

Becoming One With Father's Heart

“Therefore, a man shall leave his father and mother and be joined to his wife, and two shall become one flesh.” Gen 2:24

I'm sure this Bible verse is familiar to many of you, and I (Rick) have used it a number of lessons related to areas and issues in our marriages. If you have been receiving these Marriage Encouragements, you may remember I used this verse last year to talk about **“Becoming One.”** in our relationship with our spouse. (If you haven't read it yet or want to refresh your memory, you can find it on our website <https://abbasarmsintl.org/> →Discover More →Marriage Encouragements)

Today I want to explore another aspect of becoming one in marriage - ***having one heart with our spouse***. The best way to have a life-long love affair with your spouse is have one heart that is focused on being loving and happy with each other and spending the rest of your lives together! Sound impossible considering your current situation? Well it is possible! But you will need to make some quality decisions and work on your relationship every day! **The first step to having one heart together is becoming one with Father's purpose for your marriage.**

Together answer this question, “What is the reason(s) we got married?” Some common answers might be: 1) *to share or lives together* 2) *building a family* 3) *sharing finances* 4) *we're soul mates* 5) *physical attraction* 6) *we're so much in love with each other*. Now consider these statements that Jimmy Evans, founder of Marriage Today, made, **“The reason you married your spouse can later become the stress you're under in your marriage now.” “You can only stay happily married if the reason you got married is greater than the stress on your marriage.” “The stressors on our marriage test the real purpose of our marriage.”**

For me, the reasons for marrying Sue were: physical attraction and I had found someone who I loved being with and that made me feel loved. Sue told me it was that I was fun to be with, I pursued her, and she felt comfortable and secure being around me. As with every marriage, we have had seasons in our relationship where we didn't fulfill those reasons for marrying each other and I even had thoughts about divorce 7 years into our marriage. When things change or the conflicts, heated arguments, or hurts become greater than your relationship with your spouse, the result can be either divorce, separation, or pulling apart from each other and living parallel lives as married singles. Marriage can become an endurance test just hanging on until the bitter end! The reality is that things do change the longer we are married and what originally drew us together may no longer be there and the other person can become much less attractive to us.

Before you get into another one of those low points in your marriage, **I encourage you to consider making God's purpose the reason for your marriage, to become one in heart with Him and each other.** To do that we have to make our marriage about Father and put Him as first priority. There are no stressors greater than Father, and He is greater than any mountain or giant you may face as a couple. It will dispel any questions or doubt about your choice in getting married, your spouse, or your future together!

The second step to a heart-to-heart connection with Father is to become one with His will. Since the Word is His will in written form, we need to come into agreement with the Word in

every area, situation, and decision in our life and marriage. It's the only way one or both of you can come into agreement with a strong-willed spouse! We come into agreement by finding out what His will is first. I know that I have always been strong-willed on many things, and Sue can have some pretty strong opinions about things too! It has only been as we have submitted our hearts and wills to His will, that we have started to experience more peace and harmony in our marriage. When you find Father's will, you find His blessing and peace too! A good place to begin finding out more about Father's will for you in your relationship can be found in the book of Ephesians, especially chapter 5!

And the third step is to *become one in Father's Love*. **1 John 4:19** says that "We love Him because He first loved us." You cannot even love your heavenly Father without first receiving His love for you! You can't give away what you have not received first. Since God is Love (**1 John 4:16**), when we are born again, Jesus and the Father come and dwell inside of us. So we have all the fullness of Father's Love in us. It's not that we continue to receive more of His love, but that we continue to grow in our capacity to experience and give away more of the Love that is already inside of us! What we need to work on is all of the things that hinder us from experiencing more of His Love. We need to walk free from unforgiveness, judgments, vows, ungodly beliefs, and the wounds and pain that we carry in our heart from past experiences growing up and as adults.

We need to ask Father to increase our capacity to walk in more of His Love and take all our hurts, fears, worries, desires, dreams, and needs to Him. Stress seems to bring out all of the old default behaviors we used to use to comfort our pain and quiet our negative emotions and thoughts. We may need help, but we have to reduce the stress and unrest in our life and rewire the default behaviors with God's ways and His Love. **His comforting Love will heal all of our past pains and broken parts of our heart so we can give our whole heart to Him and our spouse. Father is passionately in love with you and your spouse. He wants have a heart-to-heart connection so that each married couple can experience the heart triangle of love!**

Dialogue Questions

1. What are three things that I remember you doing when we were dating that made me feel special, noticed, and loved? How does that make me feel?
2. What are three things that you need from me now that would affirm my love for you and make you feel more secure in our relationship and marriage? How does that make me feel?

Fun Night Ideas

1. Sit in each other's arms and listen to some of your favorite music that you enjoyed while you were dating. Talk about some of your fun memories and special times you had together.
2. Take a walk somewhere that there are spring flowers and flowering trees blooming. Do lots of non-sexual touching and looking into each other's eyes. Enjoy the beauty of His creation and your marriage together. Express appreciation for all the ways your spouse has made your marriage special and fun.