Intimacy in Marriage

Proverbs 5:18–19 – Be happy with the wife you married when you were young. She gives you joy, as your fountain gives you water. She is as lovely and graceful as a deer. Let her love always make you happy; let her love always hold you captive.

- Intimacy is one of the most important aspects of the marriage relationship, but it is one of the __________ discussed aspects of the marriage relationship.

- In many marriages, it’s not that the marriage is bad, it’s just that the marriage has __________ __________.

- While commitment in marriage is of paramount importance, no one ____________ to live in a loveless, joyless, distant relationship.

- Romance is often thought to be temporary, fleeting or ________________. But, in healthy, vibrant, growing marriages, romance continues ________________ the life of the marriage.

WHAT IS ROMANCE?

- A love affair.
- Ardent emotional attachment or involvement between people.
- A mysterious or fascinating quality or appeal, as of something adventurous, heroic, or strangely beautiful.

EFFECTS OF INTIMACY

1. Increased emotional ________________ with spouse
2. Healthier communication
3. Willingness to ____________ difficulties or shortcomings
4. Greater levels of attraction
5. Increased personal emotional stability
6. Sense of relationship ________________ and safety
7. Decreased chance of infidelity
8. Greater level of ________________ and contentment

THE FIVE FACES OF INTIMACY

1. Conversational – How we talk
2. ________________ – How we touch
3. Emotional – How we feel
4. Sexual – How we unite
5. Spiritual – How we ________________

SEVEN DEADLY SINS THAT KILL ROMANCE

1. Allowing other things to ________________ your attention
2. Focusing more on ________________ than positives
3. Built-up anger or resentment
4. Failing to spend quality time together
5. Failing to ________________ one another’s needs/wants
6. Not talking about or celebrating sexual intimacy
7. Habitual ________________
ROMANCE REMINDERS

1. Make your spouse’s needs a priority
2. Know your spouse’s __________________ ____________________
   1. Physical touch
   2. Words of __________________
   3. Quality time
   4. Acts of service
   5. Receiving gifts
3. Determine your spouse’s __________________
4. Review often positive aspects of your marriage
5. Plan reminders of action
6. _________________ your spouse
7. Have regular relationship check-ups

Romance doesn’t naturally die after the first few years of marriage. Couples often kill it unintentionally through lack of attention and intention. The healthiest couples are those where romance gets stronger over the life of their marriage due to their increasing understanding of, commitment to, and love toward one another.