

GROWING IN SPIRITUAL INTIMACY

“Spiritual connection links you with God...helps you love with His love...brings your values and desires into agreement... opens the door to the deepest communication”^{xi}

The following are ways to grow spiritual intimacy with God and each other. Circle things that are strengths for you as a couple. Underline things you’d like to do more of together.

- **Read and study the Bible** - Share what you sense God is teaching you.
- **Be grateful** - Keep a gratitude journal. Share blessings with each other.
- **Build a culture of humility and grace** - Be quick to forgive and to apologize.
- **Share “growth edges”** - How do you sense God challenging you to grow
- **Memorize scripture** - Help each other with scripture flash cards.
- **Pray together** - Ask others what works and try new ways of praying together.
- **Engage with healthy community** (see page 12) - Spend time with individuals and couples who have strong faith and are committed to developing resilient marriages.
- **Encourage** - Encourage liberally when you see your spouse trying to grow.

Ephesians 4:3 “Make every effort to keep the unity of the Spirit...”