

INVITE INTIMACY

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# INTIMACY

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“Significant emotional closeness experienced in a relationship, whether romantic or not”

# INTIMACY MAKES ME THINK OF...

Familiarity

Closeness

Sex

Caring

Tenderness

Friendship

Love

Privacy

Commitment

Devotion

Intimidation

Fear

Anxiety

Avoidance

Discomfort

Vulnerability

Unnecessary

Pain

Risk

# NEED FOR INTIMACY

- Intimacy and connection with others is a universal human need
- Health benefits
- Increased life span
- Interpersonal rewards

# INTIMACY REQUIRES...

1. Knowledge
2. Care
3. Interdependence
4. Trust
5. Commitment
6. Investment

# INTIMACY WITH GOD

- Intimacy with God is the foundation for intimate relationships with others.
  - *“Yes, let us know Him; let us be zealous to **know** the Lord” (Hosea 6:3).*
  - *“Now therefore, I pray You, if I have found favour in Your sight, show me now Your way, that I may **know** You” (Exodus 33:13).*
  - *“Yes, everything else is worthless when compared with the infinite value of **knowing** Christ Jesus my Lord” (Philippians 3:8).*
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# INTIMATE RELATIONSHIPS

- Friendship:
  - David and Jonathan – A model of covenant
- Marriage:
  - Priscilla and Aquila – A model of oneness
- Family:
  - Naomi and Ruth – A model of loyalty

## WHY DOES IT MATTER?

- We have a fundamental need to belong and form intimate connections with others.
- It's ordained and commanded by God (love one another).
- Healthy relationships attract others and give evidence of God's presence in our lives.

## HOW TO GET THERE!

- Self-assessment
- Love yourself as God loves you...and then love your neighbour (as yourself)!
- Make a personal choice to invite intimacy, risking rejection. Be intentional!