

GOD-CENTERED MARRIAGE



WORK IT OUT TOGETHER

Intimacy Inventory

This inventory encourages humble conversations about the intimacy in your marriage relationship. Allow it to prompt discussion between you and your spouse to identify areas of strength and weakness. Be eager to hear each other's heart.

- Pray together for wisdom.
- Read at least three of the Scripture passages listed under each area.
- Answer the question as to what is true for you, then answer how you think your spouse would respond to the same question for himself or herself (yes or no answers).
- Pray together again, then compare your answers.
- Discuss your similarities and your differences. Remember, you are seeking to understand your spouse better so you can love more effectively. Don't focus on being heard, but on hearing him/her. *Stay in your circle.*
- Follow the Five Guidelines for Biblical Communication as foundations to a beneficial discussion.
 1. Listen to understand (Proverbs 1:5, 18:13).
 2. Speak truth kindly (Ephesians 4:15, 25).
 3. Keep current (Ephesians 4:26-27).
 4. Attack the problem, not the person (Ephesians 4:29).
 5. Respond, don't react (Ephesians 4:31-32).

1. **Spiritual Intimacy** – Read Psalm 34:8, 42:1-2, 63:1-8; Proverbs 2; John 15:4-5; Romans 11:33-36; Philippians 3:8-10; 2 Peter 1:1-15.

True for you	True for spouse	
_____	_____	You look forward to praying with your spouse.
_____	_____	You look forward to going to church and worshipping together with your spouse.
_____	_____	You enjoy discussing spiritual things together.
_____	_____	You value times of Bible study together without being intimidated by the other.
_____	_____	You cherish times when you and your spouse have opportunities to serve the Lord together.
_____	_____	You enjoy giving financially to the Lord.
_____	_____	You are growing in your own personal relationship with the Lord.

2. **Social Intimacy** – Read Genesis 2:18, 2:24-25; Ruth 1:16-17; Luke 10:38-40; John 17:25-26.

True for you	True for spouse	
_____	_____	You enjoy being alone together—just the two of you.
_____	_____	When it comes to doing things together, one says “Let’s” and the other says “go!”
_____	_____	You both increasingly find things you enjoy doing together.
_____	_____	You enjoy attending social activities together more than alone.
_____	_____	You enjoy interacting with your spouse’s friends together.
_____	_____	Social activities with other Christians are an important part of your social life.
_____	_____	You enjoy deferring to each other when making decisions about social activities.

3. **Intellectual Intimacy** – Read Proverbs 15:14, 18:15; Ecclesiastes 7:12; Ephesians 5:26; 2 Timothy 3:10, 14-17; James 1:5; 2 Peter 1:1-15.

True for you	True for spouse	
_____	_____	You enjoy sharing new things you are learning about with each other.
_____	_____	You value your spouse’s opinions and ideas.
_____	_____	You share pros and cons with each other in the decision-making process.
_____	_____	You never want to stop developing mentally together.
_____	_____	You work at understanding your spouse’s point of view.
_____	_____	You enjoy watching a movie or TV together and talking about it.
_____	_____	You enjoy reading and discussing a book, article, or blog, etc.

4. **Emotional Intimacy** – Read 1 Corinthians 13:4-7; Ephesians 5:25, 28, 33; Titus 2:2-5.

True for you	True for spouse	
_____	_____	We regularly express appreciation for one another.
_____	_____	We regularly express verbal affection to each other.
_____	_____	We appropriately respond to the emotional ups and downs of the other.
_____	_____	We know each other’s “love language” and seek to love each other accordingly.
_____	_____	We can enjoy a good joke and laugh together, and at ourselves without feeling threatened.

5. **Physical (non-sexual) Intimacy** – Read Genesis 1:26-27, 2:18; Matthew 23:11; Mark 10:25; Philippians 2:4; 1 Peter 4:10.

True for you	True for spouse
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_____	_____	You enjoy serving each other around the house and yard.
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_____	_____	You are aware of non-sexual touches that are meaningful to your spouse.
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_____	_____	When your spouse is in pain or physically ill you cheerfully comfort and seek to meet his/her needs.
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6. **Sexual Intimacy** – Read Proverbs 5:15-17; 1 Corinthians 7:3-5; Hebrews 13:4.

True for you	True for spouse
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_____	_____	I actively and intentionally express loving sexual intimacy with my spouse.
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_____	_____	I practice good hygiene and keep myself physically attractive to my spouse.
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_____	_____	We seek to appropriately respond to the emotional ups and downs of the other.
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_____	_____	I make a point of understanding my spouse's sexual needs and am eager and patient to meet his/her needs when able.
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_____	_____	I am comfortable discussing sexual issues with my spouse.
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