

Overview



Intimacy and Purity in Marriage

Bible Study

marriagemadewhole.com

Objective:

Congratulations on your upcoming marriage! This is a sacred and beautiful season as you prepare to embark on a lifelong journey together. Marriage is a gift from God, designed to reflect His love and faithfulness. Intimacy, both emotional and physical, is a powerful part

of that design—a way to strengthen your bond and glorify God in your relationship. As you engage in this Bible study, may you grow closer to one another and to the Lord, laying a foundation for a marriage rooted in love, purity, and unity.

Bible Study: Intimacy and Purity in Marriage

Focus Verse

“My beloved is mine, and I am his; he grazes among the lilies.” – Song of Solomon 2:16

1. God’s Design for Physical and Emotional Intimacy in Marriage

Scripture Readings

- **Genesis 2:24–25:** The union of Adam and Eve.
- **1 Corinthians 7:3–4:** Mutual responsibility and respect in physical intimacy.
- **Song of Solomon 4:9–10:** The beauty of expressing love and affection.

Discussion Questions

1. How does God’s design for intimacy reflect His care for marriage?
2. What role does emotional intimacy play in fostering trust and connection?
3. How can physical intimacy in marriage be an act of worship and gratitude to God?

Reflection Activity

Take a moment to write down specific ways you can nurture both physical and emotional intimacy in your marriage. Think about how each enhances the other and strengthens your connection.

2. Ways to Protect Your Relationship from Temptation

Scripture Readings

- **Proverbs 4:23:** Guarding your heart.
- **Hebrews 13:4:** Honoring the marriage bed.
- **Matthew 5:27–28:** Purity in thoughts and actions.

Discussion Questions

1. What temptations can challenge purity in a marriage?
2. How can couples guard against emotional and physical infidelity?
3. What boundaries can you set to protect your relationship?

Practical Exercise

Work together to create a “Purity Protection Plan.” Identify areas of vulnerability in your relationship and brainstorm strategies to stay accountable to each other and to God. Examples include regular check-ins, praying together, and setting media or social boundaries.

3. The Role of Emotional Intimacy in a Thriving Marriage

Scripture Readings

- **Ephesians 4:32:** Forgiveness and kindness as keys to emotional intimacy.
- **Colossians 3:14:** Love as the perfect bond.
- **Song of Solomon 6:3:** Celebrating belonging and unity.

Discussion Questions

1. How can emotional intimacy strengthen your marriage during challenges?

2. What practical ways can you show understanding and empathy to your spouse?
3. How does emotional intimacy build trust and respect in a relationship?

Reflection Activity

Take a moment to affirm one another. Each of you writes down one thing you admire about the other and shares it. Discuss how these affirmations can deepen emotional closeness and bring joy to your relationship.

Closing Prayer

Heavenly Father, thank You for the gift of intimacy in marriage and for Your perfect design that unites us as one. Help us to honor You in every aspect of our relationship, keeping our hearts pure and our love strong. Teach us to love each other selflessly and to cherish the bond You have created. May You always be the foundation of our marriage, guiding us with Your wisdom and grace. In Jesus' name, Amen.

Conclusion

As you prepare for your wedding day, remember that your love story is part of a greater story—God's story of love, redemption, and faithfulness. Every step you take toward intimacy and purity reflects His design for marriage and prepares you to glorify Him together. Continue to lean on the Lord for strength, wisdom, and joy as you step into this sacred covenant. Marriage is a journey, and with God at the center, it will be one filled with growth, blessings, and abundant love. You are building something beautiful—keep Him at the heart of it all.

Optional Add-Ons

- **Memory Verse:** Memorize Song of Solomon 2:16 as a daily reminder of your unity and love.
- **Homework:** Set aside uninterrupted time this week to focus on meaningful communication and expressions of love.

- **Prayer Journal:** Write prayers for each other, focusing on areas where you want to grow in intimacy and purity.
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