

The Art of Permanence: Intimacy Exercises:

Chapter 1: The Parable of the Cave - Intimacy Exercise

Present Yourself: The Assignment: Ask someone to whom you are strongly attracted to listen as you present your thoughts and feelings about a specific set of issues on which you choose to express your opinion.

Possible issues for discussion:

1. Your faith and relationship with Jesus.
2. Your testimony of how you came to know Jesus.
3. Your goals, plans, and dreams for your future.
4. Describe the people who will be most significant in the completion of those dreams and the role each will play in bringing your dreams to fruition.
5. Your relationship with your parents and siblings.
6. Your favorite activities and proudest accomplishments and failures in those activities.

Chapter 2: The Purpose of the Cave - Intimacy Exercise

Opposite Sex Touch: Sit and hold hands with a member of the opposite sex for at least five minutes. Do not say anything; just hold hands. Notice the emotions and thoughts that you experience during this time. Share what you experienced during this time with at least one other person, or record it in a diary which you will share with at least one other person.

Chapter 3: The Purpose of Mate Selection - Group Discussion

Discuss the following concepts

1. You can only live in intimacy with your mate to the extent that you have intimacy with God.
 2. You can only live in intimacy with God to the extent that you have intimacy with your mate.
- How do you build intimacy with friends? How do you build intimacy with God?

Chapter 4: Understanding God's Design in the Stages of Life - Intimacy Exercise

Choose a partner (of either sex) with whom to discuss the significant relationships in your life at your current stage of development.

Chapter 5: The Critical Stages for Mate Selection - Group Discussion

Discuss your perspectives of the validation of truth:

1. Junior High: Truth is validated through relationships
2. Senior High: Truth is validated through Fidelity
3. Young Adults: Truth is validated through intimacy.
4. What role does Jesus play in your validation of truth? See John 14:6.

Chapter 6a: Understanding Intimacy - Intimacy Exercise

Review the LISTENIGN SKILLS section in the Art of Permanence Study Guide. Practice these Skills with a partner of each sex.

Chapter 6b: Understanding Intimacy - Intimacy Exercise

Politely share a personal experience with another person which you found to be very intimate. What factors and events made you feel intimate with that person? What are the actions, items, messages, etc that would make you feel the strongest intimacy with another person?

Chapter 6c: Understanding Intimacy - Intimacy Exercise

Study the Learning Skills in the Art of Permanence Study Guide. With partners of both same and opposite sex enter a discussion about their hobbies. See if you can discern each person's learning styles. How does understanding a person's learning style enable you to communicate more intimately with another person?

Chapter 7: God's Plan for Intimacy - Intimacy Exercise

Opposite Sex Touch and Stare: Sit and hold both hands with a member of the opposite sex and stare into the eyes of that person for at least three minutes. Do not say anything; just hold hands and stare into the eyes. Notice the emotions and thoughts that you experience during this time. Thank the person for participating in the exercise with you. Share what you experienced during this time with at least one other person, or record it in a diary which you will share with at least one other person.

Chapter 8: Attraction - Intimacy Exercise

Study the Section on teaching in the Art of Permanence Study Guide: Select an opposite sex partner and teach that person about yourself. Practice each of these forms of teaching with your partner: 1. Cognitive – What you think about yourself. 2. Behavioral – The do's and don'ts you practice in life. 3. Affective – What you feel about yourself

Chapter 9: Guidelines for Dating - Group Discussion

Answer these questions: 1. Was your first date in a group or with an individual person? 2. How did you feel on your very first date? 3. List 3 things you wish other people had told you before your very first date? 4. How does it make you feel to have a very private discussion with an opposite sex, attractive person, who is your age? 5. At what age do you think you should be allowed to have group dates? 6. At what age do you think you should be allowed to have private dates? 7. Name one thing you learned from your partner on your very first private date.

Chapter 9: Guidelines for Dating - Introspection

Make a list of the persons you have dated. List the aspects of his or her personality which drew you to that person. List the aspects of his or her personality which you found undesirable.

Chapter 10: Gender Issues in Attraction - Intimacy Exercise

Create a list of 7 items which you consider to be essential in any mate you select: Openly discuss at least one of your items with your study group or one other person of the opposite sex.

With your mate or a trusted opposite sex friend perform the “Beginning Relationship Questions” intimacy exercise found in The Art of Permanence Study Guide.

Chapter 11: Social Determinates of Attraction - Group Discussion

Read the “Crushes” Account In the Art of Permanence Study Guide:

1. In your childhood was there ever a person of the opposite sex who impressed you so strongly that you wanted to marry someone like that person?
2. List 5 things about that person which you desired to find in a future mate. Compare two of the persons you have dated to the list you just created. How well do these persons match your list?

Chapter 12: Biblical criteria for Mate Selection - Group Discussion

Of the criteria presented for mate selection what are the top 3 items you would desire in a mate? Name 3 people you know who you believe would best meet the biblical criterion acceptable to you as a mate. Explain why you consider each one of these persons as meeting the biblical criteria for a potential mate.

Chapter 13: Biblical Marriage Practices - Group Discussion

*“Is my God about my life?
Or
Is my life about my God?”*

What is your answer to this question? Discuss the ramifications of this question as it relates to the biblical view of marriage as a covenant.

Chapter 14: Social Aspects of Guidance - Introspection

Create a list of the 5 top spiritual beliefs you desire for a potential mate to hold. Ask your parents to write down the top 10 items they want in a mate for you. Hold a discussion with your parents about what traits they desire in any mate you would select. What are the traits in a prospective mate that would make your parents withhold their blessing on the marriage?

Chapter 15: Sex Purity Facilitates Mate Selection - Introspection

Write a short diary for temporary use:

1. Define purity!
2. When you are around a person of the opposite sex whom you find most attractive, what behaviors do you express which will enable you and that person to maintain purity?
3. Describe what behaviors you want a prospective mate to express toward you in order for you to build trust with each other?
4. Do you want to be a real man or a real woman? Why or why not?
5. State why you believe premarital sex is right or wrong.
6. If you could change whether or not you are a virgin would you make that change? Why or why not? Name 10 reasons for maintaining sexual purity (virginity) outside of marriage.

Chapter 16: The Number One Sex Manual - Introspection

Answer these questions: 1.How has your sexual activity impacted your relationship with God? 2.Do you believe your sexual activity before marriage will impact your relationship with your spouse after marriage? Why or why not? 3.Find someone older of the opposite sex with whom you can discuss sexual activity. What is that persons perspective of premarital sex? 4.Do you consider sexual purity to before, during and after marriage to be important in your life? Why or why not?

Chapter 17: Sex and Brain Chemistry - Research

Ask your parents to discuss with you their sexual experiences before marriage and how those experiences impacted their life and marriage. Ask some older friends to discuss their personal moral beliefs concerning premarital sex and sexual purity. Document one relationship you have had with an opposite sex person. State how your personal sexual behavior in that relationship impacted your relationship with that person.

Chapter 18: The Sexuality of God – Introspection

1. Define sexuality.
2. How do you present your personal sexuality to the opposite sex?
3. Describe the sexuality of Jesus that you personally experience when you pray.
4. How do you think Jesus wants you to present your sexuality to both males and females with whom you interact?

Chapter 19a: Anthropological and Psychological Aspects of Human Bonding - Group Discussion

What has been your most profound experience in bonding with a person of the opposite sex outside of your family members? Has your personal moral behavior assisted you in bonding with other people? Why or why not?

Chapter 19b: Anthropological and Psychological Aspects of Human Bonding - Intimacy Exercise

1. Take the psychological test presented in the links provided in the Study Guide to the Art of Permanence.

Moral Development: Links to online test:

<http://www.moralsensetest.com/>

https://profile.moraldna.org/gen/include/ethic2/default/user_t/newindex.html

Faith Development: Links to online test:

<https://www.proprofs.com/quiz-school/story.php?title=what-stage-of-faith-are-you>

Original Fowler Stages of faith chart.

<http://www.psychologycharts.com/james-fowler-stages-of-faith.html>

RIASEC: Links to online test:

<https://openpsychometrics.org/tests/RIASEC/> (Click the start button)

<https://openpsychometrics.org/tests/RIASEC/1.php>

<https://www.truity.com/test/holland-code-career-test>

FIRO-B (pages 254-256): Links to online test:

<http://www4.ncsu.edu/unity/users/p/padilla/www/435-Leadership/Scale%20-%20firo-b.pdf>

Description:

<http://careerassessmentsite.com/tests/firo-business-firo-b-tests/about-the-firo-b/>

http://bj1oh303t6x351kzp35xea4o.wpengine.netdna-cdn.com/wp-content/uploads/sample/SR_FIRO-B_Pro.pdf

Discuss with a person of the opposite sex what these test profiles reveal about your personality.

Chapter 20: Relationships - Introspection

1. When you think about Jesus, what members of your household or acquaintances remind you most of Jesus? Why?
2. What people in your life cause you to most fear a relationship with Jesus? Why?
3. What people in your life cause you to most desire a relationship with Jesus? Why?

Chapter 21: Family Dynamics - Introspection

Crushes:

1. Make a list of 5 to 7 people whom you had a crush on while you were growing up.
2. Make a list of 5 to 7 people who had a crush on you.
3. How did each of these crushes make you feel?
4. List the crushes who rejected you and state how they treated you. Who were the people in your life of whom these people reminded you? Why did they reject you?
5. List the crushes whom you rejected and state how you treated them. Who were the people in your life of whom these people reminded you? Why did you reject them?
6. If you are presently in relationship, what other person(s) does your partner remind you of whom you have known?

Chapter 21: Family Dynamics -Introspection

Your family Table: At around age 14 draw a picture of your family dining room table. Place each member of your household in seat where that person ate. Describe your relationships with each member of your household including your (both good and bad) feelings toward that person. At your current age,

describe any changes that have taken place in your relationships with these family members. Make a specific list of issues that need to be healed in relationships with each member of your household.

Chapter 22: Healing as Preparation for Marriage - Intimacy Exercise and Group Discussion

Do some research on the symptoms of abuse.

1. Read the story: "My Stepbrother Raped Me" in The Art of Permanence Study Guide.
Also read the Biblical account on which this presentation is based - Samuel 13:1-39.
2. With a person of the opposite sex: Discuss the pain presented in this account.

As a group:

- a. Discuss the justice presented in this account.
- b. Discuss the love presented in this account.
- c. Discuss the long term ramifications of the trauma from this event on a future marriage?

Chapter 23: The healing of Intimacy - Introspection

Spiritual and Psychological Healing:

1. Make a list of the most traumatic events you have experienced in your life.
2. Check off the events from which you consider yourself to have healed.
3. How did you heal from those traumas?
4. Determine what you are going to do to heal from any remaining traumas.
5. Are there any unhealed traumatic events which you refuse to remember or even think about?

Chapter 23: The healing of Intimacy - Introspection

Spiritual and Psychological Healing: Review the Biblical steps to Psychological healing.

Apply each of these steps to unresolved issues and pain in your life.

1. Remove life commandment curses.
2. Forgive the perpetrator.
3. Repent of your involvement in the events which have brought trauma to your life.
4. Redemption/Reframing is allowing God to redeem the tragedy and trauma of your life.
5. Be Grateful that God has given you the opportunity to repent and heal.
6. Worship God in the midst of the difficulties of your life.
7. "Confess your sins to one another and pray for one another that you may be healed..." (James 5:16).

Healing takes time. Do not rush this process. Work your way through each one of these steps one at a time. Take a least one month for each step.

The description of each step is listed in The Art of Permanence Study Guide.

Chapter 23: The healing of Intimacy - Group Discussion

If you cannot worship Jesus in the jails of your life, you cannot worship! Share with the group a time when you worshipped within a jail in your life.

Chapter 24: Cohabitation - Group Discussion

Do some research on Cohabitation:

1. State 5 benefits and 5 detriments of Cohabitation to a future marriage.

2. State why you agree or disagree about the efficacy of whether or not Cohabitation is positive for a marriage.
3. Talk with some people who have cohabitated and analyze their perspective on the issue.

Chapter 25: Spiritual Dynamics in Mate Selection - Group Discussion

Read the “Meeting Jesus” account in The Art of Permanence Study Guide. Have you met Jesus? Have you fully and completely given your life to Him? Talk with the person you most admire as a Christian and ask that person what makes his or her relationship with Jesus different from what you observe in other people.

Chapter 26: How to Get Out of the Cave - Intimacy Exercise

Chapter 27: How to Do You Make the Right Choice? - Group Discussion

Have you ever experienced a “God Introduction” to a prospective mate? Ask some men and women if they were God introduced to their spouse and ask them to explain what took place at that time. What would you do if you were God Introduced to someone you later found out was unacceptable to you as a mate?

What is the difference between the person you are supposed to marry and the person you should marry? See Chapter review question 9.

Intimacy Exercise

If you are in a relationship with a person of the opposite sex perform the “Story Telling” intimacy exercise in The Art of Permanence Study Guide. If you are not in a relationship perform this exercise with a very trusted friend.

Chapter 29a: Wrinkle Proof Relationships - Intimacy Exercise

Relationship Feelings: Take turns answering the following questions with a trusted partner of the opposite sex.

1. Name the five most positive aspects of your parent’s or parental caregiver’s relationship with each other. How does each of these individual aspects make you feel?
2. Name the five most negative aspects of your parent’s or parental caregiver’s relationship. How does each of these individual aspects make you feel?
3. Name the five most positive aspects which you see in relationships in general. How does each of these individual aspects make you feel?
4. Name the five most negative aspects which you see in relationships in general. How does each of these individual aspects make you feel?
5. Name the five most positive aspects of your present relationship. How does each of these individual aspects make you feel?
6. Name the five most negative aspects of your present relationship. How does each of these individual aspects make you feel?

Intimacy Exercise

The Questionnaire: Sit with a group of at least three members of the opposite sex on multiple occasion and ask:

1. What are your goals for the future?
2. What is your occupation or your occupational goals?
3. What are your marriage and family goals for the future?
4. What quality do you most desire in a mate? Why?
5. How does it make you feel that I asked you these questions?

Chapter 29c: Wrinkle Proof Relationships - Intimacy Exercise

“The Discussion”: All couples seeking to marry need to discuss the following issues thoroughly and repeatedly prior to marriage and occasionally thereafter. Either as a couple or as an individual, create a diary of your answers to the questions found in “The Discussion” which is included in The Art of Permanence Study Guide