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# Intimacy Matters

## How to stay connected as a couple

Don Olund - February 7, 2016

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## Introduction

Intimacy matters. Why? It has to do with how God designed us. We are hardwired to connect. Evidence appears first in the infant-mother bond. Throughout our human development, intimate bonds form. These images remind us of why God said, *“It is not good for man to be alone...”* (Genesis 2:18)



### The Trinity Share an Intimate Bond

When God said, *“Let us create man in our own image”* (Genesis 1:26) we understand that the Trinity share an intimate bond. Later when Christ came to earth, God the Father spoke again saying, *“This is my Son whom I love, with him I am well pleased.”* (Matthew 3:17) Jesus’ love for God the Father is well documented in Gospel literature.

The power of this intimate bond is not only understood in it’s presence, but also in it’s absence. Perhaps the most difficult words uttered from the lips of Jesus were not to people, but to His father. *“My God, my God. Why have you forsaken me?”* (Matthew 27:46) In this singular moment in time and space, the intimate bond within the Trinity was breached when the Son of God took upon the sins of the world.

The sacrifice of Christ on the cross, though painful for him in an ultimate form—separation from God, provided a way for man to have an intimate relationship with the Triune God. Intimacy matters to God. A consistent message in word and deed is found from Genesis to Revelation.

*“For God so loved the world that he gave his one and only Son. That whoever believes in him will not perish but have everlasting life.”* (John 3:16)

Now that we know why intimacy matters to God. Let’s look at four reasons why intimacy should matter to us too.

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## Why Intimacy

Four reasons why intimacy matters in marriage.

**Reason #1**

**Reason #2**

**Reason #3**

**Reason #4**

**Why is intimacy important to you?**

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## 10 Barriers to Intimacy

Barriers to intimacy abound. If we are not careful, things can intrude upon our relationships. Common complaints have to do with demands of household and work, with too little time to accomplish it all, let alone have room left for intimacy. Here are 10 common barriers to intimacy.

### Barrier #1

### Barrier #2

### Barrier #3

### Barrier #4

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**Barrier #5**

**Barrier #6**

**Barrier #7**

**Barrier #8**

**Barrier #9**

**Barrier #10**

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## Ten Barriers to Intimacy

What barriers to intimacy stand in the way in your marriage? Place a check in the boxes below. Next to each one, describe your thoughts and feelings about the barrier.

- ☐ **Neglect**
- ☐ **Drift**
- ☐ **Confusion**
- ☐ **Conflict**
- ☐ **Baggage**
- ☐ **Addiction**
- ☐ **Hurt**
- ☐ **Betrayal**
- ☐ **Rejection**
- ☐ **Resentment**

## Intimacy is a Matter of the Heart

Revelation 2:1- ; Proverbs 4:23

Listen to your heart for a moment? What does it feel?

Pain? Guilt? Resentment? Numb? Fear?

Or does your heart feel passion, connection, love? Reveal your heart in a prayer to God.