



So they are no longer two,
but one flesh.
Therefore what
has joined
together, let no one separate.
- Matthew 19:6

Part of the definition of intimacy is a close familiarity/friendship and a closeness of observation or knowledge of a subject.

Before my husband and I began dating, we were coworkers and friends. One day, I noticed him gazing at me and asked if he needed something (I thought he may have been trying to get my attention), but he said "no" and proceeded to gaze. I felt a little nervous and knew at that moment he must be smitten by me! Once we were dating, I always felt as though the way he'd look at me told me more than any of his words could say. In just

his gaze, I felt all the love he had for me and made me feel like one in a million. When I asked him what he was thinking about that one day, he told me he was thinking "She could be the mother of my children."

Nowadays, with all the busyness between work, raising children, vast forms of technology, etc. it can be difficult at times to be in the moment as a couple. There is an exercise which studies have shown increase intimacy within just a few minutes. In this exercise, you spend just 4 minutes looking into each other's eyes. Once the time is up, you tell each other what you were thinking about and how you felt.

Love Challenge: This week take a 4-minute break out of each day to gaze at one another and tell each other how you feel! If you want to go for longer, feel free! Don't let the day to day distractions take you away from being in the moment with your spouse!