



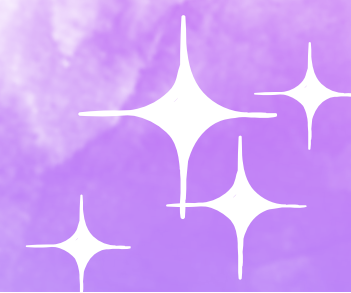
Sis, here's 10 ways
to increase intimacy
in your marriage

1 PRAY TOGETHER:

Start your intimate moments by praying together and inviting God to be part of your union.

2 READ THE BIBLE TOGETHER:

Spend time reading the Bible together and discussing how it applies to your marriage and intimacy.



3 DATE NIGHTS:

Make time for date nights to break away from the daily routine and spend quality time together.

4 LOVE NOTES:

Leave love notes for each other to express your love and appreciation.

5 SURPRISE EACH OTHER:

Surprise your spouse with a thoughtful gesture, such as a romantic dinner, a small gift, or a weekend getaway.

6 EXPRESS YOUR DESIRES:

Communicate your desires to your spouse and be open to trying new things that both of you are comfortable with.

7 PHYSICAL TOUCH:

Incorporate physical touch into your daily routine, such as holding hands, hugging, or giving massages.

8 DRESS UP:

Put effort into your appearance and dress up for each other to keep the spark alive.

9 HAVE FUN:

Don't take yourself too seriously and have fun together, whether it's playing games, watching a movie, or trying a new hobby.

10 SEEK COUNSELING:

If you're struggling with intimacy in your marriage, seek counseling from a qualified Christian counselor to work through any issues and improve your relationship.