

7 Ways to Increase Spiritual Intimacy

- 1- Pray together morning and evening -
 - 🌈 Share your innermost thoughts and feelings with your Heavenly Father
 - 🌈 "Prayer is key to the morning and the lock of night".
- 2- Study scriptures and conference talks together
 - 🌈 Share what you feel and thoughts that come into your mind
- 3- Attend the temple regularly as a couple
 - 🌈 Refresh your recollection of your covenants
 - 🌈 Share your thoughts and feelings
- 4- Create opportunities to serve your spouse and others together
 - 🌈 Seek opportunities to serve together
 - 🌈 Do the little things to bless your spouse's life
- 5- Sustain your spouse in her/his calling
 - 🌈 Help your spouse serve by being supportive of calling
 - 🌈 Share the experiences you are having (when appropriate)
- 6- Read each other's patriarchal blessings
 - 🌈 Help your spouse develop her/his gifts and talents
 - 🌈 Recognize and appreciate the incredible person you married!
- 7- Share spiritual promptings and experiences
 - 🌈 Most promptings are not exclusively for you but are to bless others' lives - your spouse included.