

Emotional and Spiritual Oneness Notes

Week 3, Session 5

Ron Stubbs

A Healthy Biblical Marriage

Trust

- Honesty
- Reliability
- Integrity
- Loyalty

Loving and Respecting Each Other

Oneness

- Spiritual
- Emotional
 - Listening
- Physical



Emotional and Spiritual Oneness Worksheet

Week 3, Session 5

This evening, we discussed two more cornerstones of a healthy Biblical marriage.

1. How much love and respect do you feel you receive from your spouse? Do you desire more of one over the other?
2. Discuss how you feel about your spouse's honesty, commitment, reliability, and integrity.

Rank the intimacy enhancers below based on how well you think they are currently going in your marriage. Make sure you spend only 2-3 minutes on each type of intimacy. Then, discuss your responses to the questions.

Strongly Disagree: 1 Disagree: 2 Undecided: 3 Agree: 4 Strongly Agree: 5

Spiritual Intimacy

- Aligned on core beliefs
- Committed to Jesus
- We are pursuing spiritual growth together
- Experiencing faith and hope
- Attending church
- Prayer is prioritized
- Devotions are prioritized
- Tithing
- Attending couples group
- Pursuing ministry

Emotional Intimacy

- We prioritize time together
- I feel heard
- I feel understood
- Vulnerability is present
- We prioritize talk times
- We are close friends
- I feel safe
- We have fun together
- I receive (and give) grace
- I feel loved

Physical Intimacy

- We are affectionate
- We prioritize non-sexual touch
- Spouse is romantic
- We prioritize dates
- We discuss desires
- We pursue selflessness
- We pursue mutual pleasure
- I enjoy love making
- Gen 2:25: I do not experience shame

Notice the similarities and the differences. Are there any responses from your spouse that surprise you? Which area do you feel you are doing well in? Which area would you like to put more effort into?



Physical Oneness Notes

Week 3, Session 6

Trey and Cari Stubbs

Sex as a Celebration and Form of Worship

The Importance of Touch

Attachment and Sex

- Sealed-Off Sex
- Solace Sex
- Synchrony Sex

Reigniting Passion

- Spontaneous and Responsive Desire
- Accelerators, Brakes, and Context



Next Steps

- Awareness
- Attachment Exploration
- Shift Towards Synchrony
- Integration



Physical Oneness Worksheet

Week 3, Session 6

1. Touch as Healing and Connecting

Non-sexual touch (holding hands, hugs, cuddling, gentle touch) builds safety and closeness.

Questions:

- What kinds of safe, tender touches do you most enjoy outside the bedroom?
- This week, how can you intentionally add one moment of non-sexual touch each day?

2. Awareness: What Type of Sex Do We Drift Toward?

Read the descriptions below and talk with your spouse:

- **Sealed-Off Sex** – physical release, performance, or escape; emotionally disconnected.
- **Solace Sex** – driven by anxiety or fear of rejection; seeking reassurance more than joy.
- **Synchrony Sex** – emotionally open, safe, playful, and fully attuned to one another.

Questions:

- Which type do we most often experience together?
- When have we experienced synchrony sex? What made that possible?

3. Pleasure & Play

- Do you tend to have **spontaneous desire** (wanting sex out of the blue) or **responsive desire** (desire comes after intimacy begins)?
- What helps you feel most relaxed and open to intimacy?
- What are some of your “accelerators” (things that turn you on) and “brakes” (things that shut desire down)?



4. Longings, Fears, and Meaning

Intimacy deepens when we risk sharing our inner world. Take turns answering:

- **Fears:** “I’m afraid that...”
- **Longings:** “I really want...”
- **Meaning:** “Sex for me means...”

Questions:

- What messages did you receive about sex growing up?
- How have those shaped your view of intimacy today?
- How can I make you feel safe, desired, and loved?

5. Integration: Bringing It Together

- Start outside the bedroom: How can we strengthen our daily emotional connection?
- Invite play: What would be a lighthearted, pressure-free way to enjoy each other physically?

