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 least talked about aspects of the marriage relationship.
- In many marriages, it’s not that the marriage is bad, it’s just that the marriage has no depth.
- While commitment in marriage is of paramount importance, no one wants to live in a loveless, joyless, distant relationship.
- Romance is often thought to be temporary, fleeting or unsustainable. But, in healthy, vibrant, growing marriages, romance continues throughout 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 attachment with spouse
2. Healthier communication
3. Willingness to overlook difficulties or shortcomings
4. Greater levels of attraction
5. Increased personal emotional stability
6. Sense of relationship security and safety
7. Decreased chance of infidelity
8. Greater level of happiness and contentment

THE FIVE FACES OF INTIMACY

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

SEVEN DEADLY SINS THAT KILL ROMANCE

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

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ROMANCE REMINDERS

1. Make your spouse’s needs a priority
2. Know your spouse’s **love language**
   1. Physical touch
   2. Words of affirmation
   3. Quality time
   4. Acts of service
   5. Receiving gifts
3. Determine your spouse’s **dialect**
4. Review often positive aspects of your marriage
5. Plan reminders of action
6. **Praise** 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.*