

**INTIMACY:** Intimacy includes sex but is more than just sex.

**Genesis 2:18-25 (NIV)**

- Adam and Eve were completely exposed to each other and had nothing to hide. They saw every part of the other person...this is true intimacy.
  - Spiritually
  - Intellectually
  - Emotionally
  - Physically

But what happened? — **Genesis 3:6-12 (NIV)**

- Because of sin we cover up and hide, we have shame, and we have fear, and we blame
- Intimacy was the first thing Satan attacked in the garden, and today Intimacy is consistently in the top reasons why couples get divorced

**There are reasons for people's pain and aversion to intimacy:**

- Some people have been abused, mistreated, and taken advantage of
- Some people were taught that you don't express your feelings. Just suck it up; get over it.
- Some people have had their trust betrayed, so now no one is safe
- Some people have been so devalued that they believe they don't have anything of value to say, so they just keep quiet and let people use them.

Most people will place intimacy including sex into one of the following categories:

1. **Gross:** don't like it. Full of pain, fear and shame.
2. **God:** it is everything. The relationship is based on it.
3. **Gift:** God gave it to us, and is something to be used to glorify Him.

**UNDERSTANDING:** We have to understand where our spouse is at when it comes to intimacy.

**Proverbs 18:2 (NKJV) — Proverbs 14:29 (NASB)**

**Four Forms of Intimacy**

**1. Spiritual**

- Time in prayer
- Reading the Word
- Worshipping together
- Conversations about God and what He has done or is doing in your life

**2. Intellectual**

- Intellectual intimacy refers to sharing your ideas, opinions, and life perspectives. It may also involve intellectually challenging each other and being open to learning, or at least considering, the other person's ideas.

- Having stimulating discussions about different topics and feeling safe about expressing your own views is part of nourishing mental intimacy.

### 3. Emotional

- Being emotionally intimate with another person means being transparent with your deepest feelings, fears, and thoughts. It involves feeling safe and not judged.

### 4. Physical

- Physical intimacy refers to body closeness. It can involve hugging, cuddling, kissing, and holding hands, depending on the nature of the relationship...and yes, sex.
- Physical intimacy is not exclusive to romantic partners, though. Parents and children and even friends can develop non-sexual physical intimacy.
- This type of intimacy involves safe touch and proximity that can enhance feelings of emotional closeness.
- Intimacy can happen and life can be complete without sex, but we also know that sex is a big part of a healthy marriage — **1 Corinthians 1:1-5 (NIV)**

**Boundaries:** How do you have boundaries around intimacy with others?

- Don't be alone with the opposite sex.
- Don't engage in a deep conversation with the opposite sex without some form of accountability
- Be careful with texting the opposite sex
- Pornography is a sin
- Sex outside of marriage is a sin

**Love:** This scripture is ultimately what is love comes down to: **1 Corinthians 13:4-8a (NIV)**

**Small Group Discussion:** What was your takeaway from this week's message? How have love and intimacy been confused in our culture?

**Opening Question:** Who in this group would you say is... Patient? Kind? Humble? Selfless?

**Main Point:** The sermon this week was on intimacy. In group this week, let's focus on love. God's design for each of us is to have biblical, loving relationships with Him and others.

**Read/Tell the Story:** 1 Corinthians 13

Head -

- How important is love according to this passage?
- What is a marriage you have witnessed that models godly love?
- When has someone been patient with you?

Heart -

- How do you live with others in an understanding way?
- Which of the descriptors of love is most important to you?
- Verse 7 says love *bears* all things, *believes* all things, *hopes* all things, *endures* all things; which of those four is easiest for you? Which one is most difficult?
- When has love been difficult for you?

Hands -

- What childish ways do you still need to put behind you?
- Who will you release from a record of wrong that you have kept?

- What needs to change in your view of love or intimacy (physical/emotional/spiritual) for you to see it as a gift?

**Supporting Scripture:** Philippians 2:3-4, 1 Peter 3:8, Ephesians 4:1-3, John 13:34-35

**Tips and Resources:** Consider getting involved in our Pure Desire Ministry.

*Holy Sexuality* by Christopher Yuan *Mama Bear Apologetics Guide to Sexuality* by Hillary Morgan Ferrer