

The Five Marks of Oneness

Marriage is the daily practice of becoming one. These five marks name what changes the moment two people stop living as individuals and start living as “we.” Read each mark slowly with your spouse and apply the solution this week.

Mark 1 We cater to the needs of another person.

“Let each of you look not only to his own interests, but also to the interests of others.”

PHILIPPIANS 2:4

Love moves from “What do I want?” to “What does she need?”

Solution: Ask weekly, “What do you need from me?” Then act on the answer.

Mark 2 We are accountable to another person.

“Submitting to one another in the fear of God.”

EPHESIANS 5:21

Marriage ends private living.

Solution: Be transparent with your schedule, money, and whereabouts. Invite a godly mentor to ask you hard questions.

Mark 3 We are not single anymore.

“So then they are no longer two, but one flesh.”

MATTHEW 19:6

A single mindset makes solo decisions.

Solution: Before any significant decision, say, “Let’s decide this together.”

❖ Apply It — One concrete step I will take this week

The Five Marks of Oneness (cont.)

Mark 4 What we do affects the other person.

"If one member suffers, all the members suffer with it."

1 CORINTHIANS 12:26

Intent does not erase impact.

Solution: Before you act or speak, ask, "How will this land on her?" When you hurt her, own it without excuses.

Mark 5 It's now about us.

"A threefold cord is not quickly broken."

ECCLESIASTES 4:12

God, husband, and wife form the strongest bond.

Solution: Shift from "me versus you" to "us versus the problem." Write one shared goal for your marriage and pray over it daily.

❖ Reflection — Which mark is hardest for me right now, and why?

❖ Reflection — What changes if I live these five marks starting today?

Restoration Questionnaire

Answer honestly, with no defense. This is between you and God before it is between you and her.

1. When did I last ask my wife what she needs, and act on it?

2. Who holds me accountable for how I treat her?

3. Where do I still act as though I'm single?

Restoration Questionnaire (cont.)

4. What specific actions have hurt her?

5. What am I most defensive about?

6. What would she say I must change?

7. What will I do for 90 days, regardless of her response?

Restoration Worksheet

Her need (as I understand it)

My specific action this week

Impact I may have caused (name it)

My humble apology, in one sentence

Accountability partner

Daily prayer commitment (time)

Shared goal for “us”

This Week's Commitment

“A threefold cord is not quickly broken.” — Ecclesiastes 4:12

Signature

Date

Weekly Check-In Log

Complete one row each week. Bring this log to your next counseling session.

Week 1

What did I do?

How did she respond?

What will I adjust?

Week 2

What did I do?

How did she respond?

What will I adjust?

Week 3

What did I do?

How did she respond?

What will I adjust?

Week 4

What did I do?

How did she respond?

What will I adjust?

“So then they are no longer two, but one flesh.” — Matthew 19:6

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