

GENESIS

begin. belong. believe.

He said, She Said...

(part V of the 'I Do' series – 3/04/12)

Big Idea

Often, intimacy is equated with sex and sex alone. Scripture teaches that intimacy is about knowledge – the more knowledge you have, the more intimate you will be. Men and women alike crave intimacy – physically, spiritually, relationally and emotionally. Scripture makes clear that intimacy is not to be shared with just anyone, it is to be shared between a husband and wife. The way we communicate and handle conflict will either build greater intimacy or tear it apart. As we seek build intimacy through communication and conflict resolution, it will be helpful to remember that intimacy in marriage...

- takes time, effort and intentionality;
- takes three – husband, wife and Jesus as the foundation;
- takes grace – the more knowledge you have, the more grace will be required.

For your Community Group this week – take some time to work through the following questions...

1. How does our culture define intimacy? How has the culture shaped your understanding of intimacy? In what ways do you see people pursuing intimacy?
2. For those who are married – looking back to when you were single, were there things that you did that you see now has impacted your intimacy with your spouse? Are there things you wish you would have done in your singleness to prepare you for intimacy in marriage?
3. For those who are single – are there things that you are doing now that may be having a negative impact on your ability to be intimate with your future spouse? Are there things that you could be doing now to better prepare yourself for being intimate in marriage – if yes, what?

Two ways to build intimacy in marriage is through communication and conflict resolution.

4. Read [Proverbs 12:18](#) & [Proverbs 18:21](#). Scripture makes clear that words are 'powerful' – they can be life giving or death dealing. Married or single – are your words being used to 'build up, bless, and encourage those around you?' What are some 'real examples' of how you're words either brought life to someone, or were used to devastate them.
5. Jesus made clear that words give voice to our hearts ([Matthew 12:34](#)) – what are some things that you could do to cultivate your heart so that the words coming out of your mouth are being used by God to 'bless, build up, and encourage' those around you? Think through some practical ways in how you could not only protect your heart, but fill it so that people are being blessed by the overflow of your heart.
6. Content in conversation matters. Is it hard for you to talk to others, namely your spouse about the things of God? If yes – why? Generally speaking, people have an easy time talking with great passion about their favorite TV shows, or sports team, so why is do difficult to talk with the same level of passion and interest about the things of the Lord. Consider [Colossians 3:1-3, 16](#)
7. Conflict often arises because of our need to be understood. Why is it so important for you to be understood? Why do we place such a high premium on being understood? Consider [Proverbs 18:2](#)
8. Believing the best in people, namely your spouse does not always come easy – why is this? Why is it easier to believe the worst in people? What are some ways in which believing the worst in someone – namely your spouse only stirs more conflict? When conflict arises, what are some practical differences you could envision if you chose to believe the best about the one you had a conflict with?