

Module Eleven

# Building a Permanent Intimacy Culture

*“Couples who maintain deep sexual intimacy for decades are not lucky. They are intentional. They have built a marriage culture that treats intimacy as something to be protected, tended, and returned to.”*

**Complete this worksheet individually before sharing with your spouse. Honesty here is more important than comfort. There are no wrong answers — only honest ones.**

## MODULE FOUNDATIONS

- 1 A permanent intimacy culture begins with a shared theology — both spouses understanding that sexual intimacy is a covenant responsibility, not a**
- 2 Daily rituals — the six-second kiss, meaningful physical greeting and farewell, non-sexual touch without agenda — are not romantic gestures but neurological maintenance; they keep the body’s bonding system activated between sexual encounters.**
- 3 A protected date culture is the structural foundation of sustained intimacy — couples who maintain a consistent, non-negotiable weekly date report**
- 4 Periodic honest conversation about the sexual relationship — what is working, what is not, what each spouse needs — prevents the silent accumulation of unmet needs that eventually produces shutdown, withdrawal, and resentment.**
- 5 Couples who pray together, serve together, and maintain active spiritual connection report consistently higher sexual satisfaction — because the spiritual bond and the physical bond draw from the same relational well.**

SECTION  
1

## Taking Stock

*This is the final worksheet in the course. It is less about diagnosis and more about design. You are building something that will outlast the curriculum.*

**1. Looking back across all eleven modules — which one surfaced the most important issue in your marriage? Not the most uncomfortable — the most important.**

**MY ANSWER:**

**MY SPOUSE'S ANSWER:**

**2. Which of the commitments you made across the previous ten worksheets have you actually kept? Which ones have you not yet acted on? Commitments kept: \_\_\_\_\_ Commitments not yet acted on: \_\_\_\_\_**

**My score then /  
now:**

—  
—  
—  
—

**My spouse's score then  
/ now:**

—  
—  
—  
—

**Compared to**

SECTION  
2

## The Daily Culture

*These questions design the practices that will hold everything else in place – small enough to do every day, consistent enough to matter.*

**4. Which of the following daily connection practices are currently consistent in**

**Meaningful greeting after time apart**

**Six-second kiss at least once per day**

**Meaningful goodbye – more than functional**

**A genuine daily check-in**

**Non-sexual physical touch daily**

**Prayer together before sleep**

**5. Design your daily intimacy ritual – the one specific practice you will protect every single day regardless of how the day has gone. Name it, describe it, and agree on it together.**

SECTION  
3

## The Weekly Culture

*The protected weekly date is the structural foundation of everything else.*

**6. Do you currently have a protected weekly date – non-negotiable, not consumed by logistics, treated as an appointment neither of you cancels on the other? Circle one: Yes – consistently – Occasionally – Rarely – No If not consistently: what has prevented it, and what specific change would make it possible?**

**7. Design your weekly date structure: Day: \_\_\_\_\_ Time: \_\_\_\_\_  
Who plans: \_\_\_\_\_ What non-negotiable means for us: \_\_\_\_\_**

SECTION  
4

## The Ongoing Conversation

*The couples who maintain intimacy are the ones who keep talking about it — not in crisis, but as regular maintenance.*

**8. How often will you have a direct, honest conversation about the sexual dimension of your marriage — not in crisis, but as regular maintenance? Name a specific frequency and format.**

**9. When the sexual intimacy in your marriage begins to drift — as it will, in every marriage, at some point — what is the agreed signal that tells both of you it is time to name it and address it rather than let it deepen?**

SECTION  
5

## The Theology You Are Living

*Module 1 established that sex in marriage is a covenant act. Having completed this course: how has your theology of sexual intimacy changed?*

**10. How has your theology of sexual intimacy changed through this course? What do you understand now that you did not understand when you began?**

**MY ANSWER:**

**MY SPOUSE'S ANSWER:**

SECTION

## The Covenant Statement