

## MEETING GUIDE –INTIMACY IN MARRIAGE

*A Sample Timeline and Discussion Guide*

### Session Objectives

Each woman will understand the importance of intimacy in marriage.

Each marriage will grow in intimacy.

Community will continue to deepen among the women.

7:00 ARRIVAL

7:15 PRAYER

7:25 SCRIPTURE MEMORY REVIEW

7:35 BOOK DISCUSSION

For some, this can be a subject that is a little uncomfortable discussing with the women. It is such a key component of marriage and is particularly hard to be completely open and transparent about. Take it to the level you feel the women are comfortable. You'll probably find out they are more open to talk about sex than we mentors are!

Questions for a meaningful and helpful discussion:

"How can you become more responsive to your husband's sexual desires?"

"Are there relational barriers blocking your desire for sexual intimacy that need to be addressed with your husband?"

"What is your biggest takeaway from this book that will encourage you in the area of intimacy with your husband?"

This would be a good time for you to share any personal insights in the area of intimacy. This is one area of marriage that often is not discussed with someone who is farther down the road, so your personal wisdom will be very helpful.

Feel free to pull from the handout "Little Things Make A Big Difference," or come up with your own suggestions to have great intimacy in marriage.

8:20 BREAK

8:35 DISCUSS MARRIAGE EXERCISE

Ask the women to share some of the ways they expressed love to their husbands this month. Usually some very creative ideas are shared and women love learning from each other.

9:00 DISCUSS PEER CHALLENGE

9:20 PRAYER TIME

9:50 HANDOUTS FOR NEXT SESSION

Pass out homework for the next month: homework assignment, scripture memory, marriage exercise, peer challenge partner, book.

10:00 DISMISS