

Intimacy Promotes A Strong Secure Marriage



What better time than February to share about intimacy when thoughts of love and Valentine's Day fill our minds. Yes, even men seem to get more romantic and in touch with their feelings at this time of year! Intimacy between a husband and wife is a very powerful and important part of every marriage and helps us deal with all the pressures, changes, challenges, and difficult situations that every couple faces. Intimacy is a special ingredient to having a life-time love affair with your spouse!

Here are a couple definitions that I found to help enhance and empower our understanding of intimacy in a marriage. "inmost, inward, internal, close, familiar, one to whom the thoughts of another are entrusted without reserve, to love entirely."(Webster's Dictionary)

"Intimacy is making yourself known as you get to know your spouse deeply."

(www.unveiledwife.com)

"Intimacy is an inner closeness and depth of relationship, a complete mutual awareness and unhindered access of interpersonal issues, information, and interest." "Jimmy Evens *Marriage Today*)

Intimacy = "Into Me See!" Total transparency - A relationship where the roof's off and the walls are down!

All of these definitions have some common threads of truth that make me (Rick) uncomfortable and nervous (I think most men can join me here!) and what Sue (and most women!) yearns for in their marriage! Sue is constantly attempting to press in to greater intimacy in our marriage and a deeper level of love and knowing each other. It hasn't been easy and there have been many ups and downs on the "intimacy meter" of our marriage, and a few failures, but the effort, sacrifices and healing of our hearts has been worth it. Sue and I can both say that we are more in love and enjoying every part of our marriage more now than in any other time in our 47 plus years together.

It may sound "too good to be true" or as impossible as it did to me at one point in our marriage. "But with God, all things are possible!" **Matt. 19:26** I want to use the rest of this article to encourage you and give you some ways Sue and I have found to enhance your level of intimacy in your marriage.



Spiritual Intimacy - The first step to more intimacy with each other is for both of you to have more intimacy with your heavenly Father. Father made us to desire and have intimate relationships with Him and each other. I know for some of you this may be difficult because of past wounds and the brokenness of your own heart. This may require someone else to help you and pray with you to open your heart up to receive more of Father's Love. Sue and I have had several people help us, and as our hearts have healed, we can now receive more of His Love and have more love to give to each other. This growing intimacy with your heavenly Father will create the opportunity for more spiritual intimacy with each other. Sometimes our most intimate and sweetest times with each other are when Sue and I pray together or we sharing revelations Father is showing us. We will also sit down with our Bibles and share scriptures on a topic like healing or prosperity or some of our favorite verses that we have highlighted.



Emotional Intimacy - Another key factor in developing deeper intimacy is creating a safe place where both of you can share what is on your heart without fear of how the other will respond. **You will never open your heart to anyone until you feel valued.** We need to respect and validate each other's emotions and feelings. This means building a relationship where your deepest dreams and thoughts can be shared trusting your spouse will honor them. Jimmy Evens refers to this as being "emotionally naked and unashamed!" It has taken me a long time to change how I respond to Sue's emotions and what is on her heart. Sue now has more confidence to share her feelings and thoughts without me getting upset, even though I still can slip up at times! **Without spiritual and emotional intimacy, it will be impossible to experience the beautiful deeper levels of physical intimacy.**



Physical Intimacy – The Garden of Eden literally means a place of pleasures and delights! Physical intimacy is feeling as though your spouse's body is your place of pleasures and delights. To do this you give yourself to fulfill the needs of your spouse. The intimacy is so rich and you begin to understand what Father meant when He said, "and the two shall become one flesh!" **Gen. 2:24** This requires sacrificing your own needs and entering their world to meet their needs. However, this does not work unless both participants feel the same way about their spouse! **The motivation must come from the love inside of you from the Father for your spouse. But as you give to each other, you receive more in return, pressed down, shaken together, and running over!**

Dialogue Questions

1. How does it make you feel when I value what you say and think about decisions we need to make?
2. In what ways do I not value or validate your feelings and emotions and how does that make you feel?

Fun Night Ideas

1. Sit face to face on chairs so that your knees touch. Look into each other's eyes and silently experience what you feel coming from your spouse's heart through their eyes. After a couple minutes share how that impacted your heart.
2. Snuggle together and one of you share a devotional or something short you have read recently that impacted your heart. Talk about how that makes you feel. Then have the other person share.
3. Unexpectedly come up to your spouse and give them a passionate 1-minute kiss.
4. Share stories from you dating days about what you did special for Valentine's Day or other special days you shared together. Talk about how that made you feel.