



UNDERSTANDING A WOMAN'S HEART

INTIMACY

workbook **kenny luck**

Being God's
man series

GET HEALTHY

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INTIMACY

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How to Use This Study Guide

Welcome to an eight-week journey into understanding a woman's heart. Before you get started, here is some helpful information about the different elements you'll encounter within the study:

KEY VERSES AND GOALS FOR GROWTH // Review these items as you prepare for each group meeting. They reveal the focus of the study for the week, will be referenced in Kenny's video message, and will be used in the Connect with the Word personal study time.

INTRODUCTION // This is designed to introduce your study for the week. You will want to read this before your group meets so you'll better understand the topic and the context for your time together.

PERSONAL TIME: CONNECT WITH THE WORD // Complete the Connect with the Word section before each small-group meeting. Consider this section your personal Bible study for the week.

GROUP TIME: REVIEW // The first question in this section is designed to provide you with an opportunity to talk about what God has been revealing to you in your personal time with Him during the past week. The second question is an icebreaker to help you ease into the study topic for the week.

GROUP TIME: VIDEO TEACHING // This listening guide gives you an opportunity to fill in the blanks on important points as you view the video message from Kenny.

GROUP TIME: VIDEO FEEDBACK // This section is designed to facilitate follow-up discussion regarding what you heard from the video message and how you were effected.

GROUP TIME: CONNECT WITH THE GROUP // This portion of your weekly meeting will give you an opportunity to connect with the other men in your group by discussing truths from the Scriptures and the topic for the week and encouraging one another.

WRAP // This section serves as a conclusion to the group time and summarizes key points from your group meeting each week.

Can You Relate?

You probably already know how easy it is to get into a relationship with a woman, but it's not as easy to make the relationship work well. It takes energy. It demands effort. It requires education.

Want some great news? God offers help, if we choose to accept it. But there's a catch: God's man must truly connect with God's purposes before he can truly connect with his wife (or potential bride).

In the end, a God's man finds that connecting with a woman can't only be about pleasing her but about pursuing God's plan for his life. It's about following that plan faithfully and obediently. It's about seeing relationships as instruments for making you into the man God wants you to be. It's about pursuing the truth about yourself, recognizing when God (not your wife or girlfriend) is calling you to change, and then making the change for Him. It's about getting in touch with the passion and love of Jesus Christ, allowing His acceptance and forgiveness of you to produce deeper appreciation and acceptance of her. It's about becoming like Jesus Christ who was free to love, engage with, and serve others radically. He could do this because He lived for an audience of One.

This same Jesus lives in you.

Our goal in this study is to stimulate personal reflection and honest dialogue. As you work through each session, look at your own life and ask yourself some hard questions. Whether you are doing this study individually or in a group, complete honesty with yourself, with God, and with others will produce the best results.

May you experience great blessing as you risk becoming God's man in your relationship and grow in your understanding of a woman's heart.

Trust!

“I Want the Right Motive”



The foundation of true connection is trust, and trust thrives when two people feel safe with each other. A relationship becomes “unsafe” for a woman when she has to push or nag a man to get what she needs. The right motive for understanding what a woman wants is not to curry her favor, but to obey God’s command to “live with [her] in an understanding way” (1 Peter 3:7, NASB). So whether you’ve been married for 50 years or 5, or you are single and have been dating for 5 months, class is always in session for a God’s man connected to a woman.

goals for growth

- ☐ Expose wrong motives in my relationship with the woman in my life
- ☐ Adopt the right motives for pursuing change in our relationship
- ☐ Experience a closer relationship with Christ

KEY VERSES

He who has My commandments and keeps them is the one who loves Me. (John 14:21, NASB)

You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered. (1 Peter 3:7, NASB)

NOTES

[illegible]

CONNECT WITH THE WORD

THIS SECTION IS DESIGNED TO BE A PERSONAL BIBLE STUDY EXPERIENCE FOR YOU TO COMPLETE BEFORE YOUR SMALL-GROUP SESSION EACH WEEK. COME TO YOUR GROUP MEETING PREPARED TO SHARE YOUR RESPONSES AND PERSONAL APPLICATIONS. YOU MAY WANT TO MARK OR HIGHLIGHT ANY QUESTIONS THAT WERE PARTICULARLY MEANINGFUL TO YOU. BEFORE YOU BEGIN YOUR STUDY, READ THE SCRIPTURES ON PAGE 8.

1. What two commands in this text speak to the husband? Why do you think God instructs husbands to focus on these two areas?
2. What does the command for a husband to understand his wife imply about the way men typically approach relationships with women?
3. What does this command imply about the way God views women?

4. What do you think it means to “live with your [wife] in an understanding way”? What might that look like in the day to day?

5. According to 1 Peter 3:7, when should we apply this command to “live with your [wife] in an understanding way”?

6. What consequence will we experience if we do not heed this?

7. What does this passage tell you about God’s heart? About His desire for your relationship with the woman in your life?

REVIEW

What are your expectations for this study?

What about learning to better connect with the woman in your life and growing in your understanding of a woman's heart most appeals to you?

VIDEO TEACHING



BELOW YOU WILL FIND A LISTENING GUIDE THAT GIVES YOU AN OPPORTUNITY TO FOLLOW IMPORTANT POINTS AS YOU VIEW THE MESSAGE FROM KENNY. WE'LL UNPACK THIS INFORMATION TOGETHER AFTER THE VIDEO.

Watch video session 1: "Trust" (12:16).

Men understand how to _____ and _____
but struggle with how to _____ and _____
closeness with a woman.

The goal is an _____
with the women in our lives.

The right motive for being God's man paves the way for the
possibility of real _____.

Our identity should direct our _____ and lead to an
_____.

IF YOU MISSED THIS WEEK'S VIDEO VISIT
[LIFEWAY.COM/INTIMACY](https://lifeway.com/intimacy) TO GET CAUGHT UP.

VIDEO FEEDBACK



In the beginning of his video message, Kenny uses a wireless commercial to illustrate the measure of strength or weakness in a relationship connection.

How many bars would you say you have in your connection with the woman in your life?

Do you need to establish a connection? reestablish your connection? strengthen your connection? Or maybe you've completely lost your signal? Explain.

Kenny talks about "oneness" as it relates to how we connect with the women in our lives. Define "oneness." How would you like to experience it in your relationship?

CONNECT WITH THE GROUP

In his book *Every Man's Marriage*, Fred Stoeker shares from his relationship struggle: "I had trampled Brenda, crushing the opportunity for oneness in our marriage. I had stampeded her concerns, stepped on her feelings. Such trampling is sinning against [my] wife. ...

Most of us Christian men sin against our wives regularly, but we're just too blind to see it.

While we can all agree that sin is bad, we have trouble agreeing upon what qualifies as sin. Most of us smugly believe that we never sin against our wives. ... Our definition of sin is far too narrow."¹

- 1. How have you trampled the woman in your life, crushing the opportunity for connection in your relationship?**
- 2. Are you as consistent in assessing your own actions as you are in evaluating your wife's? Explain.**
- 3. Why, according to 1 Peter 3:7, might we want to pursue a different way of relating to our wives?**

How can we cross over from intentional ignorance to the pursuit of understanding a woman's heart? As Todd and I (Kenny) minister to men, we do see guys trying to connect and respond appropriately to their wives' needs. But the majority of guys seem to fail for one simple reason: their motives are messed up.

- 4. Why do you think our wives are many times skeptical of our promises to change?**

5. Marriages are often plagued with the “control factor,” the tendency of a husband and wife to try to dominate one another. Think about the biblical motive you should have for connecting with your wife. How might a man’s obedience to God correct the control problem?

Your motives for wanting to connect with your wife may seem right and *good*—even logical in the moment. However, they can result in your wife feeling disappointed, resentful, and manipulated. Acting in the flesh won’t bring lasting change. In the end, doing certain things to gain certain responses actually prevents us from deeply connecting.

6. How does having a Christ-centered motivation for connecting make deeper intimacy between husband and wife possible?

7. What aspects of your connection with the woman in your life would you like to be different? What steps will you take to realize those goals?

In *My Utmost for His Highest*, Oswald Chambers wrote, “If things are dark to me, then I may be sure there is something I will not do. Intellectual darkness comes through ignorance; spiritual darkness comes because of something I do not intend to obey.”²

His point? We deliberately ignore certain things because becoming informed would call for changing the way we live and think.

Perhaps it’s time to check our motives, to seek after being the best God’s man we can possibly be, and to pursue change in ourselves and in our relationship with the woman in our lives because ... Jesus said.

1. Stephen Arterburn and Fred Stoeker, *Every Man’s Marriage* (Colorado Springs: WaterBrook, 2001), 23-24.

2. Oswald Chambers, *My Utmost for His Highest* (New York: Dodd, Mead & Company, 1935).

WRAP

What if your focus shifted from doing the right thing for the woman in your life to doing the right thing because you are God's man? What pressure would this take off her and out of the relationship? How would that free you to pursue change in the way you relate to her? How would that free her to embrace the changes you make? It's good to want our wives' affections and approval. But connecting with them as God's man must be about winning *His* approval.

Remember these key thoughts from this week's study:

- The right motive for changing your relationship is because God calls you to treat her His way. Period.
- The wrong motive for changing your relationship is to get a response.
- We need to step up and express our desire to be God's man in our relationships with the women in our lives.
- When we let God know of our willingness to do whatever He asks or requires, He will meet us right where we are.

PRAY TOGETHER

EMBRACE GOD'S PLAN

for connecting with the woman in your life

Few men would ever embark on an important project, a significant career change, or a major athletic challenge without gathering all the tactical knowledge possible to ensure a good outcome. Yet when it comes to relationships with women, most men fail to apply the simple principles that make them successful in other areas of life. It may be easy to get into a relationship with a woman, but making a relationship work well involves more. It takes energy. It demands effort. It requires education and understanding.

If you want true intimacy and connection with a woman, you'll need to grow up and graduate from God's school of character. *Intimacy: Understanding a Woman's Heart* is the perfect place to start. Eight sessions include: Trust, Acceptance, Connection, Headship, Encouragement, Friendship, Thoughtfulness, and Compassion.

Being God's
man series

GET HEALTHY

A **GET HEALTHY** resource from the **GET IN. GET HEALTHY. GET STRONG. GET GOING.** LifeWay Men Strategy.

Visit LifeWay.com/Men for more information



Kenny Luck is president and founder of Every Man Ministries and co-author of the bestselling *Every Man, God's Man*. Kenny is also the men's pastor at Saddleback Church in Lake Forest, CA.

INTIMACY WORKBOOK:

PRACTICAL results-oriented Bible study

DISCUSSION-BASED to encourage men to grow healthy together

VIDEO-DRIVEN

DVD Leader Kit sold separately (ITEM 005469696)

DEFINES what it looks like to be God's man in relationship with a woman

ENCOURAGES men to victory through accountability

GETS MEN HEALTHY as they follow a spiritual pathway to Christlikeness



A **Connect** Resource

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