

Intimacy:

A mingling of souls – a sharing of hearts



God created mankind for intimacy; intimacy with Him, with our spouse, and with others. The mystery of Christ and church relating to marriage in Ephesians 5 speaks to this. We are created in God's image and His very nature is one of intimacy, connection, oneness, and unity. Marriage is designed to reflect God's image, but the "fall" marred that intimacy between mankind and God and with each other. God's plan for being *naked and unashamed* - being totally open with one's spouse, too often seems like some unattainable goal not meant for regular people like us. Yet, is it too difficult? Is intimacy impossible today? Whether you have a great marriage, a so-so marriage, or a marriage that seems impossible to fix, I believe *any* couple can grow in their intimacy and oneness.

It seems impossible to mingle souls and share hearts - to be in touch with each other's emotional worlds when there is so many demands, so many challenges, so many hurts, so much damage done in the past. Yet, we can connect with our spouse if we will make the effort. For those who don't even see hope for their marriage because of past hurts, it is a matter taking responsibility for *your* part in the dysfunction and seeking to work through the problems in your marriage - seek Christian Counseling - do something, rather than allow your marriage to come apart. Take little steps, declaring a truce to the fighting and seek to reconnect in small ways, building toward trust and intimacy.

We all must carve out the time, set aside the challenges for a short time, and make the time to connect. Pastor and author Ted Cunningham states that we must have a Daily Delay (15-20 minutes to connect with our spouse each day), a Weekly Withdrawal (1-2 hours away from children, technology, and family business each week), and an Annual Abandonment (a weekend or longer time scheduled 6-9 months out to heighten anticipation, for alone time and to dream and plan together) You can do this! With a little creativity and planning and a lot of perseverance, you can get into the habit of making the time to grow in oneness with your spouse.

Helpful Resources: *Fortified Marriages Resource page:* www.fortifiedmarriages.com

Articles to check out:

Pursue Intimacy and Oneness in Your Marriage by Chris Garner

What is the Definition of Intimacy? What does it Mean to be Intimate? by Shana Schutte

Book to check out: *Team Us: Marriage Together* by Ashleigh Slater