

# BARRIERS & BRIDGES TO ROMANCE

## *Experiencing Sexual Intimacy Series - Part 1*

### ➤ Romance – What is it?

The state in which one is captivated with the “wooing,” winning or keeping another’s affection by practicing other than ordinary words and actions intended to display and convey an attitude of heart and mind which is focused on and oriented to the one being “romanced.”

Or: Love made \_\_\_\_\_.

The love people yearn for includes \_\_\_\_\_.

### ➤ Barriers:

- Children
- Fatigue & Health Problems
- \_\_\_\_\_
- Ignorance of needs
- Finances
- Lack of creativity
- \_\_\_\_\_
- Lack of romantic skills
- Resentment
- Pace of Living
- “Own” mentality
- Stress & Worry
- \_\_\_\_\_
- Hobbies
- TV
- Computer
- Sarcasm
- \_\_\_\_\_
- \_\_\_\_\_

### ➤ Bridges:

1. \_\_\_\_\_ – creating the right environment, appealing to all 5 senses.  
*While the king was at his table, my perfume spread its fragrance. The mandrakes send out their fragrance, and at our door is every delicacy, both new and old, that I have stored up for you, my lover.*  
(Song of Songs 1:12; 7:13)
2. \_\_\_\_\_ & \_\_\_\_\_ – opening yourself to emotional intimacy.  
*The purposes of a man’s (person’s) heart are deep waters, but a man (mate) of understanding draws them out.* (Proverbs 20:5)
3. \_\_\_\_\_ & \_\_\_\_\_ – generating or learning new ways to be romantic.  
*Come, my lover, let us go to the countryside, let us spend the night in the villages. Let us go early to the vineyards to see if the vines have budded, if their blossoms have opened, and if the pomegranates are in bloom -- there I will give you my love.* (Song of Songs 7:11,12)
4. Expressions of \_\_\_\_\_ & \_\_\_\_\_ – communicating your love in words and deeds.  
*How beautiful you are, my darling! Oh, how beautiful! Your eyes behind your veil are doves. Your hair is like a flock of goats descending from Mount Gilead. Your teeth are like a flock of sheep just shorn, coming up from the washing. Each has its twin; not one of them is alone. Your lips are like a scarlet ribbon; your mouth is lovely. Your temples behind your veil are like the halves of a pomegranate. Your neck is like the tower of David, built with elegance; on it hang a thousand shields, all of them shields of warriors. Your two breasts are like two fawns, like twin fawns of a gazelle that browse among the lilies. Until the day breaks and the shadows flee, I will go to the mountain of myrrh and to the hill of incense. All beautiful you are, my darling; there is no flaw in you.* (Song of Songs 4:1-7)

5. Focus on \_\_\_\_\_ attributes.

*Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. (Phil. 4:8)*

6. \_\_\_\_\_ – going out of your way to do what pleases your mate. *Each of you should look not only to your own interests, but also to the interests of others. (Philippians 2:4)\*\**

7. \_\_\_\_\_ – spending regular amounts of it (quantity -- not just “quality”).

*If a man has recently married, he must not be sent to war or have any other duty laid on him. For one year he is to be free to stay at home and bring happiness to the wife he has married. (Deut. 24:5)*

- \_\_\_\_\_ time not left-over time.

- \_\_\_\_\_ it and keep it.

- \_\_\_\_\_

➤ **Romance Curve**

➤ **Focus**

**Love made \_\_\_\_\_**

***Now that you know these things, DO THEM. That is the path of blessing. (John 13:17 LB)***

***Just Do It!***

➤ **Couple Sharing**

1. What do you feel is the biggest barrier to romance in your marriage?
2. Which of the 7 Bridges would help the most with your barrier?
3. Which bridge would make your mate’s love the most obvious to you?
4. Plan and experience a 2 hour **romantic** date within two weeks.

***Women like to hear their husbands to say:***

- What can I do to help?
- I really want to understand what you're feeling
- I'd marry you all over again in a minute!
- Thank you!
- I was wrong. I'm very sorry.
- I'm the luckiest guy alive to have you as my wife.
- You look very beautiful...you are very beautiful.
- What do you think about...? (Value her opinion.)
- I love being with you.
- You are the prettiest person in this room.
- I really care.
- I admire the way you care for our children.

***Men like to hear their wives to say:***

- Thank you for working so hard.
- I feel really safe when I'm with you.
- You turn me on!
- If only my friends had husbands like you.
- You're a great father.
- I could watch you all day!
- I appreciate the way you handled that situation.
- Can I do something to help relieve your stress?
- When you do that (say that, act that way, etc.) it really makes me feel loved.
- I thought about you all day and couldn't wait to see you.