

# The Sense of Sensuality



There is a time for everything, and a season for every activity under the heavens.  
Ecclesiastes 3:1



## 9 DAY COMMITMENT OF INTIMACY

This is a personal declaration to make your marriage intimacy a priority for at least 9 days.

Sign the contract below and agree to make a more concerted effort to show and express passion towards your lover. Remember, this exercise will strengthen the desire that brought you together originally.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

- Flirt with each other day
- Extended embrace day: 1-5 times
- Pillow Talk: intimate conversation
- Undivided attention day: Focus!
- Date day: You can do it!
- Talk in their Love Language day
- PDA: Public Display of Affection
- Write a love note day
- Happy Valentine's Day!



## REAL TALK Workshop

February 5, 2023  
2PM

*Across the board, married couples said over and over again that they didn't have enough time, enough money, or enough sexual intimacy.*

Want more ideas for daily intimacy?  
Download **14 Days of Intimacy** from our website

# The Sense of Sensuality



## Put on your counsellor-hat:

Your job is to give positive suggestions to a couple who is disconnected intimately. They are successful, busy and highly motivated, yet are missing a level of sensual connection. Write down 3 ideas you would offer them to help revive their intimacy:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Thinking About Us:

Of the many ideas given to improve intimate connection, talk with your partner and identify which ones resonate the most with you both.



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Change For The Good...Together! *(a personal conversation)*

Take this opportunity to have a quiet discussion between the two of you and isolate one agreed upon area of affection that you will work on together.

Admittedly, this may be a challenging area to address. It's the same for all of us.

Remember all your most rewarding points of growth are developed from considerable effort. Keep in the forefront of your mind and heart these things:

- Developing a deeper intimacy brings you better health
- The lovers of your relationship are the founders of your entire life together. They deserve to have a say in the way intimacy goes

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