What does it mean to leave? How do I facilitate leaving?

What does it mean to cleave? How do I facilitate cleaving?

Deuteronomy 13:4 “Ye shall walk after the LORD your God, and fear him, and keep his commandments, and obey his voice, and ye shall serve him, and cleave unto him.”

God’s Original Design

“Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. And they were both naked, the man and his wife, and were not ashamed.”

Definition of “Leaving”

Hebrew word azab OT:5800 has numerous meanings depending on how it is used.

In Genesis 2:24 it means “to depart from something,” or “to leave.”

What are you Leaving?

Marriage Relationship

- Rules
- Roles
- Unmet Needs
Unspoken Rules

- Always buy organic.
- Don’t ask for help.
- Downplay successes.
- Don’t work too hard / too long.
- Never raise voice.
- Always leave butter on counter.
- Never buy dessert at a restaurant.
- Always have big celebration for birthdays.
- Always be on time.
- Clean kitchen before bed.
- Don’t talk about feelings.
- Always pay bills the day they arrive.
- Don’t drive fast.
- Don’t buy expensive gifts.
- Use credit card only in emergency.

Roles

We both agree on who is doing these things:

<table>
<thead>
<tr>
<th>Task</th>
<th>Man</th>
<th>Dad</th>
<th>Me</th>
<th>You</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taking home with children</td>
<td>☒</td>
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<tr>
<td>Paying bills and handling finances</td>
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<td>Yard work</td>
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<td>Getting up the car</td>
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<tr>
<td>Fixing things around the house</td>
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<tr>
<td>Laundry</td>
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<td>Making the bed</td>
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<td>Cooking needs</td>
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<td>Grocery shopping</td>
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<tr>
<td>Caring for a pet</td>
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<tr>
<td>Decorating the house</td>
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<tr>
<td>Disciplining the children</td>
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</tr>
</tbody>
</table>

Unfulfilled Needs

- **Praise:** My parents never really celebrated my successes.
- **Encouragement:** My parents never really encouraged my dreams / goals.
- **Listening:** My parents never really understood me for who I am.

Couple Exercise

- Reflect on the three areas that can inhibit the leaving process (Roles, Rules, and Unfulfilled Needs).
- Identify one area you have done well at “leaving” and identify one area you would like to grow in.
- Share with your spouse.

Definition of “joined”

Matthew 19:5 “and said, for this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh?”

Ephesians 5:30-32 “For we are members of his body, of his flesh, and of his bones. For this cause shall a man leave his father and mother, and shall be joined [NT:4347] unto his wife, and they two shall be one flesh. This is a great mystery: but I speak concerning Christ and the church.”

Greek word for “joined”:

1. **kollao** (kolla/w, NT:2853), “to glue or cement together,” then, generally, “to unite, to join firmly,” is used in the passive voice signifying “to join oneself to, to be joined to.”

2. **proskollao** (proskolla/w, NT:4347), “to stick to,” a strengthened form of No. 1, with **pros**
Matthew 19:6 (AMP) “So they are no longer two, but one flesh. Therefore, what God has joined together, let no one separate.”

What areas can inhibit Cleaving?

- Work
- Friends
- Kids
- Hobbies
- School
- Parents

Things that facilitate Cleaving

- Learn to set boundaries and limits.
- Keep personal issues between you and your spouse.
- Develop your own social circle and calendar.
- Respect your spouse’s desires over your parents.
- Seek ways to grow spiritually together.
- Seek to function as a financially independent unit.
- Develop and establish traditions for your new family.
- Grieve losses of traditions, habits, or gatherings from your family of origin.

Take 5 minutes to discuss:
- Each of you list three things that help you feel close as a couple.
- Each of you list three things that can hinder you from feeling close to each other.
- Share your answers with your spouse.

Two Become One: Which One?

- Social
- Emotional
- Oneness
- Spiritual
- Intellectual
- Physical

Appendix: Additional Information

Things that may inhibit Leaving:
- Unresolved issues or conflict from past.
- Excessively looking for approval, encouragement, or support from someone outside marriage.
- Intrusive parents not respecting couples boundaries.
- Relying too heavily on parent for decision-making.
- Revealing details of marital conflict with parents.
- One or both individuals in a couple maintaining a mindset of singleness or allegiance to their friends over their marriage union.