

PART 4: Share Intimacy

DATE: 04-28-2024

START

Most of us can remember when we fell in love with our partner, and it's important to remind ourselves of this time. When times get tough, schedules get busy, and suffering enters our lives, remembering the love and commitment we made in our relationships can help foster intimacy.

- When did you know you fell in love with your partner?
- What in your life creates distance in your relationship?

READ

[Matthew 19:4-6](#)

“Haven’t you read,” he replied, “that at the beginning the Creator ‘made them male and female,’ and said, ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh’? So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.”

THINK

Cultivating intimacy takes intentionality. Intimacy can be remembered by the phrase “into me see”. When we are not actively growing with our spouse, we are inactively distancing ourselves from them. We need to intentionally grow together spiritually, emotionally, physically, and mentally.

- What are some things you do in your relationship to cultivate spiritual intimacy?
- What are some things you do in your relationship to cultivate emotional intimacy?
- What are some things you do in your relationship to cultivate physical intimacy? (Remember physical does not always equal sex).
- What are some things you do in your relationship to cultivate mental intimacy?

PRAY

Jesus, help me to lean into the commitment that I made to my partner. Remind me that you have brought us together, and help me to be aware of our intimacy and continually cultivate it together.

ACT

This week, take some time to talk with your partner and discuss where you feel your levels of spiritual, emotional, physical, and mental intimacy are. Decide together how you can cultivate intimacy in those areas.