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# REIGNITE MARITAL INTIMACY CHECKLIST

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Intimacy in marriage is a multifaceted concept that goes beyond just physical closeness. It encompasses a deep and meaningful connection between spouses on various levels.

Remember to prioritize God's word and seek His guidance as you strive to build a strong and fulfilling Christian marriage.

For each item below, rate level of frequency.  
1 = never; 2 = once in a while; 3 = frequently; 4 = always

### **Emotional Intimacy**

- **Open Communication:**
  - Regular Check-ins:** Schedule dedicated time for open and honest conversations, free from distractions. This could include communication around feelings (by using "I" statements), needs, and expectations not necessarily one to be met by your spouse. For example, your spouse can provide support around a struggle, but may not be the one to help resolve or fix it.
  - Active Listening:** Truly listen to your partner, paying attention to their emotions and perspectives.
  - "I" Statements:** Express your feelings and needs without blaming or criticizing.
  - Express Appreciation:** Regularly express gratitude and appreciation for your partner.
  - Forgive Freely:** Cultivate a spirit of forgiveness and reconciliation.
  - Sharing Dreams and Goals:** Discuss your individual and shared aspirations, supporting each other's growth.
- **Emotional Vulnerability:**
  - Share Fears and Insecurities:** Create a safe space for vulnerability and emotional sharing.
  - Express Appreciation and Gratitude:** Regularly acknowledge and appreciate your partner's efforts and qualities.
  - Offer Comfort and Support:** Be there for your partner during challenging times, offering emotional support and understanding.

- Shared Experiences:
  - Create Meaningful Memories: Engage in activities you both enjoy, such as travel, hobbies, or volunteering.
  - Date Nights: Regularly schedule dedicated time for quality time together, free from distractions.
  - Inside Jokes and Shared Memories: Cultivate a unique and intimate bond through shared experiences and inside jokes.

### **Physical Intimacy**

- Regular Affection:
  - Physical Touch: Maintain regular physical contact, such as hugs, kisses, and hand-holding.
  - Intimacy: Prioritize and nurture your sexual relationship within the boundaries of God's design (1 Corinthians 7).
- Quality Time:
  - Undivided Attention: Dedicate time for intimate moments, free from distractions and responsibilities.
  - Create a Romantic Atmosphere: Set the mood with candles, music, or a relaxing environment.

### **Practical Intimacy**

- Shared Responsibilities:
  - Divide Chores Fairly: Share household responsibilities to avoid resentment.
  - Support Each Other's Goals: Encourage and support each other's personal and professional endeavors.
  - Teamwork: Work together as a team to navigate challenges and achieve shared goals.
- Acts of Service:
  - Small Gestures: Perform small acts of kindness and service for your partner, such as cooking dinner, running errands, or offering a helping hand.
  - Anticipate Needs: Pay attention to your partner's needs and try to anticipate them.

## **Biblical Foundation**

- Ephesians 5:21-33: This passage provides guidance on submission, love, and respect within marriage.
- 1 Peter 3:1-7: This passage emphasizes the importance of a wife's respectful and gentle spirit and a husband's loving and cherishing his wife.
- Colossians 3:12-17: This passage emphasizes putting on compassion, kindness, humility, gentleness, and patience in all our relationships, including marriage.

## **Important Considerations**

- Pray for Guidance: Seek God's guidance and wisdom in all aspects of your marriage.
- Self-Reflection: Regularly engage in self-reflection to understand your own needs and how you contribute to the relationship.
- Respect and Boundaries: Respect each other's boundaries and individual needs.
- Forgiveness: Cultivate a culture of forgiveness and understanding within the relationship.
- Continuous Growth: Remember that intimacy is a journey, not a destination. Continuously strive to grow in your love and understanding for each other.
- Seek Professional Help: If you're facing significant challenges, consider seeking guidance from a therapist or Biblical counselor.

This checklist provides a framework. Each couple should adapt it to their specific needs and preferences. Open communication and a willingness to work together are key to building and maintaining a strong and fulfilling intimate relationship.

*Ephesians 4:2-3 "Always be humble, gentle and patient, bearing with one another in love, and making every effort to preserve the unity the Spirit gives through the binding power of peace."*