

## Intimacy

Pt 2: Ain't No Mountain High Enough

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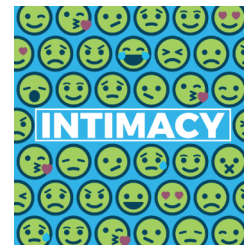
**LifeGroup Discussion Guide**  
*for the week of 2/11/2017*

### CONNECTION

- [1] Mountain climbers can run low on oxygen causing Acute Mountain Sickness; what are some ways a relationship can run low on intimacy?

### OBSERVATION & INTERPRETATION

- [2] Creating “moments of connection” are important to maintaining intimacy and a sense of belonging in relationships. In marriage these might include regularly and deliberately holding, hugging, and kissing on waking, going to sleep, leaving home, and returning; notes, check-in calls, and daily times of personal sharing. Describe your “moments of connection” in an important relationship—do you see yourself doing anything different to improve the intimacy in this relationship? Please explain ...
- [3] How can following God’s example in Ephesians 4:31-5:2 lead to deeper intimacy in our relationships?



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## APPLICATION

- [4] Connection forms the “Base Camp” of our relationships. Pastors Rich and Lisa stated we need spiritual, emotional, and physical intimacy to create connection. What are some things people can do in each area to increase their intimacy?
- [5] A stop at “Mid Camp” is essential in hiking the trail of intimacy—at this stage of the climb we change behavior and attitudes that block intimacy. In your opinion which is the hardest part of change: Recognizing our need to change, being open and honest, whole hearted, executing change, finding out how to change, or paying the price? Why?
- [6] “High Camp” is that place where we gather courage to make the push to the summit—that place where we decide between good and great! What would it be like if we could reach the summit of fully “in-to-me-I-let-you-see” in our marriages or closest relationships?

## REFLECTION

- [7] God has designed relationships that fill us with a sense of meaning, purpose, safety, love, and joy. The “Fall” where sin and shame came into the world interferes at times with God’s original intent for intimacy. What thoughts and feelings does this statement invoke:

“Connecting conversations where I can share my deepest needs and fears and you listen and respond without shaming me is a positive bonding event. It gives me strength and enables us to face the world together as a team”. Dr. Sue Johnson



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