



**This IS US Pt. 4**  
*Intimacy Journey Pt. 1*

---

**LifeGroup Discussion Guide**  
*for the week of 6/2/2018*

**CONNECTION**

- [1] Mountain climbers depend on a base camp providing food, oxygen, and communication as their source of life and protection. What happens when we do not have a sense of connection or a security in our relationships?
  
  
  
  
  
  
  
  
  
  
- [2] What do you see as the main intimacy blockers or cause of disconnection in our relationships?

**APPLICATION**

Pastor Rich discussed three levels of connection...

- [3] Sexual connection in marriage based on the overflow of emotional and spiritual intimacy deepens the relationship bond and sense of peace and unity. Do you agree or disagree with this statement? Why?

How is this statement the same or different from the messages we receive from pop culture about the role of sex in our lives?



**This IS US Pt. 4**  
*Intimacy Journey Pt. 1*

---

**LifeGroup Discussion Guide**  
*for the week of 6/2/2018*

**CONNECTION**

- [1] Mountain climbers depend on a base camp providing food, oxygen, and communication as their source of life and protection. What happens when we do not have a sense of connection or a security in our relationships?
  
  
  
  
  
  
  
  
  
  
- [2] What do you see as the main intimacy blockers or cause of disconnection in our relationships?

**APPLICATION**

Pastor Rich discussed three levels of connection...

- [3] Sexual connection in marriage based on the overflow of emotional and spiritual intimacy deepens the relationship bond and sense of peace and unity. Do you agree or disagree with this statement? Why?

How is this statement the same or different from the messages we receive from pop culture about the role of sex in our lives?

[4] Emotional connection requires listening in a way that understands and acknowledging in a way that shows value. Can you share an example of when you felt listened to and valued in a relationship or observed this in someone else's relationship? How did understanding and value create connection?

[5] What is God trying to accomplish in our lives through spiritual intimacy in Christ centered relationships? What are some steps you can take to increase or repair spiritual connection?

[6] God pursued Adam and Eve through communication, sacrificed for them, and covered their wrongs out of love and compassion. How can we use God's example in our own relationships? Be specific.

### **TAKING IT HOME**

Adam and Eve were the first human beings. They lived in total connection, peace, and harmony before they disobeyed God—as the first humans they could not compare themselves with others (ex. Eve comparing Adam with other men) or entertain unrealistic expectations of what a husband or wife “should” be based on other relationships.

Spend the next few weeks focused on your partner's strengths and accepting their weaknesses and avoid comparing them to others or setting any expectations based on anyone else. Focus on them as your one and only perfect gift God has given just to you and see what happens to your level of intimacy and connection in every aspect of your relationship!



[4] Emotional connection requires listening in a way that understands and acknowledging in a way that shows value. Can you share an example of when you felt listened to and valued in a relationship or observed this in someone else's relationship? How did understanding and value create connection?

[5] What is God trying to accomplish in our lives through spiritual intimacy in Christ centered relationships? What are some steps you can take to increase or repair spiritual connection?

[6] God pursued Adam and Eve through communication, sacrificed for them, and covered their wrongs out of love and compassion. How can we use God's example in our own relationships? Be specific.

### **TAKING IT HOME**

Adam and Eve were the first human beings. They lived in total connection, peace, and harmony before they disobeyed God—as the first humans they could not compare themselves with others (ex. Eve comparing Adam with other men) or entertain unrealistic expectations of what a husband or wife “should” be based on other relationships.

Spend the next few weeks focused on your partner's strengths and accepting their weaknesses and avoid comparing them to others or setting any expectations based on anyone else. Focus on them as your one and only perfect gift God has given just to you and see what happens to your level of intimacy and connection in every aspect of your relationship!

