



**VIEWING  
GUIDE**



# TABLE OF CONTENTS

**Letter from Pastor Mark & Grace**  
**1**

**Where to find the series**  
**2**

**One Heart**  
**3**

**One Soul**  
**6**

**One Mind**  
**9**

**One Body**  
**12**

**Q&A**  
**15**

**About Pastor Mark & Grace and  
RealFaith**  
**18**

# LETTER FROM PASTOR MARK & GRACE

*"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength...and love your neighbor as yourself."*

*-Mark 12:29-31*

These words of Jesus often become cliché, but what do they really mean?

We've always said that if you're married, your spouse is your nearest neighbor. Before you go out into the world and try to love others, you have to start at home. Now, this is NOT always easy. Marriage is essentially putting two flawed people together forever and hoping that they become sanctified. It's a process. It's a journey. And it requires humility.

*"A man shall leave his father and his mother and hold fast to his wife and they shall become one flesh."*

*-Genesis 2:24*

When you get married, God knits you miraculously together as one flesh. Now we've learned a few things the hard way from being married over 25 years, and we have a ministry called Real Marriage because our marriage is REAL. It's not perfect. Our kids aren't perfect. Our ministry isn't perfect. Nothing is! But God is at the center, and He's our hope.

The combination of these two verses has provided us with profound insight over the years, and we'd love to provide you with resources to strengthen your marriage, no matter what season you're in. And that's why we're glad you're reading this book.

We recently did a series of short lectures at Trinity Church entitled One Flesh that we wanted to share with you. We're here to help, so we've made them available to you for free at RealFaith.com. There are 4 15-minute lectures and some Q&A all around the themes of One Heart, One Soul, One Mind, and One Body. This book will help you take notes, discuss with your spouse, and plan out some practical steps of how to become one.

We are absolutely honored to come alongside you, and we're grateful that the Lord has used RealFaith to strengthen your marriage. And hey, thanks for helping us further the Kingdom through RealFaith. We are praying for you and your family.

Pastor Mark and Grace Driscoll





# WHERE TO FIND THE SERIES



[REALFAITH.COM/ONE-FLESH](https://REALFAITH.COM/ONE-FLESH)



# ONE HEART: EMOTIONALLY

*"A man shall leave his father and his mother and hold fast to his wife and they shall become one flesh."*

*-Genesis 2:24*

*"Love the Lord your God with all your **heart** and with all your soul and with all your mind and with all your strength...and love your neighbor as yourself."*

*-Mark 12:29-31*

This session focuses on the heart and intimacy with your spouse. The big idea is that we did everything wrong to start out, but Jesus fixed it, so there's hope for you.

## **Before watching:**

1. Being honest with each other, in terms of sexuality, how did you and your spouse begin your relationship? Were you sexually pure before marriage?

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2. How connected do you feel to your spouse emotionally right now?

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## **Watch:**

1. What does it mean for a husband and wife to become one NEW flesh?

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# ONE HEART: EMOTIONALLY

2. For wives, why is emotional connection important? Are there any areas of trust that need to be rebuilt with your husband?

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3. For husbands, how can you emotionally connect with your wife? Ask your wife how she specifically feels connected and repent of any times you have been harsh with her.

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4. What is the concept of a “harsh startup”? Have you experienced this in your marriage? If so, think back to an example and talk through how it could have been handled better.

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5. Do either of you have any trauma or past hurt that is affecting your ability to connect with your spouse? Is there someone you can talk to like a pastor or Christian counselor to heal these wounds?

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# ONE HEART: EMOTIONALLY

6. We talk about three types of relationships: Shoulder-to-shoulder, Back-to-back, and Face-to-face.

- Which one do you feel your marriage tends towards?

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- How can you make a plan to live face-to-face?

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**After watching:**

1. What did the Lord reveal to you about your heart and relationship through this session? Talk together about the next steps he would have you take.

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# ONE SOUL: SPIRITUALLY

*"A man shall leave his father and his mother and hold fast to his wife and they shall become one flesh."*

*-Genesis 2:24*

*"Love the Lord your God with all your heart and with all your **soul** and with all your mind and with all your strength...and love your neighbor as yourself."*

*-Mark 12:29-31*

This session focuses on how to connect with your spouse on a soul level, and why that precedes physical connection because the connection at the level of the soul is deeper than at the level of the body.

## **Before watching:**

1. How is your soul doing? How's your relationship with God? Before you get right with your spouse, you'll have to get right with Him first.

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## **Watch:**

1. What do you appreciate about your spouse that is different from you?

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2. How do you cultivate a relationship at the level of the soul? Talk about some practical examples.

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**"THE DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS. IT'S WHAT CLINICIANS USE TO DIAGNOSE PROBLEMS AND SOLUTIONS. IT MENTIONS THE SOUL ZERO TIMES. WHAT THAT MEANS IS SECULAR PSYCHOLOGY, COUNSELING, AND THERAPY IGNORES THAT YOU HAVE A SOUL."**

# ONE SOUL: SPIRITUALLY

3. How do you study your Bible? If it's different from your spouse, that's ok! Talk about your methods together.

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4. For the husbands, how can you be the head of your home spiritually? Why is this SO important?

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## After watching:

1. Talk about what the Lord has been teaching you, how your spouse can be praying for you, and how they can support you. Bonus round: go for a walk!

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2. Do you have a local church that you are connected to? If not, find one.

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3. How can you serve the Lord together?

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**"YOU DON'T JUST HAVE A SOUL. YOU ARE A SOUL."**

# ONE SOUL: SPIRITUALLY

4. Husbands, think about this quote:

*When the Bible says that the man is the head, the question is not is he the head, the question is, is he a good head or a bad head? If the men don't step up to lead, Satan will, like happened with Adam.*

Pray about how you have failed to lead your family as the head. We have all failed in some areas, but by God's grace it's not too late to fix your mistakes.

**"IF A WIFE REGULARLY ATTENDS CHURCH, BUT THE HUSBAND DOES NOT, THEIR CHILDREN HAVE A 2% CHANCE OF REGULARLY ATTENDING CHURCH AS ADULTS. IF YOU FLIP IT, IF MOM DOES NOT GO TO CHURCH REGULARLY BUT DAD DOES, THE CHILDREN WILL HAVE A 67-75% CHANCE OF REGULARLY ATTENDING CHURCH WHEN THEY GROW UP."**

# ONE MIND: MENTALLY

*"A man shall leave his father and his mother and hold fast to his wife and they shall become one flesh."*

*-Genesis 2:24*

*"Love the Lord your God with all your heart and with all your soul and with all your **mind** and with all your strength...and love your neighbor as yourself."*

*-Mark 12:29-31*

*"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."*

*-Romans 12:2*

This session focuses on loving your spouse with your mind, which often includes unlearning false conceptions of sexuality and gender.

## **Before watching:**

1. What were some of your false beliefs about sex before you got married? What have you had to re-learn?

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## **Watch:**

1. Do you see sex as:
  - a. God?
  - b. Gross?
  - c. Or gift?

How has this view affected your marriage?

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**"AND THE BIG LINE IN OUR CULTURE IS, THE MORE PEOPLE YOU SLEEP WITH, THE MORE PLEASURE YOU HAVE. THE TRUTH IS, THE MORE YOU'RE FAITHFUL TO ONE PERSON, THE DEEPER THE CONNECTION GOES, AND THE MORE THE HABITUATION IS REINFORCED."**

# ONE MIND: MENTALLY

2. Do you struggle with shame or guilt related to your past sexual activity? How has this affected your marriage?

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3. As a couple, are you living individually and together under the authority of God's Word? What does that mean? Why is it so important?

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4. In what ways have you weaponized the Bible against each other and held a double standard for your spouse that you haven't met? (Good luck with this one...)

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5. Are your desires, your longings, and your pursuits 100% geared towards your spouse? If you struggle with this idea or have wrestled with a pornography addiction, the book *Wired for Intimacy* by William Struthers is a helpful book.

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**"THE PLEASURE PATH AND THIS BUILDING OF A PATHWAY IN THE BRAIN. THE PLEASURE LITERALLY HARDWIRES A PATH IN THE BRAIN AND THEY SHOW THAT BRAIN SCIENCE, YOU ACTUALLY ALTER YOUR BRAIN BY WHO YOU HAVE SEX WITH AND WHAT YOU THINK OF SEXUALLY...THE POINT IS IF YOUR DESIRES AND YOUR PLEASURE PATHWAY IS JUST TOWARD YOUR SPOUSE, YOU WILL BE LITERALLY PHYSIOLOGICALLY HARDWIRED TO DESIRE AND PURSUE THEM."**



# ONE MIND: MENTALLY

## After watching:

1. Examine your relationship and be honest about any areas that are not aligned with God's Word and will. Search the Scriptures and pray together about how to come into alignment with God and each other.

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2. Again, if you're not in a local church under godly authority with pastors and/or counselors that you can talk to, find a church that helps strengthen you and your family.

- o Find a church that: a) Studies the Bible b) Cares about family health (mom, dad, kids, marriages)

**"AND I'LL JUST TELL YOU, BEING UNHAPPILY MARRIED IS AS MUCH WORK AS BEING HAPPILY MARRIED. YOU CAN EITHER PAY FOR DATE NIGHT OR THERAPY, EITHER WAY IT COSTS THE SAME. AND SO WE JUST DECIDED WE'RE NOT GOING TO GET DIVORCED, WE'RE NEVER GOING TO SAY THE WORD DIVORCE, THAT'S THE GRENADE WE'RE NEVER GONNA PULL THE PIN ON."**

# ONE BODY: PHYSICALLY

"A man shall leave his father and his mother and **hold fast** to his wife and they shall become one flesh."

-Genesis 2:24

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your **strength**...and love your neighbor as yourself."

-Mark 12:29-31

This session dives into the final step of connection with your spouse: sex. We promise it'll be awkward.

## Before watching:

1. How do you feel about where your relationship is at sexually?

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## Watch:

1. What is non-sexual touch? Give some examples.

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2. How do you feel when it seems like every time your spouse touches you or does something nice for you that they just want sex?

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# ONE BODY: PHYSICALLY

3. What does it mean to serve each other sexually? Give some examples.

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4. What are the benefits of sex within marriage? Give personal examples.

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## **After watching:**

1. What marital issues from outside the bedroom are you carrying into the bedroom?

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2. As we close out this series, here's a list of questions to continue to reflect on:  
o How are you doing emotionally, relationally, friendship, listening, warmth, emotional safety?

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# ONE BODY: PHYSICALLY

- How are you doing spiritually? Are you worshiping together? Are you praying for each other?

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- How are you doing mentally? Are you in God's word? Are you seeking wise counsel?

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- And physically, are you serving one another outside of the bedroom with chores and affection? Are you serving one another in the bedroom with a good attitude?

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**"SEXUAL PLEASURE IS ONE OF THE MOST INTENSE HUMAN EXPERIENCES. PHYSICALLY SPEAKING, WHEN A MAN OR WOMAN REACHES SEXUAL EXCITEMENT, NERVE ENDINGS RELEASE A CHEMICAL INTO THE BRAIN CALLED AN OPIOID. OPIOID MEANS OPIUM LIKE, AND IS A GOOD DESCRIPTION OF THE POWER OF THIS CHEMICAL. APART FROM A HEROIN INDUCED EXPERIENCE, NOTHING IS MORE PHYSICALLY PLEASURABLE THAN SEX. THIS IS A WONDERFUL THING FOR A COMMITTED MARRIAGE RELATIONSHIP BECAUSE IT HELPS TO BOND TWO PEOPLE TOGETHER AND BRING JOY TO LIVING TOGETHER AND BUILDING A RELATIONSHIP". -DR. STEVEN OTTERBURN**





**HOW OFTEN SHOULD WE HAVE SEX?**

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**WHAT SHOULD I DO IF MY WIFE IS AFRAID TO BE INTIMATE?**

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# ABOUT PASTOR MARK & GRACE AND REALFAITH

With Pastor Mark, it's all about Jesus! Mark and his wife Grace have been married and doing vocational ministry together since 1993. They also planted The Trinity Church with their five kids in Scottsdale, Arizona as a family ministry ([thetrinitychurch.com](http://thetrinitychurch.com)) and started RealFaith, a ministry alongside their daughter Ashley that contains a mountain of Bible teaching from Pastor Mark as well as content for women, men, parents, pastors, leaders, Spanish-speakers, and more.

Pastor Mark has been named by Preaching Magazine one of the 25 most influential pastors of the past 25 years. He has a bachelor's degree in speech communication from the Edward R. Murrow College of Communication at Washington State University as well as a master's degree in exegetical theology from Western Seminary in Portland, Oregon. For free sermons, answers to questions, Bible teaching, and more, visit [RealFaith.com](http://RealFaith.com) or download the Real Faith app.

Together, Mark and Grace have authored "Win Your War" and "Real Marriage". Pastor Mark has authored numerous other books including "Spirit-Filled Jesus", "Who Do You Think You Are?", "Vintage Jesus", and "Doctrine". Pastor Mark and his daughter Ashley Chase have also written "Pray Like Jesus" as a father-daughter project.

If you have any prayer requests for us, questions for future Ask Pastor Mark or Dear Grace videos, or a testimony regarding how God has used this and other resources to help you learn God's Word, we would love to hear from you at [hello@realfaith.com](mailto:hello@realfaith.com).





**IT'S ALL  
ABOUT  
JESUS!**

**REALFAITH.COM**



**“LOVING GOD AND YOUR NEIGHBOR,  
WHICH YOUR FIRST NEIGHBOR IS YOUR  
SPOUSE, WITH ALL YOUR HEART  
EMOTIONALLY, ALL YOUR SOUL  
SPIRITUALLY, AND ALL YOUR MIND  
MENTALLY, STARTS TO HABITUATE THE  
PATHWAY TO LOVING ONE ANOTHER  
WITH YOUR BODY PHYSICALLY.”**



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