

ROMANCE GEMS TO SPICE UP YOUR MARRIAGE

@joeigboanugo www.marriagerest.com

True marital intimacy begins with transparency and trust. Openness of heart and connection of the mind.

Genesis 2:25 "And they were both naked, the man and his wife, and were not ashamed."

We will be looking at few strategic steps to foster a sense of intimacy in marital relationship.

First, we will consider four types of intimacy (romantic or otherwise). Though only one involves touching, all must be involved if you intend to spice up your marriage:

1. Emotional

Includes affection, affirmations, caring, fondness, attention to each other's feelings and romance.

2. Mental

Includes meaningful conversations, shared values and interests. Intellectual interactions around mutual issues.

3. Spiritual

Includes common convictions in God, shared purpose of life, nurturing each other's inner peace.

4. Physical

Includes hugging, kissing, massages, cuddling, sexual or non-sexual touch, recreation and date nights.

Few Intentional Intimacy Routines To Spice Up Your Marriage

Song of Songs 2:3 "As the apple tree among the trees of the wood, so is my beloved among the sons. I sat down under his shadow with great delight, and his fruit was sweet to my taste."

Your overall success in marriage is grossly affected by the density of your intimacy with your spouse - work at it with all dedication.

1. "Grant" your spouse freedom of expression. Be open to liberal interaction.
2. Do not hide your feelings from your spouse neither leave them in the dark about what you expect from them.
3. Celebrate your partner's uniqueness and individual differences. There are bound to be differences in abilities, personality, conduct and attitude. It is these differences which make your marriage spicy. Do not take these differences as a signal to the failure of your marriage.
4. Establish daily habits of spending time together. Praying together, eating together, playing and laughing together. (Gen 26:8)
5. Affirm one another daily. Be intentional in communicating your spouse's strength and deemphasizing weakness.
6. Develop accountability and mutual respect, including in the areas of sexuality, finances and other relationships.
7. Take time to find common interest and engage in them.
8. Make time during working hours to call, chat and check on your spouse.
9. Arrange a periodic dating for two only without the children.
10. Make your bedroom time (sex) a celebration.

FINALLY,

SORTING out your differences **INSTANTLY** makes your relationship **TENSION-FREE**; and **ENGENDERS** the **BEST ATMOSPHERE** for **LOVE** and **INTIMACY** to thrive.

ENJOY your companionship forever in Jesus name!