** Do you ever wish you felt more connected with your husband?**

**Have you struggled to feel totally free in your marriage bed?**

**Is intimacy with your husband the last thing on your “to do” list?**

**Do you leave God on the other side of your bedroom door?**

Awaken-Love is a six-week video class to discover God’s design for intimacy – with our husband and with Him. Surrounded by a small safe group of women, we explore God’s design for intimacy based on His Word and learn what it means to be both Godly and sensuous. We encourage each other as we shed the lies, baggage, and body image issues that hold us back from all that God intends. We discuss how to stretch in our communication, understand boundaries, negotiate frequency issues and plan creative dates. We share in respectful conversations about the physical aspects of sex and gain a new appreciation for the amazing body that God gave us. On this journey, you will laugh, cry and be amazed as God reveals His greatest desire for you – to know and to be known.

The study incorporates reading assignments from Song of Songs, and Christian books *Intimate Issues* and *Sheet Music*. Relevant articles from Christian sources are emailed daily. Application homework is assigned to encourage personal growth and put into practice what we learn each week.

**Week 1 – What is Intimacy?**

**Week 2 – God’s design for sex, being Godly and sensuous, the power of the mind**

**Week 3 – Lies, baggage from the past and body image issues**

**Week 4 – Boundaries, communication, using our five senses**

**Week 5 – How our bodies work**

**Week 6 – How his body works, frequency issues, date ideas**

Whether a newlywed or celebrating your 50th anniversary, whether your marriage is strong or struggling – God has more for every woman to experience with Him and her husband. The Awaken-Love class is for you! For more information visit www.Awaken-Love.net.

**DAY OF WEEK starting DATE, TIME, LOCATION**

**To sign up email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**