

**How to Have A Marathon Marriage**  
**Heaven Help the Home—Part 1**  
**Genesis 2:18-25**  
**April 28, 2019**

**Three stages of marriage:**

1. \_\_\_\_\_ stage.
2. \_\_\_\_\_ stage.
3. \_\_\_\_\_ stage.

**In this stage, you really have at least 3 choices:**

Choice #1 is to settle for the \_\_\_\_\_.

Choice #2 is to \_\_\_\_\_ on your marriage.

Option #3 is to \_\_\_\_\_ Your Marriage.

**Two principles in Genesis 2:18-23:**

1. Marriage is designed by God to \_\_\_\_\_ our core need for companionship.
2. Everything else is a poor \_\_\_\_\_ for human companionship.

**Verses 24-25 give us four building blocks for marriage:**

*“For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. The man and his wife were both naked, and they felt no shame.”*

Building Block #1: \_\_\_\_\_.

Building Block #2: \_\_\_\_\_.

Building Block #3: \_\_\_\_\_.

“They are no longer two, but one. Therefore what God has joined together let man not separate.” --Matthew 19:6

Building Block #4: \_\_\_\_\_.

And, if you want a Marathon Marriage, you need to have:

#1 \_\_\_\_\_. You leave your parents

#2 \_\_\_\_\_. You cleave permanently to your spouse

#3 \_\_\_\_\_. You strive to be united soul mates.

#4 \_\_\_\_\_. You work toward open transparency.

**3-part assignment (for married couples) this week:**

1. Discuss what season your marriage is in: Romance, Reality, or Rethinking.
2. Then spend some time talking about where your marriage is on the oneness/isolation continuum.
3. Finally, I want you to brainstorm some ways that your marriage can move toward oneness.