

## GROWING US CLOSER

### Becoming Us #3

April 26, 2026

*Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him." Genesis 2:18 (ESV)*

**Big Idea:** True intimacy is being \_\_\_\_\_ and \_\_\_\_\_.

### ENEMIES AND ENHANCERS OF INTIMACY (1 John 1:5-7)

- \_\_\_\_\_ and \_\_\_\_\_ destroy intimacy and produce loneliness.
- \_\_\_\_\_ is the way out of darkness.
- \_\_\_\_\_ builds intimacy with God and others. (John 8:12; 15:10)

### HOW TO GROW INTIMACY IN YOUR MARRIAGE

1. Commit to \_\_\_\_\_. (Pro. 24:26)
2. Create a \_\_\_\_\_ place for your spouse to be honest. (1 John 1:9)
  - A \_\_\_\_\_ place is where \_\_\_\_\_ is given.
  - A \_\_\_\_\_ place is where \_\_\_\_\_ is found.
  - A \_\_\_\_\_ place is where \_\_\_\_\_ forms boundaries.
3. Cultivate intimacy by \_\_\_\_\_ together.

## DAILY DEVOTIONS FOR THIS WEEK

**Monday:** In Genesis 2:18 God said, *“It is not good that man should be alone...”* Solitude is good, but loneliness is unhealthy. Do you ever feel lonely? Do you feel lonely when you are by yourself or when you are in crowds? We all crave to be fully known and truly loved. Who truly knows you and fully loves you? Who do you fully know and truly love?

**Tuesday:** Read 1 John 1:1-7. John writes that joy is found in fellowship/intimacy with God the Father, Jesus and other believers. What is the enemy of intimacy? Why does John refer to practicing sin as “walking in darkness”? Confession is the way out of darkness and secrets and into light and intimacy. Do you keep secrets from your spouse? Your best friend(s)? Confession is the way out of darkness.

**Wednesday:** Proverbs 24:26 says, *An honest answer is like a kiss on the lips.* Honesty is essential for intimacy. Honesty is more than not telling lies. Remaining silent is not the same as being honest. Being honest is speaking the truth in love. Every time we speak the truth in love we grow in Christ (Eph. 4:16). What truth (sin, hurt, fear, doubt, struggle, frustration, hope, etc.) do you need to speak in love to your spouse or close friend this week? Ask God for courage and grace to do so.

**Thursday:** What does it mean to create a safe place for honesty? Do you feel safe to be honest with your spouse or close friends? Why or why not? Pastor Matt said that a safe place for honesty is where grace is given, new hope is found and God’s truth forms boundaries. Which of these things are a struggle for you? For your spouse or friends? Your honesty is always safe with Jesus. Begin there. Then ask Him to help you be a safe place for your spouse or close friends to be honest with you.

**Friday:** Jesus promises in John 15:9-10 that we will *“abide in His love”* when we *“keep His commandments”*. When we follow Jesus in obedience, we grow intimate with Him. He knows us fully and loves us truly. Following Jesus is the same thing the Apostle John calls *“walking in the light”*. Notice what becomes possible with other believers when we both follow Jesus in obedience (1 John 1:7). Following Jesus, putting Him first in everything builds intimacy in marriage and friendship.