

Date Week Three

Developing Spiritual Intimacy

This week find some time to ask some hard questions with the intent to answer them

1. Individually, and as a couple, where are you on your spiritual journey?
2. What are your basic Core Beliefs?
3. In what ways do you live our spiritual intimacy?
4. What could you do to serve others?

Post-Date Application

Together write a list of your shared core beliefs

Pick on book on a topic related to spiritual growth and commit to read it together in 2019

So, how can we begin to move our marriages toward the intimacy God designed them for?

1. Keep an open heart.

When we don't experience the spiritual closeness we hope for, it's all too easy to close off our hearts and shut down.

Instead, acknowledge the hurt, and cry out to God with your disappointment:

Ps 142:1-2 - *With my voice I cry out to the Lord; with my voice I plead for mercy to the Lord. I pour out my complaint before him ;I tell my trouble before him.*

Even if your spouse doesn't change, you will remain soft and open to Christ.

2. Pursue Jesus more than your marriage.

Even a great marriage is "loss" in comparison with "*the surpassing worth of knowing Christ Jesus [our] Lord*" ([Philippians 3:8](#)).

When we treasure Jesus above our spouse, we become the sort of person our spouse will want to draw close to.

If your marriage is going to make God look glorious, then you must find more satisfaction in God than in your marriage.

3. Replace things that kill spiritual intimacy.

We all have attitudes and habits that get in the way of intimacy.

For example, I tend to get stressed and power through without asking God if they're actually from him.

This makes my wife want to run.

Paul calls us to put off destructive patterns like this and put on new ones that reflect who we are in Christ ([Ephesians 4:22-24](#)).

So, I'm learning to ask God for help to stay open to what he's doing.

As I consciously depend on God, it helps my wife and me avoid conflict and draw closer.

4. Intentionally share your weaknesses.

Pride tempts us to hide our struggles.

But when we really believe that God "*saved us, not because of works done by us in righteousness, but according to his own mercy*" ([Titus 3:5](#)),

letting our spouse in on a failure becomes natural and fosters spiritual closeness

5. Choose something to do together.

Spiritual intimacy is far more than a list of to-dos like reading the Bible or praying together, but our marriages will only thrive when we hear God's voice and have his hear together.

Make a plan to pursue God together that you're both comfortable with and get started.

6. Be patient and persistent.

"Without true spiritual intimacy, our marriages will flounder."

We should expect some failures and setbacks.

My wife and I have struggled with old fears and a full schedule.

But there's always hope for a new beginning because God's mercies and faithfulness for your marriage truly "*never come to an end*" (Lamentations 3:22-23).

Press on to Know Him More

In the end, there's no magic formula to develop genuine spiritual intimacy in your marriage.

It's going to require an investment of time and energy that you might not feel like you have.

But a spiritually intimate marriage is worth more than whatever small sacrifices you might have to make to get there.

Your wife is worth the extra effort.

Your husband is worth the extra effort.

Deepening your joy in Jesus together is worth anything.