

oneheart project

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for the husband

Did you connect with you wife's heart with the last project? I hope so. Please continue to fulfill the wishes of your wife's heart.

This week's project will require some fairly intense evaluation and reflection. It will provide a great opportunity for some beneficial communication on a topic that is of utmost importance to both of you – romance and sexual intimacy.

Again, you will need to set a time with your wife to sit and talk. You will need at least thirty uninterrupted minutes to complete this project. To complete this project, be prepared to discuss (focus on listening) the following questions. Have fun and set some personal and couple's goals to improve your romance and intimacy in your marriage. Your wife should also complete a *dream dates* list that will help you to be intentional and creative in dating your wife. Use that list wisely and romance your wife.

May I make another suggestion? After completing your talk regarding intimacy, I suggest that you **write a love letter** to your wife. Here are some basic things to include in that letter:

- ◆ What were the qualities that first attracted you to her?
- ◆ What qualities have you learned to appreciate most about her during your marriage?
- ◆ How have her differences (uniqueness) helped you to grow spiritually, emotionally, and relationally?
- ◆ Your recognition and appreciation of all she does in her role of wife (and possibly mother).
- ◆ A commitment to try to meet her needs more effectively and consistently.

Have a great week and have fun with some romance and ...

questions

1. What would a satisfying and successful sexual relationship be like for each of you?
2. Try and make a wish list from the answers to question one. What do you want/need from your partner in sex? (Each of your lists will help you know how to be a servant in this arena of your relationship. Just as you want to know what your spouse really needs, be honest about what you really need.)
3. What aspects of your sexual relationship make you uncomfortable? How can each of you contribute towards a solution?



4. How are you communicating about sex? How much would you like to communicate about your intimacy? What are some other things you should be talking about regarding your sexual relationship? Make some appointments/assignments for these discussions to take place.
5. What are your greatest fears concerning sex? Talk about how you might be intentional in overcoming those fears together. This can be very significant in moving towards **oneheart**.
6. Define for each other what you believe demonstrates affection. How important is affection to each of you? Talk about how to meet each other's needs in the area of affection.

suggestions that just might help you out in the area of romance and sexual intimacy...

Some things for you as a husband

- ◆ Demonstrate tenderness and affection, don't charge in.
- ◆ Include romance in your lives. Your wife needs to be romanced.
- ◆ Remember that men are microwaves and women are crock-pots when it comes to sex.
- ◆ Sexual intimacy requires your gentleness and patience.
- ◆ Sex has no formula. If it worked once, that is never a guarantee that it will work again. Acting like it will work again is a sure way to make sure it won't. Be creative and caring in your expressions of intimacy.
- ◆ Put your spouse's needs above you own.
- ◆ Always appreciate your wife's body. Never criticize her. **Never**.
- ◆ Seek to bless her and give her reasons to fall in love with you every single day.
- ◆ Eliminate all hints of unfaithfulness. Do not break faith with your wife – disrespect, lust, pornography, belittling, uncaring, etc. Be faithful to her in all ways.

Ideas that can nurture sexual intimacy

- ◆ Serve her – vacuum the carpet or mop the floor.
- ◆ Tell her thank you for all the things she does for you every day.
- ◆ Arrange some surprises for her. An unexpected dinner date, flowers, jewelry, a love note. Surprise her and court her.
- ◆ Remember special occasions. Don't forget days that are special to her.
- ◆ Reaffirm how important your marriage is to you by telling her why it is important and showing her that she is important. Open doors for her, pull out her chair at dinner and honor her in front of others.
- ◆ Initiate doing something with her that she loves to do and then do it with her with willingness and joy.
- ◆ Be generous towards her. Look for ways to bless her.
- ◆ Help make your home a special place for her. Show a real interest in your house because it is very important to her that the house be a true home.

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Dear oneheart Wife,

I hope you are continuing to pray for your husband during this study. This week's project is a challenging project. Your husband wants to talk through the following questions about sexual intimacy with you. As difficult as the topic can be at times, communication is one of the necessary ingredients for successful romance and sexual intimacy. I pray that you will be encouraged and blessed by this effort.

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Also, please create a dream date list? Come up with at least five date ideas that would be really special and romantic to you. Your husband has been encouraged to make every attempt to initiate romance in your relationship and your dream date list will be a really big help.



Thank you for your willingness to participate.



dream dates

1.

2.

3.

4.

5.

