Chapter 5: The Sacred Room of Intimacy

Sacred rooms of Intimacy

- We have reservoirs in our hearts with the different capacities and purposes to house love.
- God’s purpose in relationships are distinct - with boundaries and varying levels of intimacy
- We can’t deny or switch the relational rooms. They exist for a purpose and have a spiritual law of cause and effect attached to them.
- If violation, sin and other dysfunction has occurred in the rooms of our heart meant for deep intimacy, there will be devastating consequence
- God is a Redeemer - there is nothing that can obstruct our wholeness - despite the empty places in our heart where people have violated us or where disconnect has occurred - we can trust in God’s enoughness.

A Temple for Intimacy

- The OT temple was designed to restore people to mankind - but it created a system that highlighted the distinction between holiness and sin.
- The three levels of the temple reflected the varying levels of intimacy requirements - what needed to occur to be in God's presence.
- Blood sacrifice was required to atone for sins - this was one of the main temple functions
- The exacting nature of the processes and laws of OT demonstrate the fierceness of God’s holiness
- The OT temple was replaced by the heart of the Believing Christian. We now house a spiritual temple where God can manifest Himself in our lives. The blood sacrifice of Jesus Christ gave Him access into us, and therefore that sacrifice is operating in our lives 24/7.

Holiest of holies

- The temple had a holy and reserved area called the Holy of Holies that offered God an actual dwelling place where He can manifest His “Shikeniah Glory”.
- It was the closest thing on earth of experiencing and encountering God. However, because it was so holy, it could only be entered by the High Priest who had performed a variety of purification rituals.
- In our lives, the Holy of Holies is located within our hearts. When Jesus died on the cross, the veil of separation was torn in the physical temple to signify that the wall of separation has been eliminated, thereby giving us literal access directly to God (Mark 15:38). This access point of God is now located directly in the heart of a believer - the room we’ve mentioned already as the “sanctuary” that has been set apart for God.
- When this room is filled with God, we have the opportunity experience His actual presence.

Intimacy with God

- To understand the spiritual principle, marriage is the closest relationship with understanding how we are meant to operate with God.
- The message of Jesus Christ is that we are to experience such closeness to Him that we are to be “One” with Him. This means our hearts become merged together, and we develop the same affections, desires, interests, plans dreams and goals, yet we are uniquely and totally two separate people.
- In our merging together with the heart of Jesus, we in no way lose our unique and personalized thumbprint. We enter into a relationship where He affirms, but doesn't
remove our individuality. At the same time, He purifies us so that our daily experience will align with His mind, His will and His plans for our life.

* Purification is the essential ingredient of all forms of intimacy because sin always brings separation. This why understanding that we house the blood sacrifice of Jesus Christ within us is so monumental.

* Intimacy with Jesus Christ is beyond any physical, sexual encounter or emotional bond we can experience.

6 Faulty Intimacy Styles with God

- While we had a connection, often failed to step into the area of intimacy with God.
- Because intimacy was skewed in our human relationships, it affected our intimacy styles with God.
- We misunderstood God’s expectations - we saw our Christian “functions” as intimacy - believing that merely reading the Bible, attending church on Sundays and faithfully participating in Bible studies could draw us close to God. Since we had never experienced anything deeper, we honestly believed that we were doing our part.
- God didn’t want us to “do” for Him (law), but to know Him (grace.)
- God wanted us to know Him, not “do” for Him.

7 Intimacy with God

- Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ and become one with him. I no longer count on my own righteousness through obeying the law; rather, I become righteous through faith in Christ. For God’s way of making us right with himself depends on faith. I want to know Christ and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death, so that one way or another I will experience the resurrection from the dead! Philippians 3:7-10

8 How God Knows Us

- We can misunderstand how God knows us.
- The beautiful truth is that as our Maker, He already knows us perfectly because He engineered our life from own hands and heart. He not only accepts us, but honors and embraces each facet of our being. In fact, He carries a special room in His own heart with our name written on it. That name is also written in Lambs Book of Life, where it will be used to enable us direct access into His eternal kingdom.
- As wonderful as the reality of God intimately knowing us may be, when it comes to working that into our heart, the battle isn’t ever how God actually sees us, but how we see ourselves and perceive He sees us.
- Law versus grace – what I do for Him, what He’s done for me.

9 Inner Courts of Intimacy

- The inner court of temple was reserved for sacredness and holiness – purification and cleanliness was of the utmost priority.
- The inner circle of our intimacy is designed for sacredness.
- Each human relationship is designed by God to someone reflect an attribute of His character.
- Intimacy allows us designated human relationship that in someway were meant to reflect an attribute of God.
The Importance of Human Intimacy

- The sacred role of our inner court are meant to be people who know us, love us and have our best interest at heart.
- God created the family system and our spiritual communities to house these special places in our heart where we can be validated and affirmed in our specific purposes and identity.
- Through intimate human relationships, we have the opportunity to be seen up close and personal, rather than just blend in with a larger crowd. Just as a birds eye view diminishes details, without these intimate relationships, the details of our identity and special qualities would also fade. Through intimacy, we also have people who are deeply involved and concerned about our well being.
- The most damaging thing in our hearts occurs when the people intended for these places of intimacy enter our lives contaminated and unhealthy. They in essence get access into a space that they in turn impute unhealthy and unsafe things into. This causes an area meant to be preserved for purity and precious intimacy to become obstructed and damaged in its purpose.

Mother

- Provided physically, emotionally and spiritually – most profoundly impacting us at a young age.
- For a girl – she helps define her imagine – physically and sexually. Show her how to love
- For a boy – she helps him to develop a sense of women. She teaches him how to be loved by a woman
- The lack of physical touch and emotional connection with a mom can break our intimacy styles if we do not receive intervention.

Father

- Holds the strong leader role of provider and disciplinary. He is meant to be physically, emotionally and spiritually available. He sets the “heartbeat” of the home.
- For a girl – she desperately needs his attention and affection. How he loves her will determine how she perceives the way men should love her
- For a boy – He views himself through his father’s eye – a father is a role model to Him

Parenting Intimacy Breakdowns

- A parent is absent due to death, divorce or abandonment.
- The gender role of intimacy is absent - a parent is physically present, but emotionally and spiritually detached.
- A parent tries to fill their own intimacy needs through us inappropriately.
- A parent abuses us physically, emotionally, sexually or spiritually

Intimacy with Ourselves

- If we were broken at a young age, we learned it was not okay to be ourselves
- This perpetuated the entire cycle of codependence
- Part of recovery requires that we become intimately connected to our true selves
- If we are continually playing an imposter role, we are not able to move forward into
authentic recovery - or God's authentic purpose in our lives

**Sibling Intimacy**
- The sibling role introduced us to peer relationships - and the dynamics of sharing and caring.
- It also taught us competition - trying to go after something that others were also in need of.
- Sibling issues can impart deep wounds in us - should not be minimized as “child's play” when abusive and damaging issues occurred.
- These relationships are so sensitive that they can affect our ability to connect in future peer relationships.

**Peer Friendships**
- Our intimacy styles learned in family of origin will first be displayed in outside friendships.
- If our family was unhealthy we will be more prone to rely on outside friendships.
- If we have rejection patterns, we will be more prone to connect in unhealthy ways to find acceptance.
- In this generation there is a heavy reliance of friendships in the teen years because of the absence and dysfunction of the family system. (Breeding ground for codependence).

** Dating**
- How we learned to connect and draw closer to the opposite sex through dating is reflective of our ability to be in long-term committed intimacy roles.
- If we are walking with the Lord we will be led by those principles. We'd have the wisdom and discernment to take the time to get to know the person, note weaknesses, strength, etc. Our adequacy in Christ would overcome any sense of desperation for marriage.
- However, if we dated out of brokenness, we were prone to connect to people quickly, and often were drawn by physical attraction or emotional need.
- If physical touch and sexual relations were introduced, an unhealthy soul tie formed, thus we were unable to continue to build the relationship in any form of healthy way. Once sex is introduced, all healthy intimacy ceases.
- We will fall for an “ideal” and be overcome by an unhealthy desire, only to have to piece through and deal with the character issues of that person later down the line.

** Marriage**
- There is no space deeper in our Inner Court than that reserved for a marriage spouse.
- In fact, all other relationships in our lifetime are meant to support this one relationship.
- The Bible commands that we “leave and cleave” as we move from parental dependence into the marriage relationship.
- This essentially supports the notion that we detach from parental authority and attach to a deep, lifelong commitment to our marriage partner.

** Marriage & Intimacy**
- For those of us that get married, whatever we bring with us at the point of entering into a marriage relationship will determine it’s end result.
- If we had the love of God and a healthy identity, we have the tools to make marriage work. But minus a spiritual connection and healthy identity, we are prone to enter unequipped.
- Healthy dating versus soul tie.
- It’s possible to enter into marriage with no form of healthy bond in place.
**Types of Marital Intimacy**
- Spiritual
- Above any other relationships, the marriage union is spiritual
- It’s entire design is to mimic the relationship Jesus Christ has with the church
- It is defined as “oneness” while maintaining unique and personal identity

**Marriage Intimacy**
- Agape love is the only form of love that can solidify and make marriage last
- This is an unconditional love
- Most of do not enter into marriage with agape. We have some form of self agenda attached.
- Marriage requires the ultimate form of “dying to self” – but it must be done in a spiritual context – not a codependent context.
- When “worse” outweighs “better”, we don’t have the resources to deal with it unless the love of God prevails.
- When love is absent, it’s always a spiritual root- we can’t “fall out of love” when agape is present - the entire point of it is a holy love that is drawn from God, not us.

**Marriage & Intimacy**
**Grace**
- The entire mechanism of intimacy occurs in an environment where love is present, but cleansing occurs
- All sin leads to separation – therefore, without a method to cleanse, it will leave continual damage to intimacy
- If shame takes root in our lives both as individuals and as a marriage partner, we will focus on sin and shortcomings, and live out the relationship with a sense of rejection, hostility and unworthiness.

**Marriage & Intimacy**
*Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. – Ephesians 5:25-27*  
- While this scripture is a command to the husband, the mutual exchange of grace is needed in the marital bond in order to solidify it.
- In our personal journey of spirituality, we learned that our bodies are now the temple that house the Holy Spirit. Therefore, we learned we need access to the cleansing agent of grace and forgiveness to maintain our intimacy to God.
- By design, the marriage relationship needs to be kept under this same purification process.
- A constant process of love, grace and forgiveness is a strict requirement for the maintenance of intimacy.
- Therefore, that sanctuary must operate in the hearts of each partner in order to solidify an intimate bond.

**Marriage to an Unbeliever**
- Being unevenly yoked to an unbeliever is a profoundly difficult trial – we can’t be “one” with someone who doesn’t know the Lord in a spiritual sense
- However, God calls us to stay in those relationship whenever possible
Redemption can occur when we learn how to handle our side of the relationship correctly. 
Real love is radical - the more difficult the situation, the more we will learn the way God loves us. When we face rejection and difficulties in our marriage, we can find comfort and fellowship in what Jesus experiences every day of His life.

Mental Intimacy

- Sharing, communicating and honestly speaking to each other is an important aspect of marriage.
- The moment we become dishonest, or use our words to harm each other, intimacy is breached.
- Mental manipulation occurs when speak indirectly and “around things”
- Healthy mental intimacy occurs when we state our need plainly and share goals and plans openly.

Intimacy in the Will

- Giving up our personal preferences and desires to love our spouse is an act of intimacy of the will.
- When we choose to die to ourselves so that our spouse can somehow reap a benefit, we are loving our spouse as Jesus loves us.
- While learning to submit our will in love is important, if in the course of the relationship we give up our ability to make choices in order to please or accommodate the other, we are no longer operating under intimacy.
- Furthermore, if we endure any form of abuse or extremely controlling behavior in our marriage, our will can be shattered, violated and disrespected so grossly all forms of intimacy will be lost. We may become extremely defensive and protective in all our relationships as a result.
- That’s because God designed that relationships operate from a free will. In our relationship with Jesus, He respects and honors our right to choose, and never imposes Himself on us without permission. In the same way, a marriage is meant to allow two people with unique beliefs, thoughts and decisions.

Sexual Intimacy

- Sex is a gift to the marriage relationship - a beautiful portrayal of spiritual intimacy.
- But even more amazing, physical intimacy produces human life. God is actually the giver of life, so this displays the reality of the life of Jesus Christ more than any other functions of our humanity.
- The ability to form a human life under the context of true spiritual, emotional and physical intimacy is the highest form of intimacy known to the human race.
- Not only that, but God desires and honors it. He created sexual relationships to be pleasurable.

Sexually void relationship is the pathway of unfaithfulness – although it’s never excusable.

Do not deprive each other of sexual relations, unless you both agree to
refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won’t be able to tempt you because of your lack of self-control. – 1 Corinthians 7:5

- Infidelity
  - Infidelity is a horrifying and obstructive act to the sacred marital relationship
  - We bring a third party into our marriage – thus break the very purpose of marriage
  - Sexual relations are of the most painful degree, but we can have emotional affairs that can be just as damaging
  - Most all infidelity has other roots attached – the relationship contained intimacy problems prior to the straying.
  - Healing is possible – we will address this in Chapter 6
  - Remember, that God describes His spiritual relationship as that of adultery – therefore we can relate His pure desire for our hearts in the same context as marital unfaithfulness – and even more so because God is holy.

- Being Single
  - Singleness is a gift
  - Some people God created to remain or be single, others He is preparing for marriage
  - The benefit of singlehood is a complete intimacy and affection for God with nothing in this earth interfering.
  - The disadvantage is the experience of loneliness. We need to pray and ask God for wisdom in His plan for us – to give us grace to be single or to prepare our heart for healthy marriage
  - Being single in recovery has tremendous value and opportunity – we should embrace it.