

Module 1 Lesson 1

Created 2b Intimate

KEY IDEA

God created us for intimacy — with Himself and with one another.

KEY SCRIPTURES

- Genesis 1:26–27 “Let us make mankind in our image... male and female He created them.”
- Genesis 2:18, 24–25 “It is not good for the man to be alone... they become one flesh... naked and unashamed.”

LESSON & NOTES

We are created for _____

We are created in God's _____

God desires to be in an _____ with us.

Thoughts on Creation & Intimacy (“*not good*,” “*one-flesh*,” “*naked & unashamed*.”)

Intimacy is _____ and being _____.

KEY POINTS

- God is relational — Father, Son, Holy Spirit
- “We are created by Love, in love, to love.”
- Marriage reflects God’s relational design
- Intimacy means knowing and being known

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HeartWork Pg 1

SETTING YOUR INTIMACY GOALS:

On a scale of 1-10, with 10 being the most, circle where you feel you are in your relationship now. Afterwards, put a Square around the number where you would like to be after you finish the course (Be realistic!). Discuss with your spouse.

Emotional Intimacy	1	2	3	4	5	6	7	8	9	10
Physical Intimacy (Sexual)	1	2	3	4	5	6	7	8	9	10
Spiritual Intimacy	1	2	3	4	5	6	7	8	9	10

You are created 2b intimate. What does intimacy mean to you?

What makes you feel real close to your spouse? What does he/she do to make you feel the most connected to him/her?

If possible, based on the answers above, make plans this week to help your spouse feel closer to you.

One way of understanding INTIMACY is to break the word into 3 parts: “Into Me See.” What would it mean to you for your spouse to really “know you” (thoughts, desires, feelings, etc.)?

What would you be afraid of if they knew your thoughts, desires, feelings, etc.?

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HeartWork Pg 2

Of all these Marriage subjects, which areas do you need to improve on to have greater intimacy with your spouse? (Circle all that apply)

Communication Conflict	Having Fun Together	Devotions Together
Resolution Sexual	Spending Time Together	More Trust
Relationship Physical Non-	Praying Together	Kinder Words
Sexual Touch	Weekend Getaways	More Grace
More Kisses / Hugs	Gifts	Patience
Regular Date Nights	Other _____	Other _____

John 14:4 states *"Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me."*

Jesus wants to be connected with you. Your sins do not change the way He feels about you, nor does it change His desire to be connected to you. He desires to have an intimate relationship with you. In what ways do you remain connected to Him? How can you improve your intimacy with Jesus?

When do you feel most connected with Christ? When was the last time you felt most connected to Him?

Make a "RiM (Remain in Me) Goal" to improve your intimacy with Christ. Ask someone to help keep you accountable. Here are some suggestions:

Increase Prayer Time	Worship More	Attend Church More
Read Scriptures Daily	Listen to Christian Music More	Pray with Spouse
Read a Devotional Daily	Identify & Share Emotions	Other _____