



Cultivating Intimacy in Marriage

Handouts: Chapter #8

This session not only explain the concept of marital intimacy but also shows how to cultivate marital intimacy in one's marriage.

- ✦ **Faith:** Acquire God's view of marriage (chapters 1-4)
- ✦ **Forgiveness:** Recover from marital setbacks (chapters 5-7)
- ✦ **Friendship:** Obtain a great marriage (chapters 8-10)

A) Understanding Intimacy

"For this cause a man ... shall cleave to his wife; and the two shall become one flesh" (Ephesians 5:31).

* 1) Oneness Intimacy

Oneness speaks of the intimacy of the heart, the entwining of two lives that work together as a wonderful team in order to accomplish God's glorious plan and bring joy.



- ✦ **Different lives**
- ✦ **Wedding:** Combining lives
- ✦ **Marriage:** Intimate lives

* 2) 'To know'

And Adam knew Eve his wife; and she conceived... (Genesis 4:1) (KJV).

- ✦ _____ relationship
- ✦ _____ relationship

ידע

The Hebrew word *yadah* 'to know' has many shades of meaning: to know, learn to know; perceive; find out and discern; know by experience; recognize, acknowledge, confess and sexual relations.

Common Lie: Human beings are only more highly developed animals. Sexual expression is natural and needs to be fulfilled.

Biblical Truth: Sexual expression is to be enjoyed only in marriage because of its higher design. It depends on a lifelong trust-building relationship of love and commitment.

* 3) Spiritual and Marital Intimacy

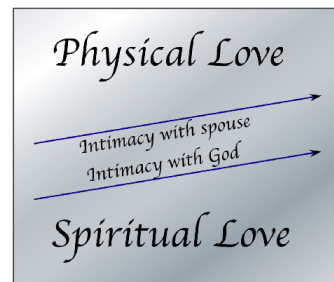
- ✦ **Covenant**
- ✦ **Song of Solomon**
- ✦ **The Vine**

Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, so neither can you, unless you abide in Me. I am the vine, you are the branches; he who

abides in Me, and I in him, he bears much fruit; for apart from Me you can do nothing" (John 15:4-5).

✦ **Ephesians 5**

"For this cause a man shall leave his father and mother, and shall cleave to his wife; and the two shall become one flesh. This mystery is great; but I am speaking with reference to Christ and the church" (Ephesians 5:31-32).



✧ **Four Practical Perspectives of Marriage**

✦ **Possession - They belong to each other. They are owned by the other.**

"But because of immoralities, let each man have his own wife, and let each woman have her own husband" (1 Corinthians 7:2) .

✦ **Obligation - Husband and wife have sexual obligations to each other.**

"Let the husband fulfill his duty to his wife, and likewise also the wife to her husband" (1 Corinthians 7:3).

✦ **Control over - The husband and wife are surrendered to the wishes of their mates.**

"The wife does not have authority over her own body, but the husband does; and likewise also the husband does not have authority over his own body, but the wife does" (1 Corinthians 7:4).

✦ **Devoted - The husband and wife both positively seek the other's best.**

"But one who is married is concerned ... how he may please his wife, ...but one who is married is concerned ... how she may please her husband" (1 Corinthians 7:33-34).

An Intimacy Quiz (Circle one)

- Y N** 1. You have spent more than 15 minutes at any one time in the last three days nicely talking to your spouse.
- Y N** 2. Name the two most important things on the mind of your husband or wife?
- Y N** 3. Do you feel fulfilled and at peace ten minutes after sexual intercourse?
- Y N** 4. Has the husband shared and discussed his future dreams in the last three months?
- Y N** 5. Do you like being alone with your spouse walking and talking?
- Y N** 6. Do you sense that there are no barriers between you?
- Y N** 7. In the last week have you consciously restrained your words in order to speak nicely to your spouse?

B) Growing in Intimacy

There are three components to a growing marriage: Personal sharing, mutual understanding and deepening commitment. It is a cycle that goes round and round.

1) Personal _____

- ✦ Honest
- ✦ Other-focused
- ✦ True to life

2) Mutual _____

- ✦ Builds Trust
- ✦ Becomes vulnerable
- ✦ Protects from misunderstanding

3) Deepening _____

- ✦ One-hearted
- ✦ Makes sacrifice
- ✦ More fondness

Troubled about Intimacy? Your choice: Complain or obey.

C) Sexual Intimacy

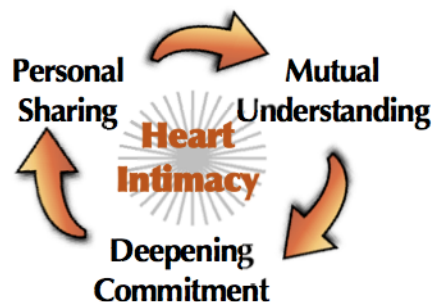
*"How beautiful you are!" "How beautiful you are!"
"Your eyes are like doves."*

- ✦ **Superficial: Focus is "meet _____ needs"**
 - Distracts from problems
 - Selfish
 - Inflexible
- ✦ **Intimate: Focus is "meet _____ needs"**
 - Healing
 - Expresses heart oneness
 - Loving
 - Flexible (1 Corinthians 13:1-7)

D) Purpose of Intimacy

- ✦ 1) To serve your _____
- ✦ 2) To serve your _____
- ✦ 3) To serve your _____

What about time for yourself?



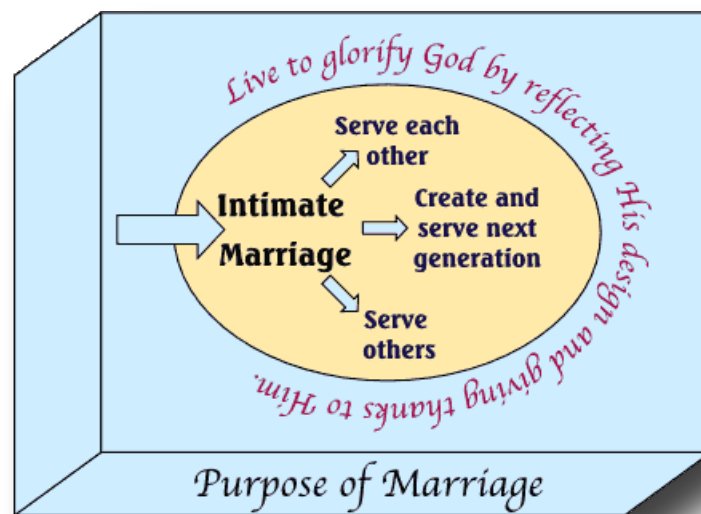
"How beautiful you are!"
"My darling."
"How beautiful you are!"
"Your eyes are like doves."
Song of Solomon 1:15

Summary

Great marriages cultivate a heart/soul relationship. Because they value and cherish their God-designed partner, they have made the needed adjustments in their lifestyle to continue to grow in intimacy.

➡ Take Home Project

- ✦ Go over the intimacy quiz results with your spouse if possible.
- ✦ Make two decisions that will help you cultivate your marriage?



BGM #8 Answers Cultivating Intimacy in Marriage

Sexual relationship
Social relationship
1) Personal sharing
2) Mutual Understanding
3) Deepening Commitment
1) Superficial: Focus is 'meet my own needs'
2) Intimate: Focus is 'meet my spouse's needs'
1) Serving your spouse
2) Serving your children
3) Serving your world