

# WE.

*WE : Lesson 1 of 4 : MANUP.co*

## The WE series is for . . .

- Anyone who wants to **get married**.
- Anyone who wants to **stay married**.
- Anyone who wants to **stop being married**.
- Anyone who wants to **remarry**.
- Anyone who wants to **help other marriages**.



## Matthew 19

<sup>4</sup> Jesus said, “From the beginning God made them male and female. <sup>5</sup> This explains why a man leaves his father and mother and is joined to his wife, and the two are united into **ONE**.”

## WE do 4 things to finish strong.

- We **Agree**.
- We **Share**.
- We **Work**.
- We **Enjoy**.

***Marriage is a covenant to be FRIENDS,  
PARTNERS, and LOVERS for life.***

# WE AGREE.

## We agree on the PURPOSE of Marriage.

### Genesis 1

<sup>26</sup> Then God said, *“Let us make mankind in our image, to be like us. They will rule and reign over . . . (creation).”*

### Genesis 2

<sup>7</sup> Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man’s nostrils, and the man became a living person. <sup>15</sup> The Lord God placed the man in the Garden of Eden to work it and to keep it. <sup>18</sup> Then the Lord God said,

***“It is not good for the man to be alone.  
I will make a helper who is just right for him.”***

<sup>21</sup> So the Lord God caused the man to fall into a deep sleep. While the man slept, the Lord God took out one of the man’s ribs and closed up the opening. <sup>22</sup> Then the Lord God made a woman from the rib, and he brought her to the man. <sup>23</sup> *“At last!”* the man exclaimed. *“This one is bone from my bone, and flesh from my flesh! She will be called ‘woman,’ because she was taken from man.”*

<sup>24</sup> **This explains why a man leaves his father and mother and is joined to his wife, and the two are united into ONE.**

<sup>25</sup> Now the man and his wife were both naked, and were not ashamed. <sup>1:28</sup> Then God blessed them and said,

*“Be fruitful and multiply. Fill the earth, rule it and reign over it.”* <sup>1:31</sup> Then God looked over all he had made and he saw that it was very good.

***GOD created marriage  
to make life BETTER.***

## We agree on the ORDER of Marriage.

### 1 Corinthians 11

<sup>3</sup> The head of every man is Christ, the head of woman is man, and the head of Christ is God.

**Head:** *the source of - the headwaters*

<sup>11</sup> But among the Lord's people, women are not independent of men, and men are not independent of women. <sup>12</sup> For although the first woman came from man, every other man was born from a woman, and everything comes from God.

**GOD > HE > SHE > WE**

### Ephesians 5

<sup>21</sup> Submit to one another out of reverence for Christ.

<sup>22</sup> For **wives**, this means submit to your husbands as to the Lord. <sup>23</sup> For a husband is the head of his wife as Christ is the head of the church. He is the Savior of his body, the church. <sup>24</sup> As the church submits to Christ, so you wives should submit to your husbands in everything.

**Submit:** *to yield to, to get behind leader (military term)*

<sup>25</sup> For **husbands**, this means love your wives, just as Christ loved the church. <sup>26</sup> He gave up his life for her to make her holy and clean, washed by the cleansing of God's word.

<sup>28</sup> In the same way, **Husbands** ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself. <sup>29</sup> No one hates his own body but feeds and cares for it, just as Christ cares for the church. <sup>31</sup> As the Scriptures say . . .

***"A man leaves his father and mother and is joined to his wife, and the two are united into ONE."***

<sup>32</sup> *This is a great mystery*, but it is an illustration of the way Christ and church are one.

## **We agree on the GIFT of Marriage.**

### **1 Corinthians 7**

<sup>7</sup> God gives to some the gift of marriage, and to others the gift of singleness.

### **Ecclesiastes 4**

<sup>9</sup> Two are better off than one, for they can help each other succeed. <sup>10</sup> If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. <sup>11</sup> Likewise, two people lying close together can keep each other warm. But how can one be warm alone? <sup>12</sup> A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer.

***If you treat your spouse like a GIFT  
maybe they'll be more GIVING.***

## **We agree on the COVENANT of Marriage.**

### **Matthew 19**

<sup>4</sup> Jesus said, "From the beginning God made them male and female. <sup>5</sup> This explains why a man leaves his father and mother and is joined to his wife, and the two are united into **ONE**."

<sup>6</sup> "Since they are no longer two but one, let no one split apart what God has joined together."

***Marriage is a covenant to be FRIENDS,  
PARTNERS, and LOVERS for life.***

**Q: Which one of these needs your attention?**

**Friends - Partners - Lovers - Covenant**

# We Share.

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## Matthew 19

<sup>4</sup> Jesus said, "From the beginning God made them male and female. <sup>5</sup> This explains why a man leaves his father and mother and is joined to his wife, and the two are united into **ONE**."

**Marriage is a COVENANT to be  
Friends, Partners, and Lovers for Life.**

## WE do 4 things to make Marriage Better.

- We Agree.
- We Share.
- We Work.
- We Enjoy.

## We Share what we're DOING.

### Psalm 90

<sup>12</sup> Teach us to number our days,  
so that we may grow in wisdom.

### 1 Corinthians 14

<sup>40</sup> Let everything be done decently and in order.

## Philippians 2

<sup>4</sup> Don't look out only for your own interests,  
but take an interest in others, too.

### Take Action:

- Schedule a weekly meal.
- Make a chart of who's doing what.
- Make a calendar of who's going where.

*If you don't know what they're DOING  
- you can't do life TOGETHER.*

## We Share what we're FEELING.

### Romans 12

<sup>15</sup> Rejoice with those who rejoice,  
and weep with those who weep.

### Psalm 34

<sup>17</sup> The Lord hears his people when they call to him  
for help. He rescues them from all their troubles.

<sup>18</sup> The Lord is close to the brokenhearted;  
he rescues those whose spirits are crushed.

*God doesn't AVOID feelings  
He moves CLOSE to them.*

### Proverbs 4

<sup>23</sup> Guard your heart above all else,  
for it determines the course of your life.

***Feelings are the TEMPERATURE of the Heart.***

### **James 1**

<sup>19</sup> Be quick to listen, slow to speak, and slow to get angry.

### **The TRUTH about Feelings.**

- Feelings take a lot of time to uncover.
- Feelings take a lot of time to recover.
- Feelings may not be right but they're real.
- Feelings may require some outside help.

### **Take Action:**

- Ask for help. (*personal mentor, professional counselor*)
- Ask emotional and factual questions.
- Listen to their words and their body language.
- Schedule intentional time together.

## **We Share what we're LEARNING.**

### **Deuteronomy 6**

<sup>6</sup> Commit yourselves wholeheartedly to these commands that I am giving you today. <sup>7</sup> Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. <sup>8</sup> Tie them to your hands and wear them on your forehead as reminders. <sup>9</sup> Write them on the doorposts of your house and on your gates.

### **Ephesians 5**

<sup>16</sup> Make the most of every opportunity.

## Psalm 78

<sup>4</sup> We will not hide these truths from our children;  
we will tell the next generation about the glorious  
deeds of the Lord, and his power and his mighty wonders.

### Take Action:

- Don't separate the spiritual stuff  
from the everyday stuff.
- Show an interest in what interests them.

*If you want them to **LEARN** from you  
start by **LISTENING** to them.*

## We Share where we're **GOING**.

### Proverbs 29

<sup>18</sup> Where there is no vision the people perish.

### Habakkuk 2

<sup>2</sup> Write the vision and make it plain.

### Proverbs 13

<sup>19</sup> How pleasant it is to see dreams come true.

### Take Action:

- Let them dream without asking how.
- Let them try without asking why.
- Let them fail without feeling like a failure.

**Table Group: Circle the action(s) you need  
to take and share them with your group.**

# We Work.

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**Marriage is a COVENANT to be  
Friends, Partners, and Lovers for Life.**

## WE do 4 things to Finish Strong.

- We **AGREE**.  
*We agree on the purpose, order,  
and covenant of marriage.*
- We **SHARE**.  
*We share what we're doing, feeling,  
learning, and where we're going.*
- We **WORK**.  
*We work together, work hard,  
and work for God's Glory.*
- We **ENJOY**.  
*We enjoy time together, time alone,  
and time with friends.*

## We work TOGETHER.

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**LEAVE:** 'azab - "to cut, to leave behind, to let go"

**JOINED:** dabaq - "to cling to, to cleave, to follow"

**UNITED:** 'echad - "to be one"

***Marriage is no longer a HE and SHE  
- it's a whole new WE.***

### Song of Solomon 2

<sup>16</sup> My lover is mine and I am his.

**Take Action:** (Are we working together as ONE in our . . . )

Circle of Life	Never	Rarely	Sometimes	Usually	Almost Always
Sex Life					
Parenting					
Scheduling					
Spending					
Saving					
Giving					
Social Life					
Free Time					
Health					
Worship					



## We work HARD.

### Genesis 2

<sup>15</sup> The Lord God placed the man in the garden to work it and to keep it.

**WORK:** *abad* - "to labor, to cultivate, to serve"

**KEEP:** *shamar* - "to pay attention to, to take care of"

### Ecclesiastes 9

<sup>9</sup> Live happily with the woman you love through all the meaningless days of life that God has given you under the sun. The wife God gives you is your reward for all your earthly toil.

<sup>10</sup> **Whatever you do, do well.**

For when you go to the grave, there will be no work or planning or knowledge or wisdom.

***Do your BEST and  
trust God with the REST.***

### Galatians 6

<sup>2</sup> Share each other's burdens and in this way obey the law of Christ.

### Galatians 6

<sup>7</sup> You will always harvest what you plant. <sup>9</sup> So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

**Take Action:** *(Ask your spouse these ?'s)*

- What work are you enjoying the most?
- What work are you enjoying the least?
- How can I help?

## We work for GOD's glory.

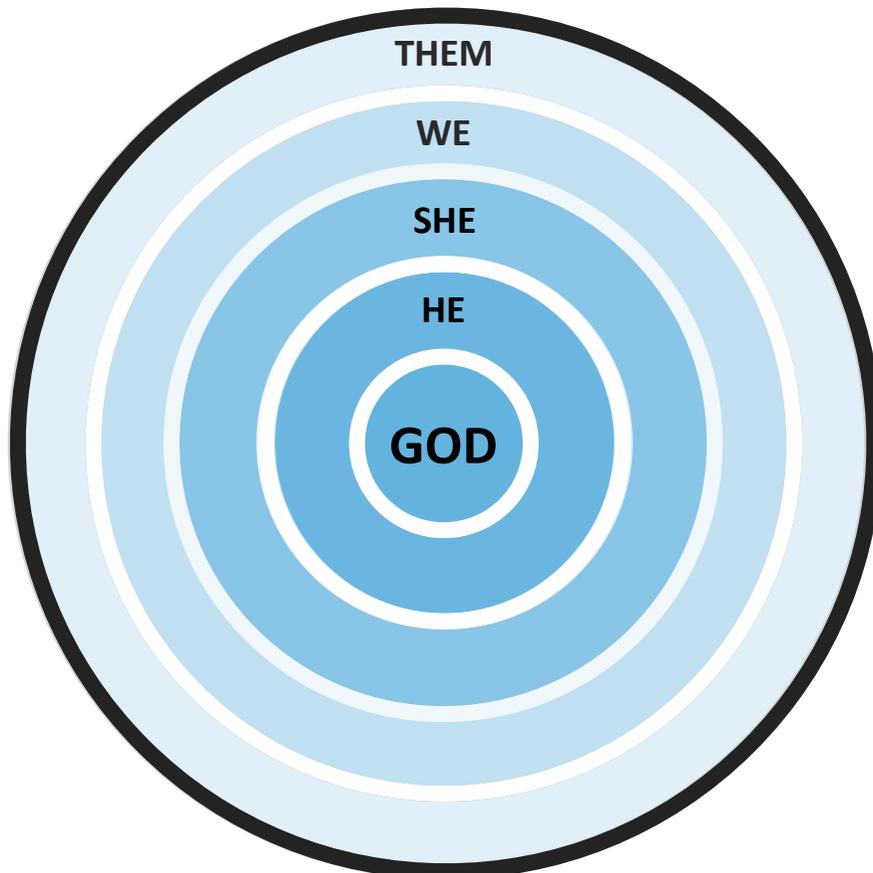
### Colossians 3

<sup>23</sup> Work willingly at whatever you do, as though you were working for the Lord rather than for others.

*You'll never have your life in ORDER  
until God is at the CENTER.*

### Take Action:

- Cut-out this chart and put it where you'll see it everyday.



# We Enjoy.

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***Marriage is a Covenant to be Friends, Partners, and Lovers for Life.***

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- We **SHARE**.  
*We share what we're doing, feeling, learning, and where we're going.*
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*We work together, work hard, and work for God's Glory.*
- We **ENJOY**.  
*We enjoy time together, time alone, and time with friends.*

# 10 Things We Enjoy.

## 1. Everyday Life.

Ecclesiastes 11:9 - It's wonderful to be young!  
Enjoy every minute of it. Do everything you want to do; take it all in. But remember that you must give an account to God for everything you do.

## 2. A Good Meal.

Ecclesiastes 3:13 - People should eat and drink and enjoy the fruits of their labor, for these are gifts from God.

## 3. A Good Laugh.

Psalms 126:2-3 - We were filled with laughter and we sang with joy. Yes, the Lord has done amazing things for us! What joy!

Proverbs 17:22 - A cheerful heart is good medicine.

## 4. What We Have.

Ecclesiastes 6:9 - Enjoy what you have rather than desiring what you don't have. Just daydreaming about nice things is meaningless - like chasing the wind.

## 5. Love, Intimacy, and Sex.

Genesis 2:25 - Now the man and his wife were both naked, but they felt no shame.

Proverbs 5:15-19 - Drink water from your own well - share your love only with your wife. Why spill the water of your springs in the streets, having sex with

just anyone? You should reserve it for yourselves.  
Never share it with strangers.

Let your wife be the fountain of blessing for you.  
Rejoice in the wife of your youth. She is a loving deer,  
a graceful doe. Let her breasts satisfy you always.  
May you always be captivated by her love.

1 Corinthians 7:3-5 - The husband should fulfill his  
wife's sexual needs; and the wife should fulfill her  
husband's needs. The wife gives authority over her  
body to her husband, and the husband gives authority  
over his body to his wife. Do not deprive each other  
of sexual relations.

## **6. Time Together.**

Psalm 128:1-6 - How joyful are those who fear the  
Lord - all who follow his ways! You will enjoy the fruit  
of your labor. How joyful and prosperous you will be!  
Your wife will be like a fruitful grapevine, flourishing  
within your home. Your children will be like vigorous  
young olive trees as they sit around your table.

That is the Lord's blessing for those who fear him.  
May you live to enjoy your grandchildren.

## **7. Time Alone.**

Genesis 2:2 - On the seventh day God had finished  
his work of creation, so he rested from all his work.

Exodus 34:21 - You have six days each week  
for your ordinary work; but on the seventh  
day you must stop working, even during  
the seasons of plowing and harvest.

Luke 5:16 - But Jesus often withdrew  
to the wilderness for prayer.

## 8. Time With Friends.

Romans 12:13 - Always be eager to practice hospitality.

Acts 2:46 - They worshiped together at the Temple each day, met in homes for the Lord's Supper, and shared their meals with great joy and generosity - all the while praising God and enjoying the goodwill of all the people.

Proverbs 11:25 - The generous will prosper; those who refresh others will themselves be refreshed.

## 9. The Season We're In.

Ecclesiastes 3:1,11 - For everything there is a season, a time for every activity under heaven. God makes everything beautiful in his time.

## 10. The Season That's Coming.

Galatians 6:8-9 - Those who live to please the Spirit will harvest everlasting life from the Spirit. So let's not get tired of doing what is good. For in due season, you'll reap a harvest if you don't give up.

Isaiah 3:10 - Tell the godly that all will be well for them. They will enjoy the rich reward they have earned!

## Take Action.

- What # do you need to work on? \_\_\_\_\_
- List 2 things you can DO to make your marriage, family, and home more enjoyable:

\_\_\_\_\_