

Cultivating Intimacy Amidst Chaos

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Marriage Conference / Affection / Genesis 2:21–25

Intro:

Genesis 2:21–25 CSB

²¹ So the LORD God caused a deep sleep to come over the man, and he slept. God took one of his ribs and closed the flesh at that place.

²² Then the LORD God made the rib he had taken from the man into a woman and brought her to the man.

²³ And the man said: This one, at last, is bone of my bone and flesh of my flesh; this one will be called “woman,” for she was taken from man.

²⁴ This is why a man leaves his father and mother and bonds with his wife, and they become one flesh.

²⁵ Both the man and his wife were naked, yet felt no shame.

- There are so many different understanding of what intimacy is.
- If you talked to women it’s understanding, listening, and attention, and non-sexual touching.
- If you talked to men it usually revolves around sex.
- It is important they we have a working definition of what

it means. This word is not in the bible but the principles can be found in the bible.

an interpersonal state of extreme emotional closeness such that each party's personal space can be entered by any of the other parties without causing discomfort to that person. Intimacy characterizes close, familiar, and usually affectionate or loving personal relationships and requires the parties to have a detailed knowledge or deep understanding of each other.

APA Dictionary of Psychology

intimacy, the state of being intimate, which is marked by the consensual sharing of deeply personal information. It has cognitive, affective, and behavioral components. Intimates reveal themselves to one another, care deeply about one another, and are comfortable in close proximity.

Britannica

Intimacy refers to the connection to another person characterized by mutual caring, openness, self-disclosure, honesty, attentiveness, sharing, commitment, trust, empathy, and tenderness.

Glossary of Psychological Terms

Whats the most consistent theme of these definitions???

- a mutual interconnectedness of two people whereby which they trust each other enough take off their spiritual, emotional, relational, and physical clothes so that the

other person can see them as they are.

- Prior to the Fall of Man Adam and Eve existed in this state without any roadblocks or barriers.

Genesis 2:25 CSB

²⁵ Both the man and his wife were naked, yet felt no shame.

Tell me what's involved in this state they were in?

(25)

1. Innocence
2. No fears
3. No past
4. No hurts
5. No trauma
6. No guilt or shame
7. Total Trust

When they fell what is the first thing they did?

Genesis 3:6–7 CSB

⁶ The woman saw that the tree was good for food and delightful to look at, and that it was desirable for obtaining wisdom. So she took some of its fruit and ate it; she also gave some to her husband, who was with her, and he ate it.

⁷ Then the eyes of both of them were opened, and they knew they were naked; so they sewed fig leaves together and made coverings for themselves.

(EXP)(7) “and they knew they were naked”

- This is a very interesting phrase. They had been naked prior to this incident.

***Now they realize they were naked??? what happened?
What changed???***

- There nakedness prior to the fall was both real and symbolic. They were naked in all areas of the relationship:
 - a. Spiritually-Walking with God in openness
 - b. Relationally-Walking with each without secrets and barriers
 - c. Biologically-Walking with each with their physical bodies totally exposed
- Guess what they have to deal with now:
 - a. Guilt
 - b. Shame
 - c. Insecurities
 - d. Trauma-Our own sins, and sins against us always cause emotional trauma.
- When our First Parents sinned “***knowing they were naked***” they experienced the exact opposite of what the Lord wanted for them.
- He wanted them to enjoy the fruits of a relationship without barriers, hindrances, and sin. They wanted something more than what they already had and in return they brought pain, barriers, hardship, and heartbreak to relationships.

What was lost?

Freedom!!!!!!!!!!

How did our first parents solve this new reality?

Genesis 3:7 CSB

⁷ Then the eyes of both of them were opened, and they

knew they were naked; so they sewed fig leaves together and made coverings for themselves.

(EXP)(7) Our parents immediately covered themselves when they became aware of their new Spiritual, Relational and Biological reality. They were ashamed, hurt, and guilty. They guarded themselves from God, and each other now.

What can we learn from our first Parents about what our first response to handling our insecurities usually is?

- Guarding!
- Saints it's important that we understand guarding yourself is a gift God gave to us to protect us in emotionally unsafe environments.
- When our First Parents were talking to the Serpent "They should have guarded themselves. But notice what happens.
 - a. They spoke with Satan unguarded in the garden
 - b. They spoke with God guarded hiding behind fig leaves
 1. Once sin entered the world we lost our abilities to discern who needs access to our lives and who does not. So often we give access to the wrong people and then when God sends the right people we do not give them access.
 2. Saints I believe this is Spiritual Warfare. Remember both God and Satan are sending or allowing people to come into your life. Some folks need the Heisman and some folks need the Welcome come in. It is imperative that you discern between the two. Or else you will be giving access

to the wrong people, and denying the right people from your life, which will ultimately rob you of deep rich intimate relationships.

3. Saints I am talking about this because some of you in this room have denied access to the one you made a lifetime covenant with. You may have had good reason in your mind, but it is best that you try to establish communication and depth in that relationship as soon as possible.

I. Let's talk a bit about barriers to intimacy:

1. Allowing Past Trauma to effect present relationships-

Saints one of the consequences of our first parents sin is that imperfect people have children and often inflict damage on their children because of their failure to face their past painful experiences. Everyone in this room carried relational baggage into the marriage. Either it came from your parents, extended family, your first heart break, your child's father or mother.

Are you aware of it, and are you dealing with?

- If you are not dealing with it then your spouse will become the punching bag for your pain.

Is there someone in the bible who knows a thing or two about trauma?

- ***Joseph-Sold into slavery by his brothers. Accused of Rape by potipher's wife, Left in jail by the baker and***

cupbearer

- God brought Joseph past back into his presence. By providentially causing a famine to force the brothers to Egypt.
- Joseph's final assessment of all his past painful experiences was this:

Genesis 50:19–21 CSB

¹⁹ But Joseph said to them, “Don’t be afraid. Am I in the place of God?”

²⁰ You planned evil against me; God planned it for good to bring about the present result—the survival of many people.

²¹ Therefore don’t be afraid. I will take care of you and your children.” And he comforted them and spoke kindly to them.

(19) “Am I in the place of God?” this was Joseph way of saying though you did me wrong and hurt me deeply I don’t have the authority to “seek revenge” and make you pay for what you did.

(20) Joseph looked to the heaven’s for understanding. Instead of looking at his trauma through human eyes, he looked at it through the eyes of God.

- Lord why did you allow my father to leave me?
- Lord why did you let my uncle touch me as a child?
- Lord why would allow my bitter mother to inflict so much pain on me?

- Lord my first boyfriend hurt me so bad?
- Lord why did you let that teacher hurt my feelings in front of the whole class?

Baby all of these are the results of living in a sinful world. I allowed them so that I could save you first from your own sins, and then so I could use you to go back and rescue other people who have gone through the things you have gone through and overcome. Remember we are here to advance my kingdom by snatching people out of the hands of the evil one. Your story of redemption is what I am going to use to rescue others.

IF YOU DON'T HEAL FROM WHAT HURT YOU.
YOU WILL BLEED ON PEOPLE WHO DIDN'T
CUT YOU.

2. Lying & Manipulation

1 Peter 3:10–11 CSB

¹⁰ For **the one who wants to love life and to see good days, let him keep his tongue from evil and his lips from speaking deceit,**

¹¹ **and let him turn away from evil and do what is good. Let him seek peace and pursue it,**

(EXP)(10) Notice what is promised to those who tell the truth. **“love life and to see good days.”** Well if telling the truth brings physical, and social vitality. That means lying produces, stress, emotional pain, abandonment, rejection.

Proverbs 12:22 CSB

²² Lying lips are detestable to the LORD, but faithful people

are his delight.

- Lying lips breeds distrust, and distrust is a barrier to intimacy. The foundation of intimacy is safety and safety is only found when folks are trustworthy.

3. Uncontrolled Tongue

James 3:5–6 CSB

⁵ So too, though the tongue is a small part of the body, it boasts great things. Consider how a small fire sets ablaze a large forest.

⁶ And the tongue is a fire. The tongue, a world of unrighteousness, is placed among our members. It stains the whole body, sets the course of life on fire, and is itself set on fire by hell.

- In a marriage the primary way we hurt our spouses comes from that three inch monster inside of your mouth. It spews fire. It destroys, it tears down, it causes pain.

Listen to Solomon:

Proverbs 15:4 CSB

⁴ The tongue that heals is a tree of life, but a devious tongue breaks the spirit.

(4) the devious tongue breaks the spirit. Saints your tongue will destroy your spouse if you don't learn to bridle it.

Listen to Jesus:

Matthew 15:11 CSB

¹¹ It's not what goes into the mouth that defiles a person, but what comes out of the mouth—this defiles a person.”

(11) Jesus says eating shrimp, catfish, and ribs is not going to defile a person, it's the stuff that we let flow out of our mouths that defiles and tears down.

Listen to Paul:

ephesians 4:29

Ephesians 4:29 CSB

²⁹ No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear.

(29) Let no unwholesome (putrid, stanky, or funky) come out of your mouth. This is not just talking about cuss words. I have met Christian who have never uttered a cuss word but their mouths are just Stanky!!! You can be stanky without cussing.

4. Lack of Love & Lack of Respect

This is from the other breakout session. When the husband begins to act selfishly and the wife begins to disrespect her husband both of these will become a barrier to intimacy. Selfishness is like water to a fire. If you are trying to keep the fires of your marriage going Selfishness and Disrespect will put out the fire quick

5. Refusal to Listen

James 1:19-20 CSB

¹⁹ My dear brothers and sisters, understand this: Everyone should be quick to listen, slow to speak, and slow to anger,

²⁰ for human anger does not accomplish God's righteousness.

- Quick to listen-this should be your first response to conflict and problems.
- Slow to Speak-It didn't say you can't speak it simple means let your brain catch up with your emotions before you say something that could cause long-term damage
- Slow to Anger-(Will go over in the next section)
- Essentially this very powerful statement by James is a prohibition against allowing your emotions to control you instead of the Holy Spirit.
- The HS is controlling you he will tell you how to respond in every situation.

Encouragers to Intimacy

Be Honest

Ephesians 4:15 CSB

¹⁵ But speaking the truth in love, let us grow in every way into him who is the head—Christ.

Ephesians 4:25 CSB

²⁵ Therefore, putting away lying, **speak the truth, each one to his neighbor**, because we are members of one another.

- Men to love your wife is too tell the truth. Don't tell her half-truths for her own good. But speak the truth "in love" meaning speak in such a way that it is always meant for her edification
- Wives: Don't manipulate, don't guise, or butter up in your communication "be real" and speak only what is good not for you but his edification

Be Calm

Ephesians 4:26 CSB

²⁶ **Be angry and do not sin.** Don't let the sun go down on your anger,

- Husband and wives notice the text says “**Be angry**” there are two primary words for anger in the text:
- Thumos-Slow seething anger that builds up over time
- ex: Your husband keeps coming home at odd hours without calling you. Your anger will begin to seethe and build like a boiling pot
- Orgizo-quick explosive anger that stems from something you experienced.
- ie: You find out the daycare worker smacked your grandchild
- The Bible does not expect yall to be robot's. It acknowledges that when you put people together in close environments there will be conflict. It says “**Be angry**” Paul is letting you know it is not a sin to be angry. There are things that should make us angry. But Paul says there must be boundaries around your anger.
- Paul quotes an idiom: **Be angry! “But do not sin” Don't let your anger go from Orgizo to Thumos.** “Don't let the sun go down on your anger” Now I know a lot of people who take this literal and no matter what happens they will not go to sleep angry at one another I am not going to hate on that interpretation, but I don't think Paul was trying to convey that type of “**wooden Interpretation**” it is a

command to not let Anger fester.

- What if you found out your Husband out of character went to the casino with some friends and lost 10grand. but you found out right before Sun down. I don't think Paul is saying you better calm down before the sun goes down.
- I think what he saying is yall might need some time apart for a moment so that you can begin to process of emotional de-escalation before you can even have a conversation. Paul is prohibiting explosive anger that moves to "deep bitterness
- He also not talking about righteous indignation

Learn to verbally build up your spouse

Ephesians 4:29-31 CSB

²⁹ No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear.

³⁰ And don't grieve God's Holy Spirit. You were sealed by him for the day of redemption.

³¹ Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice.

• **(v.29b) "but only what is good for building up someone in need, so that it gives grace to those who hear"**

• It is not enough to just eliminate foul words from your mouth. You must also learn how to use your tongue to

edify(build up) those in your life.

- why? so that you can impart grace to those who hear. Isn't that wonderful to know that our tongues can give grace to those who we are in relationship with.
- Ladies and Gentlemen Don't you want to be a grace dispenser to your spouse.

Seek Counsel for you trauma

Proverbs 11:14 CSB

¹⁴ Without guidance, a people will fall, but with many counselors there is deliverance.

(14) Saints the bible tells us without guidance a people will fall. This is a prohibition against lone ranger Christianity! Sometimes as couples you will be experiencing things that can't be kept between the two of you. The worst thing our ancestors did in the black community is convinced us that those who seek professional help were weak or crazy. This fallacy has kept us from seeking help when we need it.

(14) Solomon tell us there is deliverance with counselor's. This means some of yall breakthrough is not going to come until you relinquish this made up, fake image of your marriage. Get real about the problems and go seek help. Particularly related to your past.

- For some of yall it could individual help. You recognize it's not your spouse who needs it but you. So go seek help and by real with your counselor don't go in the lying and making excuses.
- For some of yall that's marriage counseling. Solomon tell

us there is deliverance and freedom in good counseling

- For some of yall it's family counseling. You and the kids. There is trauma, hurt, and pain that will require some professional help to navigate, pull apart, and dissect the issues then repent and reconcile them.

- Saints the goal is a mutual interconnectedness of two people whereby which they trust each other enough take off their spiritual, emotional, relational, and physical clothes so that the other person can see them as they are.

Don't you want to experience that before you die????

Tim Keller helped me with this quote

The key to all great relationships is verse 25: They were naked and unashamed. That's the key to relationships. I'll show you why. *They were naked* means they were transparent. They weren't spinning. They weren't in control of what the other person saw. They didn't need to hide. They weren't afraid of exposure. They weren't afraid of being explored. They didn't need to control what the other person knew. Why? Because they were unashamed. They were completely at ease with themselves. They had a completely stable identity. They knew who they were.

Timothy Keller

- **Lord I pray that for every relationship in this room today "We can bring the garden of Eden to our home" Where are first parents "were naked and unashamed"**