

1. 8 Steps To Intimacy

Rekindle The Flame Ministries — Spiritual Reality
Achieving Total Intimacy In Marriage



Preparing for Intimacy

Watch over your heart Proverbs 4:20-27

- 20 My son, give attention to my words; incline your ear to my sayings.
 - 21 Do not let them depart from your sight; keep them in the midst of your heart.
 - 22 For they are life to those who find them and health to all their body.
 - 23 Watch over your heart with all diligence, for from it flow the springs of life.
 - 24 Put away from you a deceitful mouth and put devious speech far from you.
 - 25 Let your eyes look directly ahead and let your gaze be fixed straight in front of you.
 - 26 Watch the path of your feet and all your ways will be established.
 - 27 Do not turn to the right nor to the left; turn your foot from evil.
- Hebrews 12:10 but He disciplines us for our good, so that we may share His holiness.

Maintain purity in dating and engagement 1 Thessalonians 4:1-7

1 Finally then, brethren, we request and exhort you in the Lord Jesus, that as you received from us instruction as to how you ought to walk and please God (just as you actually do walk), that you excel still more. 2 For you know what commandments we gave you by the authority of the Lord Jesus. 3 For this is the will of God, your sanctification; that is, that you abstain from sexual immorality; 4 that each of you know how to possess his own vessel in sanctification and honor, 5 not in lustful passion, like the Gentiles who do not know God; 6 and that no man transgress and defraud his brother in the matter because the Lord is the avenger in all these things, just as we also told you before and solemnly warned you. 7 For God has not called us for the purpose of impurity, but in sanctification.

Spirit	Dating
Soul	Engagement
Body	Marriage

2. Walking In The Spirit

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Galatians 5:16-26

16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh.

17 For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.

18 But if you are led by the Spirit, you are not under the Law.

19 Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality,

20 idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions,

21 envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,

23 gentleness, self-control; against such things there is no law.

24 Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.

25 If we live by the Spirit, let us also walk by the Spirit.

26 Let us not become boastful, challenging one another, envying one another.

Ephesians 5:18-21

18 And do not get drunk with wine, for that is dissipation, but be filled with the Spirit,

19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord;

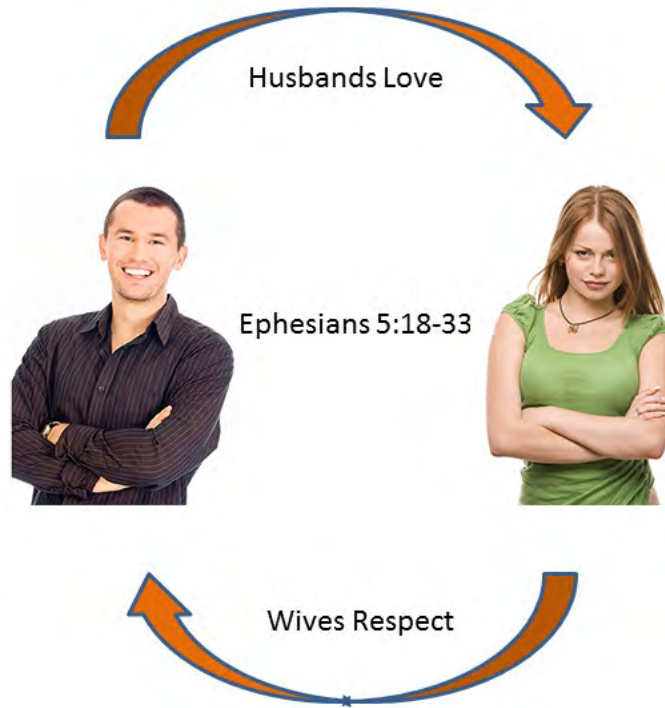
20 always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father;

21 and be subject to one another in the fear of Christ.

3. Personal Responsibility In Marriage

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The love — respect cycle



Husband Ephesians 5:25-33 1 Peter 3:7	Wife Ephesians 5:22-24,33 1 Peter 3:1-6
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Ephesians 5:22-33

22 Wives, be subject to your own husbands, as to the Lord. 23 For the husband is the head of the wife, as Christ also is the head of the church, He Himself being the Savior of the body. 24 But as the church is subject to Christ, so also the wives ought to be to their husbands in everything. 25 Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, 26 so that He might sanctify her, having cleansed her by the washing of water with the word, 27 that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless. 28 So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; 29 for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church, 30 because we are members of His body. 31 For this reason a man shall leave his father and mother and shall be joined to his wife, and the two shall become one flesh. 32 This mystery is great; but I am speaking with reference to Christ and the church. 33 Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband.

1 Peter 3:1-7

1 In the same way, you wives, be submissive to your own husbands so that even if any of them are disobedient to the word, they may be won without a word by the behavior of their wives, 2 as they observe your chaste and respectful behavior. 3 Your adornment must not be merely external — braiding the hair, and wearing gold jewelry, or putting on dresses; 4 but let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God. 5 For in this way in former times the holy women also, who hoped in God, used to adorn themselves, being submissive to their own husbands; 6 just as Sarah obeyed Abraham, calling him lord, and you have become her children if you do what is right without being frightened by any fear. 7 You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered.

4. God's Design For Marriage In Genesis

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Genesis 2:18 Then the Lord God said, "It is not good for the man to be alone; I will make him a helper suitable for him." 19 Out of the ground the Lord God formed every beast of the field and every bird of the sky, and brought them to the man to see what he would call them; and whatever the man called a living creature, that was its name. 20 The man gave names to all the cattle, and to the birds of the sky, and to every beast of the field, but for Adam there was not found a helper suitable for him. 21 So the Lord God caused a deep sleep to fall upon the man, and he slept; then He took one of his ribs and closed up the flesh at that place. 22 The Lord God fashioned into a woman the rib which He had taken from the man, and brought her to the man. 23 The man said, "This is now bone of my bones, and flesh of my flesh; she shall be called Woman, because she was taken out of Man." 24 For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh. 25 And the man and his wife were both naked and were not ashamed.

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5. Sin's Devastation

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6. A Wife's Proactive Faith

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Divine Empowerment

1 Peter 3:1 In the same way, you wives, be submissive to your own husbands so that even if any of them are disobedient to the word, they may be won without a word by the behavior of their wives, 2 as they observe your chaste and respectful behavior. 3 Your adornment must not be merely external — braiding the hair, and wearing gold jewelry, or putting on dresses; 4 but let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God. 5 For in this way in former times the holy women also, who hoped in God, used to adorn themselves, being submissive to their own husbands; 6 just as Sarah obeyed Abraham, calling him lord, and you have become her children if you do what is right without being frightened by any fear.

Intercessory Prayer

Ephesians 1:15 For this reason I too, having heard of the faith in the Lord Jesus which exists among you and your love for all the saints, 16 do not cease giving thanks for you, while making mention of you in my prayers; 17 that the God of our Lord Jesus Christ, the Father of glory, may give to you a spirit of wisdom and of revelation in the knowledge of Him. 18 I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, 19 and what is the surpassing greatness of His power toward us who believe. These are in accordance with the working of the strength of His might 20 which He brought about in Christ, when He raised Him from the dead and seated Him at His right hand in the heavenly places, 21 far above all rule and authority and power and dominion, and every name that is named, not only in this age but also in the one to come.

Ephesians 3:14 For this reason I bow my knees before the Father, 15 from whom every family in heaven and on earth derives its name, 16 that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, 17 so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, 18 may be able to comprehend with all the saints what is the breadth and length and height and depth, 19 and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

Philippians 1:9 And this I pray, that your love may abound still more and more in real knowledge and all discernment, 10 so that you may approve the things that are excellent, in order to be sincere and blameless until the day of Christ; 11 having been filled with the fruit of righteousness which comes through Jesus Christ, to the glory and praise of God.

Colossians 1:9 For this reason also, since the day we heard of it, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, 10 so that you will walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God; 11 strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience; joyously 12 giving thanks to the Father, who has qualified us to share in the inheritance of the saints in Light.

7. Absolute Surrender - The Key

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Galatians 3

1 You foolish Galatians, who has bewitched you, before whose eyes Jesus Christ was publicly portrayed as crucified?

2 This is the only thing I want to find out from you: did you receive the Spirit by the works of the Law, or by hearing with faith?

3 Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh?

Psalm 62

5 My soul, wait in silence for God only, for my hope (expectation) is from Him.

6 He only is my rock and my salvation, my stronghold; I shall not be shaken.

7 On God my salvation and my glory rest; the rock of my strength, my refuge is in God.

8 Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us. Selah.

No one falls in love by choice, it is by CHANCE.

No one stays in love by chance, it is by WORK.

And no one falls out of love by chance, it is by CHOICE.

8. Giving & Receiving In Marriage

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- Learning what things are meaningful to each other and finding ways to provide them.

- Growing to know, accept, and honor each other's values.

- Identifying and fulfilling each other's needs.

Relevant scripture: 1 Corinthians 7:1-5; Colossians 3:19; 4:6; Philippians 2:1-11

9. What A Woman Wants To Receive

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Actions

Affection

Conversation

Honesty and openness

Financial support

Family Commitment

Attitudes

Appreciation for her activities - To know he feels that what she does is as important as what he does.

Validation for her thoughts - To know that he feels that her ideas and opinions carry as much weight as his.

Acceptance of her emotions - To know that her feelings of happiness and well being are as important to him as his feelings.

10. What A Woman Needs To Give

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Sexual fulfillment

Acceptance -

Romans 15:7

Therefore, accept one another, just as Christ also accepted us to the glory of God.

Recreational companionship

Admiration/Respect -

1 Peter 3:1

In the same way, you wives, be submissive to your own husbands so that even if any of them are disobedient to the word, they may be won without a word by the behavior of their wives, as they observe your chaste and respectful behavior.

An attractive spouse

1 Peter 3:8,9

To sum up, all of you be harmonious, sympathetic, brotherly, kindhearted, and humble in spirit; not returning evil for evil or insult for insult, but giving a blessing instead; for you were called for the very purpose that you might inherit a blessing.

Domestic support

Affection -

Genesis 2:24,25

For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh. And the man and his wife were both naked and were not ashamed.

Admiration

1 Corinthians 7:4,5

The wife does not have authority over her own body, but the husband does; and likewise also the husband does not have authority over his own body, but the wife does. Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control.

11. What A Man Wants To Receive

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Sex - when there is plenty of physical intimacy he knows he is accepted, validated, affirmed, secure, etc. For a man that is the most important basis for communication.

Whatever - anything else you have in mind is fine.

12. What A Man Needs To Give

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Himself - he must see himself as blended with his wife to where his definition of "me" is "us".

Lots of thought - slow down and think about how she's feeling, when the last time was you complimented her for anything, when the last time was you surprised her with something she thinks is romantic?

Time - the most valuable resource, therefore the most meaningful gift.

13. Improving Communication

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- Discovering ways to express respect, acceptance, loyalty and commitment so that hope is abundant and the motivation to communicate is strong.

- Learning to listen to what each other is saying and discern the meaning behind the words.

Relevant scripture: Romans 1:11,12; 15:1-7; Ephesians 4:31,32; 5:25,33; 1 Peter 3:1-7