



CLEAVE

There are several elements that make intimacy, or closeness, possible in a relationship. These can range from general attitudes to everyday actions. It is important for couples to work together to foster more and more intimacy as relationships grow. Below are some important elements to keep in mind as you and your partner grow closer to one another. Consider this scripture as you complete this worksheet:

Genesis 2:24 “Therefore shall a man leave his father and mother, and shall cleave unto his wife: and they shall be one flesh”

C: Changing Actions for the Positive – Do things that show that you value your partner. Return to “The Blessing” worksheet and ask what was done for that helped to increase positive interactions in your relationship.

I will change my actions for the positive this week by:

L: Loving Romance – Be active in kindling the flame of romance in your relationship. This can be done through big actions (special trips) and small actions (taking a walk together) alike. Talk to your partner about past romantic experiences to learn what is romantic in your relationship.

My loving romance this week will be:

E: Employing a Calendar – Adjust your schedule to spend time with your partner. Pick a time during the week when you will spend some positive time with your partner. During this time, keep things positive; this is not a time to discuss difficult problems. Use a calendar to set this time and make sure to keep the date to show your partner that you care about being with them.

I will schedule something positive on this day: _____ and at this time: _____

A: Adjusting Intimacy Elsewhere – Intimacy requires time. It is easy for other things to steal time away from our relationships. Ask yourself if something else is pulling you away from time and intimacy with your partner. These could be things like hobbies, work, or even other people such as friends or family members. Perhaps these other “intimacies” (anything you spend time with and feel close to) need to be de-emphasized or ended in order for you to grow closer to your partner. All couples need some outside interests, but if there are things that have become obstacles to what you want, explore it.

I will adjust my intimacy elsewhere this week by:

V: Value My Partner – Consider how you can show your value for your partner in an observable way this week. Similar to “C” and “L”, this principle encourages couples to value one another. This is one of the most important aspects to healthy relationships. Find small everyday ways to show your partner that you value them, like hugs, kisses and kind words. Keep these actions sincere and repeat them in order to remind your partner that you value them.

I will value my partner this week by:

E: Enjoy Each Other Sexually – Sex is an important aspect of relationships and can be a powerful way to foster greater intimacy. Sex may look different for each couple. While each couple needs to find what is comfortable for them, being open and honest about sex can go a long way in partners growing closer together. Perhaps you would like to make a reasonable goal this week to increase sexual intimacy in your relationship. Consider employing a calendar to plan for it. Or perhaps you might set a goal of discussing what it is about sexual intimacy that is important to your relationship and how sexual intimacy looks for your relationship.

This week I will work to enjoy each other sexually by:

Pray together for your marriage at least twice this week.