

My Crazy Family: Intimacy

Monday

Hebrews 12:1-3

Couples who stick together are like Jesus, they press on toward the goal in good times and bad. Define marriage. What makes marriage unique from any other human relationship? Read Genesis 2:24. What do you think it means to be “one flesh?”

Tuesday

Ephesians 2:19-22

Thriving couples regard Christ as the foundation of their relationship. What does it mean to you to have a “Christ Centered” marriage? Is your relationship grounded in your shared faith in Jesus Christ? Explain.

Wednesday

Genesis 3:1-17 | Ephesians 4:26

Do you welcome conflict in your close relationships or view it as a threat? How do you and your spouse or family members resolve conflict? (Hide, blame, shame, other?) Have you ever had a conflict that led to deeper intimacy and understanding? If so, how did that happen?

Thursday

Philippians 1:8

Thriving couples are intentional about spending enjoyable time together. They long for fun and affection with each other. Are you fun to be with? Explain. What can you do to foster more spontaneity and laughter in your relationship? What one thing will you set aside to free up more quality fun time with your spouse or friend?

Friday

Hebrews 3:13

What energizes and encourages you? Share them with your spouse or friend before the day is over. What can you do to encourage your spouse to achieve their goals and become the person God wants her or him to be?

Saturday

I Corinthians 7:1-5 | Philippians 2:4

Thriving couples regularly celebrate their marriage with passionate sexual intimacy, not as a chore or obligation, but as a dance where each puts the other's needs ahead of his or her own. Are you both comfortable and happy with this part of your relationship? Action steps needed?

Sunday

Colossians 1:17

Where do you first turn when relationship troubles emerge? Do relationship issues throw you into turmoil or do you take them in stride? Pray God will equip and empower you to bless your spouse or friend with the presence of Christ the next time conflict occurs.