

Naked and Unashamed: God's Blueprint for a Soul-Satisfying Marriage

Genesis 2:18–25 | Week 6 — "In the Beginning" Sermon Series (Season 1: Creation & Fall)

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After fifteen-plus years of pastoring, I've learned that some of the loneliest people are not single. They're married.

Sleeping in the same bed. Sitting at the same table. Raising the same kids. Yet functioning as glorified roommates.

That should bother every person reading this.

Because if marriage was supposed to solve loneliness — why are so many married people still lonely? And if you are single and seeing this for yourself — why would you even want to get married? And if you are carrying the scars of a marriage that did not make it — this text is for you too.

Marriage is not the problem. **We are the problem.**

We have been building marriages on the world's blueprint and then blaming God when they fail to deliver as promised. But what if I told you that before sin ever entered the world — before shame, before hiding, before secrets — God designed a kind of marriage where two people could be fully known, fully exposed, and completely unashamed?

That marriage exists in Genesis 2. And it has been the blueprint for marriage ever since.

My aim today is twofold.

First — I want to set our singles up for success. I do not want you walking into marriage blind. I want you walking in with God's blueprint.

Second — I want to help those already married. Whether your marriage is thriving or surviving — I want to give you something from this text that moves you closer to what God designed.

Because marriage was designed by God to do two things. First — to give you a depth of companionship that truly satisfies. Second — to put the love of God on display before the world. Yes, it's for your good. Yes, it's for your joy. **But ultimately — it's for God's glory.**

With that in mind, I want to give you four steps to a soul-satisfying, God-glorifying marriage.

Fight for your marriage — because God designed it to meet your need for companionship and display His glory.

1. Wait for God to Change Your Season of Singleness — Yes, It's Countercultural, but It's Best to Wait (v. 18a)

"Then the Lord God said, 'It is not good for the man to be alone. I will make a helper corresponding to him.'"

Just recently in the text, God formed man from the dust and breathed life into his nostrils. Up to this point in the creation account — everything God has made has been called good. But now, for the first time — God says "not good."

In a perfect world, before sin entered the picture, God identifies one thing He refuses to leave unaddressed: man's aloneness.

That means companionship was always part of God's design.

And God says, "I will make a helper corresponding to him." That phrase is important. Eve is not beneath Adam. She is his equal in dignity and a co-image-bearer just like Adam. Yet she is distinctly his corresponding opposite. Like him in humanity, unlike him in sex. Equal — yet different. Her design difference is part of God's design.

Now notice that God is the one who determines it is time for Adam to have a companion. Adam is working — completely unaware of the fact that he is alone. God sees it. God declares it. And God takes responsibility for meeting the need.

Here is what it means for us.

Unlike Adam, we are not oblivious to the fact that we're alone. The desire for companionship starts early — and culture never lets you forget it. But even so — it is better to wait.

It is better to wait for your mate than to try to make your own.

As we learned last week, every one of us has a garden to tend. Whether you are single or married — your first job is to be faithful with the work God has already put in your hands. Adam was busy being faithful — and God was the one who said, "Now it is time for a season change."

And this is where some of us need to listen closely.

Too many people are trying to force a season that God has not opened yet. If God has you in a season of singleness — singleness is not a punishment. It is just not your time. And you need to be alright with it. Maybe God is preparing you to be someone's ONE. Maybe God is preparing your ONE for you.

Don't believe the lie that your life cannot start until somebody puts a ring on your finger. If you're not content and faithful to Jesus in your singleness — marriage is not going to fix that later. In fact, discontentment will become the very thing that kills your marriage.

So to my singles — it is good to desire marriage. But do not let that desire become a distraction from obedience. Do not let the pressure of comparison — whether it is social media, your friend group, or your own impatience — make that decision for you.

I would go as far as to say this: until the Lord puts marriage on your heart in a serious and prayerful way — don't date.

Otherwise — what are you dating for?

Christians do not date because we are bored. We do not date because we are lonely. Christians date with marriage in view. The goal is not casual companionship. **The goal is covenant.**

If marriage is not on your radar in a real and biblical way — stop playing with people's hearts just because you do not want to be alone.

Here is something I wish somebody told me when I was single: what some of you are calling dating is really a distraction. You're calling it getting to know somebody, but you are using them. Using them as an emotional and romantic crutch. You think it is harmless — but it is pulling your heart, risking your purity, and it abuses the other person. Ultimately, it will drain your energy away from pursuing God and holiness.

You cannot keep borrowing intimacy from a relationship God never told you to enter into and expect to be at peace with God and yourself.

I played that game, and it nearly derailed my faith and almost caused me to miss seeing my ONE.

Be about your Father's work until He changes your season. But what exactly are we waiting for? That's the second step.

2. Don't Settle for Anything or Anyone Less Than Your Corresponding One — God Has a "Corresponding One" Just for You (vv. 18b–20)

"...but for the man no helper was found corresponding to him."

Adam is truly alone in a relational sense. Not because God is absent — He is clearly present. But because there is nothing in all of creation that corresponds to him as a suitable mate. Even in a good world — with meaningful work and God's presence all around him — there is still no corresponding helper fit for the man.

So when God makes Eve — He's not just making Adam company. He is making Adam a companion who truly fits him. A partner who can stand beside him and join him in fulfilling the calling God has placed on his life. She is intentionally designed by God to correspond to the man He made.

God makes the helper for Adam. If God was that intentional with Adam — He is that intentional with you. God has a Corresponding One just for you. And just like Adam didn't settle for anything less — neither should you.

To my single sisters — just because he goes to church, makes you laugh, treats you nice, and makes you feel sexy — it does not mean he's your One.

Single brothers — just because she makes you feel good about yourself, laughs at your jokes, goes to church, and she looks good on your arm — it does not mean she's your One.

Good — is not the same as corresponding. Enjoyable — is not the same as ordained. Complementary — is not the same as covenantal.

So how do you know? How do you recognize your Corresponding One?

Your One is the person the Lord puts on your heart — the one who causes you to realize: in order to go further in life — in order to accomplish more for God's glory — I cannot go another step without him. I cannot go

another step without her. The one who makes you fall on your knees and say, "*LORD, I cannot fulfill my assignment without this person beside me.*"

Sheila is that for me. And I get to be that for her.

Before the Lord brought us together, I was like a man in a rowboat with one oar. Moving — but struggling. Progressing — but unevenly. And sometimes just going in circles. But when God brought Sheila into my life — she was not just somebody to date. She was the one I had to share life with.

When God gives you your Corresponding One — you do not just gain affection. **You gain help, strength, and partnership for the life God has called you to live.**

To my singles — I am not telling you that story to make you envious. I am telling you to make you hungry. Hungry enough to say, "I would rather be alone and whole than stuck and settling."

What I have with Sheila — I couldn't have manufactured. I couldn't have forced it by lowering my standards or rushing God's timeline. What I have — God built and delivered to me in the form of marriage to Sheila.

God wants to do the same thing for you.

But He cannot — He *will not* — give you His best if your hands are already full of the person you grabbed for yourself.

The person you pursued apart from the Lord's leading. The person you allowed to pursue you knowing God never signed off on it.

You know who I'm talking about.

The one you can't pray about with a clear conscience. The one you have to defend to the people who love you most. The one who satisfies your flesh but disrupts your spirit.

That's not your Corresponding One. That's your flesh playing God.

If your hands are full of a you-ordained relationship, then open them and release the person. Keep them closed until the Lord brings your ONE.

And married people — I need you to hear something too.

Some of you are sitting next to your Corresponding One right now — but you've forgotten what you have. You've let routine replace wonder. You've let the grind of life dull the gratitude that used to come easy.

There was a time when you couldn't imagine your life without this person. There was a time when every day was Valentine's Day — flowers, flirty texts, gifts, date nights, lazy mornings, dinners, vacations. There was a time when you looked at them and thought, "*My Lord, you did this. Lord, I don't deserve them... thank you, Jesus.*"

So — what happened? What happened that caused you to stop treating your Corresponding One like the answer to a prayer?

Your spouse — the person next to you — God built them for you. God brought them to you. So I am asking you — not just to remember, but to respond. **Treat them like the gift they are — not the gift they once were.**

They did not stop corresponding just because life got hard. Stop working parallel lives when God designed you to share your life as ONE.

Don't settle for anything or anyone less than your Corresponding One. And once you have them — love them and keep falling in love with them.

3. Cherish the Femininity of All Women as a Precious Work of God (vv. 21–22)

"So the Lord God caused a deep sleep to come over the man, and he slept. God took one of his ribs and closed the flesh at that place. Then the Lord God made the rib he had taken from the man into a woman and brought her to the man."

Notice the intentionality behind God's work.

When God made man, He moved quickly. He formed him out of dust. But here — God slows the pace down, zooming in on the intricate details of the woman. Adam is asleep the whole time. He contributes nothing to the process of making woman.

It's all God.

Woman was made from the man and for the man as his corresponding helper. The word "made" carries the idea of being *built*. God built the woman. He fashioned her with wisdom and precision for the man.

And then God "brought her to the man" — that's the language of presentation, like a father giving away his daughter at the altar to her groom. He builds her — and then He brings her.

Now here's where I need every married person to lean in.

If God put that much care into making the woman — if He built her with architectural precision and then personally delivered her — then what does that say about how you ought to treat the person He gave you?

What God built with care should never be treated like it's common.

Husbands — your wife is not common. She is God's daughter before she's your wife. When was the last time you treated her like the answer to prayer that she is instead of an inconvenience? Cherishing your wife is not a feeling you wait to have. It's a decision you make even when you don't feel like it. It's choosing to perpetually pursue her even though she's already your wife. She's your wife — "Flesh of your flesh — bone of your bone!" Be excited about belonging to her and stoke the fire of excitement.

Wives — you were not an afterthought. You were not assembled from leftovers. You were built by God with the same intentionality as Eve. That means your value does not come from your husband's attention. It doesn't rise and fall with how well he treats you on a given day. **Your value was established by God before your "Adam" ever laid eyes on you.**

Marriage does not erase your worth. It gives it a covenant place to flourish. And when your husband fails to cherish you — and he will, because he's fallen — your identity does not collapse. Because the God who built you is the same God who sustains you.

And because this text shows us the care God poured into building one woman — it tells us something about how He views all women. Every woman bears the same dignity Eve carried in that garden.

So to my single men — if you are not prepared to honor a woman, you are not prepared to pursue one.

And single ladies — don't settle for a man who wants access to you without accepting responsibility for you.

4. Pursue "Naked and Unashamed One-Flesh" Unity with Your Spouse (vv. 23–25)

Adam's first words are full of wonder and awe.

"This one, at last!"

When Adam saw Eve, he celebrated her. Married people — when is the last time you looked at your spouse and your first instinct was celebration? Not obligation. Not tolerance. Not reluctance. Not same story, just a different day.

If your wonder has faded — the problem isn't your spouse. The problem is that you have stopped seeing them the way Adam saw Eve.

Leave. Bond. Become One Flesh.

"This is why a man leaves his father and mother and bonds with his wife, and they become one flesh."

Notice the progression: separation from what was before, commitment to what is now, and the formation of something altogether new.

Leave: The text says a man leaves his father and mother. That means there's a break from the old way of living.

For men — this means leaving boyhood behind. It means leaving mom and dad as your primary dependency. It means stepping away from whatever competes with covenant marriage — whether it's immature habits, selfish patterns, the comforts you refuse to put in their proper place, or your friends having first claim on your time.

And wives — this applies to you too. Some of you married him but never left home emotionally. Mama still gets the first phone call when there is a problem. Daddy's opinion still overrides your husband's leadership.

Both of you need to leave. You cannot build a strong marriage while dragging the weight of an unbroken past.

What you refuse to leave will limit what your marriage can become.

Bond: That's the language of covenant commitment. They are no longer merely individuals living for themselves. They are now joined together in a binding, exclusive, lifelong union.

Husbands — your wife gets priority over your career, your hobbies, your comfort, and your pleasure. She's not competing for your attention. She has first claim to it.

Wives — your husband gets your loyalty and your partnership. Not when he earns it — but because the covenant requires it.

Bonding is not a feeling you fall into. It is a commitment you hold onto.

Become one flesh: This is the fusion of two distinct lives into ONE. Not merely sex — oneness. Two distinct persons becoming so joined in covenant that they begin to function as one shared life. They share a direction, burdens, joys, finances, responsibilities, and bodies. No longer living independently of each other — but with each other and for each other. Working toward an indivisible whole.

The structure of a soul-satisfying marriage is: Leave, Bond, Become one flesh. Now look at the quality of marriage God designed.

Naked, Yet Felt No Shame

"Both the man and his wife were naked, yet felt no shame."

Why does Moses include that?

This is pre-fall. Before sin entered the world — vulnerability was safe. There was nothing to hide and no reason to hide it. The man and woman could be fully exposed before each other and not feel shame.

This verse is telling us they had no barriers between them. Nothing between them that made either one afraid of being seen.

Because sin always introduces hiding. Sin makes you retreat where you should draw near. Sin makes you bury your thoughts and fears — even from your spouse. **Sin makes married people hide from the very person they were meant to be fully known by.**

Every married person has had to contend with this. So what are we to do?

We fight.

We fight to have a naked and unashamed marriage — not just physically, but emotionally. Spiritually. Intellectually. Every area of your relationship being each other's safe space.

And to my singles — everything I just described is what you are preparing for. That's the standard.

You do not give covenant-level access to someone who has not made a covenant-level commitment to you.

Culture loves to offer you intimacy without covenant — but it says nothing... *nothing*... about the shame, grief, and regret that follows.

Or you can think about it like this: every time you give your body away like it's a free sample, you dishonor yourself and you build another layer of shame that will hinder your ability to be transparent with your future spouse.

Save yourself — for your covenant Adam. For your covenant Eve. **Your nakedness is a sacred gift to your spouse from God — to be experienced by them and only them.**

The Gospel Behind the Garden

Before I close — I need to show you one more thing.

Everything we have seen in Genesis 2 is pointing to someone.

Paul quotes this exact passage in Ephesians 5 and says:

"This mystery is profound, but I am talking about Christ and the church." — Ephesians 5:32

Marriage was never only about marriage.

From the very beginning — God was embedding a picture of His greatest act of love into the first human relationship.

God identified Adam's need before Adam felt it — that's what Christ does for us. We needed to be saved.

God provided what Adam could never build for himself — Christ gives us Himself.

God put Adam to sleep and built the gift with His own hands — Christ was put to sleep in death, and from His wounded side, God built the Church.

God brought Eve to Adam as a gift of grace — Christ pursues His Bride, not because we deserve it, but because He chose us.

And the goal of it all? **Naked and unashamed.** Fully known. Fully accepted. No barrier between us and God. That's what Christ died to restore.

And that is why your marriage matters more than you realize.

So when I tell you to fight for your marriage — I am not just telling you to fight for your happiness. **I am telling you to fight for a picture.**

Every marriage that pursues one-flesh unity is putting the Gospel on display. And every marriage that settles for distance and self-protection is obscuring the very thing it was designed to reveal.

Your marriage is not just for you. It is for the glory of God. And the world is watching.

So let me ask you this.

Married people — if your marriage was a reality TV show, what would the viewing audience learn about God from watching you? Would they be drawn to Him? Or would they want to change the channel?

Singles — write down one thing you learned today about what God designed marriage to be. Let it raise your standard. Let it sharpen your prayer. And let it remind you that what God is preparing you for is worth every day of your wait.

Fight for your marriage — because God designed it to meet your need for companionship and display His glory.

All Scripture quotations are from the Christian Standard Bible (CSB).

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