WORK PRIVATELY

Four Commitments

Read each commitment on your own. Consider what it would require of you, then make these commitments to your marriage. Give each one at least thirty seconds of thought before moving on.

HONOR THE GIFT WE SHARE

01

I will remember that sexual intimacy is a gift from God, meant to be shared with my spouse alone. I will guard our marriage from comparisons and anything that pulls my attention away from the one I promised to love.

MAKE HONESTY WELCOME

02

I will make it easier for my spouse to talk with me about sex, even when the subject feels awkward. I will listen carefully, take concerns seriously, and keep our private conversations between us.

SEEK WHAT IS GOOD FOR BOTH

03

I will care about what my spouse needs and be honest about my own needs too. I will not use pressure or guilt to get my way. I want our time together to be something we both welcome and enjoy.

KEEP LEARNING AND FOLLOW THROUGH

04

I will keep talking with my spouse about what helps us grow closer and what may be getting in the way. When we agree on something to change, I will do my part and keep working at it as life changes.

REFLECT PRIVATELY

Before We Discuss

Work on this privately and be prepared to discuss in an upcoming conversation.

BEFORE WE TALK

Answer each question for yourself. Then, with a kind and considerate heart, note how you think your spouse might answer as well. Be prepared to listen and discover whether you understood them correctly.

FOR THE HUSBAND

1. What might my wife wish I understood about her experience of intimacy?

2. What hope or concern do I need to share with my wife more thoughtfully?

FOR THE WIFE

1. What helps me feel close to my husband and free to express myself?

2. What would I like my husband to understand about this part of our marriage?

MY SEXUAL LOVE CHECK-IN

Rate your own practice from 1 (rarely) to 10 (consistently). Consider how you contribute to trust and closeness, particularly in times of physical intimacy.

Area to Consider	1	2	3	4	5	6	7	8	9	10
Protecting our exclusive trust	○	○	○	○	○	○	○	○	○	○
Welcoming honest conversation	○	○	○	○	○	○	○	○	○	○
Considering my spouse's needs	○	○	○	○	○	○	○	○	○	○
Following through on commitments	○	○	○	○	○	○	○	○	○	○

What would help us speak more openly and understand each other better?

PRACTICE TOGETHER

The Ten-Minute Conversation

Sit down together without distractions. Share what you wrote on *Before We Discuss*. Be mutually inquisitive, then use the four helps below to guide your conversation.

CONVERSATION STARTER

What do you appreciate about the closeness we share? What helps you feel comfortable talking with me about physical intimacy?

01	**BEGIN WITH REASSURANCE** Affirm your love and your desire for this part of marriage to be good for both of you. Share what you appreciate before raising a concern.
02	**SAY WHAT IS ON YOUR MIND** Share one hope, concern, or question. Ask what your spouse wants you to understand. Listen without interrupting or defending yourself.
03	**NAME WHAT GETS IN THE WAY** What makes closeness difficult in this season? Discuss time, privacy, responsibilities, or an unspoken expectation without assigning blame.
04	**MAKE A CONSIDERATE COMMITMENT** Choose one practical change each of you can make. Agree when to check in. A commitment to improve closeness is not a demand for sexual activity.

ENDING QUESTIONS

What have I learned about what helps my spouse feel close to me?

What would make this part of our marriage better for both of us?

What can we thank God for and ask Him to help us develop?

PRAY AND COMMIT

Grow in Trust and Closeness

FAITHFULNESS. OPENNESS. MUTUAL CARE.

OUR PRAYER

Father, thank You for the gift of marriage and for the closeness we can share as husband and wife. Thank You for making physical intimacy a good part of Your design, something that belongs to us alone. We are grateful for the love, trust, and affection we have built together, and for every opportunity to grow closer. Forgive us for the times we have been selfish, impatient, or careless with one another. We want to be faithful in our thoughts and actions, honest in our conversations, and willing to listen. When things have not been what we hoped, keep us from turning against each other. May we continue to show care and affection, and never allow the world's standards to shape this gift. Thank You for Your wisdom and for the promise that we can keep growing together. In Jesus' name, amen.

THIS WEEK WE WILL

- [ ] Protect quiet, private time to share our hopes and concerns.
- [ ] Follow through on the practical changes we agreed to make.
- [ ] Check in about whether we feel closer, heard, and considered.

THINGS I HAVE LEARNED ABOUT MYSELF AND MY SPOUSE