

30 DAY

*Intimacy Challenge*

SINGLES GUIDE



## 10 EMOTIONAL NEEDS EXPLAINED

1. **Affection** (the expression of love in words, cards, gifts, hugs, kisses, and courtesies; creating an environment that clearly and repeatedly expresses love).
2. **Sexual Fulfillment** (a sexual experience that brings out a predictably enjoyable sexual response in both of you that is frequent enough for both of you).
3. **Conversation** (talking about events of the day, personal feelings, and plans for the future; showing interest in your favorite topics of conversation; balancing conversation; using it to inform, investigate, and understand you; and giving you undivided attention).
4. **Recreational Companionship** (developing interest in your favorite recreational activities, learning to be proficient in them, and joining you in those activities).
5. **Honesty and Openness** (revealing positive and negative feelings, events of the past, daily events and schedule, plans for the future; not leaving a false impression; answering questions truthfully and completely).
6. **An Attractive Spouse** (keeping physically fit with diet and exercise, wearing hair and clothing in a way that you find attractive and tasteful).
7. **Financial Support** (the provision of financial resources to house, feed, and clothe your family at a standard of living acceptable to you, but avoiding travel and working hours that are unacceptable to you).
8. **Domestic Support** (creation of a home environment for you that offers a refuge from the stresses of life; management of the home and care of the children—if any are at home—including but not limited to cooking meals, washing dishes, washing and ironing clothes, housecleaning).
9. **Family Commitment** (scheduling sufficient time and energy for the moral and educational development of your children; reading to them, taking them on frequent outings, developing the skill in appropriate child-training methods and discussing those methods with you; avoiding any child-training methods or disciplinary action that does not have your enthusiastic support).
10. **Admiration** (respecting, valuing and appreciating you clearly and often).

## YOUR SINGLES NEEDS

Below, write your top 5 emotional needs from your questionnaire.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

Notes: \_\_\_\_\_

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What 2 emotional needs repel you the most?

1) \_\_\_\_\_

2) \_\_\_\_\_

Notes: \_\_\_\_\_

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# Additional Resources:

## Biblical Womanhood

- *Recovering Biblical Manhood & Womanhood* by John Piper & Wayne Grudem
- *Feminine Appeal* by Carolyn Mahaney
- *Shopping for Time: How to Do it All and NOT be Overwhelmed* by Carolyn Mahaney
- *Biblical Womanhood in the Home*

## Biblical Manhood

- *Recovering Biblical Manhood & Womanhood* by John Piper & Wayne Grudem
- *What He Must Be* by Voddie Baucham
- *Sex, Romance and the Glory of God: What Every Christian Husband Needs to Know* by C.J. Mahaney
- *Church Planter: The Man, The Message, The Mission* by Darrin Patrick

## Marriage

- *The Five Love Languages: The Secret to Love that Lasts* by Gary Chapman
- *His Needs, Her Needs: Building an Affair Proof Marriage* by Willard Harley
- *God, Marriage & Family* by Andreas Kostenberger
- *This Momentary Marriage* by John Piper
- *Sacred Marriage: What if God Designed Marriage to Make us More Holy Than to Make us Happy?* by Gary Thomas

## Dating

- *Going all the Way: Preparing for a Marriage that Goes the Distance* by Craig Groeschel
- *Boundaries in Dating* by Henry Cloud & John Townsend
- *Boy Meets Girl* by Joshua Harris

## Sex

- *The Sexually Confident Wife: Connecting with Your Husband Mind, Body, Heart & Spirit* by Shannon Etheridge
- *Intended for Pleasure: Sex Technique & Sexual Fulfillment in Christian Marriage* by Ed & Gaye Wheat
- *The Sexual Man* by Archibald Hart
- *Secrets of Eve: Understanding the Mystery of Female Sexuality* by Archibald Hart
- *Sex and the Supremacy of Christ* by John Piper

## Porn & Sexual Addiction

- *Closing the Window: Steps to Living Porn Free* by Tim Chester
- *Sexual Detox: A Guide for Guys Who are Sick of Porn* by Tim Challies
- *Wired for Intimacy: How Porn Hijacks the Male Brain* by William Struthers
- *Sex is not the Problem (Lust is)* by Joshua Harris
- *Pure Eyes: A Man's Guide to Sexual Integrity* by Craig Gross & Steven Luff
- *Intimate Issues* by Linda Dillow
- [www.covenanteyes.com](http://www.covenanteyes.com) and [www.xxxchurch.com](http://www.xxxchurch.com)<sup>1</sup>

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<sup>1</sup> This website is a resource for those who need accountability or are looking for help in being free from a porn addiction.

## Parenting

- *Gospel Powered Parenting: How the Gospel Shapes and Transforms Parenting* by William Farley
- *Gospel Centered Family* by Tim Chester
- *Family Driven Faith: Doing What it Takes to Raise Sons & Daughters who Walk with God* by Voddie Baucham
- *Girl Talk: Mother-Daughter Conversations about Biblical Womanhood* by Carolyn Mahaney & Nicole Mahaney Whitacre
- *Shepherding a Child's Heart* by Paul David Tripp
- *Give them Grace: Dazzling Your Kids with the Love of Jesus* by Elyse Fitzpatrick

## Family Worship

- *Jesus Storybook Bible: Every Story Whispers His Name* by Sally Lloyd-Jones
- *Big Truths for Little Kids*
- *The ESV Student Study Bible*
- *The ESV Illustrated Family Bible*
- *Big Thoughts for Little Thinkers*

## Moving from Your Past

- *Total Forgiveness* by R.T. Kendall
- *You Can Change* by Tim Chester
- *Redemption: Freed by Jesus from the Idols we Worship and the Wounds we Carry* by Mike Wilkerson
- *The Prodigal God* by Tim Keller
- *The Grace of God* by Andy Stanley
- *How to Forgive Ourselves Totally* by R.T. Kendall