



## Deepening Spiritual Intimacy

### *Intimacy Disciplines Worksheet*

**Check (✓) the "intimacy disciplines" you would like to see in your marriage.**

◆ **Saints cultivate intimacy with God, both individually and together.**

1. Go to a Christian bookstore and get a "One Year Bible" or New Testament. Start reading! (Or get *The Message* N.T.-1 chapter a day.)
2. Five Psalms per day (Today's date x 5 = psalm I/ we finish with.)
3. One chapter of Proverbs per day (Today's date= chapter I/ we read.)
4. As a couple: Pray together, even silently! Husband initiate: "*Honey, is there anything you are burdened with right now, anything weighing on you?*" Then hold hands and pray (silently is OK).
5. *Intimate Moments* couple devotional guide. Daily readings, scripture, and prayers related to intimacy needs.

◆ **Saints experience God's sorrow over their sin through genuine confession:**

1. I did (or didn't) do it.
2. It was wrong.
3. It hurt God-Father, Son, and Spirit.
4. It hurt other people, specifically ...
5. I need forgiveness.

(Do our confessions to God and to each other include all these elements? Do we experience "godly sorrow" over our sin? See II Corinthians 7:10.)

◆ **Saints express gratitude for God's many-faceted grace.**

1. Through worship, freshly experiencing God's love, acceptance, comfort, and forgiveness.
2. Through intentional expressions of thanks (See "**Journal of Gratefulness**" handout).