

Cultivating Intimacy

Facebook Live - Session 4

Protect Your Partner's Sense of _____

4 Characteristics of a Safe Relationship...

- _____
- Trust = _____ over Time
- _____ Together - **James 5:16**
- Total _____ - "Naked and Unashamed" - **Genesis 2:25**

5 Actions to Establish a Safe Relationship...

In safe relationships, spouses are:

1. _____
 - _____ are lowered
 - _____ aren't made
 - Listening to _____ is practiced - **1 Peter 3:7**
 - _____ are minimized...
 - _____
 - _____
 - _____
 - _____
2. _____
 - _____ are removed
 - The tv is turned off
 - Phones, tablets or any other devices are laid aside
 - _____ are not present

3. _____

- Appropriate _____ language is used:
 - o Nodding of the _____
 - o Arms are not crossed
 - o _____ contact is made
- _____ is given: Not merely parroting back what was said, but paraphrasing what was said.
- _____ statements are given to the listening spouse from whom you've received feedback.

4. _____ - **Romans 15:7**

- _____ are acknowledged and discussed.
- Differences are embraced as _____ for the relationship and not a _____ to the relationship.

5. _____ - **James 4:17**

- _____ is sought
- Appropriate next steps are _____ upon
- Next steps are measurable, realistic and specific to gauge momentum the relationship is achieving.