

## INTIMACY

Before we get into the eleven principles, let's first talk about intimacy because this will help us put these principles into practice. What is intimacy? First, let's take a closer look at the word. In-ti-ma-cy translates to mean "in to me." Do you see that? This is where the person you're dating is able to know your thoughts, feelings, goals, dreams, desires, and so forth. In other words, he has an emotional and spiritual connection with you. Some would say, "I've found my soul mate." A *soul mate* is someone who you share commonalities with and have the same beliefs and attitudes. Once you establish a mutual liking towards one another, you are emotionally-bonded to the person you are "into" and that emotional bonding attaches to your soul, thus forming a soul tie. Yes, we are going to go there!

A marriage is a soul tie as the bible states that two shall become one. In other words, two souls are linked together to become as one. Any relationships outside of marriage, (fornication) and against God's will (disobedience) is what I call an illegal soul tie. Uh oh. It's getting ready to get tight now. (I talk about illegal soul ties in my first book, *The Seven Deadly Sexual Sins*) If God hasn't put the two of you together, then your relationship is illegal, meaning it is not ordained by God nor is it in His will. There are so many relationships that are dissolving because people are tied to the wrong person. Be careful who you link up to as linking up with the wrong person can break you spiritually, emotionally and also physically.

Remember as children we played this game called Red Rover. There were two teams comprised of ten or more people who would join hands, face each other and stand in two lines. (This was played outdoors) Someone would go first and choose a person who they thought was weak and fragile to charge through the opposite line from the one you were standing in to break or separate those who were joined hands. You would say, "red rover, red rover, send Tiffany right over". Y'all remember that game? If you broke through the joined hands in the circle, then those hands that you broke through were part of your team. If you didn't break through those hands that you tried to break through, then they stayed in their line. You would do this until there were no more joined hands to break through and there was a single line. Well, what's my point? My point is that you better be locked or joined to another strong hand because if you aren't, then the relationship will break or fall apart. If you are connected to the right hand, then your relationship will not be easily broken. As we go through this book, I hope you will shake yourself loose from an illegal soul tie and allow God to tie you to the right one, which is your soul mate. The tie has a knot in it, so you can't easily take it apart. That's the type of relationship you should strive to obtain. Okay, we got a little sidetracked, so back to the conversation.

How do I know if the relationship is serious enough, where couples can take it to the next level—engagement? Well, I'm glad you asked. Before you can be physically intimate

with someone, you have to be mentally and spiritually connected. If all you have in common with the opposite sex is sex, then all you have is sex without the intimacy. Two people can have sex. Yet, the question arises: Is sex physical intimacy or is it just physical?

Sex without intimacy is just a physical encounter, not a relationship.

In society, we view the term, *physical intimacy* as someone having sexual relations or being sexual with someone because there is an exchange of emotions and bodily fluids. However, couples can experience *empty exchanges*, where one feels empty, lonely, unfulfilled, unloved, unwanted and undesired, even after sex. Wow! I thought that sex was supposed to make me feel good and wanted. Well, here's the deal. Ladies, let's say that you meet a young man who shows you the attention and affection you're seeking, but don't give it to you. In other words, *giving* is an *inward* expression, whereas *showing* is an *outward* expression. For example, he can buy you flowers, candy, cards, etc. as an outward expression of showing that he loves you, but not necessarily meeting your spiritual and emotional needs, which requires giving. Consequently, showing ignores the thoughtfulness and consideration in which the woman longs for. Basically, he spends his money on you, instead of the quality time that it takes to get to know you. Others would say that he is not "into you." He meets your wants, but not your needs. In other words, you want flowers, gifts, pedicures, manicures, candy and dates, but those things are tangible. They can be replaced. However, what about meeting your spiritual and emotional needs?

Overall, women desire to be loved, cared for, appreciated, valued, and to feel special. Consequently, he is showing the woman that he loves her, and she also desires to feel needed. In the relationship, couples need to express love by showing and giving to one another. You can endow your mate with gifts and also spend quality time and affection with the person you love. Giving requires time, effort, energy, and consideration. I'm talking about putting in the time that it takes to get to know someone, for real. Aside from the gifts, candy, money and dates, a lady needs a man to be into her and discover what type of person she really is.

*Showing* is an outward expression of love. *Giving* is an inward expression of love. You need to have both to have a solid, healthy relationship.

Money cannot replace intimacy and cannot buy love. If someone had all the money in the world, he still would be looking for love elsewhere because loving someone is more of an inward expression than it is outward. We have to connect with our emotional and spiritual side for real intimacy to take place.

We have confused intimacy with sex. This is why there are sexual perversions today. We have many sexual partners because we have not realized that sex does not make a

relationship. Some of us focus on the good sex that we've had with our partner, but cannot get along with him. We have our differences. We argue all the time. We disagree about everything. We have completely different outlooks on our goals and dreams. We then realize that the both of us are on two separate pages in the chapter of life. The problem is that we have no bond or true intimacy in our relationship. When the sex is over, women need someone whom they can talk to, and who will listen. Women need someone whom they can laugh with, or cry with. Women desire someone who shares common interests and similarities. Moreover, women want to be with someone whom they can spend their lives with and learn from. These things are what intimacy is about. When we have sex before developing intimacy, then all we have is just sex. Does this make sense to you? Am I helping you discover what intimacy is really about? Let's go deeper into this topic, because intimacy requires us to go to a deeper level.

*To be intimate with someone* means you are so comfortable being around this person that you expose your vulnerabilities and weaknesses. Intimacy requires a person to be open-minded. Your mate will reveal secrets to someone that haven't been revealed to another person. *Intimacy* requires trust. Additionally, intimacy can reveal one's weaknesses. What are some issues that you find hard to get over? What are some things in your life that you do repeatedly even though you know it does not feel right? *Vulnerability* refers to openness and honesty, whereas, *weakness* refers to lack of control or discipline. Vulnerability and weakness define real intimacy in a relationship. Without these two, there can be no intimacy in the relationship and the couple will have a difficult time staying together. The same reason God requires us to be intimate with Him is the same reason we need to be intimate with our significant other. Intimacy draws us closer to God, and draws us closer to our significant other.

Don't reveal your weaknesses or vulnerabilities until you have complete trust in the other person. Protect and guard your heart and don't reveal too much too soon. Only reveal a little bit of yourself at a time.

Here are a few scriptures that show us how intimacy allows us to connect with the other person. *Psalms 42:1* reads, "As the deer pants for the water brooks, so pants my soul for You, O God." To *pant* means to long eagerly for something like you are desperate for it. It also means to throb, labor or intensify your speed for something that you eagerly desire and seek, like how a deer pants for the water to quench his thirst or appetite. David, the author of the book of Psalms, compares his thirst for God like a deer thirsts for water. In other words, he is longing for intimacy with God because his soul needs replenishing and his thirst for God needs to be quenched. He is longing for a connection, bond and personal relationship with God. His soul yearns for the love of God, not anything physical or tangible. He asks God for His Holy Spirit to reside in him, make provision for him, and to renew his heart and mind. David is longing for spiritual intimacy.

*James 4:8* reads, “*Draw near to God and He will draw near to you.*” This scripture speaks in volumes, where we have a clearer understanding on the term *intimacy*. *To draw* means to attract, to pull towards you, to sway someone else towards your side, to allure someone else towards you and to cause someone to come in your direction. Therefore, God will draw us to him, but to get closer to Him or more intimate with Him, then we must pray, attend church regularly, meditate, fast, and read God’s Word. All of these things require time and effort. Didn’t we just talk about time and effort earlier?

Time and effort both develop intimacy. If a man is spending time with you such as talking to you on the phone, praying with you, taking you out on a dinner date, sending you texts and emails, and doing other affectionate and meaningful things to get to know you, then you will achieve the level of intimacy in your relationship. However, you must do it on a regular basis to stay connected to the person you have been drawn to. Once a person is drawn to you, it is harder for him to pull away because he is attracted to you. In other words, now that you have connected with this person, a bond is formed and it is harder for this bond to be broken. God is drawn to us because He cannot resist someone who is showing Him affection, attention, love, and admiration. In addition, God is drawn to someone who worships and praises Him. God does not turn away from anyone who is drawn to Him. He will draw to us and grant us the desires of our heart. Again, the same concept of intimacy with God applies in our relationships.

When we draw someone to us, this means a person propels the attraction and feels obligated to be in an intimate relationship. Intimacy forces you to keep digging, searching, and focusing until you have concluded that the person is “into you.” This makes the relationship have a stronger bond, where you don’t want out. Consequently, many relationships end because of irreconcilable differences and infidelity, which happen when there is a spiritual and emotional disconnect. In other words, there is a lack of communication. If you have difficulty relating to one another, resolving disputes and respecting each other, then that means that your “fire” (intimacy), has gone out in the relationship and needs to be rekindled.

A person who is drawn to you is least likely to leave you because there is a force within him that makes him stay. That force is called *intimacy*, which means he is “into me.”