



Project Overview

The *Intimacy Prayer* project is built off the work I have done as a sex therapist. I have sat with people, and there are times when I feel like, you know what, just bow down your head, let's just pray.

As I tried to find ways to communicate this on my social media, I would have what is called *prayer for your sex life*, where I would randomly pray about a specific problem I had talked about—maybe sex starvation and how it leads to cheating. Then I would pray about how you are not going to starve your partner and how you are going to have wisdom around it.

I did it for a couple of weeks before I realised there was something happening in my spirit every time I released those prayers. There was a particular day I was praying and I kept seeing a post title 'Prayers for his balls' which sounded very much like a topic I would love to talk about but more interesting than the topic was the feeling of disobedience that was looming over me everyday I did not make that post. Eventually, I went reading about the male reproductive system and the way it affects reproduction every time the man has a problem with his genitals.

This project is a love story of how much I respect the work I have been given; stewarding romantic relationships & fertility.

The project begins with the intimacy vows (for him & for her) which I would have named *sex vows* because they were primarily vows about a couple's sex life. But using words like *intimacy* on social media had expanded my heart to focus on intimacy as a whole even if the core focus is what happens in the bedroom.

To better understand what people know, I went to look at the original wedding vows people use for weddings, and I realised the part of the vow people are most cognisant of is *for better or for worse, for richer or for poorer, in sickness and in health*. That is fantastic. But there are other things we are not paying attention to; A person can stay in your life in sickness and in health and not leave you, but they are not kind to you in sickness or kind to you in health. A person can be around for richer or for poorer and still cheat on you while being there for richer and for poorer. That discrepancy is a need the intimacy vows will cover.

Beyond the vows, the intimacy prayers will cover tiny things you and I are taking for granted that are preventing us from getting the pleasure God intends for us to get in our marriages. These are prayers are scriptural solutions that will reduce how much your marriage needs a therapist if you will follow through what you are declaring. These prayers are about us into the marriage of God's dreams for us.

The burden of my heart this year is that we come into the marriage of God's dreams for us; For people who are single, it is about positioning our minds for the marriage of God's dreams. For people who are married, it is about aligning and realising that although I love this person and this person is phenomenal, there is a way God sees this person. There is an intention in God's heart concerning this person.

Scripture Reference List

Scriptures were taken primarily from the KJV, MESSAGE, and AMPLIFIED translations.

Intimacy Vows (For Him)

- Ephesians 5:25
- Ephesians 5:28
- 1 Corinthians 7:3
- Colossians 3:19
- 1 Peter 3:7
- Proverbs 5:18-19
- Song of Solomon 4:7
- Malachi 2:14-15
- Ecclesiastes 9:9

Repeat after me. As your husband, I will love you, as Christ loves the church. I will give myself for you, as Christ gave himself for the church. I will mark you with my love, as Christ marks the church with his love, I will focus on giving and not merely on getting. I will love you, my wife, as I love my own body.

I will love you, my wife, as I love myself. I will love you. I will not deprive you. I will not deprive you sexually. I will not deprive you emotionally. I will not deprive you mentally. I will not deprive you spiritually. I will give you all that is due you. I will fulfil every duty. I will not deprive you of sexual intimacy. I will not deprive you of my presence. I will not deprive you of peace.

I vow to love you. I vow to be affectionate to you. I vow to be sympathetic with you. I will not be harsh with you. I will not be bitter with you. I will not be resentful towards you. I will not take advantage of you. I will not be harsh with you. I will not be bitter towards you.

I understand that you're weaker than I am but I realise that we are joint heirs with

Christ. Therefore, I am not better than you. I will not mistreat you. I will treat you as my wife. I will treat you as an equal before God. I will treat you as my own soul. I will retain fidelity towards you. I will rejoice in you. You will satisfy me.

You are the wife of my youth. I will be blessed by you. I make a commitment to enjoy your body. I make a commitment to enjoy your mind. I make a commitment to enjoy your intelligence. I make a commitment to enjoy the graces of God in you. I make a commitment to enjoy the gifts of the spirits that you carry. I make a commitment to enjoy you as a human being. When I look at you, I will see how beautiful you are.

There is no flaw in you. You are beautiful beyond all others. You are absolutely flawless to me. You are my beloved. You are perfect in every way. You are my companion, the wife of covenant. You are the wife I have chosen before the Lord. I will not deal treacherously with you. I will not maltreat you. I will not be wicked to you. I am always kind to you.

My relationship with you is righteous. My relationship with you is holy. My relationship with you is full of joy. It is full of peace and it is as the kingdom of God. I make a commitment to live joyfully with you all the days of my life. I live joyfully with you. I relish the life we have together. I enjoy my life and I enjoy you as my wife. I will stay with you until the day of Christ.

So help me God. Amen.

Intimacy Vows (For Her)

- 1 Corinthians 7:4
- Song of Solomon 7:10
- Proverbs 31:11
- Song of Solomon 1:2

- Song of Solomon 2:3
- Song of Solomon 6:3
- Song of Solomon 4:16
- Titus 2:4
- Genesis 2:25
- Proverbs 12:4
- 1 Peter 3:1-4

Repeat after me.

I am your wife. As the church is to Christ so am I to you. When men meet me, when people meet me, they will know that you are a good man. I will speak highly of you. I am your beloved and my desire is towards you.

In all the world you are all I see. I do not have exclusive authority and control over my body. You are my husband, therefore you have rights over my body like I have rights of your body. You have trust in me because you are safe with me. You are secure with me. Because I'm in your life you have no need for dishonesty. You will not regret having me in your life.

I will honour you at the gates. I will honour you in your presence and I will honour you in your absence. I will not cause you pain. I will not cause you grief. My allegiance is to you and to no other man. No other man would ever know me the way you know me.

I make a commitment to love you. To be sane and to be sober-minded. To love you above all others. To take care of you always and often. With you I am unashamed. With me you will never have to be ashamed.

I make a commitment to be a virtuous wife. To be strong in character. To pull you up when you fall. To be your crowning joy. To ensure your bones never rotten. To never give you reasons to be ashamed of me. I make a commitment to partner with God. To bring you to where God wants you to be. You are the husband of my youth. I will be

blessed by you. I make a commitment to enjoy your body. I make a commitment to enjoy your mind. I make a commitment to enjoy your intelligence. I make a commitment to enjoy the graces of God in you.

I make a commitment to enjoy the gifts of the spirits that you carry. I make a commitment to enjoy you as a human being. When I look at you, I will see how lovely you are. There is no flaw in you. You are treasured above all others. You are absolutely flawless to me. You are my beloved. You are perfect in every way. You are my companion, the husband of covenant.

You are the husband I have chosen before the Lord. I will not deal treacherously with you. I will not maltreat you. I will not be wicked to you. I am always kind to you. My relationship with you is righteous. My relationship with you is holy. My relationship with you is full of joy. It is full of peace and it is as the kingdom of God. I make a commitment to live joyfully with you all the days of my life. I live joyfully with you. I relish the life we have together. I enjoy my life and I enjoy you as my husband. I will stay with you until the day of Christ.

So help me God. Amen.

Wisdom (Prayer for Wisdom)

- Genesis 2:24
- Hebrews 13:4
- Proverbs 5:15
- Proverbs 18:22
- Proverbs 19:14
- Ephesians 5:31–33
- 1 Corinthians 7:5
- Song of Solomon 8:6

- Amos 3:3
- Ecclesiastes 4:9–12

Healthy Body

- 3 John 1:2
- Proverbs 17:22
- Proverbs 4:20–22
- Proverbs 3:7–8
- Psalms 103:3
- 1 Corinthians 6:19–20
- Isaiah 40:31
- Romans 12:1

Fight for Us

- 1 Corinthians 13:7
- Ecclesiastes 4:9–12
- Malachi 2:16
- Mark 10:9
- Song of Solomon 8:7
- Proverbs 31:12
- Ruth 1:16–17
- Colossians 3:14
- 1 Peter 4:8
- Philippians 2:2

Sexual Pleasure

- Proverbs 5:18–19
- Song of Solomon 1:4
- Song of Solomon 4:9–10
- Song of Solomon 5:1
- Song of Solomon 7:6–10
- Song of Solomon 2:6
- Song of Solomon 8:5
- Song of Solomon 4:16
- Genesis 2:25
- 1 Corinthians 7:5