

# Intimacy in Marriage

December 30, 2007

Before reading Chapters 8–12 of *And They Were Not Ashamed...*[short skit]

## Why Couples Have Problems

- We live in a busy age where lack of dating, courting and time together leads to...
- Poor communication, which leads to...
- Misunderstanding each other, which leads to...
- Disappointment and dissatisfaction, which leads to...
- Arguments, anger and alienation, which leads to...

A lack of emotional, spiritual, and physical intimacy and unity, which leads to...parallel marriage

“I woke up one day and realized that we have nothing in common anymore.”

“We’re not soul mates, but we parent well together.”

All this leads to...sin!

## The Seven Ds

- Distraction
- Defensiveness
- Defiance
- Deception
- Discouragement
- Despair
- Destruction

“Jesus saw sin as wrong but also was able to see *sin as springing from deep and unmet needs* on the part of the sinner.” –President Spencer W. Kimball, *Ensign*, August 1979, 5.

“Unity—emotional and spiritual, as well as physical—is *absolutely essential to a happy marriage*, one in which the partners symbolically become one in all things.” –Elder Spencer J. Condie, *Ensign*, July 1986, 52.

This unity is only possible through intimacy!

## How Do We Get There?

- Regular dating and time together leads to...
- Acceptance and appreciation of each other and of self, which leads to...
- Constant, respectful, honest, and courageous communication, which leads to...
- Mutual understanding, trust, respect, and admiration, which leads to...

- Emotional, spiritual, and physical intimacy, which leads a couple to true unity and oneness.

“And the LORD God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof; and the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man. And Adam 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. Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be *one flesh*. And they were both naked [both physically *and emotionally*], the man and his wife, and *were not ashamed*.” –Genesis 2:21–25

“Nevertheless neither is the man without the woman, neither the woman without the man, in the Lord. For as the woman is of the man, even so is the man also by the woman; but all things of God.” –1 Corinthians 11:11–12

“I say unto you, be one; and if ye are not one ye are not mine.” –D&C 38:27

“Thou shalt love thy wife [or husband] with all thy heart, and shalt cleave unto her [or him] and none else. And he [or she] that looketh upon a woman [or man] to lust after her [or him] shall deny the faith, and shall not have the Spirit; and if he [or she] repents not he [or she] shall be cast out.” –D&C 42:22–23

The Male versus Female Brain (see Mark Gungor’s [The Male and Female Brain](#)).

### **What Your Wives Ache For**

- Your attention
- The constant message that she is loved and cherished by you
- That you will protect her and provide for her *at any cost*
- Your help in fulfilling her true purpose
- For you to stand up in your full stature as a priesthood holder and a man of God

### **If all or part of these are missing, your wife...**

- Will be agitated, unhappy, unsettled, and easily provoked
- Will often be critical and negative
- Will be verbally aggressive—call it “naggrivation”
- Will find ways to subtly retaliate by spending money or giving something of yours away
- May absorb herself in books, movies, the Internet, fantasy and romance
- May find an illicit relationship to satisfy her longing for intimacy

### **What Husbands Ache For**

- Your gentleness and tenderness (D&C 25:5)

- Your honor and respect
- Your support
- To console, nourish, encourage and nurture him to enable him to live his true purpose
- For you to stand up in your full stature as a mother in Zion and a daughter of God

“And the office of thy calling shall be for a comfort unto...thy husband, in his afflictions, with consoling words, in the spirit of meekness.” –D&C 25:5

**If any of these are absent, your husband...**

- May hide himself from you by withdrawing his attention, spending more time at work, in the garage or shop, hunting, shooting, on the golf course
- May spend more time in front of the television, playing or watching sports, etc.
- In extreme cases he will try anesthetizing himself with a mild addiction, or...
- An illicit addiction, or...
- An illicit relationship

No matter what your husband or wife chooses, it is his or her choice and you are not responsible.

But you have more influence on your spouse than anyone else.

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