh" Relationship

- A. Realize your physical love relationship with your husband is a gift from God
Hebrews 13:4; Song of Solomon 5:1b
- B. Read helpful, Christian books on the topic
- C. Schedule time for your physical relationship
 - 1. Put your children to bed early
 - 2. Go to bed together, and at a reasonable hour, if at all possible
 - 3. Do not let your children sleep in your bed with you!
- D. Understand that you are not your own; you belong to your husband
1 Corinthians 7:2-5; Song of Solomon 2:16a
- E. Pray!
- F. Understand that your attitude is so important (Cp. *Proverbs 5:15-21*)
- G. Concentrate
- H. Realize that your response is exciting to your husband
- I. Endure the "famine" times

Conclusion: *Proverbs 27:7*