

Take-Home Growth

WEEK 11: REKINDLING INTIMACY — EMOTIONALLY, SPIRITUALLY, PHYSICALLY

KEY VERSE: *Genesis 2:25 (NLT) “The man and his wife were both naked, but they felt no shame.”*

God designed intimacy—it’s His idea.

But intimacy isn’t just about sex. True intimacy happens emotionally (when we’re fully known), spiritually (when we grow in Christ together), and physically (when we connect with love, honor, and passion). In a busy or broken world, intimacy fades unless we tend the fire.

Intimacy is built through vulnerability, communication, forgiveness, and fun. It’s not automatic—it’s intentional. And it starts by creating a safe space for each other to be fully seen, fully known, and fully loved.

Don’t settle for roommates with rings. Reignite what God designed.

BOTTOM LINE: Real intimacy is not found—it’s built, nurtured, and protected.

HOMEWORK (3–4 Pages of Weekly Application)

COUPLE REFLECTION QUESTIONS

1. In what ways do we feel emotionally connected? Where do we feel distant?

2. How are we nurturing our spiritual and physical intimacy?
3. What's one small, consistent way we can be more intentional this week?

BIBLE STUDY CHALLENGE

Read These Passages Together:

- ▶ Genesis 2:24–25
- ▶ 1 Corinthians 7:3–5
- ▶ Song of Songs 7:10–13
- ▶ Ephesians 5:31–33

Study Questions:

- ▶ What does “one flesh” really mean in marriage?
- ▶ Why is mutual honor and consent important in physical intimacy?
- ▶ How does spiritual intimacy strengthen all other areas?

JOURNAL ENTRY: “REIGNITE US, LORD”

Each of you write:

1. One way I want to draw closer to you emotionally is...
2. One prayer for our spiritual connection is...
3. One dream I have for our physical closeness is...

End with this line: “God, teach us to pursue each other like You pursued us.”

ACTION STEP (TOGETHER)

Try a 3-Day Intimacy Reset:

► Day 1 – Emotional:

Have an honest, open conversation. Share fears, wins, struggles, and hopes—without judgment or fixing.

► Day 2 – Spiritual:

Do a short devotional together or pray for one another before bed.

► Day 3 – Physical:

Schedule uninterrupted time for intimacy, with affection, joy, and no pressure. Make it about connection, not just sex.

Optional: Write a short love note or prayer and hide it somewhere for your spouse to find.

CLOSING PRAYER (TO PRAY TOGETHER)

“Lord, You created intimacy and called it good. Help us pursue connection on every level. Teach us to communicate, forgive, initiate, and enjoy one another again. Remove fear and replace it with freedom. Make our marriage a place of joy, vulnerability, and love. In Jesus’ name, Amen.”

WEEK 12: LEAVING A LEGACY OF LOVE

KEY VERSE: *Joshua 24:15 (NLT) “But as for me and my family, we will serve the Lord.”*

Your marriage is more than just a relationship—it’s a legacy.

Every day, your words, decisions, and habits are building something: a home, a reputation, a witness. The question is—what kind of legacy will you leave? Will people see Jesus in the way you love each other? Will your children, friends, or family know God’s faithfulness because they saw it in your marriage?

A legacy of love isn’t about perfection—it’s about consistency, humility, and obedience. It’s about making your marriage more than just a source of happiness. It becomes a source of hope for others.

When you love faithfully, forgive quickly, and serve together, your marriage becomes a mirror of Christ’s love for His church.

Bottom Line: A Christ-centered marriage doesn’t just last—it leaves a legacy.

HOMEWORK (3–4 Pages of Weekly Application)

COUPLE REFLECTION QUESTIONS

1. When people look at our marriage, what do they see?
2. What kind of spiritual and emotional legacy do we want to leave?
3. What’s one thing we can start doing today that our future family will thank us for?

BIBLE STUDY CHALLENGE

Read These Passages Together:

- ▶ Joshua 24:14–15
- ▶ Psalm 78:4–7
- ▶ 2 Timothy 4:7–8
- ▶ Matthew 5:14–16

Study Questions:

1. Why is it important to pass down faith to the next generation?
2. How can your marriage be a light to others?
3. What does it look like to “finish well” together?

JOURNAL ENTRY: **“LORD, LET OUR LOVE LEAVE A LEGACY”**

Each of you write:

1. One part of our story we want others to be encouraged by
2. One prayer we have for the next generation
3. One way we want to live differently, so others see Jesus in us

End with this line: “We don’t just want to be remembered for our love—but for Your love shown through us.”

ACTION STEP (TOGETHER)

Write a Marriage Mission Statement:

- ▶ What's our marriage about?
- ▶ What do we want our kids (or spiritual kids) to inherit?
- ▶ How can we serve others together in this next season?

Example: "Our marriage exists to glorify God, raise a faith-filled family, and show others the love of Christ through our words, actions and legacy."

Optional: Record a short video message or voice memo for your future family or community blessing them and declaring your spiritual legacy together.

CLOSING PRAYER (TO PRAY TOGETHER)

"Father, thank You for these 12 weeks of growth. Help us to take everything we've learned and live it out for the rest of our lives. Make our marriage strong, joyful, and full of Your Spirit. Let our love be a testimony of Your grace. Use us to bless others, disciple our family and point people to You. In Jesus' name, Amen."