

MARRIAGE
COURSE

DISCOVER
DEEPER
Intimacy
IN YOUR MARRIAGE

MODULE 1

HOW TO CREATE INTIMACY IN YOUR MARRIAGE



**FIRST
things
FIRST**

SET THE *Mood*

Dim the lights, light a candle, make sure you're in comfortable clothes, whatever you need to do to set the mood.

PICK ONE:

Give each other a hug for 13 seconds

Close your eyes and hold each other for 30 seconds and just listen to each other breathe and feel the heartbeat of your spouse

Share a kiss lasting for a minimum of 20 seconds



DISCUSS HOW THAT MADE EACH OF YOU FEEL

Activity

Face each other. Briefly think about each statement below and choose your best answer. (Don't overthink on this one!)



/ Choose which best describes the relationship between intimacy and sex. *Intimacy and sex are...*

- A) Peanut butter and jelly.
- B) 2 Twix bars.
- C) Like watering a plant.
- D) Pizza and toppings.

SPOUSE 1	SPOUSE 2

TAKE A *Moment*

Explain why you chose the answer you chose with your spouse.



2

Finish this sentence: *In my opinion, the most intimate couples...*

- A) Can talk for hours about their dreams, hopes, and desires.
- B) Can be in a crowded room and others can pick up on their chemistry.
- C) Have passionate sex frequently

SPOUSE 1	SPOUSE 2

TAKE A *Moment*

Discuss which of these 3 scenarios would make you feel the most intimately connected with your spouse.



3

Pick the statement you most agree with:

- A) Intimacy can be sustained like a runner in a marathon—You start the marriage with excitement and then set a pace to maintain that level of intimacy.
- B) Intimacy is like an oak tree—it starts with an acorn and grows big and strong over time.
- C) Intimacy is like a house—there must be a firm foundation and there are different rooms for different purposes.

SPOUSE 1	SPOUSE 2

TAKE A *Moment*

Explain why you chose your answer to your spouse

INTIMACY OR, A LACK OF INTIMACY,
AFFECTS *every marriage.*

But, what is intimacy? How do you create it?
What purpose does intimacy really serve in your marriage?

Activity

Grab a piece of paper for each of you and write out your answers.

1 Individually write your own definition of intimacy. (Don't look at what your spouse is writing.)

2 Compare your definitions. Everyone tends to define intimacy differently. Notice how each of your definitions are similar and different.

ACCORDING TO REGGIE & JULIE, MARITAL INTIMACY IS _____

TAKE A Moment

DISCUSS YOUR INDIVIDUAL STORIES WITH EACH OTHER.
ANSWER THESE QUESTIONS:

What did you learn about intimacy growing up?

What examples of intimacy were set for you?

What did you wish you had learned about intimacy growing up?

WHAT DO YOU *See?*

Look at each picture on the next page and discuss the following questions:

1 Do you see *intimacy* in this picture? If so, explain.

2 Did you see anything that resembled this during your *childhood*?

3 If so, what did it say to you about *intimacy in their relationship*?

WHAT DO YOU *See?*

1



2



3



WHAT DO YOU *See?*

4



5



KNEE TO KNEE:

What are some expectations you have for intimacy in our marriage?

What do you think has formed or shaped those expectations?

FOUNDATION OF *Intimacy*

Intimacy is to _____ what _____ is to concrete.

The purpose of intimacy in marriage is to _____

a _____ helping you live out your commitment to one another.

THE ESSENTIAL INGREDIENTS TO BUILDING A STRONG, INTIMATE MARRIAGE

TRUST

What does trust look like in your marriage?

Discuss an example in your marriage where trust was evident.

Are there any areas where you feel a high level of trust? Are there any areas where you'd like to see your trust grow?

COMMITMENT

Discuss what commitment means to each of you.

Explain why you are committed to your marriage.

Share an example you feel shows your spouse's commitment to your marriage.

CARE

How do you know your spouse cares about you?

What makes you feel most cared for? Most valued?

INTIMACY *looks different* IN EVERY MARRIAGE.

Activity

Choose a song that carries a special memory or feeling for your relationship. Listen to the song while you dance with each other and talk through these questions:

1

What do we want intimacy to look like in our marriage?

2

What are signs I can look for to know you feel fully open and connected to me?

NOTES
