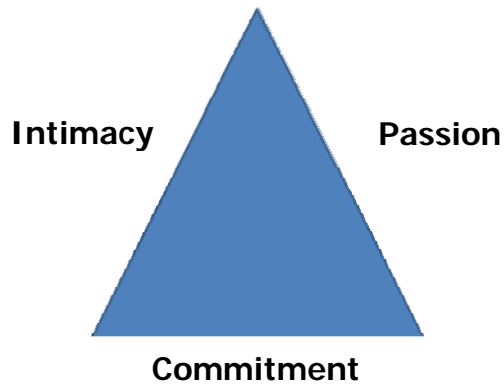




**Marriage Weekend  
Session 1: Intimacy**



THE RELATIONSHIP TRIANGLE is the interrelated and essential basics of a healthy marriage relationship.

Each side of the relationship triangle is a certain kind of love.

Intimacy in marriage is friendship love.  
The Greek word for this love is *phileo*.  
The goal of intimacy love is fulfillment.

There is a lack of fulfillment for single people which requires a special grace from God if a person receives the gift of singleness.

A healthy marriage is built on the friendship foundation.

Intimacy—friendship love—is knowing your spouse and fully being known by your spouse. It is all about becoming best friends.

We increase intimacy as we continue to date our spouse after marriage. Unfortunately, “I do” for men at the altar typically means “I don’t anymore” in regards to dating.

Intimacy= Time + Communication

**1) Time for intimacy**

There is no way to *find* time for intimacy.  
You have to *make* time for each other.

Ideas:

- o Plan daily time for each other
- o Schedule regular dates
- o Organize special getaways for you and your spouse
- o Find a common interest or hobby

**2) Intimate communication**

We all learn to talk, but few of us learn how to communicate.

The goal of communication is to hold all things in common.

Communication is not all verbal, but includes non-verbals such as body language, facial expressions, tone, volume, etc.

Intimate communication is open & honest communication.

- a. Being open requires you to be transparent. There can be no hidden parts of your life. You have to live like there is no such thing as a secret, or hidden part, of your life.
- b. Being honest requires you to be authentic. You cannot try to impress your spouse with all of your wonderful qualities and try to hide your glaring weaknesses. You cannot wear masks of any kind and pretend to be someone you are not.
- c. Intimacy requires putting the needs of our spouse first, but open and honest communication requires you to lovingly communicate your needs. (Philippians 2:4)

### 3) Where is God in all this?

The word "marriage" appears in the New Testament only ten times in the New Testament (NIV). The Bible is full of wisdom in getting along with other people. We apply these principles to our marriage.

The closer you grow in your relationship with God, the closer you grow together. The more you are shaped and transformed into the image of Jesus, the better your marriage will be.

### 4) How to fight fair (conflict resolution)

Obstacles in the form of fights and conflicts will arise in your marriage, so be prepared.

Here are some issues related to fighting fair:

- o "Don't let the sun go down on your anger" vs. sleep it off
- o Timing: When should I start the fight?
- o Pick your battles
- o 90% fault - 10% fault
- o Winning the argument vs. winning the relationship
- o Don't tell someone else before telling your spouse
- o Discuss one issue at a time
- o Agree to take a break if emotions get too high

### 5) A Blue Print for Conflict Resolution

Wife: "When you <action>, it makes me feel <emotion>."

*Husband: "Help me understand" (Ask loving questions)*

Wife: "Well..." (Provide loving answers)

*Husband: "I understand why you feel that way." (validation)*

Wife: "I am glad because, I really feel..." (affirmation)

*Husband: "I am sorry. Will you forgive me?" (confession)*

Wife: "I forgive you." (forgiveness)

*Husband: "This is what I will do differently next time." (repentance)*

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