

Spiritual Intimacy

with Julie Clinton

1.) How to find Spiritual Intimacy in your Marriage

Objectives:

- 1.) Define and understand the meaning of Spiritual Intimacy (S.I.)
- 2.) Recognize and list the barriers to S.I.
- 3.) Basic principles of how to achieve S.I.

-Spiritual Intimacy = "To consistently and intentionally come together before God to know Him more intimately and to serve Him more fully and completely."

-Becoming 'Christ-like' in marriage

2.) Why is Spiritual Intimacy so difficult?

Barriers:

- a.) **Stress of everyday pressure**
- b.) **No time to give:** Average couple spends less than 4 minutes a day in meaningful 'couple time'.

Ephesians 6:12

- c.) **Satanic assault**
- d.) **Selfishness** – We need to stop always focusing on ourselves.
- e.) **Traditions** – Was it modeled in your own home growing up?
- f.) **Negative emotions:**
 - a.) Fear – intimidation
 - b.) Discouragement – feeling disconnected
 - c.) Anger

-What is coming between God and me?

3.) Basics of Spiritual Intimacy

John 3:30

a.) **The mission statement of Spiritual Intimacy:**

Becoming Christ like together in Marriage

-S.I. is not an opportunity change your spouse

b.) **Wives have two powerful weapons:**

1.) A Godly life

2.) Prayer

'In-to-me-see' = Intimacy: You're looking into my heart and the desires of my heart

c.) **Our goal should be that 'God will work through me to make my husband more like Him'.**

-2 Main Ingredients in your prayer life:

1.) **Safety** - A place to express thoughts and concerns

2.) **Honesty** - Be yourself!

The Gender Gap = Husbands and wives see things so differently.

'One up-man ship' > submission

d.) **3 Recipients of Anger:**

Yourself

Your Spouse

The Lord

Romans 12:17-19

e.) **Spontaneous Structure** – Develops a relationship with God

a.) Spontaneous are the special moments God gives us; often unplanned

- Don't be too busy and miss those moments!

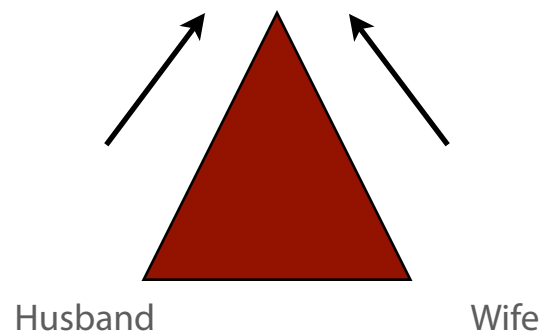
- b.) Structured Moments:
- Disciplined Spiritual life, Bible reading, Bible study, praise, Church attendance, fasting and prayer.
 - We need to slow down in life and focus on God and prayer.

4.) Steps to take:

- 1.) **Keep the Key purpose locked in your heart.**
- 2.) **Get Started!**
- 3.) **Approach God with a spirit of Expectation.**
- 4.) **Don't criticize**
- 5.) **Don't quit!**

The Blessings of Spiritual Intimacy:

- God will be the center of our Marriage



- Couples will become compatible and like-minded.
- Increased commitment
- A great way to express love.

“We have fought the good fight, we have finished the race, and we have kept the faith”