



Marriage and Family Counselling Department TOPIC

***"FAMILY INTIMACY "God's Method"
& ENTERING 2023 in PRAYERS***

Thanks for Login



Welcome back... hope you enjoyed your discussion group?
Please can one person from each group in two minutes say
what they learnt on the TOPIC of the group discussion

**WHAT do you think I should do to create intimacy
OR to restore intimacy between...**

- ❖ Both of us – **As** couples? **As** member of same family? **As** Parent and child? **As** member of same Church? **As** leader and followers?

What is intimacy and why is it important?

Intimacy generally refers to **the closeness existing between people in a setting and time.**

Intimacy **is the glue** that strengthens family bonds. It is what connects us over the years – in time and settings, and across the miles. It's what gets us through the hard times. **It is the grease** that smooths the rough interactions of everyday life, and **the honey** that makes it all worth it.

Intimacy are express on various levels at different situations for...

There is intimacy **between couples**

There is intimacy **between members of the same family**

There is intimacy **between members of same church** (members to member, and leaders to members)

There is intimacy in the **working environment**

Intimacy evolves in four domains
of humanity:

**Emotional,
Physical,
Mental, and
Spiritual.**

**Intimacy is one of the
strongest and most important
predictors of happiness, good
health and living a
meaningful life**

Intimacy does not exist in vacuum – **there must be
relationship**. Relationship breeds Resources

.....BREAK INTO ROOMS HERE.....

Intimacy does not exist in vacuum – **there must be relationship**. Relationship breeds Resources

Some Benefits of Intimacy

These include

- ❖ lower stress levels,
- ❖ better healing after surgery,
- ❖ heals panic attack
- ❖ healthier behaviours, and even a longer lifespan.
- ❖ Intimacy has even been found to ward off depression
- ❖ Intimacy is the key to a happy and healthy long-term relationship
- ❖ When you feel emotionally intimate with your partner, it increases your overall well-being.
- ❖ Intimacy reassures and energises one
- ❖ Intimacy encourages involvement and participation

God created us as Intimate living Being

Can a person live without intimacy? YES

When a relationship lacks intimacy, it can be difficult to maintain.

it can lead to feelings of loneliness,
competitive attitude and resentment.

Creating Clicks

led to frustration

Anger,

desperation,

depression, loneliness, heartache, sickness, and even death.

Panic attack, undefined sorrow (looking and dwelling on past actions and reactions)

Signals and what poor intimacy look like?

- ❖ An inability to express what you need and want from those in your life.
- ❖ Poor communication or avoidance of serious topics in your relationships.
- ❖ Trouble trusting your partner/family with important matters or decisions

Intimacy (With any or parent-child intimacy) can be poor when...

- ❖ The environment is hostile
- ❖ Consistent insult from parents
- ❖ Never see anything good
- ❖ Never show appreciation
- ❖ Shouting always
- ❖ Judgemental and accusing
- ❖ When leaders are afraid of the growth of his/her members

Components of Intimacy

- ❖ Knowing and liking yourself.
- ❖ Trust and Care
- ❖ Shameless approach – being vulnerable
- ❖ Love in action
- ❖ Non-judgemental attitude
- ❖ Considering best for others
- ❖ Not taking advantage
- ❖ Respect
- ❖ Commitment
- ❖ Interdependence
- ❖ Pruning (discipline)

FOOD FOR INTIMACY What increases/Creates intimacy?

Genesis 3: 7 – 9

1. Fellowship/Relationship to develop and increase intimacy
2. Seek man (when man fell, to restore and rebuild intimacy).

How?

- a. John 1:14. He came down into man's world
- b. Luke 19:10.

- ❖ **Conscious intentional practicing daily connection.**
- ❖ **Conscious intentional practicing attendance to fellowship.** Hebs 10:25

- ❖ **Seek Relationship with God**
- ❖ **Pursue Intimacy in Marriage and Family**
- ❖ **Intimacy requires entering into our children's worlds.**
- ❖ **Try Something New**
- ❖ **Reminisce** (Reminisce about the good times you have shared together)
- ❖ **Touch More** Physical contact helps you stay connected to your partner and those you love.
- ❖ **Schedule time to be together.**
- ❖ **Show Appreciation**
- ❖ **Go On A Date**
- ❖ **Be Vulnerable**
You need to be vulnerable with your partner in order to feel accepted and understood.
- ❖ **Have A Life Outside Of Your Relationship**
- ❖ **Support Your Partner**

Creating and Developing Intimacy with the Church Family, we must focus on:

- 1. Quantity**
- 2. Transparency**
- 3. Don't just go. Get involved**
- 4. Maintain a loving attitude**
- 5. Pursue loving actions**
- 6. Speak loving words.**
- 7. Having compassion, that is, sympathy, empathy, concern and consideration for one another**
- 8. Embracing all in same manner**

Intimate relationships don't just happen.

We have to be

- ❖ committed to build it**
- ❖ Committed to develop it**
- ❖ Committed to keep it**

IS IT EVER TOO LATE to build a good and lasting Intimacy?

TAKING ACTION

1. Most of us (as Leaders/Parents) may just have to come down from our high horses and make amends
2. Most of us (as Members or Kids in the family) may just have to come down from our high horses and make amends
3. Practice appreciative attitude
4. Practice Love in action (Ask the house how?)
5. Practice listening to your children and encouraging them to pour out their feelings.
6. Keep all in the fold in one mind. Not giving room for any to be highly exalted or feel important than others – thereby creating click, and click weakens the glue in intimacy.
7. Where possible, within the family structure (personal family or as a church) keep all up updated and carry all along. Let none feel left behind or not wanted at any time
8. Talk over with your spouse and family the ways you feel about each other.
9. Whenever possible, respond to your child's bids to you.
10. If you do not get the response you want when you reach out, step back and watch how you initiate.
11. **PRAYERS**
Prayers are very important in the development of intimacy. One you pray for positively you will always want to be updated about him/her.
Prayers we shall pray.

NOTE:

If the above tips are not effective, or if there are other relational issues that interfere with intimacy, couples counselling can help.

Improving your relationship intimacy is worth it as it can improve your connection and your overall individual well-being as well.

Please we are just a phone away.....

Q & A Please type your questions on the screen....

Thanks for Login



ENTERING 2023 in PRAYERS

In January 2023

Get into 12 days partial fast. Each day representing a month. Prayer points are

1. To be equipped Spiritually, Physically, Emotionally, and Mentally
2. That God give unto us as individual, as family budget of Grace, of power, of success, wisdom, wealth and health, love, patient, joy, self-control, Discipline

We are expected to have time with the Lord God at least 2 hours 24 minutes each day please

- ❖ Thank God for 2022
- ❖ Every blessing of 2022 will reach me in the name of Jesus. Whatever blessing that has my name will reach me in Jesus name

- ❖ In 2023 O Lord, protect all that I have and all of me in Jesus name – against all attack of the enemies, Spirit, Soul and Body in Jesus name
- ❖ Oh Lord feel us with the Holy Spirit all through 2023
- ❖ Oh Lord feel me, my family with the knowledge of your will in all the days of 2023. May I walk in your will to please you in Jesus name
- ❖ Grace of the expansion of the heart to contain all you have for me in 2023
- ❖ Grace to be blessed financially to meet the needs of your work, our needs and that of others in Jesus name
- ❖ Oh Lord break all stronghold of debts in the name of Jesus
- ❖ Oh Lord give us the grace to seek and tarry in your presence in 2023 in the name of Jesus

ENTERING 2023 in PRAYERS

- ❖ In 2023, the days shall obey me – speak into the year and tell what you expected in Jesus name
- ❖ Exodus 17: 5 – 7. In 2023, there shall not be Meribah (quarrel) in my family, my life, my working place, my church in the name of Jesus
- ❖ Numbers 20:1; 4. In 2023 we come against every form of death – physical death, spiritual death, financial death, emotional death, mental death, e.t.c
- ❖ I shall not die in my desert, I shall not die in any desert I find myself in 2023. – God shall provide oasis for me and my family in Jesus name
- ❖ Praying for all domains of your life. Domains of your life includes....
 1. Spiritual life
 2. Physical life and health
 3. Emotional life
 4. Financial life
 5. Material life
 6. Marital life
 7. Family life
 8. Academic life
 9. Intellectual life (pray for your memory, etc...)
 10. Professional life
 11. Ministry or call
 12. Social life
 13. Relational life
 14. Physical and spiritual fruitfulness
 15. Personality and character
 16. Leadership

ENTERING 2023 in PRAYERS

Deuteronomy 8:17-18; Genesis 26:12; 1
Thessalonians 2:18

- ❖ Oh Lord give me the power, the ability to produce wealth
- ❖ Please Lord, give me the wisdom to produce wealth.
- ❖ Oh Lord help me, help my family, help my ministry to cultivate and develop good relationship
- ❖ Every elements/attitude/forces that promote bad relationship in my life, my family and even with the ministry be up rooted and taking off me in Jesus name
- ❖ Oh Lord help me, help my family, help my ministry to identify the seeds you have giving us
- ❖ Empower us Lord, to sow the seed and not to keep it
- ❖ Oh Lord may we not sow in wrong soil
- ❖ Every seed killers be destroy out of our lives, families and ministries in Jesus name

- ❖ Oh Lord in the remaining days of 2022 and 2023 to come, every seed we sow shall reap an hundred fold for us in Jesus name
- ❖ Oh Lord, bless my seed
- ❖ Oh Lord in the remaining days of 2022 and 2023 to come you are my reward and my satisfaction
- ❖ Oh Lord in the remaining days of 2022 and 2023 to come you will be my reward and my fullness
- ❖ In the remaining days of 2022 and in 2023,.... We walk into open doors boldly in the name of Jesus
- ❖ We walk boldly into the expansion the Lord has set before us – as an individual, as family and as a church

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We walk into open doors boldly in the name of Jesus
- ❖ We walk boldly into the expansion the Lord has set before us – as an individual, as family and as a church
- ❖ All my opposers/blockages receive FIRE and be burnt out of my way in Jesus name
- ❖ In the remaining days of 2022 and in 2023,....
We pray against all forms of excuses and procrastination, as an individual, as family and as a church.
- ❖ In the remaining days of 2022 and in 2023,....
We pray for SPEED in all our endeavours, as an individual, as family and as a church.
- ❖ In the remaining days of 2022 and in 2023,.... We claim our **wealth, our properties, our materials, our creative avenues** and **funds in abundance** that the Lord God has giving to us, as an individual, as family and as a church in the mighty name of Jesus.
- ❖ In the remaining days of 2022 and in 2023,.... Every decision that is taking, to be taking by government that will not benefit the Church, Us as individual and as a family – let those decisions come to materialization in Jesus name

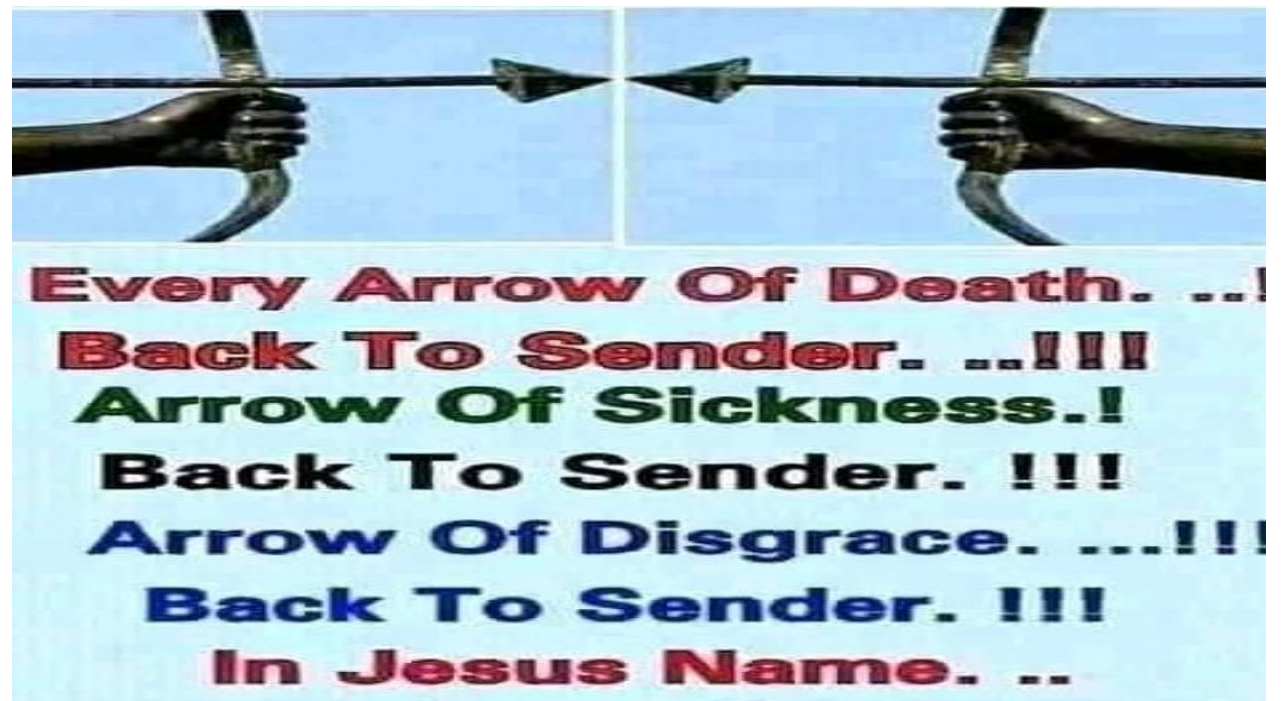
❖ I proclaim from today and in 2023, all targeting me/my family/my church will fire themselves with their own weapons



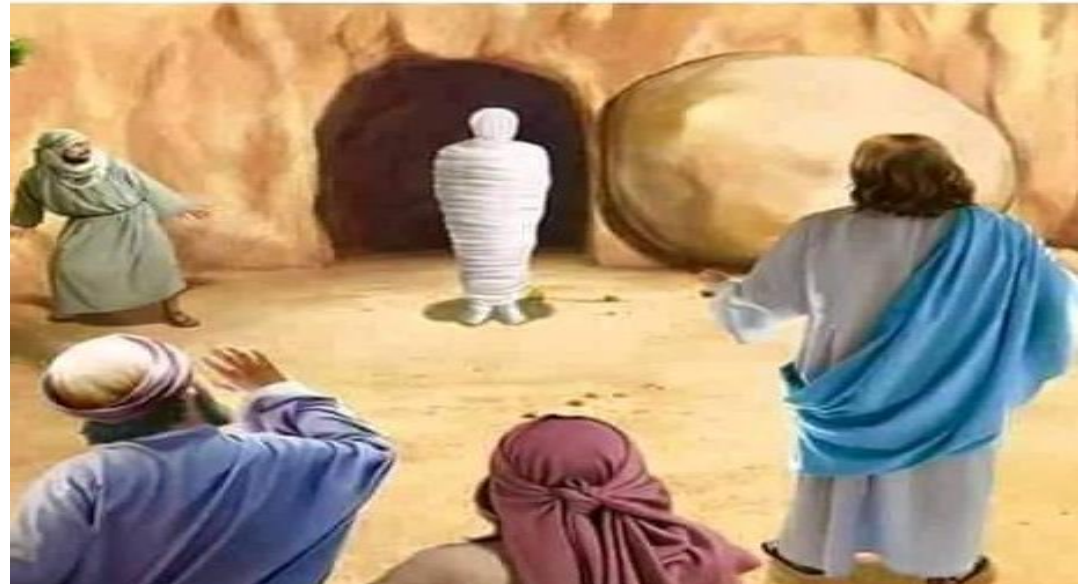
❖ I proclaim from today and in 2023, I/my family/the church shall be delivered from all unfriendly friends in the name of Jesus



❖ I proclaim from today and in 2023, every arrow point against me/my family/the church shall return back to sender in the name of Jesus



❖ I proclaim from today and in 2023, every dead thing in my life/my family/the church shall come back to life as Lazarus came back to life in the name of Jesus



❖ I proclaim from today and in 2023, the Lord God will make away for me/my family/the church in the name of Jesus





*The MARRIAGE & FAMILY Dept. Thank
You for joining us to PRAY for FAMILIES
every Tuesdays, 2pm.*

We truly value your presence & God bless you

We Wish YOU a Happy New year "2023"

Thanks for Login

