

Thirty Activities That Can Increase Feelings of Intimacy

Following are thirty activities that various couples have found draw their hearts out to one another and invite the Spirit, setting the stage for greater intimacy in their relationship.

1. Think and ask about how your spouse is really doing and feeling.
2. Do things to lift your spouse's burdens and to let your spouse know that he or she is not alone. In other words, shore up your spouse's feeble knees and strengthen his or her hands that hang down.
3. Think about what would help strengthen your spouse's spirit and help him or her feel better about himself or herself.
4. Do things together—walk, work, play, dream, spend, and save *together*.
5. Talk and express your thoughts and feelings before, during, and after physically intimate moments.
6. Be involved in each other's lives and in the lives of your children. (As one woman said, "When I see my husband involved with our children, my heart is irresistibly drawn out to him.")
7. Draw a boundary around your marital intimacy. Keep the in-laws and your children and friends out. This is your sacred space and private experience. Keep it as yours alone.
8. Create a private sanctuary for the two of you—and include a lock on the door.
9. Take responsibility for what you do to contribute to the problems in your marriage. Apologize sincerely. Ask for forgiveness and willingly offer forgiveness.
10. Pray together and individually to hear the voice of the Lord.
11. Look for subtle—and not-so-subtle—ways that the adversary is holding your marriage hostage. Talk with each other about it.
12. Cast Satan out of your lives and your relationship.
13. Seek ideas for strengthening your marriage in the scriptures, together and individually.
14. Use "we," "us," and "our" language in public and in private.
15. Designate one time a week that is just for the two of you to talk and be together.
16. Go to the temple together, remember your covenants, and talk about how you felt there, what came to your mind, what you learned.
17. Fast together for your marriage.
18. Look into your spouse's eyes—really look.
19. Smile and laugh together.
20. Comment on your spouse's strengths, both privately and publicly.
21. Turn to each other first when there are challenges. Cry together when the occasion warrants it.
22. Thank your spouse.
23. Thank the Lord for your spouse.

24. Express love for your spouse in word and deed—more than he or she would ever expect—in private and in public.
25. Express love for the Lord privately and publicly—frequently.
26. Remember that you are a child of God with divine characteristics and potential.
27. Remember that you've made sacred covenants with your spouse and with the Lord.
28. Remember that true marital intimacy involves the uniting of your souls—your body and spirit joining with the body and spirit of your spouse.
29. Remember that co-creating love is to be symbolic of the total unity that can exist between you and your spouse.
30. Remember that marital intimacy can be a kind of sacrament. It can be a time to draw closer to the Lord together and receive of His power.

This list is neither prescriptive nor all-inclusive. Not all of these activities that have helped other couples prepare for marital intimacy may fit for you. Co-creating love is unique for each couple. As you and your spouse seek and ask, you will find the appropriate activities that will help you lay claim to, or perhaps reclaim, the marital intimacy that is yours to enjoy.

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