

Session 9

SEX

Getting Ready

Here's what you'll talk about:

- patience
- gender differences
- temptation

Survey Says...

Take a quick look at the Affection & Sexual Expectations section of your Couple Checkup report. Notice whether this is a “strength” or “growth” area in your relationship.

Selfie

Taking a Snapshot of Where You Are Right Now

In the following survey, go with “off the top of your head” responses as much as possible. Try not to take longer than three minutes.

The point isn't to come up with “right” answers, but simply to start thinking about where you stand on some of the issues addressed in

your feelings about having children, or

your feelings about your sexual past

an addiction to alcohol, or

an addiction to pornography

disappointment with your spouse's interest in spiritual things, or

disappointment with your spouse's personal hygiene

4. If God hadn't invented sex, do you think He still would have invented marriage? Why or why not? How might marriage be different if sex weren't involved?

5. Which two of the following do you think have had the biggest influence on your attitudes about sex? How do you feel about that?

TV and movies

the Internet

the Bible

your parents

social media

- school
- friends
- other _____

WeTube

Getting the Most from the Video

After watching the Session 9 video on the DVD, discuss the following questions:

1. Did anything surprise you about this video segment? If so, what?
2. Do you agree with the following? Why or why not?
 - Sex takes up the least amount of time and causes the greatest amount of trouble.
 - Sex is a good barometer of your relationship.
 - Sexual intimacy is one of the most important aspects of a healthy, satisfying marriage.
 - How spouses behave toward each other all day is crucial to having an enjoyable sexual relationship.
 - Sex is not a 30-minute experience, but rather a 24-hour event.
3. In the "Table Talk" segment, one of the couples mentions that it's easy to make sex "an idol." What do you think that means? Do you agree? How could you avoid it?

4. In the “Table Talk” segment, one of the engaged men talked about his fear that sex would become a chore and said that married couples seem to have to schedule sex. Do you share this same concern? Why or why not?
5. Read 1 Corinthians 13:4–7. Choose three of the things the apostle Paul says about love. How could a husband and wife demonstrate these in the way they relate to each other sexually?
6. In the video session, Sheila Wray Gregoire says, “men make love to feel loved, whereas women need to feel loved to make love.” How might this be a recipe for frustration and hurt feelings in a marriage? How might this God-designed difference between men and women be a good thing for a marriage?
7. How and why does Dr. Juli Slattery compare sex to a box of Legos? Do you find her point reassuring? Why or why not?
8. What if a couple has “opened the Legos” before marriage? To find out what Dr. Slattery has written about that subject, take a look at “What If We’re Already Sexually Active?” in the back of this book. What do you think of her advice?

9. “Experienced” or not, everyone has a sexual past. Its influence on your marriage can be powerful—for better or worse. For help in dealing with the effects of a dysfunctional sexual past, see “How Can We Put Our Sexual Pasts Behind Us?” in the back of this book. When might be a good time for the two of you to discuss this subject?

10. Another influence that shapes some marriages is pornography. If you suspected that your spouse was affected by it, how would you bring up the subject? For advice on what to do if pornography becomes a problem in your relationship, see “When Pornography Affects Your Marriage” in the back of this book.

Application

Taking Things Personally

Here's a way to talk further about this session's topic.

Between now and the next session, set aside at least 30 minutes to discuss as a couple your expectations about sex in marriage. Find a comfortable place and a time when you're not rushed. Talk about three key things you want to be part of that aspect of your relationship as well as three things you'd rather *not* have.

Face The Book

Going Deeper with Ready to Wed

To learn more about—and apply—the principles you’ve just discussed, please read the following in the *Ready to Wed* book during the week:

Chapter 6, “One Flesh: Sexual Intimacy in Marriage,” by Juli Slattery, PhD