



SPIRITUAL INTIMACY

Q: What is Spirituality?

- Why is spiritual intimacy important in LDS marriage and other relationships?
- How do I improve spiritual intimacy?

A vibrant growing marriage rests on three pillars of unity

Unity



Emotional
Intimacy



Spiritual
Intimacy



Physical
Intimacy

Human Intimacy

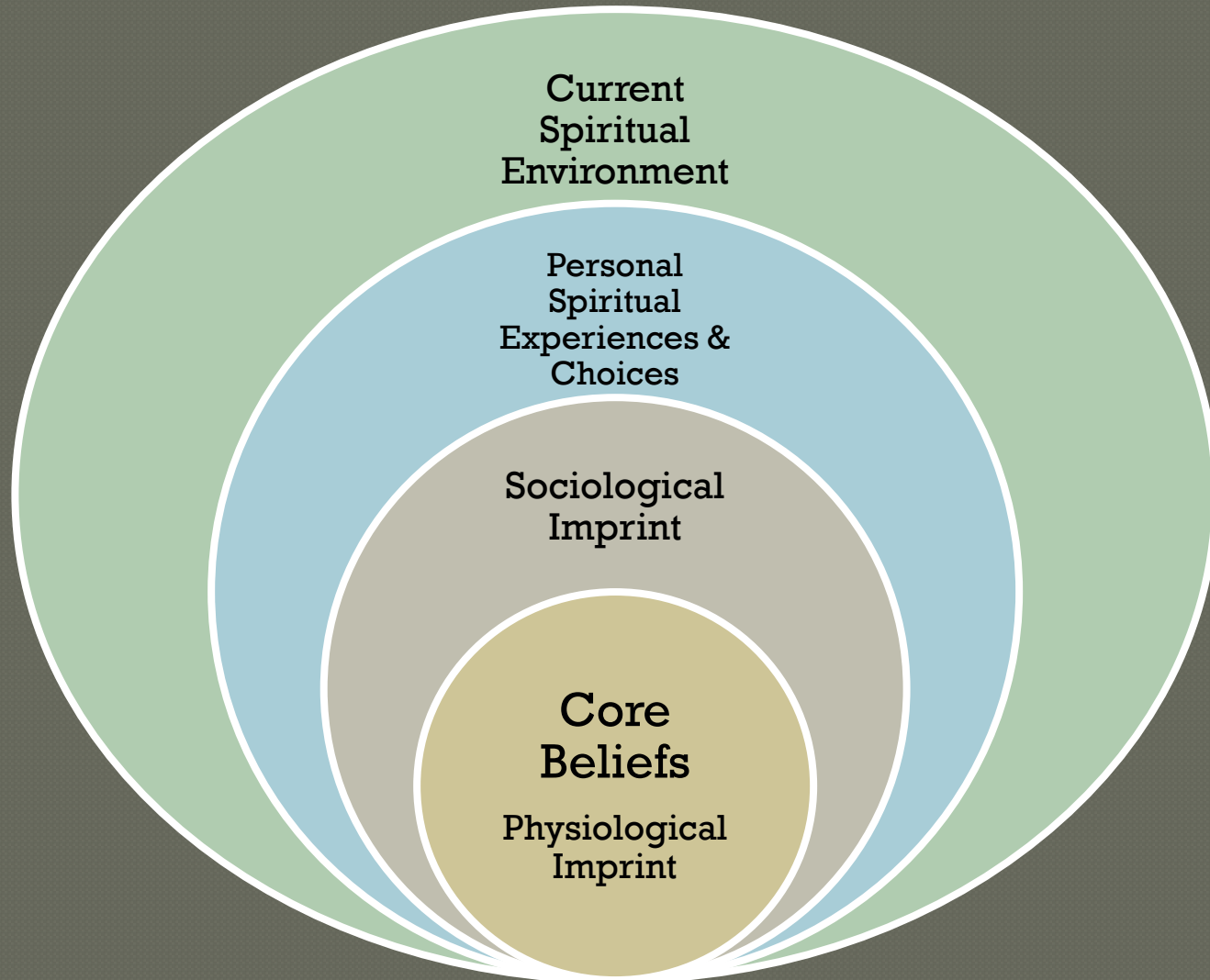
- Ultimate symbol of total union
- Ordained and defined by God
- Completeness
- Eternal promise

Spirituality affects your marriage and close relationships

- Impacts your core beliefs....
 - Right/wrong
 - Short term/eternal perspective
 - Sacrifice & Service
 - Love & Commitment
- Which in turn affects your decisions
 - Financial
 - Social
 - Health
 - Educational
 - Religious
 - Sexual



Our spiritual identity is a composite



CORE BELIEFS

Radiate out to all other aspects of your life

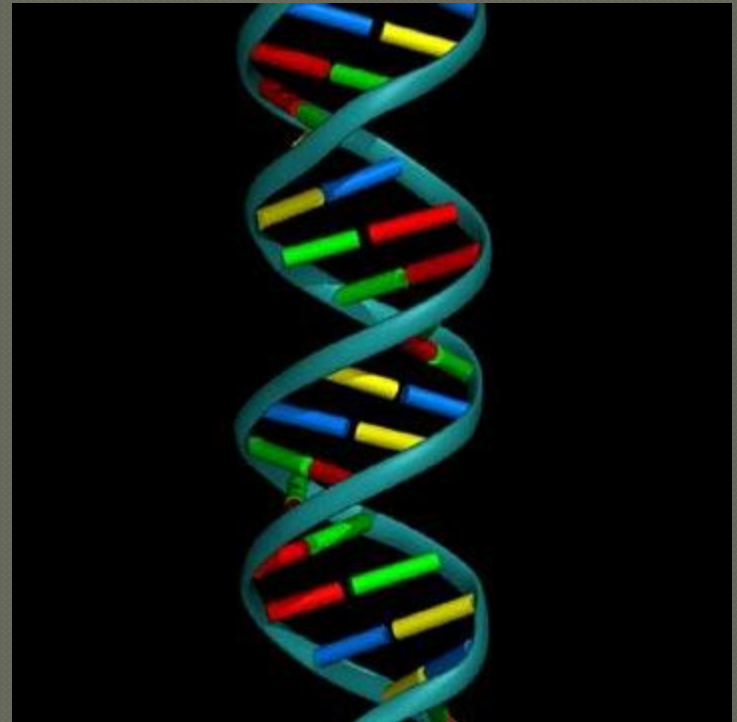
- Sense of self - the value and respect you give life
- How you fit into the universe
- Concept of eternity
- Relationship of this life to the past and next
- Worth of families- generational attachment
- Life goals - how to achieve them
- Perception of love and belonging



PHYSIOLOGICAL IMPRINT

- Biologically driven
- World view-hostile/benign
- Natural temperament
- Accepting/Skeptical
- Hearty/feeble
- Body-friend/foe

Latest Research:
50% Nature - Nurture



SOCIOLOGICAL IMPRINT

Upbringing- absorbing without consciousness:

- Religious imprint
- Family attitude about spiritual things
- Parents united or separate
- Conflict or support
- Spiritually demonstrative or private scriptures, prayer, testimony
- If you can ask, and how you answer perplexing questions



EARLY SPIRITUAL ATMOSPHERE

- Perfunctory or casual
- Inquiring and trusting
- Strict and critical
- If parents had significant leadership responsibilities
 - attitude supportive?
 - feel neglected?
- Who was the spiritual leader in the home?
 - Gender roles



SPIRITUAL EXPERIENCES SHAPE US

- Deep, impactful impressions ; cannot dismiss
- Blessings received and acknowledged
- Answers to prayers and revealed insights
- Experience with repentance
- Mission and callings
- Recognition of gifts of the spirit
- Significant events
 - Trials
 - Marriage
 - Parenthood
 - Death
- Cognitive dissonance –Contradictions ,Crisis of faith
 - what you see does not fit with what you believed



Common Spiritual Challenges

- One spouse never had, or loses or changes religious convictions
 - Exaltation requires marriage
- Perfection fixation prevents honest dialogue
- Children leave the Church
- Siblings or extended family members distance themselves from the Church
- Conflict over proper religious observance

Your spirituality (decisions and attitudes) affects your marriage

- “One-ness” or interdependence?
- Unity or disharmony?
- Nurturing or neglectful environment for spirit?
- Creates connectedness or separation
- Creates the environment that shapes your children



Dual aspect of Spirituality

INTERNAL/SENSING

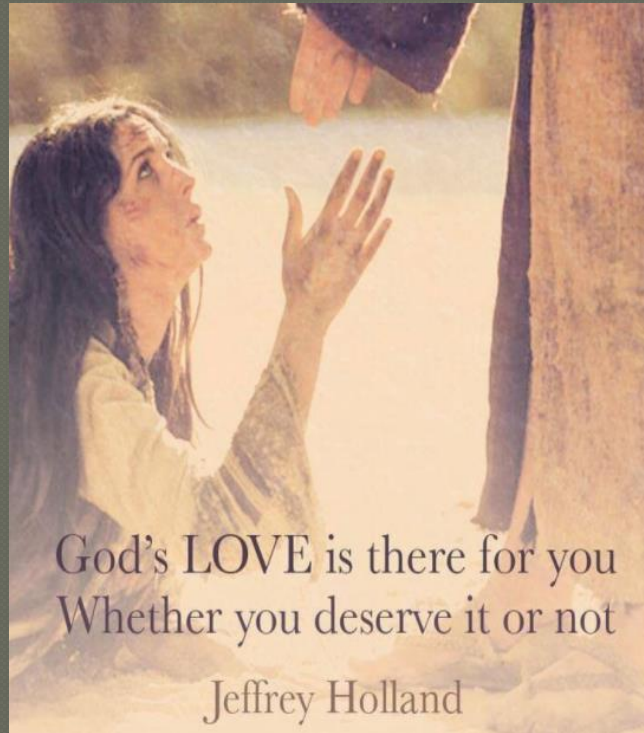
- Broken Heart
- Contrite Spirit
- Gratitude
- Forgiveness
- Introspection
- Humility
- Submission
- Prayer
- Contemplation
- Ponder
- Questions

EXTERNAL/DOING

- Mastery
- Control
- Action
- Power
- Strength
- Confidence
- Covenants
- Duty
- Service
- Answers
- Study

Ways to Increase Marital Spirituality

- Talk about and understand each other's core beliefs, early spiritual atmosphere, and spiritual experiences
- Read scriptures/books together
- Do service together
- Honestly discuss fears, doubts, concerns
- Experience nature together
- Fast and pray for your spouse
- Practice daily forgiveness
- Vocalize your gratitude



God's LOVE is there for you
Whether you deserve it or not

Jeffrey Holland

If you don't believe you can be loved despite your faults, you don't truly believe in God's love.

Elder Jeffrey R. Holland

“Human intimacy is the ultimate symbol of total union, ordained and defined by God. This is a union of such completeness that we use the word seal to convey its eternal promise. The Prophet Joseph Smith once said we perhaps could render such a sacred bond as being ‘welded’ one to another.”

A broken
heart and
a contrite



spirit cannot come from
an unexamined life.

The fruit of the spirit is love, joy, peace,
longsuffering, gentleness, goodness, faith,
meekness, temperance: against such there
is no law.

Gal 5:22-23



Choices - conscious or not

- Lax or strict in Standards
- Prayer
- Scripture Study
- Awareness and analysis of God's influence
- Church, temple attendance
- Associations
- Attentions to Spiritual promptings
- Effort put into callings
- Repentance
- Treatment of others

Even unexamined
emotions can still
control us.

They are the well-
spring of our actions.

Relational grid: Finding the Center

