

A woman on the left and a man on the right are holding a large white sign. The woman is wearing a denim jacket over a white t-shirt and is smiling. The man is wearing a light blue button-down shirt over a white t-shirt and is also smiling. The background behind them is a solid yellow color. The sign they are holding has the following text:

3-Day Intentional Intimacy Challenge

(Non-Physical)

Angela Simmons

THE PASSION
COACH



About This Edition

Before passion ever fills a bedroom, it must first fill the heart.

This 3-Day Non-Physical Intentional Intimacy Challenge helps couples connect on a level deeper than touch—emotionally, spiritually, and intellectually.

Whether you're married, engaged, or prayerfully preparing for covenant, these practices strengthen the foundation that physical intimacy rests on.

When you learn to know, hear, and understand each other beyond the surface, you cultivate a relationship that feels safe, seen, and spiritually aligned.

Each day includes:

- A Scripture grounding
- A non-physical intimacy challenge
- A SPARK reflection
- A Principled Passion affirmation

Take your time. Allow your hearts to slow down.
Connection grows wherever intention is planted.

Opening Prayer

Heavenly Father,

Thank You for the gift of connection—the kind that reaches deeper than touch and teaches us how to love with honesty, patience, and grace. As we begin this three-day challenge, quiet our minds and steady our hearts so we can be fully present with one another.

Help us listen with compassion, speak with clarity, and see each other the way You see us. Remind us that intimacy grows when we slow down, soften our tone, and open our inner worlds without fear of judgment.

Whether we are preparing for covenant or living within it, guide us toward the kind of closeness that honors You—emotional trust, spiritual unity, and intellectual curiosity. Shape our intentions. Strengthen our bond. Keep our hearts aligned with Your wisdom and our love anchored in Your truth.

Bless these next three days with insight, gentleness, and renewed connection.

In Jesus' Name, AMEN.

DAY 1: EMOTIONAL INTIMACY

Knowing Beyond Words

Scripture:

“A person’s thoughts are like deep water; but one who has insight draws them out.” — Proverbs 20:5 (NRSV)

“Be completely humble and gentle; be patient, bearing with one another in love.” — Ephesians 4:2 (NIV)

Principled Passion Premise:

Emotional intimacy is tenderness without tension—an honest exchange of thoughts, fears, joys, and needs. When you slow down and choose curiosity over control, you create a safe space for one another’s hearts.

Challenge:

Share one story that shaped you.

Childhood memory, defining moment, major turning point—something that built the “you” your partner loves. The other listens, reflects back what they heard, and honors the moment with gratitude.

SPARK Reflection:

- **S – Situation:** When do I feel most emotionally safe with you?
- **P – Perspective:** What truth did I learn about your heart today?
- **A – Action:** One way I can be softer, gentler, or more emotionally attentive.
- **R – Reflection:** What surprised me about our exchange?
- **K – Knowledge:** How does emotional intimacy fuel deeper connection for us?

PASSION Affirmation:

We see each other clearly. Emotional honesty draws our souls closer.

DAY 2: SPIRITUAL INTIMACY

Praying as One

Scripture:

“If two of you agree on earth concerning anything they ask, it will be done for them by My Father in heaven.” — Matthew 18:19 (NKJV)

“Let the message of Christ dwell among you richly...” — Colossians 3:16 (NIV)

Principled Passion Premise:

Spiritual intimacy is the quiet power of unity—when two hearts bow together before God, everything changes. Agreement births alignment. Prayer births partnership.

Challenge:

Pray together. One starts, the other finishes.

Thank God for each other. Confess without shame. Invite God into your future. If you're engaged or pre-engaged, pray specifically for covenant preparation.

SPARK Reflection:

- **S – Situation:** What spiritual need do I rarely voice aloud?
- **P – Perspective:** How did praying together shift our connection?
- **A – Action:** Establish a weekly “pray date.”
- **R – Reflection:** Which part of the prayer moved me most?
- **K – Knowledge:** What does shared faith reveal about unity?

PASSION Affirmation:

Our spirits intertwine when we approach God together; prayer becomes our safest intimacy.

DAY 3: INTELLECTUAL INTIMACY

Thinking in Tandem

Scripture:

“As iron sharpens iron, so one person sharpens another.” — Proverbs 27:17 (NLT)
“whatever is true,... noble, ...right...think about such things.” — Philippians 4:8 (NIV)

Principled Passion Premise:

Intellectual intimacy is mental companionship—learning, dreaming, discussing, building ideas side by side. It keeps the connection vibrant and curiosity alive.

Challenge:

Choose *one question* to explore:

1. What dream have we been afraid to chase together?
2. What legacy do we want to build?
3. What part of us needs refining for our next season?

End by writing a Joint Vision Sentence:

A single line that captures who we want to become.

SPARK Reflection:

- **S – Situation:** What idea inspired me most tonight?
- **P – Perspective:** How do our minds complement each other?
- **A – Action:** Choose one shared learning activity (book, podcast, class).
- **R – Reflection:** How does intellectual intimacy stir emotional closeness?
- **K – Knowledge:** What truth did God highlight about the unity of purpose?

PASSION Affirmation:

Our minds meet in purpose; our love thinks higher because God leads our vision.

Closing Prayer:

Lord,

Thank You for showing us that intimacy
begins long before touch—
it begins in truth, trust, and tenderness.

Deepen our emotional empathy.
Strengthen our spiritual unity.
Sharpen our intellectual curiosity.

Let every conversation become communion,
every prayer become partnership,
and every dream draw us into greater
alignment with Your purpose.

Teach us to love well, wait well, and walk wisely
—not by feelings alone, but by faith.

In Jesus' Name, AMEN.

ABOUT THE AUTHOR

Angela Simmons

The PASSION Coach

Angela Simmons, CEO at Principled Passion LLC, is a highly sought-after, humorous, dynamic speaker, biblical preacher, teacher, and coach for couples (married, engaged, and exclusively dating). For over 25 years, she has ministered on sex, love, and relationships from a heterosexual perspective. Her signature message, “Sex Talk 101,” celebrates the beauty of erotic passion and sexual intimacy by blending biblical principles with real-world relevance.

As a single divorcee, Angela strives to be sexually disciplined, saving the full expression of sexual love for her future husband. A proud mother to her young adult son, Elijah, she resides in Kentucky and is a Master of Divinity candidate at Louisville Seminary.

Angela shares her triumphant testimony—from a promiscuous past marked by sexual abuse and addiction to becoming an advocate of sexual discipline is a testament to others that:

*“Whatever your sexual history or present challenge, God can **Heal, Redeem, Keep,** and **Bless** you in your pursuit of Principled Passion!”*

CALL TO ACTION

Ready to deepen your intimacy with purpose, passion, and godly wisdom?

Connect with Angela Simmons, The PASSION Coach, for coaching, workshops, or speaking.

“Pursuing Passion with Principles.”

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