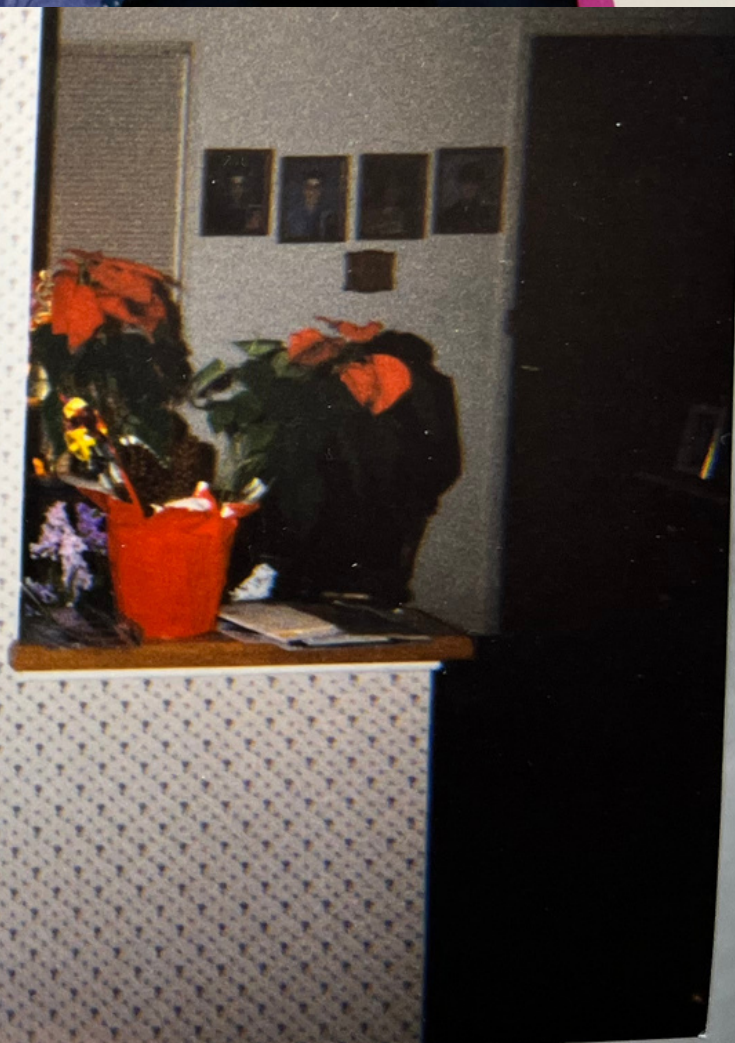
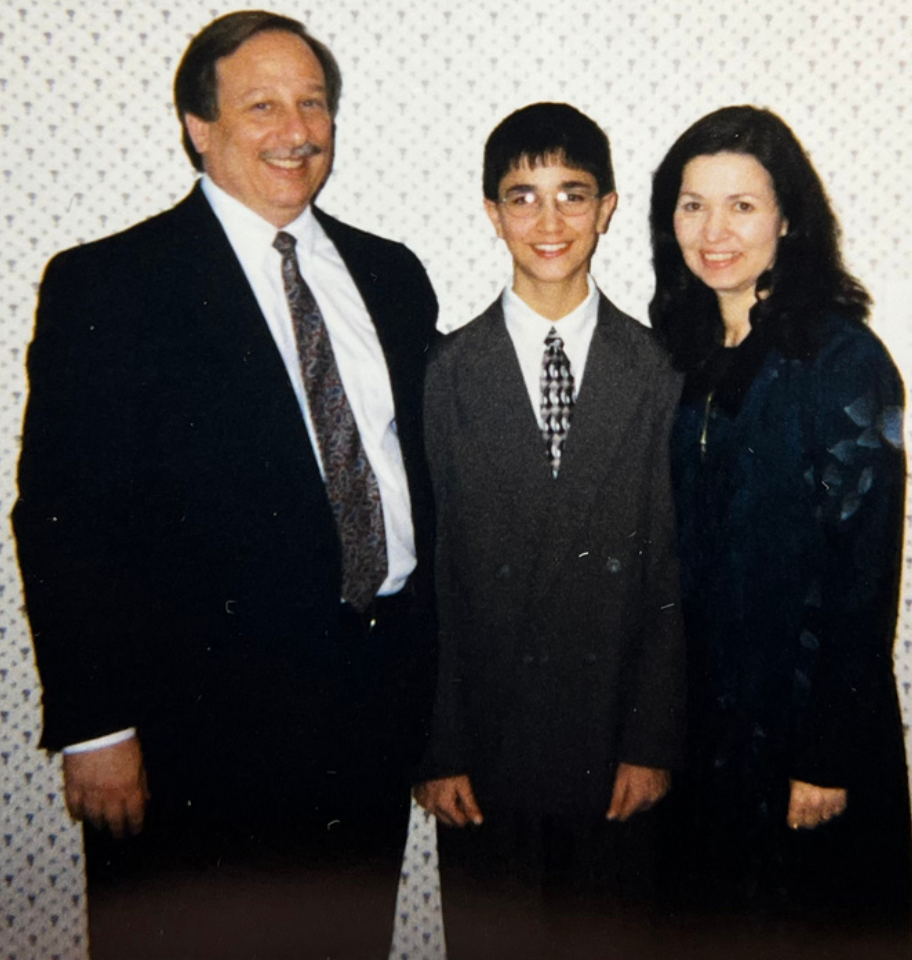


GROWING IN INTIMACY WITH GOD

4.7.2024



Days 1 - 7,010





**7,370
days
&
counting**



Submit to one another out of reverence for Christ.

...

Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.

In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— for we are members of his body.

Ephesians 5:21, 25-30



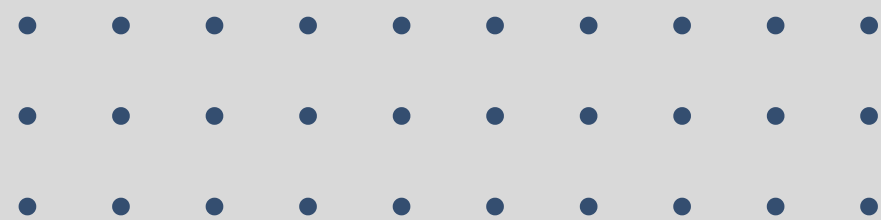






Habits & Practices that grow intimacy

- **Intimacy defined**
- **State of the Union:** Assess your relationship
- **Renew your vows:** Classic prayer





INTIMACY: INTO – ME – SEE



See what he did there?



Raymond Wunderlich



Intimacy (defined by APA)

- Familiar, affectionate, loving relationships
- Extreme emotional closeness
- Each person's personal space can be entered by the other without causing discomfort
- Requires parties have a detailed knowledge & deep understanding of each other.

Intimacy Defined | State of the Union | Renew your vows

Union with God is not something we acquire by a technique but the grounding truth of our lives that engenders the very search for God. Because God is the ground of our being, the relationship between creature and Creator is such that, by sheer grace, **separation is not possible. God does not know how to be absent.**

The fact that most of us experience throughout most of our lives a sense of absence or distance from God is the great illusion that we are caught up in; it is the human condition. The sense of separation from God is real, but the meeting of stillness reveals that this perceived separation does not have the last word.



Fr. Martin Laird
Into the Silent Land





“As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one’s life for one’s friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. This is my command: Love each other.

John 15:9-17





State of the Union (for couples)


- Sharing appreciations
- Talk about what is going right
- Process regrettable events
- What can I do to make you feel more loved?
- At least weekly



DR. JOHN GOTTMAN'S SKILLS FOR BUILDING TRUST

The basis for building trust is really the idea of attunement.

The acronym "ATTUNE" stands for:

- 1. Awareness of your partner's emotion.**
 - 2. Turning toward the emotion.**
 - 3. Tolerance of two different viewpoints.**
 - 4. Trying to Understand your partner.**
 - 5. Non-defensive responses to your partner.**
 - 6. Responding with Empathy.**
- 

The Gottman Institute

Intimacy Defined | **State of the Union** | Renew your vows

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JON NOTO'S (SLIGHTLY RIPPED OFF) ACRONYM FOR BUILDING TRUST WITH GOD

1. **Awareness** – Practicing presence and awareness of God
2. **Trust** – Prayerful surrender to God's will
3. **Turning Toward** – Redirecting attention from my “chatter” toward God
4. **Union** – Asking the Spirit for God's perspective
5. **Non-directed Listening** – Silent listening without agenda
6. **Enjoy grace** - Am I striving for a receptive (not productive) spirit?





Renew your vows through Classic Prayer

- Follow in the footsteps of those who have gone before you
- Classic prayers (like vows) are aspirational
- Taking our cues from the most trustworthy sources

To us, therefore, words are necessary, that by them we may be assisted in considering and observing what we ask, not as means by which we expect that God is to be either informed or moved to compliance.

When we say, “Thy Kingdom come,” which shall certainly come whether we wish it or not, **we do by these words stir up our own desires** for that Kingdom, that it may come to us and that we may be found worthy to reign in it.

St. Augustine of Hippo

Augustine; (Letter 130, nos. 21–22)



Psalm 23



THE LORD IS MY SHEPHERD; I SHALL NOT WANT.

HE MAKES ME LIE DOWN IN GREEN PASTURES.

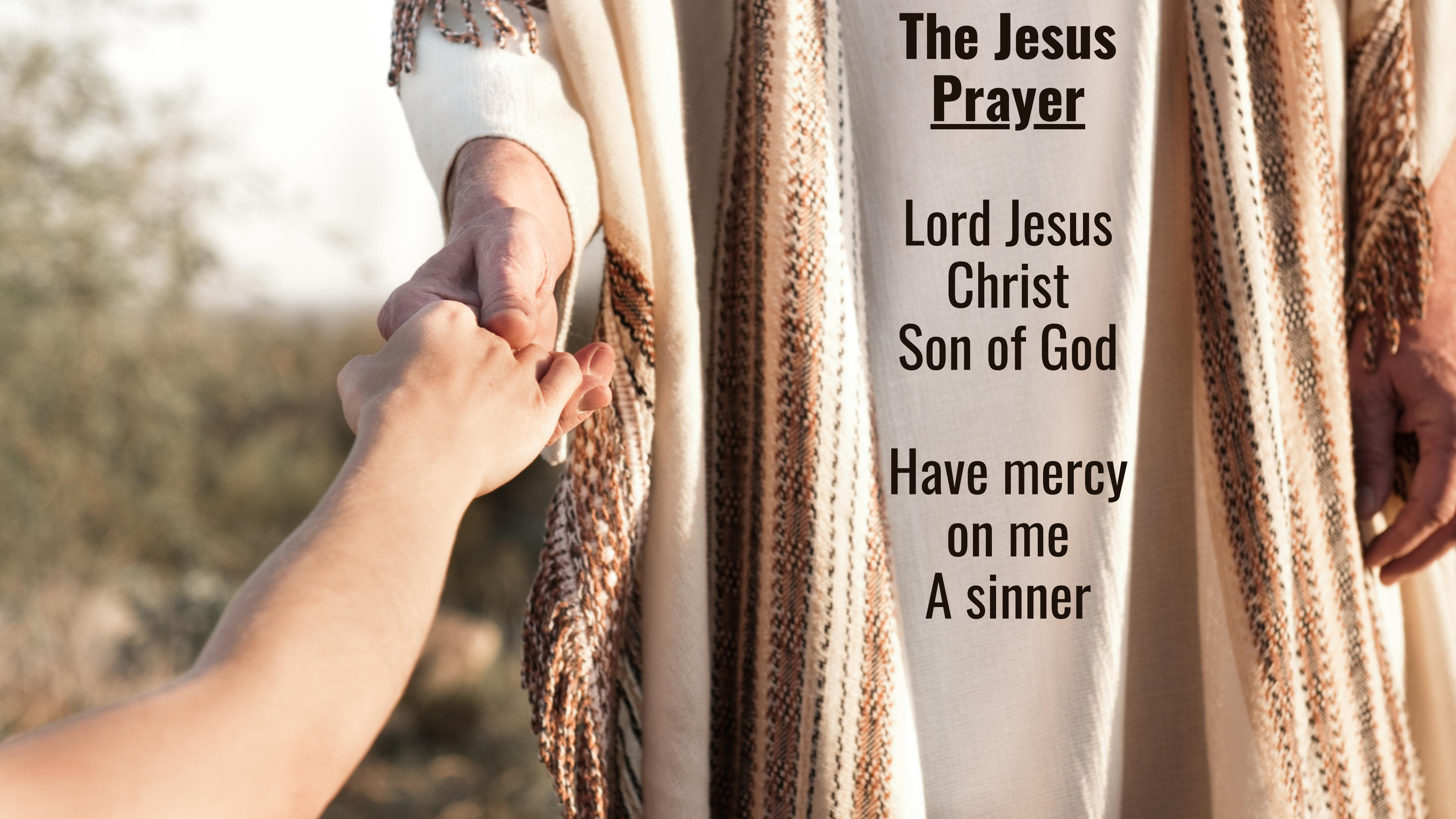
HE LEADS ME BESIDE STILL WATERS.

HE RESTORES MY SOUL. HE LEADS ME IN PATHS OF
RIGHTEOUSNESS FOR HIS NAME'S SAKE.

EVEN THOUGH I WALK THROUGH THE VALLEY OF THE
SHADOW OF DEATH, I WILL FEAR NO EVIL,
FOR YOU ARE WITH ME; YOUR ROD AND YOUR STAFF,
THEY COMFORT ME.

YOU PREPARE A TABLE BEFORE ME IN THE
PRESENCE OF MY ENEMIES; YOU ANOINT MY HEAD
WITH OIL; MY CUP OVERFLOWS.

SURELY GOODNESS AND MERCY SHALL FOLLOW ME
ALL THE DAYS OF MY LIFE, AND I SHALL DWELL IN
THE HOUSE OF THE LORD FOREVER



The Jesus Prayer

**Lord Jesus
Christ
Son of God**

**Have mercy
on me
A sinner**

My Lord God,
I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
nor do I really know myself,
and the fact that I think I am following your will
does not mean that I am actually doing so.
**But I believe that the desire to please you
does in fact please you.**
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that desire.
And I know that if I do this you will lead me by the right road,
though I may know nothing about it.
Therefore will I trust you always though
I may seem to be lost and in the shadow of death.
I will not fear, for you are ever with me,
and you will never leave me to face my perils alone.

“The Merton Prayer”
Thoughts in Solitude

