



TABOO

MARRIAGE NIGHT

MAXIMIZING MARITAL INTIMACY

SCHEDULE

Taboo Maximizing Marital Intimacy

6:15-6:30 – Introduction

6:30-7:00 – Dinner in assigned room (see map)

7:00-7:30 – **Session 1**

Healthy Intimacy Honors God

7:30-8:00 – Spouse Discussion 1

8:00-8:30 – **Session 2**

How do we experience God's intent for intimacy?

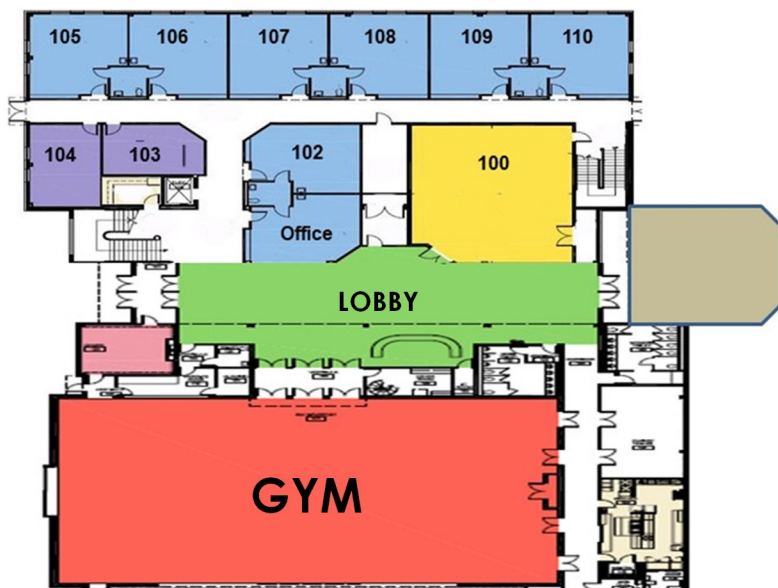
8:30-8:45 – Spouse discussion 2

8:45-9:00 – Wrap up

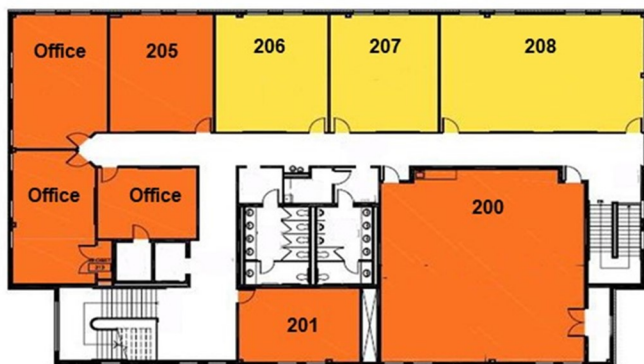


MAP

First Floor



Second Floor



Session 1

Healthy Intimacy Honors God

Do you **KNOW** your spouse?

True intimacy involves **all three parts of us** .

1. **SPIRIT**

Ideas to cultivate this part of intimacy:

2. **SOUL**

Ideas to cultivate this part of intimacy:

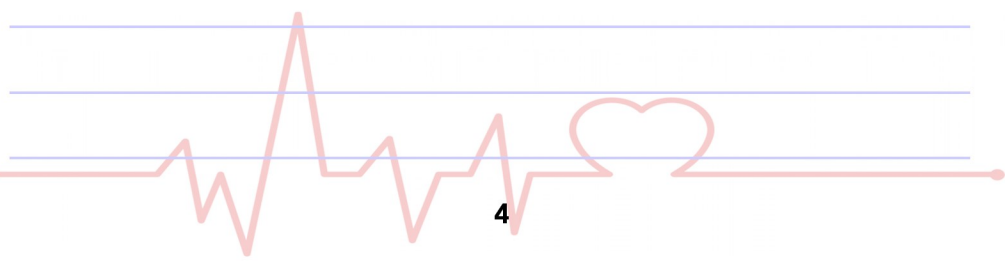
3. **FLESH**

The **root** of physical intimacy:

The **fruit** of physical intimacy:

The impact of **misunderstanding the purpose**
of physical intimacy:

Handwriting practice lines consisting of 15 horizontal blue lines.



Spouse Discussion 1

"Sex is supposed to be a sign of what you have done with your whole body. If you have sex inside a covenant then the sex becomes a covenant renewal ceremony. It becomes a commitment apparatus. You're getting married all over again. You're giving yourself all over again. It's incredibly deepening and solidifying and nurturing . . . In marriage when you're having sex, you're really saying, 'I belong completely and exclusively to you and I'm acting it out . I'm giving you my body as a token of how I've given you my life. I'm opening to you physically as a token of the fact that I've opened to you in every other way.'"

- Tim Keller

Discuss:

*(*If these questions are too difficult to discuss for you and your spouse for any reason, spend this time praying and asking God what your next steps in this area should be.)*

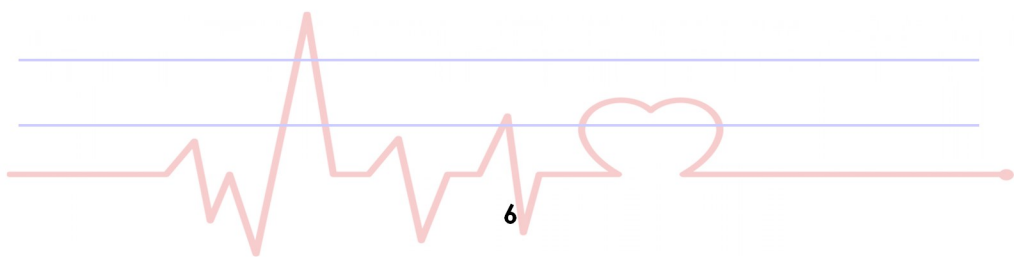
What has been our most healthy season of intimacy?

What lies have we believed or false expectations have we had about intimacy?

How has our past impacted how we view intimacy today?

How has my personal brokenness impacted our marital intimacy?

How did the first session's teaching help you see intimacy in a more healthy way?



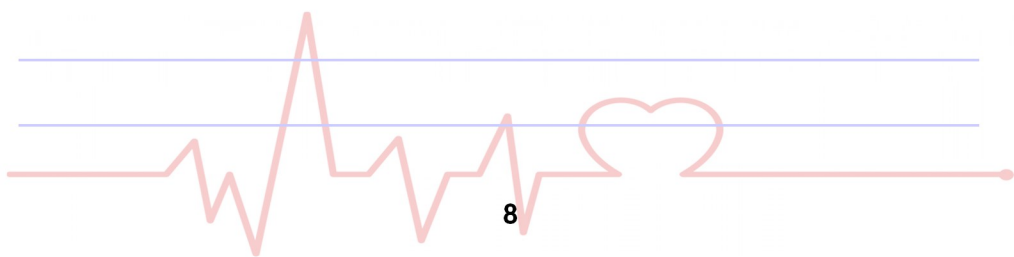
Session 2

How do WE enjoy God's intent for intimacy?

Charting a new path forward.

A few points to help you cultivate physical intimacy in your marriage:

1. Stop engaging in imitation intimacy.
2. Build trust.
3. Learn how to communicate openly about physical intimacy.
4. Set boundaries to reinforce trust.



Spouse Discussion 2

Single Christians will sometimes ask me, "Why should you marry someone you haven't slept with? How will you know if you are actually compatible?" I think this question is somewhat laughable because men and women are by nature sexually incompatible. For men, sex leads to feelings of love. For women feelings of love lead to sex. Men are quickly aroused and satisfied. Women ... not so much. Men want direct stimulation in one place, and women want to be touched everywhere, delaying direct stimulation. Men want sex in order to relax. Women must relax in order to enjoy sex. Men tend to be visually aroused, while women are aroused through emotional connection... - Dr. Juli Slattery

Discuss (refer to chart on opposite page):

*(*If these questions are too difficult to discuss for you and your spouse for any reason, spend this time praying and asking God what your next steps in this area should be.)*

Are these generalizations accurate for us?

Which ones represent each of you and which ones don't?

Practice communicating about:

- Desires – What are your hopes for us cultivating our physical intimacy?
- Boundaries – What are some areas that are off-limits or that will build trust?

Understand Our Differences

(content from "Weekend to Remember")

Men

Physical,
compartmentalized

Attitude

Body-centered, sight,
fragrance, actions

Stimulation

Respect, to be physically
needed, physical expression

Needs

Acyclical, quick excitement,
difficult to distract

**Sexual
Response**

Shorter, more intense, more
physically oriented

Orgasm

Women

Relational,
holistic

Person-centered, touch,
attitudes, words

Security, to be emotionally
needed, intimacy

Cyclical, slower excitement,
easily distracted

Longer, more in-depth,
more emotionally oriented

* We recognize this chart does not represent all men and women.



Resources for Next Steps

Counseling

Emmaus Family Counseling – Ashburn
www.efccva.com 703-729-2822

Conferences

Weekend to Remember – multiple dates and locations
familylife.com/weekend-to-remember

Hope Restored –
Focus on the Family – multiple dates and locations
hoperestored.focusonthefamily.com

Winshape Marriage Retreat –
“God, Sex, and Your Marriage” late April in Georgia
marriage.winshape.org

Books

How We Love – Yerkovich

Red Hot Monogamy – Bill and Pam Farrel

Small groups

“Married for Life” Marriage Group – Sunday Mornings
9am, Room 100



purcellville
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