



Handout Notes

Icebreaker: Couple Questions

- *How long have you been married?*
- *Do you have any kids together? Tell us about them.*
- *Where did you meet? What were your first impressions of one another?*
- *What was your first date like?*
- *What is an activity, hobby, or passion you enjoy doing together?*
- *What is one memorable story about your wedding day?*
- *What is one thing you really enjoy/admire about your spouse?*
- *What is something your spouse is really good at?*
- *Why did you want to come to this workshop? What do you hope to gain from it?*

Introduction & Few Words on Biblical Marriage

Genesis 2:18, 22-25 - Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for[e] him." And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. Then the man said,

"This at last is bone of my bones
and flesh of my flesh;
she shall be called Woman,
because she was taken out of Man."

24 Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. 25 And the man and his wife were both naked and were not ashamed.

Love & Respect (Matt & Lachelle Kozma)

Eph 5: 28-30, 33 - *"In the same way, husbands should love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, because we are members of his body...However, let each one of you love his wife as himself, and let the wife see that she respects her husband."*

Husband, Love your Wife by Nourishing and Cherishing her

Nourish Her - Caring for her so she can grow

Care

Lead

Grow

Protect

Give

Cherish Her - Delighting in her and treating her as precious

Honor

Pursue

Delight

Commit

Wife, Love your Husband by Respecting him

Support

Trust

Admire

Respond

Teaching - Building Marriage Intimacy (Tim Dance)

Marriage intimacy begins with a one-flesh covenant union.

Genesis 2:18 – “Then the LORD God said, ‘It is not good that the man should be alone; I will make him a helper fit for him.’”

Genesis 2:21-25 – “So the LORD God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. 22 And the rib that the LORD God had taken from the man he made into a woman and brought her to the man. 23 Then the man said, “This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man.” 24 Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. 25 And the man and his wife were both naked and were not ashamed.”

Genesis 3:6-7 – “So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. 7 Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.”

“[The marriage covenant] is a relationship far more intimate and personal than a merely legal, business relationship. Yet at the same time, it is far more durable, binding, and unconditional than one based on mere feeling and affection. A covenant relationship is a stunning blend of law and love” – *The Meaning of Marriage, Timothy & Kathy Keller*

Marriage intimacy is the state of being naked and unashamed.

“Before Adam and Eve sinned, they were naked, yet unashamed. Having nothing to hide, they were completely open and intimate with one another; their relational intimacy was totally unhindered...when sin entered the world, its immediate effects were fear, self-focus, and shame...our sin will tempt us to hide, withhold, withdraw, and avoid...a husband and wife can only thrive in relational intimacy when they open themselves up to one another by the means of fellowship and biblical communication.”
– *Love that Lasts, Gary & Betsy Ricucci (p. 69)*

Definition: Marriage intimacy is a physical, emotional, and spiritual closeness and vulnerability that must be intentionally developed through humble trust, open communication, and loving sex.

Keys to Building Intimacy in Marriage

1. Prioritize your marriage relationship.
2. Ground your marriage in Christ.
3. Foster a life giving friendship.
4. Communicate openly and engage in healthy conflict.
5. Give your spouse the affection they crave.
 - Words of Affirmation.
 - Quality Time
 - Thoughtful Gifts
 - Acts of Service
 - Physical Touch
6. Pursue an active, loving sex life.

Proverbs 5:18-20 – “Let your fountain be blessed, and rejoice in the wife of your youth, 19 a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love. 20 Why should you be intoxicated, my son, with a forbidden woman and embrace the bosom of an adulteress?”

“Intercourse is not an act – it is a reflection of a great relationship. Intercourse doesn’t mean orgasm or insertion. Intercourse actually means to get to know someone intimately. That’s how we have mental [and emotional] intercourse... The sex life of a couple is a reflection of their relationship. Sex is like picking fruit off a tree: The fruit must have the total context of nurture – soil, water and sun in a healthy environment – if it’s going to multiply and taste good. Good sexual fruit in your marriage comes as a result of nurturing the relationship.”

– *The Language of Sex,* Gary Smalley and Ted Cunningham

- Honor (esteeming your mate as highly valuable) leads to Security
- Security (feeling emotionally safe) leads to Intimacy
- Intimacy (relational closeness) leads to Great Sex (emotional and physical fulfillment)

1 Corinthians 7:3-5, CSB – “A husband should fulfill his marital duty to his wife, and likewise a wife to her husband. 4 A wife does not have the right over her own body, but her husband does. In the same way, a husband does not have the right over his own body, but his wife does. 5 Do not deprive one another-- except when you agree for a time, to devote yourselves to prayer. Then come together again; otherwise, Satan may tempt you because of your lack of self-control.”

Break

Table Discussion

- What were some of your takeaways from the teaching on love and respect?
- Men, why is feeling respected important to you? How does your husband make you feel loved?
- Women, why is feeling loved (nourished & cherished) important to you? How does your husband make you feel loved?
- How is marriage intimacy designed to be different and deeper than any other relationship?
- Which of the 6 keys to building intimacy do you and your spouse most need to invest in? What are some practical ways you’ll seek to do this?

(5:20) Interview (Chris Repp with Wolfgang & Jan Michalke)

(5:35) Overview: The Ten Traits of a Healthy Marriage

Being Alone Together

- Physical Intimacy
- Spiritual Intimacy

Working Together

- Shared Responsibilities
- Community Involvement

Playing Together

- Friendship & Connection
- Shared Activities

Loving Communication

- Communication
- Conflict Management

Loving Commitment

- Nourishing Love
- Lifelong Commitment

(5:45) Table Discussion

- What are some things that you learned from taking your assessment? What were some strengths in your marriage? Where are opportunities for growth?
- What are some takeaways from this workshop that were encouraging or challenging for you?

6:00 Closing