

Cultivating Intimacy

Facebook Live - Session 5

Establish A Culture of _____

Think “God’s Thoughts” about your spouse over your own. - **Philippians 4:8**

- Speak highly of one another in front of your _____
- Speak highly of one another _____
 - Remove any public put downs
- Use the language of “_____” instead of “ME”

5 Levels of Communication

Level 1 – _____

Examples:

What cliché do you use most often with your spouse?

Clichés are _____ and _____.

Level 2 - _____

Examples:

At this level you and your spouse are sharing just _____.

Level 3 - _____

At this level communication becomes _____.

Possible cause of conflict

Examples:

Level 4 - _____

There is risk of being _____ at this level.

There can also be a demonstration of _____ in the relationship.

Are you comfortable sharing your feelings with your spouse? If yes, why? If no, why?

Level 5 - _____

TOP 10 INTIMACY NEEDS

- _____ – deliberate and ready reception with a favorable, positive response. (**Romans 14:1, 15:7**)
- _____ – to communicate care and closeness through physical touch. (**Romans 16:16, 1 Corinthians 16:20, 2 Corinthians 13:12, 1 Thessalonians 5:26, 1 Peter 5:14**)
- _____ – to communicate with words and feelings a personal gratefulness for another. (**1 Corinthians 11:2, Ephesians 1:15, 16**)
- _____ – expressed commendation; to think and speak well of. (**Romans 14:18, 2 Timothy 2:15, 1 Peter 2:12**)
- _____ – to take thought of another and convey appropriate interest and support; to enter into another’s “world.” (**1 Corinthians 12:25**)
- _____ (empathy) – to come alongside with word, feeling, and touch; to give consolation with tenderness. (**Romans 12:15, 2 Corinthians 1:3,4**)
- _____ – to urge forward and positively persuade toward a goal. (**Romans 14:19, Romans 15:2, 1 Thessalonians 5:11, Hebrews 10:24,25**)
- _____ – to value and regard highly; to convey great worth. (**Romans 12:10, Philippians 2:3, 4**)
- _____ – confidence of harmony in relationships; free from harm. (**Romans 12:16a, Romans 15:5, 2 Corinthians 13:11, Philippians 2:2, 1 Peter 3:8**)
- _____ – come alongside and gently help carry a load. (**Acts 20:35, Galatians 6:2, 1 Thessalonians 5:14**)

Top 10 Intimacy Needs

What would you predict are your spouse’s two deepest needs?

What are your two deepest needs in marriage?

Take the **Intimacy Needs Quiz**