



February 23, 2017

THE ADVENTURE OF INTIMACY

Prayer is the experience of intimacy. Every man believes in prayer in some form, whether a cry of desperation in a foxhole or the true expression of a heart focused on worship. Prayer is a connection of intimacy and becomes the means of experiencing the awe of God. Intimacy is the deep longing of every man and yet so many men suffer from the inability to attain truth, respect, and lasting love in their relationships. This series will explore how to experience true intimacy and trusting love with God and in your most important relationships.

A Man understands that learning to connect to God intimately, as well as others, is part of being connected sexually to his wife.

Bedroom Prayers & Physical Intimacy Jeremiah 29:11-14; John 11:38-44

Highland Colony Men's Roundtable
www.MensTable.com

Bible Verses: Jeremiah 29:11-14, John 11:38-44, I John 4:18,
Matthew 7:7-8

Videos: Nefarious: Merchant Of Souls
Resources: (1) Prayer – Experiencing Awe & Intimacy with God by
Timothy Keller

Music: The Marriage Prayer – John Waller

(2) The Intimacy Factor by Pia Melody

Bedroom Prayers: Rules of Engagement.

1. _____ > You need a sense of the seriousness and magnitude of engaging in conversation with the Almighty God. There is nothing worse than to be "devoid of awe." Those who believe the Gospel—who believe that they are the recipients of undeserved but unshakable grace—grow in a paradoxically loving yet joyful fear (I John 4:18). We are afraid of grieving Him—an intense longing to honor Him when we enter His presence.
2. _____ > This is a strong sense of our dependence on God, in general, and a readiness to recognize and repent our own faults. Drop all pretense and flee from all phoniness. The only character flaws that can really destroy you are the ones you won't admit. Intimate prayer requires and empowers the abandonment of self-justification, blame shifting, self-pity, and spiritual pride. Repentance is required.
3. _____ > We are to trust in Him even when things are not going as we wish them to go. We are to leave all our needs and desires in His hands. Ask with confidence and hope (Matthew 7:7-8).
4. _____ > Even when we do it all right or wrong, God offers His acceptance. Access to God is never based on your performance but on the saving work of Christ. God our Father is committed to His children's good, as any good father would be.

Physical Intimacy Begins with Good Boundaries.

1. _____ > You are connected with another in the sharing of truth with another—talking and listening with clarity. Seeking permission is an act of respect and love and centers us in the truth of wanting to be close with another person.
2. _____ > The voices of your falsely empowered and disempowered childhood still fight for a place. They try to take over our vocal cords when we seek to share our adult truths. They want to sabotage our maturity and drag us back to adapted or wounded dysfunction of the past.
3. _____ > These old voices try to make us take on the familiar role of Mama's Boy, Scapegoat, Lost Child, Hero, Surrogate Partner, Surrogate Parent, or Family Counselor. We think these feelings are normal—just the way things are in our world.
4. _____ > It takes authentic self-esteem to give these old abusive voices closure. When they are silenced or under control, relationships happen. Then we receive communication from our partners without the shame, fear, or panic that drives old voices to command us to attack, defend, or flee. From this place of self-esteem, we present our truth with love, or at a minimum with respect, for our partner.
5. _____ > You are connected in real relationship—intimate relationship—when you are neither hostile nor defensive and when your partner seeks intimacy with you, you are neither walled off nor resentful.
6. _____ > Bodies, emotions, and thoughts are the currencies with which we share intimacy. We give off energy from these sources and we receive them. We must choose to accommodate only the energies and truths that fit us.
7. _____ > Your interest in coming to an understanding is so that the two of you can be intimate—so that you can both know the truth of what you are feeling and thinking.
8. _____ > A lack of containment is often at the center of troubled relationship. When someone directs emotion and thought at us and also when we are directing emotion and thought at another, we will become dysfunctional in either direction if we cannot properly contain our energies behind healthy boundaries.
9. _____ > When we become boundaryless, we allow too much from another person or send out too much from ourselves. We may be too loud, too sexual, too emotional, or too overwhelming with our opinions or learning. When we, as men, are sending out too much energy and bombarding our partner, she becomes vulnerable, victimized, resentful, and miserable. We have broken through her safety zone and caused her discomfort and pain. On the other hand, when there is too much containment, we protect the self so carefully that nothing reaches us. We have constructed walls for boundaries and made ourselves invulnerable.
10. _____ > With mutual respect and healthy boundaries, we stay open enough so that our partners can know us, but it defends us from destructive incoming energy. When we practice vulnerability, we protect our partners from the unloving or disrespectful energies we have the potential as perfectly imperfect human beings to discharge. To achieve controlled vulnerability one needs healthy boundaries. Intimacy is a serious transaction that requires permission or agreement from both parties. "I have the right to decide who touches me and who does not."

ACTION: Journal This!

1. How is your sex life a reflection of your intimacy with God?
2. Where did you learn about Sex?
3. What is your earliest memory of sexual curiosity? First exposure to Porn? First sexual encounter?

Bible Verses

Jeremiah 29:11-14

11 I know what I'm doing. I have it all planned out - plans to take care of you, not abandon you, plans to give you the future you hope for. **12** "When you call on me, when you come and pray to me, I'll listen. **13** "When you come looking for me, you'll find me. **14** I'll make sure you won't be disappointed." God's Decree. "I'll turn things around for you. I'll bring you back from all the countries into which I drove you" - God's Decree - "bring you home to the place from which I sent you off into exile. You can count on it.

John 11:38-44

38 Then Jesus, the anger again welling up within him, arrived at the tomb. It was a simple cave in the hillside with a slab of stone laid against it. **39** Jesus said, "Remove the stone." The sister of the dead man, Martha, said, "Master, by this time there's a stench. He's been dead four days!" **40** Jesus looked her in the eye. "Didn't I tell you that if you believed, you would see the glory of God?" **41** Then, to the others, "Go ahead, take away the stone." **42** I know you always do listen, but on account of this crowd standing here I've spoken so that they might believe that you sent me." **43** Then he shouted, "Lazarus, come out!"

I John 4:18

18 There is no room in love for fear. Well-formed love banishes fear. Since fear is crippling, a fearful life - fear of death, fear of judgment - is one not yet fully formed in love.

Matthew 7:7-8

7 "Don't bargain with God. Be direct. Ask for what you need. **8** This isn't a cat-and-mouse, hide-and-seek game we're in

The Marriage Prayer By John Waller

Father, I said till death do us part
I want to mean it with all of my heart
Help me to love You more than I love her
Then I know I can love her more than anyone else

And bring her in Your presence today
Make her what You want her to be

I pray to hear her heart
I pray she'll love You more
I pray to cherish and serve her
And we'll bring You glory today, I pray, I pray

Father, I said till death do us part
I want to mean it with all of my heart
Help me to love You more than I love him
Then I know I can love him more than anyone else

And bring him in Your presence today
Make him what You want him to be

I pray to hear his heart

I pray he'll love You more
I pray to strengthen and serve him
We'll bring You glory today, I pray

Lord, help me love her
As You love the church, Your bride
Help me submit to him
As I submit to You, my life

I pray to hear her heart
I pray he'll love You more
I pray to cherish and serve her
We'll bring You glory today, today
I pray to hear her heart
I pray she'll love You more
I pray to cherish and serve her
We'll bring You glory today
I pray, I pray
This is my prayer
Amen

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INTIMACY WITH GOD



THE ADVENTURE OF INTIMACY

Prayer is the experience of intimacy. Every man believes in prayer in some form, whether a cry of desperation in a foxhole or the true expression of a heart focused on worship. Prayer is a connection of intimacy and becomes the means of experiencing the awe of God. Intimacy is the deep longing of every man and yet so many men suffer from the inability to attain truth, respect, and lasting love in their relationships. This series will explore how to experience true intimacy and trusting love with God and in your most important relationships.

Bedroom Prayers & Physical Intimacy

Jeremiah 29:11-14; John 11:38-44

Bedroom Prayers: Rules of Engagement.

1. **WOW! - Awe!** > You need a sense of the seriousness and magnitude of engaging in conversation with the Almighty God. There is nothing worse than to be “devoid of awe.” Those who believe the Gospel—who believe that they are the recipients of undeserved but unshakable grace—grow in a paradoxically loving yet joyful fear (1 John 4:18). We are afraid of grieving Him—an intense longing to honor Him when we enter His presence.
2. **Spirituality Humility** > This is a strong sense of our dependence on God, in general, and a readiness to recognize and repent our own faults. Drop all pretense and flee from all phoniness. The only character flaws that can really destroy you are the ones you won’t admit. Intimate prayer requires and empowers the abandonment of self-justification, blame shifting, self-pity, and spiritual pride. Repentance is required.
1. **Submissive Trust in God** > We are to trust in Him even when things are not going as we wish them to go. We are to leave all our needs and desires in His hands. Ask with confidence and hope (Matthew 7:7-8).
2. **Grace** > Even when we do it all right or wrong, God offers His acceptance. Access to God is never based on your performance but on the saving work of Christ. God our Father is committed to His children’s good, as any good father would be.

Physical Intimacy Begins with Good Boundaries.

1. **Good Relationship** > You are connected with another in the sharing of truth with another—talking and listening with clarity. Seeking permission is an act of respect and love and centers us in the truth of wanting to be close with another person.
2. **Static from the Past** > The voices of your falsely empowered and disempowered childhood still fight for a place. They try to take over our vocal cords when we seek to share our adult truths. They want to sabotage our maturity and drag us back to adapted or wounded dysfunction of the past.
3. **Old Feelings from Past Trauma** > These old voices try to make us take on the familiar role of Mama's Boy, Scapegoat, Lost Child, Hero, Surrogate Partner, Surrogate Parent, or Family Counselor. We think these feelings are normal—just the way things are in our world.

Physical Intimacy Begins with Good Boundaries. (Continued)

4. **Real Self** > It takes authentic self-esteem to give these old abusive voices closure. When they are silenced or under control, relationships happen. Then we receive communication from our partners without the shame, fear, or panic that drives old voices to command us to attack, defend, or flee. From this place of self-esteem, we present our truth with love, or at a minimum with respect, for our partner.
5. **Fully Present** > You are connected in real relationship—intimate relationship— when you are neither hostile nor defensive and when your partner seeks intimacy with you, you are neither walled off nor resentful.
6. **Good Energy** > Bodies, emotions, and thoughts are the currencies with which we share intimacy. We give off energy from these sources and we receive them. We must choose to accommodate only the energies and truths that fit us.

Physical Intimacy Begins with Good Boundaries. (Continued)

7. **Seek Understanding** > Your interest in coming to an understanding is so that the two of you can be intimate—so that you can both know the truth of what you are feeling and thinking.
8. **Containment Needed** > A lack of containment is often at the center of troubled relationship. When someone directs emotion and thought at us and also when we are directing emotion and thought at another, we will become dysfunctional in either direction if we cannot properly contain our energies behind healthy boundaries.
9. **Establish Clear Boundaries** > When we become boundaryless, we allow too much from another person or send out too much from ourselves. We may be too loud, too sexual, too emotional, or too overwhelming with our opinions or learning. When we, as men, are sending out too much energy and bombarding our partner, she becomes vulnerable, victimized, resentful, and miserable. We have broken through her safety zone and caused her discomfort and pain. On the other hand, when there is too much containment, we protect the self so carefully that nothing reaches us. We have constructed walls for boundaries and made ourselves invulnerable.
10. **Controlled Vulnerability** > With mutual respect and healthy boundaries, we stay open enough so that our partners can know us, but it defends us from destructive incoming energy. When we practice vulnerability, we protect our partners from the unloving or disrespectful energies we have the potential as perfectly imperfect human beings to discharge. To achieve controlled vulnerability one needs healthy boundaries. Intimacy is a serious transaction that requires permission or agreement from both parties. “I have the right to decide who touches me and who does not.”

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GOD

