

## Leaving and Cleaving

Genesis 2:24 “Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.”

### Leaving:

1. Physical Separation: There must be a physical separation from parents in order to be able to “cleave” to one another. Close physical proximity to parents may be a symptom of emotional dependence, which can be a hindrance to the couple’s relationship.
2. Emotional Severance: Emotional severance from parents is also necessary for the marital relationship. If one or both parties have experienced some type of abuse or dysfunction in the family of origin, it is often difficult for the proper emotional “leaving” to take place. The abuse or dysfunction usual acts as an emotional bond (bondage) to the family of origin.
3. Spiritual Severance: You can not have a vital relationship with God based on someone else’s experience or lack of one. You must grow in your own relationship with God.

### Cleaving: (To bond together)

1. Physical Bonding: Usually refers to bonding through the sexual experience. Intercourse is never just a physical act, but impacts our emotional and spiritual lives as well. This also requires a lack of interference from our families of origin or circle of friends in ways that impact our relationship negatively. (ex.- speaking against our mates or being critical of them, invasion of our boundaries)
2. Emotional Bonding: Requires emotional safety and feeling that one is understood. Our mates may not “get” or agree with everything we are trying to express to them, but we must feel they value us and are willing to listen to our hearts.
3. Spiritual Bonding: In order to be able to bond spiritually with our mate, we must first remove all of the debris, whether past or present, that cumulates as a result of living in this world and from the choices we make. This is best done with the help of Christ, when we are willing (involves our will) to bring this area of our lives to Him.