

Genesis 2:24

“The Two Shall Become One”

Pastor Robb Oram
Mobil Ave. campus

When a husband or a wife says, “I want us to be intimate” their expectation may be substantially different whether it was the man or the woman who spoke. God desires a husband and wife to become one [Gen. 2:24]. To be intimate emotionally, spiritually, and physically. Do you want intimacy in your marriage?

Discussion Qs

- 1. What advice would you give to encourage emotional intimacy?**
- 2. What advice would you give to encourage spiritual intimacy?**
- 3. What advice would you give to encourage physical intimacy?**
- 4. If you could go back and give younger you advice about relationships, “What would you say”?**

subject: intimacy in marriage

objective: experience marital emotional, physical & spiritual intimacy

I. emotional intimacy

A. healthy communication is the key to emotional intimacy

“Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.” (Ephesians 4:29)

“...speaking the truth in love...” (Eph. 4:15)

1. four levels of emotional intimacy

a. thoughts

b. opinions

c. feelings

d. needs

i. husbands & wives have different needs

B. conflict resolution is critical

1. conflict is inevitable

2. biblical guidelines to conflict resolution

a. seek to understand before being understood (James 1:19)

b. ask the Lord to reveal your part in the problem (Matthew 7:3-5)

c. don't hold on to anger (Ephesians 4:26)

d. get help when you need it (Proverbs 1:5)

C. resources

1. "Sacred Marriage" by Gary Thomas
2. "His Needs, Her Needs" by Willard Harley, Jr.
3. www.focusonthefamily.com
4. www.marriagebuilders.com

II. physical intimacy

A. non-sexual forms of physical intimacy

1. eye contact
2. holding hands
3. arm around shoulders
4. hugging
5. cuddling

B. sexual intimacy

1. God created sexual intimacy (Genesis 1 & 2)
2. God's Word encourages sexual intimacy between spouses (1 Corinthians 7:3-5; Proverbs 5:18-19; Song of Solomon)
3. each couple's sexual relationship is personal & unique
 - a. criteria: both spouses are comfortable & satisfied
 - b. key to a healthy sex life: communication

III. spiritual intimacy

A. definition: experiencing a love relationship with God, together

B. a lack of emotional & physical intimacy will lead to problems in spiritual intimacy (1 Peter 3:7)

C. how to build spiritual intimacy

1. read the Bible together
2. pray together
3. pray for each other
4. attend church together
5. spend time together with other believers
6. talk with each other about the things of God

Pastor Bruce Zachary
Lewis Rd. campus

Intro. When a husband or a wife says: “I want us to be intimate” their expectation may be substantially different whether it was the man or the woman who spoke. God desires a husband and wife to become one [**Gen. 2:24**], intimate emotionally, spiritually, and physically. Do you want intimacy in your marriage?

Subject: Intimacy in marriage

Object: Develop emotional, spiritual, and physical intimacy

I. Emotional Intimacy

A. Communication: The primary tool to develop emotional intimacy is communication.

1. Communication is necessary for understanding

a. Husbands that they are to dwell with their wives with understanding [1Pet. 3:7]. We need to communicate to understand. **Cf.** “If they really loved me they would know how I feel without me having to tell them.” Not only are they blaming their spouse for their lack of communication. But, they are making their spouse be a mind reader.

I. Learn to describe feelings as well as facts, and to ask probing questions

2. Learn to listen better

a. Be swift to hear and slow to speak [James 1:19]. i. People want to be heard. They aren't looking for a solution or suggestion (ask before offering)

B. Compassion: Connect with your spouse's feelings without judging them - empathy

1. Feeling what your spouse is feeling creates intimacy

a. Rejoice with those who rejoice and weep with those who weep [Rom. 12:15]

Sometimes it is difficult for us to weep with someone who is weeping. We may feel overwhelmed by their emotions or uncomfortable with our inability to bring comfort. We may even resent that someone continues to be sad when we feel they should have gotten over it by now.

i. A person who connects with their spouse during these difficult times and good times demonstrates compassion, empathy, and emotional intimacy.

C. Conflict: conflict is an excellent opportunity to develop emotional intimacy. “Fight right” respect the rules for handling conflict:

Let no corrupt communication proceed out of our mouth, but what is good for necessary edification, that it may impart grace to the hearers [Eph. 4:29]

1. Focus on the issue at hand: Avoid words like “always & never” and bringing up the past.

2. Express feelings rather than fault: I'm frustrated vs. you're so frustrating

3. Give your spouse time to process but seek to resolve conflict ASAP

a. Be angry, and do not sin”: do not let the sun go down on your wrath [Eph. 4:26]

What advice would you give to encourage emotional intimacy?

II. Spiritual Intimacy: Couples that regularly go to church together, read their Bibles, and pray report 91% satisfaction in marriage and divorce rate of less than 10%

A. Seek Christ together: **pyramid – draw closer to God and one another if both pursue Christ

Remember, spiritual intimacy with our spouse results from time together pursuing God. But unless we want to have a relationship with God as an individual, we cannot truly seek God together.

1. Worship together: commit to regularly attend weekend worship services together.

2. Bible reading: read the Bible together, or create time to share what you've read independently.

3. Prayer: Praying together or alone is a spiritual discipline and can be challenging. Prayer helps to establish hunger for God, humility, and honesty. Here are some practical suggestions about your prayer time as a couple:

a. Set aside time for prayer: Agree on a start time and end time. Start off with a brief period.

b. Take turns and keep the prayers short: go back and forth after about a minute.

c. Keep the prayers personal: pray for your marriage, your spouse, your kids, and whatever else moves you personally. Also, take time to thank God for your spouse and children.

What advice would you give to encourage spiritual intimacy?

III. Physical Intimacy

A. God gave people the desire for sexual intimacy

1. Marriage is the proper place for sexual pleasure

a. Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge [Heb. 13:4]

b. God's will is to remain pure until marriage [1Th. 4:3]. *For this is the will of God, your sanctification: that you should abstain from sexual immorality.* Sexual intimacy out of marriage is sin.

ii. As a practical matter, sexual activity prior to marriage can become an obstacle to sexual intimacy with your spouse. The past sexual experiences cannot be erased. Often issues regarding feelings of inadequacy flow from concern regarding measuring up to past experiences and comparison.

iii. Realize that although pre-marital sex is certainly a very important issue to God, as seen by His express will concerning the subject, it is not the unpardonable sin.

B. Sex in the marriage relationship

1 Cor 7:3-5 Let the husband render to his wife the affection due her, and likewise also the wife to her husband. ⁴ The wife does not have authority over her own body, but the husband *does*. And likewise the husband does not have authority over his own body, but the wife *does*. ⁵ Do not deprive one another except with consent for a time that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.

In this passage we learn that physical intimacy helps to satisfy desires and, helps to discourage adultery. Sexual intimacy is a right as well as a responsibility in a marriage. In considering sexual relations we need to keep in mind the "big picture" of seeking to develop intimacy. In an ideal world, both partners would have the same level of sexual desire, would find each other totally satisfying in every way and; would be comfortable with their partner's sexual fantasies. We are now leaving "Fantasyland." The reality is that often times the expectations of the partners do not line up! Sexual intimacy is not imposing your will upon

your partner at the expense of their feelings. *In light of these differences, what should a couple do?*

1. Sexual intimacy flows from God's love. *God's love is pure and never exploits.* Avoid exploiting our spouse. In seeking to experience physical intimacy place your spouse's needs before your own.

2. Spiritual and emotional intimacy provides a foundation for sexual intimacy: Be patient sexual intimacy is frequently a complicated process because of the overlapping emotional issues.

3. Communicate your desires to one another: seek to learn from your spouse some of the emotional issues connected with their sexual desires. Avoid passing judgment. Sometimes certain desires in sexual relations flow from emotional issues outside of the marriage context. a. Perhaps one of you was sexually molested as a young person. This will certainly impact your feelings about sexual relations in the context of marriage. Other issues may arise from a desire for control. Still other issues can arise from a sense of rejection and a desire to be wanted. Still other issues relate to hormonal or other physical aspects. By communicating about these issues, we can better learn how to minister to needs in regard to physical, emotional, and spiritual intimacy.

4. Passion, romance, and desire are an ideal for marriage: God does not view sexual desire between a husband and a wife as dirty or profane. Song of Solomon is full of passion When God saw Adam and Eve naked in the Garden of Eden there was purity of sexual intimacy. They were not ashamed and; God did not tell them to put clothes on. Everything was very good [Gen. 1:31].

Conc. God intends marriage to be an intimate relationship. Intimacy between a husband and wife contemplates an emotional, a spiritual, and a physical bond that typifies God's desire that the two shall become one flesh.