

Handle with Care

Good Sex

God created sex within marriage to be amazing and enjoyable (Genesis 2:20-25).

He is *pro-sex*, having established that a man and woman, in marriage, are to leave their parents and become *one flesh* with each other. Beyond just procreation, God desires that sex be life-giving and fully satisfying (Song of Solomon 4:12-16, 7:7-8), that we should be intoxicated with love for one another (Proverbs 5:16-19). The key to this kind of sexual relationship – that is physical, emotional, mental, and spiritual – is *submitting* ourselves to our spouse (Ephesians 5:22-29). When it comes to sex, the primary focus of a married couple should be on their spouse and what they need or desire. They should aim to outdo one another in showing love and honor in the ways their spouse best receives it (Romans 12:10).

GET THINGS STARTED

What were you taught about sex growing up, especially if you were raised within a Christian church environment? Who, or what, influenced your understanding of sex the most? What elements of what you were taught about sex were good, and what elements were not? How is your attitude and perspective possibly different now from what you were taught?

GO DEEPER

1. What does it mean for a married couple to become *one flesh* in Genesis 2:20-25 (and in Ephesians 5:31)? How is being *one flesh* so much more than just sexual intercourse?
2. How do passages like Song of Solomon 4:12-16, 7:7-8 and Proverbs 5:16-19 speak to how we should view and understand sex?
3. Why is *submitting* to one another so critical to having a vibrant, enjoyable sex life (Ephesians 5:21-29), and what does it practically look like to submit to each other and to outdo one another in showing love and honor (Romans 12:10)?

MAKE IT PERSONAL

1. How does this conversation about God's design for sex affect you? Does it confirm you that you are on the right track, or does it stir up frustration and hurt because of your current situation or a past sexual experience? Does talking about God's intent for sex encourage you, convict you, anger you, etc., and why?
2. To what degree do you truly believe that God designed sex to be enjoyable, satisfying, and life-giving? Does that perspective seem like a fairytale and unrealistic to you? What are the greatest barriers for you to embracing God's intent for sex, according to the Bible?
3. What does God possibly want to change (or heal) in your perspective of sex?

PRACTICE IT NOW

Take time as a group to pray for a healthy, Scripture-based perspective of sex.

Ask God to shape your views on sex so that they fully align with His design and intent for it. Where there is past trauma or wounding regarding sex, ask Him to bring healing. Where sex is non-existent or less than what God intends in a marriage relationship, ask God to come and work powerfully to bring restoration and transformation.