

W.O.V.E.N.

SESSION 3: O-ONENESS

Homework Questions to Build Spiritual, Emotional and Physical Oneness

The Three-Strand Check

Scripture: "A cord of three strands is not quickly broken." — Ecclesiastes 4:12

These are the three strands essential to Oneness in Marriage: **Spiritual Oneness** (foundation), **Emotional Oneness** (bridge), and **Physical Oneness** (celebration).

Action: Sit down separately for 2 minutes and rate your current satisfaction in these three areas on a scale of 1–10. Then, come together, pray and compare numbers.

Discussion: Don't defend your number. Instead, ask: "What is one specific thing I can do this week to tighten the weave in the area you rated lowest?"

Shoulder-to-Shoulder vs. Face-to-Face

Scripture: "If two lie down together, they will keep warm. But how can one keep warm alone?" — Ecclesiastes 4:11

- 1) Can you identify one current "stressor" (e.g., a schedule conflict, a household repair, a budget issue) where we have accidentally slipped into a "Face-to-Face" stance?
- 2) What is one practical way we can physically or mentally "pivot" to tackle that issue as a team, shoulder to shoulder this week?

Drift Detection

Scripture: "We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away." — Hebrews 2:1

Even a strong rope will drift if it isn't anchored.

- 3) What is the number one "current" in our life right now (e.g., fatigue, phones, work stress) that tries to pull our strands apart?
- 4) What is one simple habit we can use to stay woven together this week?

Celebrating Differences

Scripture: "Make my joy complete by being like-minded..." — Philippians 2:2

A braid requires distinct strands to be strong.

- 5) Tell your spouse one specific personality trait they have that is *completely different* from yours but makes your "rope" stronger because they bring it to your marriage.

Prayer Commitment: Praying together is a vital component of marital oneness. Make it a consistent habit to pray out loud with and for each other. Ideally daily.