

iHeart

iHeart My Spouse

February 4-5, 2012 – Jeff Gunn

¹⁸ *The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him."*

¹⁹ *Now the LORD God had formed out of the ground all the wild animals and all the birds in the sky. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name.* ²⁰ *So the man gave names to all the livestock, the birds in the sky and all the wild animals.*

But for Adam no suitable helper was found. ²¹ *So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh.* ²² *Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man.*

²³ *The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man."*

²⁴ *That is why a man leaves his father and mother and is united to his wife, and they become one flesh.*

²⁵ *Adam and his wife were both naked, and they felt no shame. (Genesis 1:18-25, NIV)*

This is my lover, this my friend, O daughters of Jerusalem. (Song of Songs 5:16b, NIV)

The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him." (v. 18)

God wants our spouse to be _____ for us.

- ✓ **A great fit as in "like a _____"**
- ✓ **Obvious as in "right in front of your _____"**
- ✓ **Overall, a " _____"**

But for Adam no suitable helper was found. (v. 20)

There's no real good _____ for my spouse.

So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh. Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man. (v. 21-22)

A spouse is a _____ from God. So, choosing and keeping a spouse is a spiritual activity, as opposed to...

- ✓ **A _____ activity**
- ✓ **A _____ activity**
- ✓ **An _____ activity**

The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man." (v. 23)

My spouse is meant to be my _____.

That is why a man leaves his father and mother and is united to his wife, and they become one flesh. (v. 24)

My spouse and I are to _____ like no one else.

Adam and his wife were both naked, and they felt no shame. (v. 25)

There is nothing _____ between my spouse and me, and nothing to be _____ of.

Above all else, guard your heart, for everything you do flows from it. (Proverbs 4:23, NIV)

My next step in the "Cross-Walk":

- ✓ **Sit down** with your spouse (or prospective spouse) and these notes.
- ✓ **Key verse!** *That is why a man leaves his father and mother and is united to his wife, and they become one flesh. (v. 24)*