

Take It Up a Notch!

How to Increase Connection and Intimacy in Marriage

Marriage provides the opportunity for the _____ of connectedness that two people can experience.

What you need to know:

1. God wants you to be _____ with your spouse.

It is not good for man to be alone. I will make a helper suitable for him. - Gen 2:18 (NIV)

Adam and Eve were designed to be in _____ together and with God himself.

“Happy marriages are based on _____.” – John Gottman

A cheerful heart is good medicine, but a broken spirit saps a person’s strength. Proverbs 17:22

2. Cultivating a friendship with your spouse is a _____.

Too many couples today are “under _____ and over _____.” - Jim Burns

Where there is no counsel, the people fall; but in the multitude of counselors there is safety. - Proverbs 11:14 (NKJV)

What you need to do:

1. Take your relationship’s _____.

- Is my marriage working?
- What’s right about my marriage?
- What’s wrong about my marriage? (And what can I do about it?)
- Does my spouse have priority in my life?

2. Concentrate on _____.

3. Increase the _____ in your marriage.

A = Increase _____.

Studies show that it takes eight to ten meaningful touches a day for a person to thrive.

Love each other with genuine affection, and take delight in honoring each other. - Romans 12:10 (NLT)

W = Increase _____.

“Sometimes marriages slip into bad habits, and a lack of warmth is just a bad habit.” - Jim Burns

Don’t sin by letting anger control you. Think about it overnight and remain silent. - Psalms 4:4

E = Increase _____.

Watch what you say - James 3:3-6

_____ destroys connection and intimacy.

Creative Date Ideas (Acquired from Jim Burns book: “Creating an Intimate Relationship”)

1. Take a hike
2. Hit golf balls or play miniature golf
3. Build a snowman or sand castle
4. Learn to play backgammon
5. Take a photography or dance class together
6. Go bowling (only if it is a novelty)
7. Visit a zoo
8. Visit a museum
9. Attend a concert (preferably outdoors, when the weather permits)
10. Put a jigsaw puzzle together
11. Go out for dessert first, and then have dinner.
12. Take an exercise class together
13. Surprise your spouse with an overnight. Make all the arrangements for the baby-sitting, reservations, and whatever else needed, and then tell your spouse.
14. Have an overnight camp-out in your backyard.
15. Go on a date in the morning. It's okay-be late for work just this one day!

For TONS more really great date ideas Google “creative date ideas”