

**Introduction:** Some “times” it’s harder to keep love alive than others. Oftentimes you cope in a crisis.

### God’s Promise:

*Draw near to God and He will draw near to you.*

James 4:8a

### My journey, my practice:

<sup>12</sup> *So, as those who have been chosen of God, holy and beloved, **put on a heart of compassion, kindness, humility, gentleness and patience;***

<sup>13</sup> *bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.*

<sup>14</sup> *Beyond all these things **put on love**, which is the perfect bond of unity.*

<sup>15</sup> ***Let the peace of Christ rule in your hearts**, to which indeed you were called in one body; and **be thankful**.*

<sup>16</sup> ***Let the word of Christ richly dwell within you**, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God.*

<sup>17</sup> *Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father.*

Colossians 3:12-17

**How do you develop spiritual intimacy?**

**I. Spiritual intimacy with Christ is cultivated by actively believing two things:**

1. Whose you are – Chosen Colossians 1:13-22
  
2. Who you've become – Holy and loved Colossians 2:9-15

**II. Spiritual intimacy with your mate is cultivated by recognizing the supremacy Christ's role and relationship in your marriage.**

Colossians 1:15-18

**III. The benefits of spiritual intimacy\***

- Allows you to \_\_\_\_\_ at the deepest level.
- Links you with God's \_\_\_\_\_ and \_\_\_\_\_ for you.
- Allows you to \_\_\_\_\_ each other with God's love.
- Brings your deepest values and desires into agreement.
- Opens the door to the deepest levels of \_\_\_\_\_.
- Empowers your marriage to \_\_\_\_\_.
- Connects you to a \_\_\_\_\_ body of fellow believers.

\* *Divorce Proof Your Marriage* by Gary and Barbara Rosberg, pgs. 254-256.

### IV. How to develop your personal spiritual intimacy\*\*

- \_\_\_\_\_ God for it. Colossians 1:1-9
- \_\_\_\_\_ of counterfeits. Colossians 2:8-10
- \_\_\_\_\_ your thought life. Colossians 3:1-4
- \_\_\_\_\_ spiritual competitors. Colossians 3:5-7
- \_\_\_\_\_ your life in God's Word. Colossians 3:16

### V. Removing barriers and building bridges for spiritual intimacy

- There is no one right way to develop spiritual intimacy.
- Pray together.
- Worship together.
- Share what you're learning.

\*\**Marriage that Works* by Chip Ingram, specific help and practical steps for men and women; chapter 9 for men and chapter 11 for women.

### Discussion Questions:

1. How do our different family and spiritual backgrounds impact our perspective and practice of spiritual intimacy?
2. What are your biggest challenges as a man or woman in cultivating spiritual intimacy? For you as a couple?
3. What “baby steps” could you take this week to connect more deeply spiritually?