

Where is Our Sanctuary?

One of the areas where couples struggle in their physical intimacy is in creating a sanctuary in their home. A sanctuary is a sacred place. Your marriage needs to have a sacred place. This is a place where the two of you can find rest and rejuvenation. A place where you can retreat from all of the outside distractions and just be with each other. Many homes have no such place.

My bedroom is my sanctuary. It's like a refuge...
~Vera Wang

As you focus on building your marriage, your physical surroundings are a part of that as well. It is important to define what the two of you are looking for in the space so that you can collaborate on creating it. This is NOT the time to say "Whatever you want" or "I don't care". This is the time to cooperate with each other and create your special place.

1. What room or place would you consider to be your sanctuary?

2. How does that space make you feel?

3. How you want to feel in that space?

4. What changes would you like to make in that space? Some suggestions include: remove the electronics, change the linens, change the lighting, change the color. Get as creative as you want and as specific as you can be.

5. What guardrails or boundaries do you need to have in regard to the space? No kids allowed, door gets locked every night, no piles of laundry, etc.

6. If your bedroom (or the room that you have decided) truly becomes the sanctuary for your marriage, what impact will this have on you and your marriage?
