

# INTIMACY WITH YOUR SPOUSE

WITH DR. GREG & ERIN SMALLEY



FOCUS<sup>ON</sup>THEFAMILY<sup>™</sup> | FOCUS ON MARRIAGE<sup>™</sup>

## VIDEO #1: TO KNOW AND BE KNOWN

- What steals your attention away from knowing your spouse and being known to your spouse?
- What is one thing you can do this week to initiate being known in your marriage as well as one thing you can do to move toward knowing your spouse?

## VIDEO #2: CHALLENGES IN INTIMACY

- What challenges are you and your spouse facing in your relationship regarding sexual intimacy?
- How do you bring these challenges into the light?
- What can you and your spouse do together to face any challenges when it comes to sexual intimacy?

## VIDEO# 3: TALK ABOUT SEX

- Was sex talked about in your family of origin? On a scale of 1-10, how uncomfortable are you with talking about sex?
- What can you do to help foster a more comfortable conversation about sexual intimacy in your marriage?
- What is one thing you are going to do to stay updated on your spouse sexually?

## VIDEO# 4: SEXUAL HEALING

- Is there something you have been aware of that is a challenge in your sexual relationship in your marriage?
- Are you being led to seek healing in any way?
- How can you come along side your spouse and care about the hurts they are experiencing in your sexual relationship?

## COUNSELING & REFERRALS

Need prayer and want to talk to one of our Christian counselors? We would love to help! To reach Focus on the Family's counseling service by phone, call 1-855-771-HELP (4357) weekdays 6:00 a.m. to 8:00 p.m. (Mountain Time)