

Cultivating Intimacy

Facebook Live - Session 3

Develop A Relational _____ Ethic

- No one stumbles into a _____ marriage.
- Great marriages require...
 - _____ - focused attention and intention
 - _____ - Emotional Investment
 - _____ - Physical and Relational
 - _____ - Spiritual, Mental and Verbal
 - _____ - Weekly, Monthly, Yearly
- How do we work on our marriages?
- _____ Check-Ins

A Weekly Check-In is an intentional effort to talk about your _____, rather than discussing your activities that day.

The focus is **NOT** on the Kids, _____, Calendar, or Careers.

The focus is on your _____ about each other and your _____ together.

- What would a weekly check-in look like?

Set aside time at least one day a week to discuss the following:

1. What have you enjoyed most about your relationship this week?
 - _____ what's working
 - Celebration raises the emotional _____ of your relationship
2. What was dissatisfying about your relationship this week?
 - _____ what's not working
 - Deal with mole hills _____ they become mountains
3. How can I help you? What do you need from me?
 - Demonstrates your _____ to be actionable

- _____ Summits
- Evaluate where you are _____
 - Are we _____ our budget?
 - Do we have a surplus at the end of the month?
 - Or, do we have more month at the end of the money?
 - How are we doing on short-term financial goals (6 mos. To 1 year)?
 - How are we doing with long-term financial goals (1 to 5 years)?
- Evaluate your _____
 - What are the non-negotiables in your daily and weekly schedules?
 - What do you need to say “no” to in order to keep the non-negotiables?
 - Are we ruling the calendar or is the calendar ruling us?
- Make a plan. Work the plan. _____ the plan.
- _____ Retreats
- Marriage Enrichment Weekend or Vision Retreat
<https://www.amazon.com/Mountaintop-Marriage-Vision-Retreat-Guidebook/dp/1931585245>
- No Agenda Getaway

Dawn’s Top 5 “One Anothers”

- 1.** Galatians 5:13
- 2.** Ephesians 4:32
- 3.** Galatians 6:2
- 4.** 1 Cor 11:33
- 5.** 1 Peter 5:14

Scott’s Top 5 “One Anothers”

- 1.** Romans 15:7
- 2.** Ephesians 4:32
- 3.** Philippians 2:3,4
- 4.** Romans 12:10
- 5.** 1 Peter 4:9

The “One Others” of Scripture

- Accept One Another – Romans 15:7
- Admonish One Another – Colossians 3:16
- Bear One Another’s Burdens – Galatians 6:2
- Build Up One Another – Romans 14:19
- Care For One Another – 1 Corinthians 12:24-25
- Devoted To One Another – Romans 12:10
- Encourage One Another – Hebrews 3:13
- Fellowship With One Another – 1 John 1:7
- Forgive One Another – Ephesians 4:32
- Greet One Another – 1 Peter 5:14
- Hospitable To One Another – 1 Peter 4:9
- Do Not Injure One Another – Acts 7:26
- Do Not Judge One Another – Romans 14:13
- Kind To One Another – Ephesians 4:32
- Love One Another – John 13:35, 1 Peter 4:8
- Members of One Another – Ephesians 4:25
- Peace with One Another – Mark 9:50
- Pray For One Another – James 5:16
- Regard One Another – Philippians 2:3,4
- Same Mind Toward One Another – Rom. 12:16
- Seek Good For One Another – 1 Thess. 5:15
- Serve One Another – Galatians 5:13
- Stimulate One Another – Hebrews 10:24,25
- Subject To One Another – Ephesians 5:21
- Wait for One Another – 1 Corinthians 11:33