The heart is the hardest thing to give away in a relationship. You can give your possessions away easier than your heart. You can give your time and energy away easier than your heart. It is even easier to give your flesh, body away than it is to give your heart away. That is why so many married couples can have a sexual relationship and still feel so isolated, detached, uninvolved, disconnected. They are still two persons, not one as they should be or becoming one, trusting one another with their heart, being naked and not ashamed before each other.

2 Samuel 6:14-16 says:

14 And David danced before the LORD with all his might; and David was girded with a linen ephod.

15 So David and all the house of Israel brought up the ark of the LORD with shouting, and with the sound of the trumpet.

16 And as the ark of the LORD came into the city of David, Michal Saul's daughter looked through a window, and saw king David leaping and dancing before the LORD; and she despised him in her heart. Trusting God is very difficult, if you are looking and seeing all your circumstances and you know that to trust God means the let God do it. God is in control of your circumstances and your willingness to give up all your control and your submission to the supernatural power of the Holy Spirit will release God's supernatural power over your situation. Trusting God is to know beyond every doubt that He is able and ready to do what you can't see through your circumstances. Trust that God is the only One who can transform your tragedy into triumph like He did for Joseph, Joshua and Ruth. Trust God to transform your test into a testimony like He did for Abraham, Moses and Job. Trust God to transform your trail into a treasure like He did for Daniel, Esther and Jeremiah.

2 Timothy 3:14-17 says:

14 But continue thou in the things which thou hast learned and hast been assured of, knowing of whom thou hast learned them;

15 And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus.

16 All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:

17 That the man of God may be perfect, thoroughly furnished unto all good works.