

MESSAGE NOTES

“The Intimacy Mystery”

Pastor Brad Aldrich — October 17, 2021

Ephesians 5:31-32; Genesis 2:24-25 (AMP); Hebrews 13:4

1. Intimacy is being naked and not ashamed in our hearts.
Ephesians 5:31-32
2. We are designed for intimacy.
3. God’s plan for us is to get to know him better in and through the intimacy we have with our spouses
4. A wall of conflict and a wall of disconnection.
Matthew 7:3-5
5. Honoring marriage does not place value, it recognizes the value that God gives it.

All scriptures are from the English Standard Version unless otherwise noted.

COMMUNITY GROUP MEETING OUTLINE

Where your faith intersects with real life!

Connect:

Each person shares a recent high and low from their life.

Explore:

Use the following questions to explore what God may be saying to you through this message.

Big Idea: God’s plan for us is to get to know him better in and through the intimacy we have with our spouses, and when we experience moments of intimacy with our spouses, it will draw us into greater relationship with a loving God who pursues us.

Choose one or two questions for your group to discuss as time allows.

- ▶ Whose marriage do you admire and why?
- ▶ Read Genesis 2:24-25 (Amplified). Pastor Brad said intimacy was the ability to be “naked and unashamed”. What kinds of walls keep us from feeling truly known by others?
- ▶ Read Ephesians 5:31-32 (ESV). How does a good marriage represent the relationship between Christ and the church?
- ▶ What makes healthy marriage important for a church to focus on?

Activate:

Spend a moment in silence to consider your response, then share your decision with the group.

If you are married – Is there one area of the Formula for Intimacy (Cliff & Joyce Penner) that you could invest in and make a habit? And would you consider going to the Marriage Conference this coming Saturday?

- 15 minutes a day to connect emotionally, spiritually and physically
- 1 evening a week to devote time to each other
- 1 day a quarter - to have fun together
- 1 weekend a year to get away without distractions

If you are single – did one of the ways to honor marriage that Pastor Brad mentioned stand out to you as something you should commit to?

Pray:

Thank God for the highs shared and lift up the lows.

Read John 14:22-23 (NLT). Pray for our marriages to reflect God’s glory, for them to be protected, and specifically for any marriages in jeopardy at this time. If you have couples in your group, consider having couples pray together.

Fill in the blank key: naked; hearts; intimacy; in, through; conflict, disconnection; marriage, place value