

WRITTEN BY JENNIFER RODRIGUEZ

INTIMACY

It's not what you think

OR MAYBE IT IS...

5 Day Devotional

DAY 1

WHAT IS L-O-V-E?

Love, what does it mean to you? You can take your time to answer this. Think about what love means to you and what it resonates with you deep inside. Many people can describe love in different ways and manners. There are all kinds of love languages and forms of love that suit each person differently. Although love can be used in its basic form as an emotion, it can also be so profound that it is deep within the spirit and soul.

There are different types of love as well. Just as C.S. Lewis talks about it in his book, *The Four Loves* (Lewis, C. S.. (2012). *The four loves*. . New York: Mariner Books.). The aspects of love can go from it's basic form to its deepest desire. The main thing love has in common, is you. Each of us has an ability to love and be loved. However, how are you allowing yourself to love and be loved. You can gauge this by asking yourself how you receive God's love. Do you allow Him to love on you or do you dismiss his attempts to reach the deeper parts of your heart?

Is His love something you check off of your list in life? Or is it something that you relish in daily no matter what kind of day you're having, good, great, sad or bad. Do you treat God's love for you as a friend or as a relationship that is nurtured and worked through daily? It's important to recognize how you receive God's love because it will influence every other relationship of your life. Really sit with these questions and meditate on the temperature of the love of God in your heart. When you do this heart check, it will reveal to you where you are at in life.

So what is love? Are you flowing in the goodness of love? Do you have a healthy balance of love with God?

PRAYER: Dear God, thank you for your love. If I need to receive more of your love, open my heart and my mind to the blessing of your love for me. If I feel healthy with your love, help me to be a blessing with it so I can impact the atmosphere around me with it. Let me be healthy in love with you! Once my cup is filled, I know it can overflow into every other area of my life! Amen!

YOUR THOUGHTS:

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DAY 2

HEART MATTERS

Now that you have meditated on what love is to you and the state of your life with it, I want you to dig deeper into your heart matters. If we truly believe that our heart matters and we protect it and guard it, then we must be willing to work on anything that could break it or allow bitterness to reside in it. You must be willing to work on your heart matters so that it can flow and stay pure. There is a scripture that says “The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.” Luke 6:45 ESV. This is valuable and practical information and a tool for us to keep in our emotional arsenal.

If we dissect this scripture, we find the simplicity of it saying that what comes out of our mouth is what is sitting deeply in our heart. This is why words do matter when we speak them. So listen to what you are saying. Listen to what is coming out of your mouth to yourself and others. It will tell you the nature of the heart. Another scripture says “Guard your heart above all else, for it determines the course of your life.” Proverbs 4:23 NLT. This is talking about your inner being as well. When you guard something you are not killing or choking it, you are protecting it and standing before it so that it is not defiled or taken advantage of. In this mindset, it is important to take care of those heart matters so that you do not position your heart to be cold and self serving.

If you have gone through something that broke your heart and you still haven't done the work to heal, it will show. You may think that you are masking it well, however the words that come out of your mouth will betray your mask. You must deal with your heart wounds as soon as they arrive. When you feel it, hear it, see it, deal with it. It's not easy but it is the best investment you can do for yourself to heal from any past trauma or wounds that need to be healed. Healing can only come when you are willing to humble yourself before it. Remember no one has the same story, no matter how similar

it may seem. Everyone has their personal journey, however we all have the opportunity to heal, grow and love!

Prayer: Heavenly Father, I choose to be whole and healed in my heart. I want my heart matters to be dealt with and bring me joy in life. I know it is a process but I desire to be healed and not wait years to pass by to deal with things that are no longer apart of my journey. In Jesus Name, Amen.

YOUR THOUGHTS:

[illegible]

DAY 3

**FALLING, NO
RUSH**

Ohhhhhh the joy of falling! You know the saying “Falling in love”? Why is it called Falling and not leaning into love or accepting love? From a quick google search, it’s called falling in love because sometimes you don’t recognize it until it hits you. Google responses shared that it’s so quick and uncontrollable that it’s like falling. It’s a metaphor that describes what your head can comprehend that your heart is already drenched in. This is a good amazing experience. However, we must remember that we don’t need to rush it. True intimacy is cultivated and curated in the depths of the process of love. In any and all relationships we want to cultivate good long lasting fruit. We want our trees to bear fruit and continue to do so in each season. If we rush the process, we’ll end up falling and never getting up to enjoy the authenticity of a good relationship.

You might be saying to yourself, but what does she know? She’s divorced, how could she be preaching to us about long lasting fruit. I’m here to share with you that it’s possible to love again. Guard your heart and heal from anything that would cause bitterness to get in the way of it. If you have a firm foundation in love with God, then you can get through anything life throws at you. You can tell your heart to beat again and you can breathe again. You can love again and live again. It doesn’t have to take years and years of healing, it just needs to take one step at a time. If you are serious about your process of living and loving from a pure heart. The intimacy God processes through you is going to catapult your healing further than you even expect. When a wound pops up, deal with it and continue to move forward. Don’t dwell on your past, it’s a part of your story but it’s not your identity!

The main ingredient is loving God first, learning from Him and not allowing your heart to grow bitter and cold. Ask God for grace in your process and keep moving forward every day. Remember that you are human, you’re not AI. You are in charge of working on yourself. No one is going to do it for you. Are you willing to love again or are you waiting for the

right time? I'm going to tell you, it may never be the right time. The right time coincides with a perfectionist mentality. One day at a time is what it takes. You'll know you're healing when life throws you a lemon and you trade it for a good cup of coffee! Your intimacy matters. So cultivate it and ask God to guide you through it. Someone said Intimacy means In To Me See. That's so true, but it's up to you!

Prayer: Dear Lord, help me to take my time and be in no rush for what you have for me. With you, I do not have to rush because you have it all taken care and I trust you. I will cultivate good relationships in my life. I am worthy and deserve love in all areas. May you see into me so that I can cultivate true intimacy. Amen!

YOUR THOUGHTS:

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DAY 4

GIVING & RECEIVING

So where do we go from here? Giving and receiving are vital aspects of any relationship. From the aspect of parent to child, friend to friend, loved one to loved, etc... If you receive and don't give, you create an imbalance of a healthy love. If you give and don't receive, again you create an imbalance. What we need to allow ourselves to do here is called being vulnerable in both aspects. If we can not be vulnerable or learn to do so, we are not allowing ourselves to be emotionally healthy.

It is a two way street, something that will help keep a momentum of a relationship. Yes there will be disagreements and different points of view. However, there can be a middle ground that can be achieved where not one or the other would be overwhelmed and overworked. Do you love yourself enough to love someone else via communication and good work? Can you have a calm and healthy conversation with your Mom or Dad when they feel their parental way is best? Can you listen to your friend talk about their political point of view and not judge them for it if it completely differs from yours? Are you able to work through a problem with your loved one and not hold resentment?

Giving and receiving is not about you. It's about serving and loving to the fullest extent of who God created you to be in communion with someone else. This is why it's so important to understand the aspect of vulnerability and boundaries. Once you are able to understand this, you will be able to flow in a healthy dance in your relationships. There will be times you will need to set boundaries but as long as they are healthy, you will shine from within and it will radiate to all others around you. Be the sunshine!

Prayer: Dear Lord, Thank you for teaching me how to give and receive. You are a our prime example of this. You gave your life so that we could receive your unconditional love. We have the choice to give our lives back to you daily spiritually and receive your goodness from it! May we radiate your love in all of our relationships! Amen!

YOUR THOUGHTS:

[illegible]

DAY 5

ALL IN

Are you ready to be all in? This is it! Stop wasting your time, your love, your intimacy. Dive all in and don't look back! We can get caught up in the what if's, the maybes, the mixed feelings, the doubts, the fears. That's all negativity from past experiences and self doubt. It's time to gather the energy of life and love from God. What God has for you far exceeds anything behind you! You have to be willing to truly receive the love of God in your life, in order to truly love and be loved.

It's the process easy? Of course not, anything free is not worth having. You are valuable and worthy of healthy love in all of your relationships. You have to believe it though. So stop being surprised at what God does in your life. Start being surprised at how long it takes you to believe it. Do you believe you can be all in? There's a risk in everything, from the moment we wake up to the moment we go to sleep. We risk falling down the stairs just by walking down them. We risk making the wrong turn in our car if our mind doesn't align with the immediate action. We risk saying the wrong thing at the wrong time. If you're like me you risk saying a joke at the wrong time.

Be all in but again, there's no need to rush. Take your time and let all the goodness of God come to you through your everyday relationships. If you need to write a card to show someone you care, do it. If you need to call your parent to see how their doing because you've been so busy, do it. If you need to just smile again, do it!

Prayer: *Dear Lord, I declare that I will be all in with you so I can show up healthy, be all in, in all relationships. I am ready to allow my heart to be full of your intimacy to change my atmosphere! May I be a beacon of light and love for others! Amen!*

YOUR THOUGHTS:

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CITATIONS

Lewis, C. S.. (2012). *The four loves*. . New York: Mariner Books.

English Standard Version Bible. (2025). ESV Online. <https://esv.biblegateway.com/>

New Living Translation Bible. (2025). NLT Online. <https://nlt.biblegateway.com/>



ABOUT THE AUTHOR

Jennifer Rodriguez was born and raised in Southern California. God and family are vitally important to her. She loves singing and spending time with her buddy and only child, Gwyneth. Jen obtained her Bachelor's Degree from University of Phoenix in Information Technology - Visual Communication and studied shortly at San Diego State University. While at San Diego State University she was invited into the Scholars Without Borders Honor Society.

Jen believes in life long learning, and continues to pursue educational goals. She enjoys writing and encouraging others through her website and social media. A few of her hobbies include: Reading, music, and of course coffee.

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