

## “Increasing Intimacy”

This video devotional encourages couples to increase intimacy throughout the marriage by strengthening the relationship in a variety of ways. *Running time: 4 minutes, 29 seconds*

### What to Complete This Week

1. Watch the video titled “Increasing Intimacy.”
2. Read Song of Solomon 5:16, 7:11-12, and 1 Corinthians 7:3-5 and respond to the discussion questions.
3. Discuss the questions below with your spouse.
4. Attend religious services together this week.
5. Pray **with** your spouse at least 3 times this week (beyond meals).
6. Pray for your spouse in your individual prayers on a daily basis.

### Weekly Scripture Reading: Song of Solomon 5:16, 7:11-12; 1 Corinthians 7:3-5

Song of Solomon 5:16 His mouth is most sweet, and he is altogether desirable. This is my beloved and this is my friend, O daughters of Jerusalem. (ESV)

Song of Solomon 7:11-12 Come, my beloved, let us go out into the fields and lodge in the villages; let us go out early to the vineyards and see whether the vines have budded, whether the grape blossoms have opened and the pomegranates are in bloom. There I will give you my love. (ESV)

1 Corinthians 7:3-5 The husband should give to his wife her conjugal rights, and likewise the wife to her husband. For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control. (ESV)

### Reflection Questions for Independent Thought

You and your spouse are encouraged to think about the questions below. Make some notes about your thoughts. You will discuss these together later.

1. The selected readings from Song of Solomon (5:16; 7:11-12) demonstrate the close, intimate, friend-like aspect of the relationship pictured in this book. How close do I feel to my spouse? Are they my best friend? Why, or why not?
2. What type of intimacy do I feel is strong in my marriage? What area of intimacy is weak? What can I do to improve the feeling of intimacy in my marriage?
3. What struggles do we have? What is going well? What can we improve?
4. How is our sex life? What is good about our sex life? What is lacking in our sex life? The reading from 1 Corinthians 7:3-5 demonstrates the need for couples to engage in open discussion about this topic.

### Couple discussion time

Discuss your answers to the questions above with your spouse. Then, consider your marriage with the following question in mind:

*What can we do to increase the intimacy and closeness of our relationship?*

*How can we work together to increase intimacy?*