

WEEK TWO: INTIMACY

What This Word Means and Why It's Vital for a Thriving Relationship

All read chapter 2 ahead of time.

The concept of intimacy might seem confusing or vague, right? How does this word differ from ideas like romance, warmth, or even sex? Or does it? Maybe it is romance, warmth, and sex for some of you, but for others this word might carry a different meaning. Let's explore some potential ways intimacy can be shown in our relationships and grow deeper with time and effort.

First, let's watch the video segment for lesson 2.

NOTES ON VIDEO

QUESTIONS

1. Share the first thought that comes to mind with the word "intimacy."
2. Communication is a big component for healthy intimacy within our marriages. Either we're using words that wound, using words that are respectful and uplifting, or we're not communicating much at all, which is harmful in the long run. Be honest, do you notice any of these struggles in your relationship?



3. Ryan openly discusses how his need for intimacy derives from being seen in the relationship. Do you feel this way in your relationship?
4. Intimacy often grows through our hard times together and acknowledging any struggles or fears that might be present. Is there an issue in your relationship you need to acknowledge and then discuss with your spouse?

SHARE

Take a few minutes to discuss answers.

READ

The following scriptures address different aspects of intimacy. Listen and jot down some thoughts that come to mind. These can remain private or be discussed as a group.

"For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another." —Galatians 5:13

"But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart." —Matthew 5:28

"You have captured my heart, my treasure, my bride. You hold it hostage with one glance of your eyes . . . Your love delights me, my treasure, my bride. Your love is better than wine." —Song of Solomon 4:9-10 (NLT)

"Therefore, a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh." —Genesis 2:24

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." —1 John 1:9

DISCUSS

1. What feelings arise in your heart as we read these verses?
2. How is intimacy addressed in relationship to our spouse in these verses?
3. How about in relationship to others?



4. How do these verses apply to our marriages?

EXPLORE

Here are some feelings the word "intimacy" elicited in people:



PONDER AND DISCUSS

Which of these emotions resonate with you?

Why?



CLOSING QUESTIONS/HOMEWORK

Complete with your spouse.

1. How can we improve our intimate connection as a couple?
2. How can we improve our intimate connection individually?
3. What is the benefit of growing in our intimacy as a couple?
4. What is one change we will commit to doing this week?
5. His takeaway:
6. Her takeaway:

IF COMFORTABLE, DISCUSS ANSWERS AS A GROUP.

Close with prayer.

