

The image features a close-up of two hands from Michelangelo's famous fresco, 'The Creation of Adam'. The hand on the left is extended towards the right, with the index finger pointing towards the other hand. The hand on the right is also extended towards the left, with the index finger pointing towards the first hand. The hands are rendered in a realistic style with detailed shading and anatomical accuracy. The background is a light, textured surface, likely the original plaster of the fresco.

Two Becoming One Flesh

Dr. Todd Frye

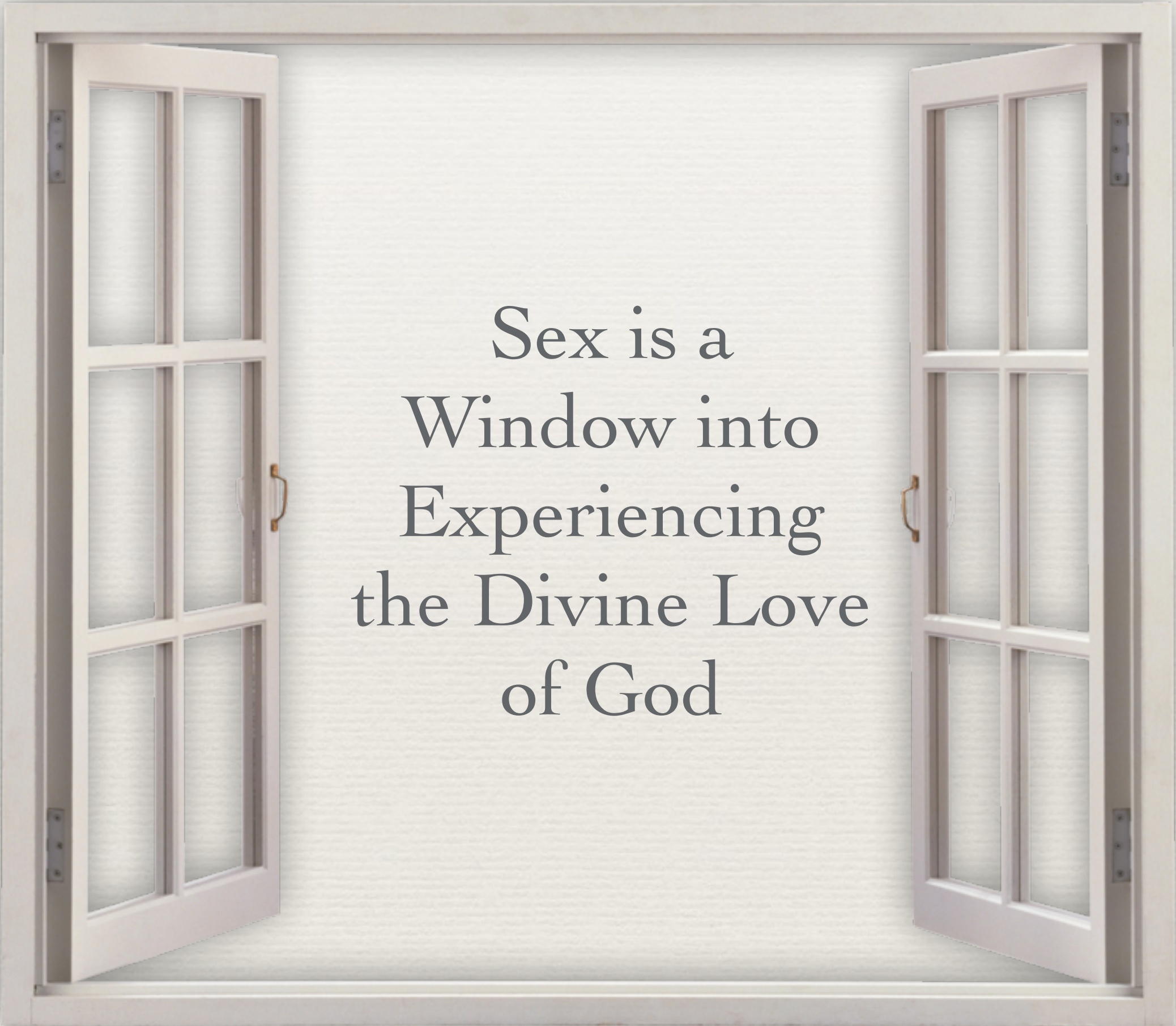
Two Becoming One Flesh

- ✦ This is why a man leaves his father and mother and bonds with his wife, and they become one flesh. Both the man and his wife were naked, yet felt no shame.

Genesis 2:24

- ✦ For this reason a man will leave his father and mother and be joined to his wife, and the two will become one flesh

Ephesians 5: 31-33



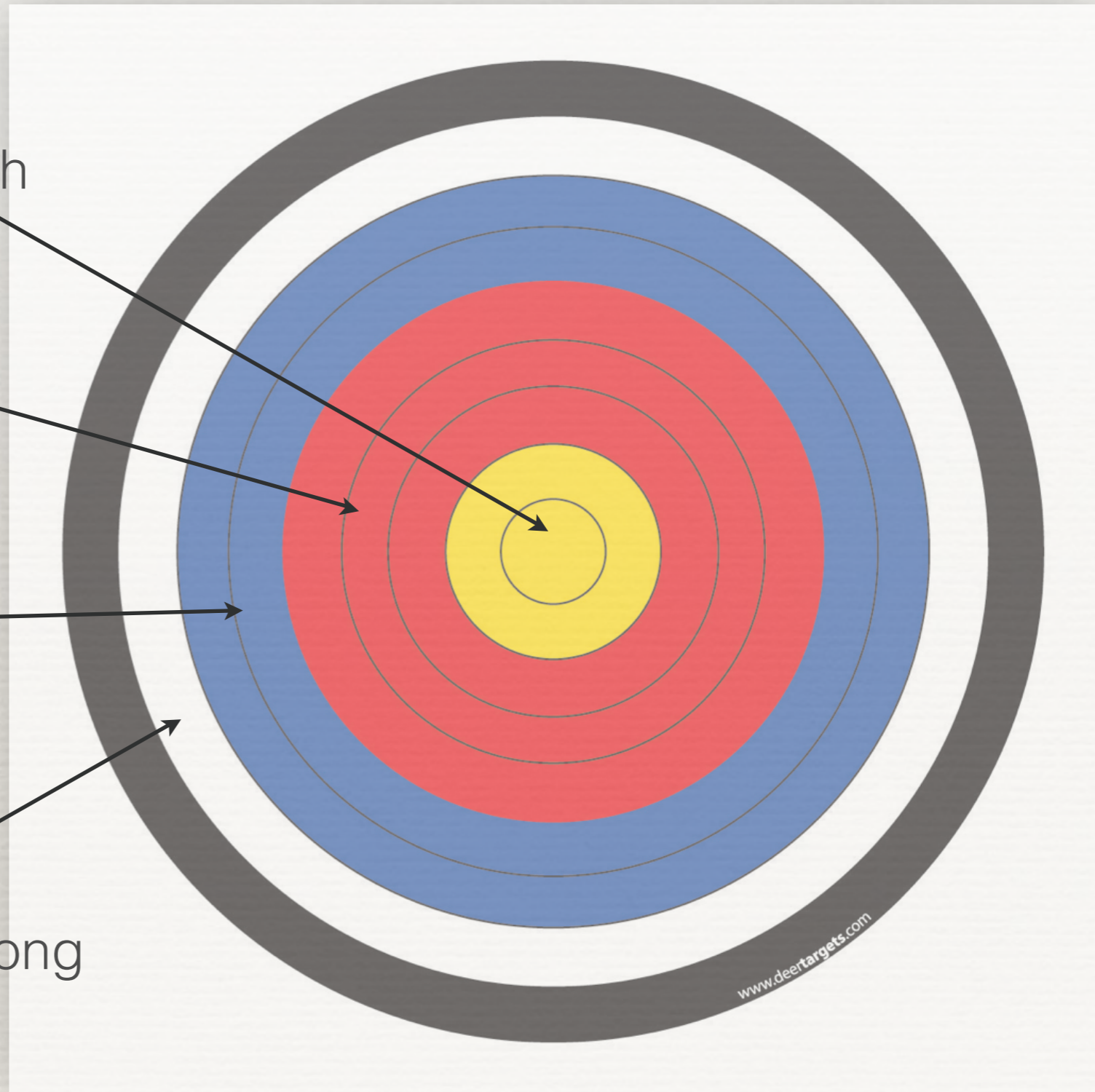
Sex is a
Window into
Experiencing
the Divine Love
of God

Theology of Sex

- **Intimacy, vulnerability, acceptance, and love** is at the heart of God's divine nature.
- Human beings **crave intimacy** (both giving and receiving) because they **bear** the image of God.
- Within marriage, sex is a **gift** from God that allows us to experience His **divine nature**.
- Sex is a a unique experience where elements of **intimacy, vulnerability, and acceptance** are intensely present, therefore becoming a powerful window into the divine nature and **love** of God.
- Through **giving** one's body to another, husband and wife **grow closer** to each other and in turn to God (St. John of the Cross)—one flesh union—deep connection.

Types of Connectedness

- **Divine Connectedness**
satisfaction through intimacy with God
- **Intimate Connectedness**
satisfaction through intimacy in marriage
- **Relational Connectedness**
satisfaction of close friendship needs.
- **Collective Connectedness**
satisfaction with the need to belong to a meaningful group



Loneliness

Unloneliness /
Divine Love

Intimate Connection

satisfaction through
intimacy in marriage

Physical/Sexual Intimacy

Emotional Intimacy

Spiritual Intimacy

Intellectual Intimacy

So What Gets in The Way?



What Gets in the Way?

Thoughts that move us away from
intimacy, vulnerability, acceptance, and love.

- ♦ **Sexual Pressure**

- ♦ “I should always be ready, anytime.”
- ♦ “I should feel guilty when there are times I don’t want sex.”
- ♦ “I should compromise what is comfortable to please.”

- ♦ **Sexual Expectations**

- ♦ “I am responsible for my partners sexual happiness.”
- ♦ “If I don’t do a good job they will go somewhere else and it will be my fault.”

- ♦ **Body Image**

- ♦ “If my body does not feel/look good to me how will it feel/look good to them?”

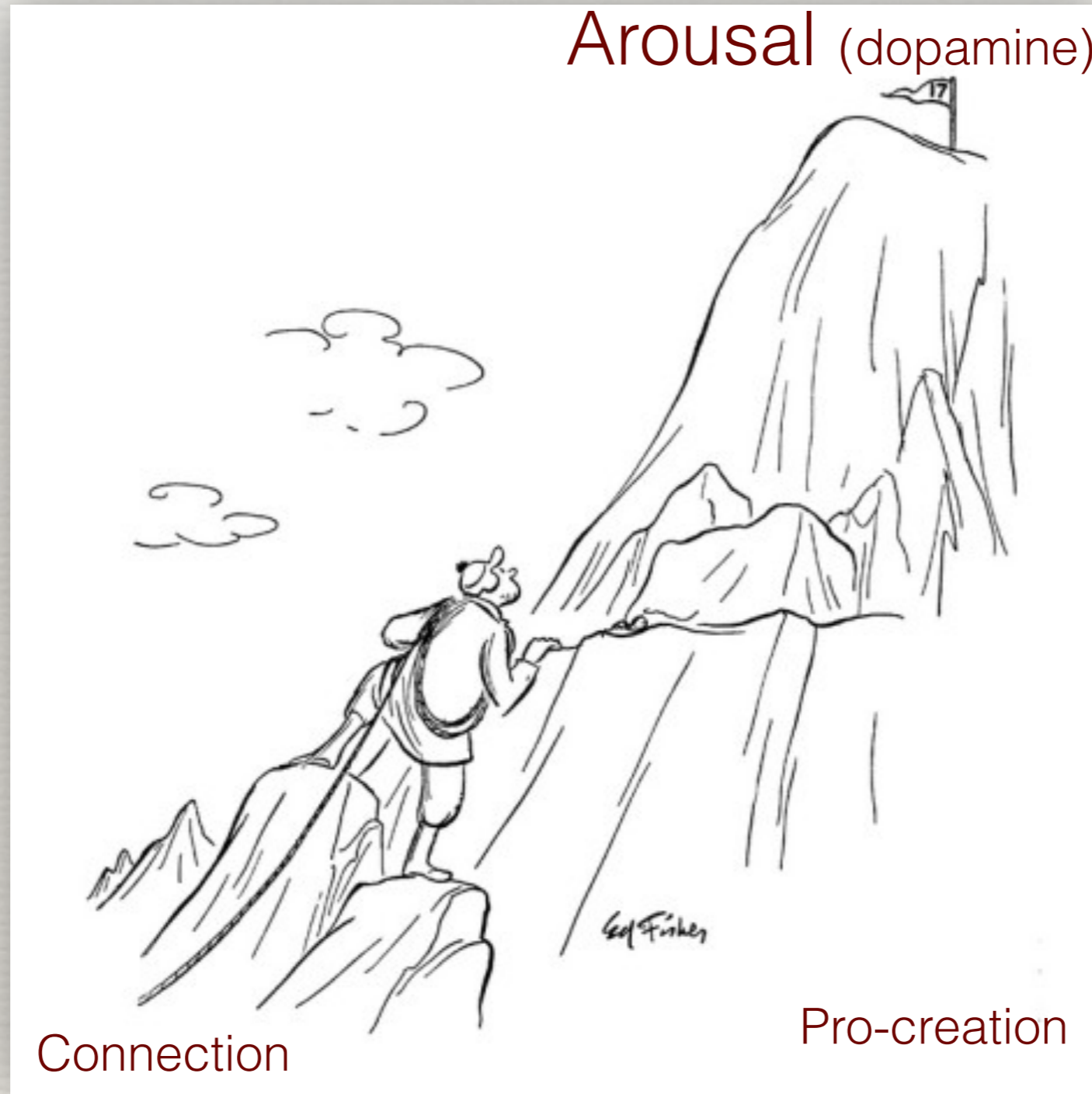
What Get's in the Way?

dishonoring our natural rhythms and life demands



What Get's in the Way?

Buying off on our cultures view of sex



What Gets in the Way?

Spending too much time in the wrong places

DESIRE



AROUSAL

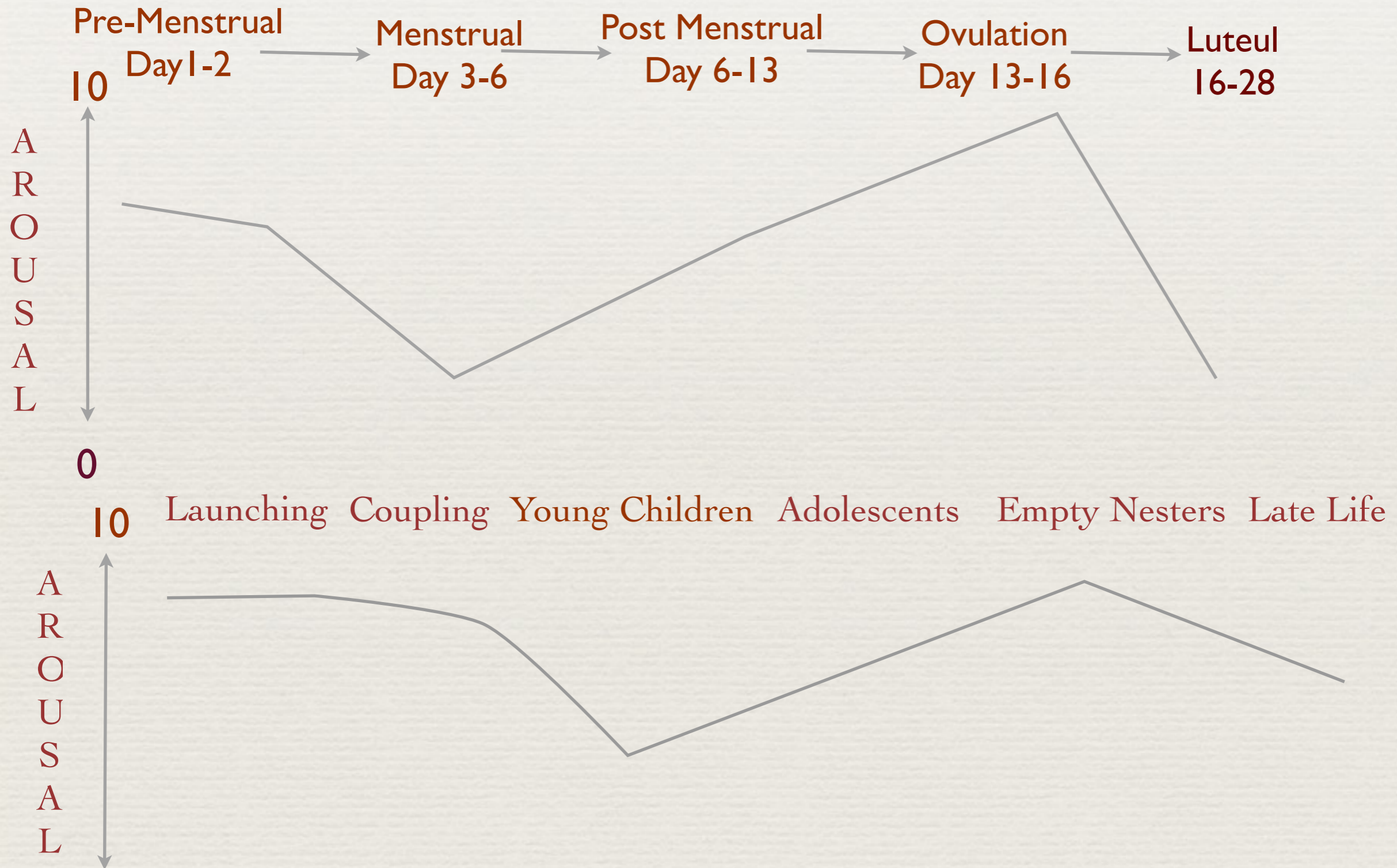
SEX



Practical Steps

Practical Steps

- ♦ Honor the **rhythms** God has put into place



Practical Steps

- ◆ Honor times of **resolution**
 - ◆ Practice **connectedness** (Dr. Brene Brown)
 - Have **COURAGE**-latin “cor”(heart). To tell the story of who you are with your whole heart.
 - Have **COMPASSION**
 - Be **AUTHENTIC**
 - Embrace your **VULNERABILITY** (what made them vulnerable made them beautiful)
 - Practice **CARE** (Dr. Allen Schore)
 - curious, accessible, responsive, engaged

Practical Steps

- ♦ Honor **Touch**

- ♦ Practice **non-sexual touch**

- **Oxytocin**

- selfless desire to be close
 - reduces selfish sexual cravings
 - calms us down

- **How do we produce it?**

- caring touch
 - Selfless giving or caring for another as a parent would a child.
 - Sexuality that is more caring and less about pleasure encourages the body to pour more oxytocin to the brain.

Practical Steps

- ♦ Honor sex for **connection**
 - ♦ Preoccupy yourself with the innermost not the outermost
 - ♦ Engage in mutual giving and receiving
 - ♦ Allow arousal and pro-creation to follow connection
 - ♦ Allow times of NO, so YES really means YES

Practical Steps

- ♦ Honor it's **place**
 - ♦ Created to point us to divine love (icon) and for connection.
 - ♦ Created to be part of a whole, not on it's own.
 - ♦ Created to fall within the natural rhythms of life.
 - ♦ Created for mutual caring and receiving.
 - ♦ Created as a gift for connection, pleasure, and procreation.

Join me on March 3rd

Christ Community Church Olathe 9-6

Steps Toward Achieving The Connection We Were Made For

Four Types Of Intimacy

Created for Connection

Hosted by: Marriage Ministry

*A Seminar To Help Couples Cultivate
the Closeness They Were Made For*



Led by
DR. TODD FRYE

Saturday, March 3, 2012

9:00am Morning Session

11:30am Lunch (*on your own*)

1:00pm Afternoon Session

LOCATION:

Christ Community Church of the Nazarene
21385 College Blvd.
Olathe, KS 66061



COST:

\$35/person (by March 1st)

\$50/person (after March 1st)

Get Tickets

There is something within each of us that hungers to be connected in a way that assures us of such elemental traits of love such as acceptance, comfort, significance, security, and joy. However, the struggle to stay connected with one another in a world that demands so much from us is a very common struggle for couples.

This seminar will help you discover the universal emotional, psychological, and sexual longings to feel deeply connected with your spouse. It will address the difficult patterns that couples often form in this struggle to connect. Dr. Todd will tackle the important topics of emotional and sexual intimacy. Whether you are newlyweds or seasoned, peaceful or at odds, deeply wounded or just wanting a tune-up, the Created for Connection Seminar can help you achieve the love relationship for which you were made.