

# COUPLES RETREAT

MARCH 2021

## CALIFORNIA

### INTIMACY WITHIN MARRIAGE

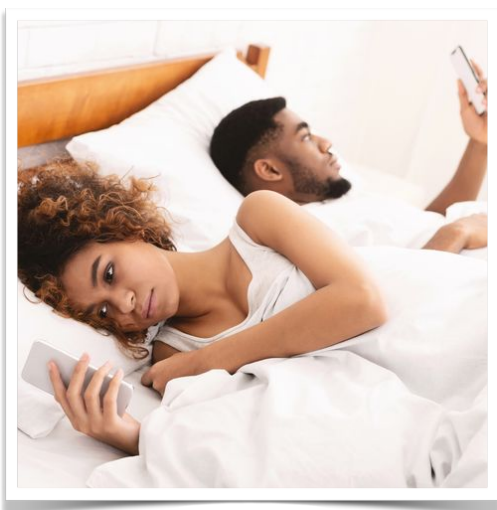
from Focus on the Family

#### WHAT IS THAT?

One of the saddest secrets that many Christian couples face today is that spiritual and physical intimacy in their marriages has been lost. It is the “secrecy” to keeps them held hostage from seeking out help. There’s so much silence, embarrassment, shame that many find it easier just pretend that everything is okay when it really is not. And too many are asking ... so, how did we get here? How do we move forward? Where can we find help?

#### TO LOVE AND TO CHERISH

I wish I could explain it the way our Bishop Phil Pruitt shared with all the couples on that Sunday morning. It was the perfect class that ended weekend retreat with real life issues facing couples today. And to be honest we were all left just wanting more. To sum it up Bishop shared this on the subject of intimacy “husband, wives if there’s no spiritual intimacy in your marriage you’ll never get the physical intimacy.” In other words, physical intimacy isn’t just an act alone but, it’s the deepest part of ourselves that we both share and give to each other. There’s no demand, duty, obligation, guilt only love.



#### SPIRITUAL INTIMACY

Just as it can be a struggle to build physical, emotional and relational intimacy in your marriage with seemingly limited time, too-busy schedules, the demands of child rearing, career and yes even church. The bottom line is that, just like cultivating romance with your beloved, fostering spiritual growth both individually and in your marriage takes discipline and intentionality. It won’t just “happen” automatically. Spiritual intimacy is all about having a strong commitment to Christ as the centerpiece of marriage. Together and individually, husband and wife actively pursue a deep relationship with Christ. – Focus On the Family



#### FROM THE DIRECTORS

On February 2, 2021 we celebrated our 40th anniversary. By today’s standards that may appear to be a milestone, but we still have a lifetime of commitment to the vows we shared those many years ago. We’re thankful for all the wonderful examples in the Body of Christ of a “healthy marriage”, not perfect marriages. So, I take you Rita, and I take you Tom to be my wife/husband ...until we a parted by death. Do you still say “I do”?