

# Spiritual Intimacy:

Connection experienced on a  
spiritual level



God created marriage to be the closest, most intimate human relationship people have the capacity for. Husbands and wives were meant to grow in oneness; physically, emotionally, intellectually, *and* spiritually. Yet, it seems that very often, the spiritual connection lacks in marriage relationships today. I must confess that for many years, Carmen and I did not connect on a spiritual level. We each went to Bible studies, but didn't study, or even read the Bible together. We did begin serving in ministry together very early in our marriage, but herding 20-30 2 year olds around for a couple of hours wasn't very conducive to growing together spiritually. Our spiritual intimacy improved once we began praying together, but it took a while for our prayer time to really connect us spiritually.

That spiritual connection really began to improve when we began studying God's word together; when we put aside our differences and *decided* that we were going to seek the Lord, our God *together*. Our prayer time together improved and as we grew in faith - trusting the Lord with every aspect of our lives, spiritual intimacy improved and our marriage improved. It tends to be more difficult to be selfish and self-centered when we seriously seek God together as a couple. Our growth in spiritual intimacy improved our emotional, intellectual, and even our physical intimacy. Too often we, as couples, hide from each other spiritually; when we choose to connect spiritually, we are able to connect better in all areas of life.

Connecting spiritually requires a couple to be purposeful about that connection. It is *not* going to just happen naturally. The busyness of life will keep us from connecting spiritually. Prayer together as a couple is the first thing a couple must do to begin connecting spiritually. It is usually not easy to begin; it was very difficult for us, but as you persevere, it will become natural. After more than 30 years of praying together, something is missing, if we don't stop and spend time together with the Lord in the morning. An article on our website to help you begin praying together. Also, begin reading the Word of God together, but not only reading it, but talking about what you read. Carmen and I read a Proverb, a Psalm, and something from the New Testament each day together. We make an effort to connect spiritually.

Share what you learn or what the Lord shows you with your spouse. Be purposeful about sharing spiritually on a regular basis. Seek spiritual intimacy with your spouse and you *will* see growth in your marriage. But realize, that the enemy does *not* want you to grow spiritually with your spouse. Be gracious toward your spouse and persevere and every aspect of your marriage will improve.

**Helpful Resources:** *Fortified Marriages Resource page:* [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)

The Fortified Marriages Manual & Workbook helps couples grow in spiritual intimacy

**Articles to check out:**

*Building spiritual intimacy in your marriage* by Gary and Barb Rosberg - [www.focusonthefamily.ca](http://www.focusonthefamily.ca)

*Spiritual Intimacy In Marriage* by Gary Chapman - [www.crosswalk.com](http://www.crosswalk.com)

*Building Intimacy Through Prayer Together* by Chris Garner - [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)