

SUPPLEMENTAL LESSON 11: EMOTIONAL INTIMACY

Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed.

- **Genesis 2:24-25**

GOD'S INTENTION FOR MARRIAGE IS FOR THE TWO TO BECOME ONE.

Oneness involves:

- Commitment
- Companionship
- Sexual Intimacy
- Emotional Intimacy

EMOTIONAL INTIMACY IS TO TRULY _____ & BE TRULY _____.

Characteristics of emotional intimacy:

1. Transparency
2. Honesty
3. Vulnerability
4. Safety
5. Presence

BECAUSE OF SIN, WE ALL HAVE SOMETHING TO HIDE.

*Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. ⁸ ...and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. - **Genesis 3:7-8***

**Sin works against you
fully knowing your spouse.**

**Sin works against you
letting your spouse fully know you.**

Emotional intimacy with your _____ grows as you grow in your emotional intimacy with the _____.

*Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh." This mystery is profound, and I am saying that it refers to Christ and the church. - **Ephesians 5:31-32***

HOW DO YOU PURSUE EMOTIONAL INTIMACY?

1. Start with God

- o Confession is vital to fellowship (Ps. 32:1-4; 51:1-4; 1 John 1:9)
- o Abide in Him (John 15:5)
- o Pray = Ask for emotional intimacy

2. Then, humbly go to your spouse

- o Be intentional (pursue, listen, love)
- o Show grace and humility (Colossians 3:12-15)