



## Physical Intimacy – Sex!

**W**atch the following Youtube Videos, answer the questions on your own. You will share your answers with your fiancé during a date you plan for after you finish this workshop but before the eighth session.

**a. Watch:** *{PART 1} THE BIBLE: SEX, INTIMACY, RELATIONSHIPS & DATING* (10:49) NOTE – Watch the first 6 minutes and 15 seconds at least. – this is the first in a three part series. It cuts off mid-sentence. You can connect to the other parts too if you want – it’s the best message on sex I’ve heard from a church.

Tom Nelson tells a story about a village that is being ravaged by crocodiles, but no one talks about crocodiles. What’s his point?

Would you say your life has been kept safe from “crocodiles” or do you feel you are missing a limb?

What is that like?

If you did participate in premarital sex or pornography, what were you longing to get from that experience?

What effect will that potentially have in your marriage?

**T**he Bible talks about four specific purposes for human sexual activity: procreation, recreation, release and communication. Look into what God’s Word says about each of these purposes by reading the following Bible verses and talking over the discussion questions.

**P**rocreation. Read Genesis 1:28 and Deuteronomy 7:13,14. What evidence do these verses give that sexual activity for reproduction of the human race is part of God’s design?

Read Psalm 127:3 and Psalm 139:13-15 from The Living Bible. What attitude toward human sexuality and reproduction do you discover in these verses?

**R**ecreation and Release. Read Song of Solomon 4:10-12 and Proverbs 5:18,19. Does it surprise or shock you that the Scriptures actually encourage the enjoyment and sensual delights of sex? Reread Proverbs 5:18,19, remembering that the writer used poetic language as he spoke of sexual energies, drives, and outlets. Throughout the Bible a favorite symbol for sex is water—fountains, streams, cisterns, springs, wells, etc. Do you agree or disagree that Proverbs 5:18,19 encourages a husband and a wife to come to their bed to experience sexual pleasure? Write reasons why you agree or disagree here:

**C**ommunication. Read Genesis 2:24. Ideally, the “one flesh” spoken of in this verse means a blending of spirit, mind, soul—your entire being—with your spouse. Read the following paragraph that more fully describes the concept of “one flesh.”

**T**hen answer the questions at the end of the paragraph. *In the plan of God, sex was intended to provide a means of totally revealing oneself to the beloved, of pouring one’s energies and deepest affection, hopes, and dreams into the loved one. Sex provides a means of presenting one’s spouse with the gift of oneself and experiencing a like gift in return; a means of saying, “I love you.” In short, sex becomes a mode of communication, a means of “knowing” each other.* How do everyday experiences affect sexual closeness and communication? How can they affect a husband’s or a wife’s ability to give of oneself to the other?

**Q**uestions to ask each other about sex: Each write down your answers and come to the session with at least 5 questions that seem significant to your sexual relationship.

1. What was the first question about sex that you can remember asking your parents? How did they respond?
2. From what source (parents, friends, books) did you first learn the basic facts (or rumors) about reproduction? Can you remember anything about how you felt when you received this information?
3. When you were growing up, did you have anyone with whom you felt comfortable asking questions concerning sex? Who was it? What made that person easy to talk with?
4. The word sex means ...

## PREPARING TO LAUNCH

5. In marriage, sex is ...
6. What are two descriptions that characterize your feelings about sex?
7. Describe how you feel about your body.
8. What are your needs for physical affection?
9. Describe any concerns or fears you have concerning sex.
10. Describe your level of comfort when you touch and are touched.
11. What events and attitudes from your past have influenced your sexual behaviors and attitudes? What have you shared with your fiancé? Is there anything you're hesitant to share?
12. What do you look forward to sexually in your marriage?
13. What worries you about sex in your marriage?
14. Do you find any specific sexual acts immoral (improper) in marriage? Do you have any hesitations or reservations about sex?
15. As a sexual partner, a woman should ... a man should ...
16. Agree or disagree: Men are "girl watchers"; women are not normally "man watchers."
17. How will you respond and deal with it if, after you are married, another person is attracted to you and approaches you?
18. What if you find yourself attracted to another person?
19. On a scale of 0 to 10, how important is sex in a Christian couple's marriage?
20. What difference would being a Christian make in a couple's sexual relationship in marriage?

**R**ead *Intended For Pleasure* by Ed Wheat between now and your wedding. We will talk about some of it during our session, but you will schedule a follow-up session should you choose to talk about it further.