

## INTIMACY

**GOAL:** To stress the importance of intimacy in our relationship and to reinforce the concept that intimacy is more than sexual intercourse. Every intimate encounter brings satisfaction, not every sex act does.

**INTRODUCTION:** The title of this podcast is “Intimacy.” In this episode, we will look at God’s plan for marriage. God desires that we live a two-in-one flesh covenant. It is through our intimacy that we become the embodiment of God’s plan. Our sexual relationship is only a part of our total marriage relationship. Intimacy is more than sex, and sex more than intercourse. Intimacy can be experienced in every aspect of our relationship.

*Genesis 2:24: Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh. (NRSV)*

1. ATTITUDES
  - a) Intimacy Inventory
2. EXPECTATIONS
3. SEXUAL ABSTINENCE BEFORE MARRIAGE
4. HONEYMOON
5. THE JOYFULNESS OF SEX
6. INTIMATE COMMUNICATION
7. OTHER CONSIDERATIONS

## INTIMACY INVENTORY

**A = Agree; D = Disagree**

Indicate with **A** or **D** for yourself and how you think your fiancé will answer.

<u>SELF</u>	<u>FIANCÉ</u>	<u>STATEMENT</u>
___	___	1. Intimacy is sharing your entire being with your loved one.
___	___	2. Intimacy begins long before the bedroom.
___	___	3. Romance is more important than sex.
___	___	4. Men desire intercourse more frequently than women.
___	___	5. Passion fades with the passage of time.
___	___	6. Intercourse should always take place in the bedroom.
___	___	7. Gentleness and tenderness enhance intimacy in a relationship.
___	___	8. Married couples should have intercourse at least twice a week.
___	___	9. Sexual fantasies should be shared with your spouse.
___	___	10. It is just as important to be friends as it is to be lovers.
___	___	11. Birth control is the woman's responsibility.
___	___	12. Sex is difficult to discuss.
___	___	13. Making love is the same as having intercourse.
___	___	14. Foreplay is a must in order to achieve sexual fulfillment.
___	___	15. Maintaining sexual abstinence before our marriage is important to me.
___	___	16. Humans are sexual beings by nature.
___	___	17. Romance does not imply a sensational setting or erotic physical activity.
___	___	18. Conception of a child should take place in the first year of marriage.
___	___	19. Women should never initiate a sexual encounter.
___	___	20. Loving unconditionally sets the stage for intimacy.

## **MAKE THIS A SPECIAL TIME IN YOUR RELATIONSHIP**

1. Choose the most appropriate/difficult question below to begin writing. (Select just one question.)
2. Write for the full suggested time of 10 minutes. (There is an area to write on page 8.5.)
3. Discuss for the full suggested time of 15 minutes.

### **QUESTION OPTIONS:**

- 1) What are my feelings about intimacy in our relationship?
- 2) How do I feel about secondary virginity?
- 3) After hearing this presentation, what questions about intimacy do I most want to talk with you about?
- 4) As I recall some intimate moments in our relationship, I feel \_\_\_\_\_?
- 5) What attitudes and expectations of intimacy do I bring to our marriage?
- 6) What do I think about our potential (or lack thereof) to create new life?
- 7) What qualities of mine (or yours) do not fit society's expectations for males and females?

**Alternate questions if you were previously married:** If you have been married before, you may find these questions helpful. Choose whichever question you find to be most relevant to your situation.

- 8) What was my attitude and self-concept in regard to sex in my former marriage?
- 9) How will my sexual experiences in my former marriage affect our relationship in marriage?
- 10) How can we keep from comparing our sexual relationship with past ones?
- 11) How will we preserve our need for intimacy since we have children in our household?

## REJOICE IN YOUR SEXUALITY

The following is part of a prayer from *“Holding on to Romance: Keeping Your Marriage Alive and Passionate After the Honeymoon Years are Over,”* by H. Norman Wright (Regal Books, 1984) (permission pending)

**Directions:** Use the words at the bottom to fill in the blanks. (Hint: The first letter of the word is included in the blank to assist you.)

Lord, it’s hard to know what sex really is — Is it some demon put here to torment me?

Or some delicious seducer from reality? It is neither of these, Lord. I know what sex is — It

is b\_\_\_\_\_ and s\_\_\_\_\_, It is p\_\_\_\_\_ and t\_\_\_\_\_, It is

strong e\_\_\_\_\_ and gentle h\_\_\_\_\_, It is open

n\_\_\_\_\_ and hidden m\_\_\_\_\_, It is joyful tears in honeymoon

faces, and it is tears on wrinkled faces at a golden wedding anniversary. Sex is a q\_\_\_\_\_

l\_\_\_\_\_ across the room, a l\_\_\_\_\_ on a pillow, A rose laid on a breakfast plate,

laughter in the night. Sex is life — not all of life — but wrapped up in the m\_\_\_\_\_ of

life. Sex is your good gift, O God to enrich life, to continue the race, to communicate, to

show me who I am, to reveal my mate, to cleanse through “one flesh.”

**handholding**

**quiet look**

**body**

**lovenote**

**embrace**

**mystery**

**meaning**

**nakedness**

**passion**

**spirit**

**tenderness**

