

MARRIAGE
COURSE

DISCOVER
DEEPER
Intimacy
IN YOUR MARRIAGE

MODULE 5

HOW TO REIGNITE INTIMACY IN YOUR MARRIAGE



FIRST
things
FIRST

REIGNITE *Intimacy*

Your season of life can greatly influence your level of intimacy. It will also require you to get creative and adapt. What worked 5 years ago when you didn't have children won't work now that you have little ones.

Think about each type of intimacy and be intentional about doing something that stokes the embers in that area:

EMOTIONAL

Do nightly check ins with each other as a way to wrap up the day:

- The best part of my day was _____
- The most challenging part of my day was _____
- One thing I need from you right now is _____

INTELLECTUAL

Find a book you are both interested in and read it together discussing your way through it. Or watch a documentary together and discuss it afterwards.

SPIRITUAL

Pray together, read together, spend quiet moments together. Talk about where you are spiritually and ways your spouse could help you grow in this area. Maybe even participate in a retreat together.

PHYSICAL

Think playful and flirty. Make it a point to hold each other close or cuddle for a few minutes every day. Don't forget to use the private email you created for conversations between just the two of you.

SEXUAL

Grab a cup of coffee and have some conversation about ways you might change things up. Here are some questions to help you enter into the conversation:

Is our relationship physical enough for you?

What would make it better in your eyes?

How and where do you like to be touched?

Where would you like me to kiss you?

Is there anything I have asked you to do that makes you feel uncomfortable?

Is there anything in particular that helps you get “in the mood?”

Do you have any fantasies you would like fulfilled?

Is there anything we haven't tried you'd like to try?

How often would you like for us to make love?

What should the theme word be for our relationship?

What are some things I can do outside of the bedroom to keep the fire burning?

EXPERIENTIAL

Put together a “Fun Bucket List” of things you would like to do together, then start checking off your list. You can also check out **FTF's Date Night** options to experience some fun, new things together in the comfort of your own home.

MORE WAYS TO REIGNITE *Intimacy*

Schedule 15-20 minutes a day where the two of you are together by yourselves. It doesn't matter the time of day. Remove all technology from the scene. Look at each other and talk - not about the kids, bills, and work. Talk about each other.

Here are some conversation starters to get the ball rolling:

- *I think your best quality is...*
- *It turns me on when I see you....*
- *I love it when you....*
- *It makes me feel close to you when we...*
- *What is your most treasured memory of us?*
- *Over the last 5 years how do you think you have changed?*
- *One quality I love about you is...* (Alternate back and forth a minimum of 5 times sharing positive qualities of your spouse)

2

Schedule sex. Yup, you read that right, schedule sex. It's a myth to believe that good sex is always spontaneous. ESPECIALLY when you've intentionally built anticipation around it.

3

The Tech Time Challenge! Take a week or two and track your tech use when you're at home. Pay attention to the times you're actually using technology when you could be connecting with your spouse. For example, in the evening during dinner, after dinner when you're just hanging out, once you crawl into bed... Decide on a few ways you might want to use tech differently to focus more on your marriage and enhance your intimacy.

4

Dreamscape. Create space to dream. Talk about things you would love to do, places you would like to live, maybe even a career change, BUT with the understanding you are just dreaming. You're thinking about the possibilities together. And who knows, maybe at some point you'll decide some of the things you dream about should become reality.

5

Give your bedroom an overhaul. Not necessarily saying go out and buy all new furniture. Spend some time in your bedroom ask yourselves these questions: *Is the space inviting? Is there a lot of clutter? Is it romantic? What is the lighting like? When I think about spending time in here, what do I think about? Who is allowed in your room? If you could make some changes to the space, what would you do to make it your "special place?"*

6

Write love letters to each other. When's the last time you sat down and wrote a love letter to your spouse? Most people say, "Before we were married." Grab some stationary and a pen. Think about your lover—what comes to your mind? Qualities that make them special to you, things they do that are endearing, sweetest memories, times of laughter, what you want for your future together, etc. *In today's chaotic world, we rarely take the time to write a letter expressing our feelings.*

A variation of this could be purchasing a journal and passing it back and forth throughout the week. Write in it, then leave it on your spouse's pillow for them to read. Then they'll do the same for you.

7

Play "that" song. Maybe it's the song you played for your first dance at your wedding. Or, it's a whole playlist of songs you put together for your marriage intimacy playlist that gets you in the mood, reminds you of why you love the one you're with... Songs you want to dance to together, make love to, *you can take it from here...*

8

Learn to do something new together. Create a garden, learn woodworking, remodel the bathroom, take dance lessons, write a book to give to your family on family history or create a cookbook complete with pictures, stories and memories for the dishes you include, learn to sail, the opportunities are endless.

9

Encourage each other's passions. Believe it or not, your intimacy can be re-kindled by taking an interest in the things your spouse loves. Not that you necessarily do them with them, *but you encourage your spouse to engage with their passions regularly because you know it brings them joy.*

10

Make a list. Write down everything you love about your spouse, things like their character traits, the way they smell/sing/talk, anything that reminds you of why you feel in love with them in the first place. You can use paper and pen or create a document on your computer, just make sure you can easily refer back to it when you need it or want to add to it.

In Conclusion

Every marriage has times where they need to reignite intimacy because work, children, illness, pandemics, tend to snuff out the fire of intimacy. **When you have cultivated trust, commitment and caring AND you're intentional about intimacy, reigniting it is kind of like those trick birthday candles.** Even though they got blown out, they relight—the spark is never truly gone, and the flame of intimacy burns again!