Session 1
An Introduction to Intimacy
Mark 10

“For this reason a man will LEAVE his father and mother and CLEAVE to his wife, and the two will become ONE FLESH.’ So they are no longer two, but ONE. Therefore what God has JOINED TOGETHER, let man not SEPARATE.” Jesus - Mark 10:7-9

The Meaning of ONE (Intimacy) - A deep sense of ______________ another person, body, soul & spirit in the context of ______________, abiding love.

Intimacy means You “See Into __________” and I “See Into __________”

Intimacy means “I’m with YOU and YOU’RE with me”

The Significance of “God has joined together”

Three Types of Relationships:

________________________ Relationships:

________________________ Relationships:

• In contractual relationships you seek to ______________ your rights and ______________ your responsibilities.

________________________ Relationships

• Covenants are made to last ______________ of the circumstances.

• In these relationships you ______________ up your rights and ______________ up responsibilities.
“For where a covenant is, there must of necessity be the death of the one who made it.”
Hebrews 9:16

- In essence, when you and your spouse said “I do”, you by virtue of your declarations said “I __________!”

**Warning About Separation (Hard Heartedness)**

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A necessary separation has to happen before oneness can be established.

_____________ comes before _______________. But after that initial separation, it is not to happen again. He speaks a warning to man not to separate what God has joined together.

We live separately _______________ (hardness of heart) before we live separately _______________ (divorce).

- Our hearts get hard when we only focus on the _______________ and shortcomings of our spouse.
- Our hearts get hard when we refuse to _______________.
- Our hearts get hard when we allow our _______________ to get out of control.
- Our hearts get hard when we _______________ and think contractually.
- Most importantly, our hearts get hard when we don’t listen to the _______________ of God who is trying to help us. See Hebrew 4:7

How long a couple can live separately internally depends on a lot of things.

- Some couples can’t take it and eventually they reach out to ______ that void or just divorce.
- Some couples learn to live with it, they adjust to it and _______________ for it.

Neither are good options. Intimacy can be _______________ in any marriage. *(Join us Sunday Night, March 29 at 6:00 EST to Learn 5 Keys to Cultivate Intimacy)*

Healthy couples fight to live life as ____________, spirit, soul and body, until their dying breath.

**Couple Time:** What resonated with you most from this session? What’s an action step you can take together to act on it?