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FIELD GUIDE
to lasting intimacy



a study of the ten commandments

= FIELD ASSIGNMENT =

EACH WEEK in your program ‘Field Guide’, you’ll find **interactive field assignments** with creative ideas to apply message learnings to your life. Some weeks will be **reflective**, some weeks will be **places to visit** and some weeks will be **things to do with others**.

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*You shall not
commit adultery.*

Intimacy and intentional growth within relationships is to be cherished and practiced regularly. How two people cherish one another and grow as one becomes a loud expression of God’s love, virtue, and miraculous power to others around them.

{ Ryan Alexander, Lead Pastor }

WE REFLECT GOD’S HEART when we show love in ways others can easily receive.

1. THINK ABOUT IT

Think about the things that make you feel genuinely loved, cherished and appreciated. Think about the ways you show love to others. Thank God for the gift of love.

2. TAKE A SURVEY

Take a free, fifteen minute survey at slovelanguages.com. Invite your spouse or a good friend to take it as well. Thank God for the unique way He created you to receive love.

3. RECOGNIZE

Different people love differently. Ask God to help you recognize how your spouse or a good friend shows their love for you. Pray for protection over that relationship.

4. DEMONSTRATE

Invite God to show you the best way to demonstrate love for your spouse or good friend – send a note, go out for coffee, surprise them with a gift, wash their car, or hold hands.

5. CELEBRATE

Celebrate the relationships in your life. Thank God for the people you love and those who love you! Thank Him for His perfect love.

6. OPTIONAL [GREAT FOR CHILDREN]

Grab some sidewalk chalk. Write encouraging messages or draw pictures about your love for others – around the lake, on the bike trail or on the driveway. Write or draw messages of God’s love, too!

DISCUSSION QUESTIONS

- What is one thing that makes you feel truly appreciated by another person?
- When do you feel God’s love the most?
- How do you protect the important relationships in your life?

MESSAGE NOTES

Week 7 - The Field Guide *to Intimacy*
August 5/6

Life doesn't promise a clear and easy path. We are surrounded daily by influences that can cause us to lose focus on what our relationship with God and others should look like. God gave us the Ten Commandments to help us navigate life better and to become living examples of His character. In this series, we will explore God's 'Field Guide to Real Life' to strengthen and enliven our relationships, with Him and others.

Notes:



FRONT COVER DESIGN

Intimacy is often thought of as love shared between spouses. However, intimacy is also described as a deep bond between friends. The Bible describes this bond when telling us how Peter loved Jesus (John 21:15-17), how we are to build upon friendship (1 Thessalonians 5:11) and by speaking of a bond that is not easily broken (Ecclesiastes 4:12). Marriage is an intimacy that God intended to last forever (Mark 10:9). It is for this reason an INFINITY SYMBOL was chosen to represent everlasting intimacy.