"I'M LONELY…WHERE ARE YOU?"

HAPPILY EVER AFTER? – PT. 2

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✓ THE ISSUE… _____*within marriage*

✓ THE REAL PROBLEM… *a lack of*_____

INTIMACY BUSTERS

√ _____

√ _____

√ _____

BREAKING THE CYCLE OF LONELINESS

1. Getting Intimate with God

√ _____as He Does

Eph 2:10 (NLT) *For we are God's masterpiece. He has created us anew in Christ Jesus, so that we can do the good things he planned for us long ago.*

√ _____His Family

1 John 3:1 (NLT) See how very much our heavenly Father loves us, for he allows us to be called his children, and we really are!

2 Cor 5:17 (NLT) What this means is that those who become Christians become new persons. They are not the same anymore, for the old life is gone. A new life has begun!

√ _____with Him

Phil. 4:6 (NLT) Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

2. Getting Intimate with Your Spouse

Eph 5:25-26,33 (NIV) *Husbands, **love** your wives, just as Christ loved the church and gave himself up for her…each one of you also must love his wife as he loves himself, and the wife must **respect** her husband.*

√ Women need _____
√ Men need _____

FIVE AREAS OF INTIMACY

1. _____Intimacy – are we tracking with God together?
2. _____Intimacy – are we being real with each other?
3. _____Intimacy – are we growing with each other?
4. _____Intimacy – are we connecting with each other?
5. _____Intimacy – are we reinforcing love through touch?
   - √ Physical Resources
   - √ Physical Connection

Matt 19:5-6 (NIV) For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? So they are no longer two, but one. Therefore what God has joined together, let man not separate."

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Digging Deeper: Small Group Questions …

1. Share with the group a time in your life when you were lonely?
2. What circumstances in your life have shaped the degree of loneliness that you feel as an adult?
3. How big a role does loneliness play in your life today?
4. Which of the Intimacy Busters can you most identify with?
5. What could you do to have a more intimate relationship with God?
6. If you married, what is one area you need to improve on as a couple to restore intimacy to your marriage?