

**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)**

“For this reason a man will **LEAVE** his father and mother and be **UNITED** 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**

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?