

Sermon Title: Identifying and Developing Emotional Intimacy

Date: Sunday, February 03, 2019
 Speaker: Pastor J.



Background Scripture: I Peter 3:1-7

Jumpstart and Review:

- The word, INTIMACY, means "IN-TO-ME-SEE."
- Intimacy is seeing into each other's life. It's knowing each other's strengths and weaknesses. Intimacy is being aware of each other's fears, hopes, and dreams.

What Exactly Is Emotional Intimacy?

Emotional Intimacy occurs when there is enough trust and communication between you and your spouse, allowing both of you to share your innermost selves.

Why is it hard to develop Emotional Intimacy?

1. Fear Of Rejection.
2. Unfamiliarity With Our Own Feelings, Needs, Or Wants.
3. A Lack Of Vocabulary To Communicate Our Feelings Accurately Or To Verbalize Exactly What We Want Or Need.
4. We Expect Our Spouse To Just Know.

Here are 2 of the 7 steps to help us get there.

1. Pay Attention To Your Own Emotions
2. Evaluate Your Past.

Q.F.C. (Questions for Consideration)

1. For spouses living with and among each other, why do you think it's typically difficult to achieve and maintain emotional intimacy?

2. Of the 4 hinderances to emotional intimacy, which would you say is the most difficult to overcome?

Reflect-n-Recap

1. *This week's lesson was ...*
2. *The areas I feel this lesson growing me are ...*
3. *Comments / Testimonial / Question*