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## The Fear of Intimacy

*2 Timothy 1:7, 1 John 4:18*

What is intimacy?

Intimacy = “ into -me - see ”

Intimacy = to know and be known

The Fear of Intimacy causes me to be:

- 1) Distant (*Gen. 3:9-10*)
- 2) Defensive (*Gen. 3:12-13*)

### Overcoming the Fear of Intimacy

- 1) You must take a prayerful relational risk for an intimate relational return
- 2) Before you risk, you must find security, acceptance, and intimacy in Christ.

*STEP 1:* Embrace the truth that intimacy with God has no contenders (*Matt 22:37-38*)

*STEP 2:* Spend time with God (*Ps 46:10*)

*STEP 3:* Spend time with other believers

(*Heb 10:24-25*)