

Sermon-Based Curriculum “Sexual Struggles in a Healthy Marriage”

DISCUSS

1. Where did you first learn about sex? In what ways did your family of origin approach the subject of sex? Was your education or understanding lacking as you entered adulthood? If you could go back and talk to your younger self, what would you want to say about sex?
2. Why do you think we talk about sex so little in the church? How can we talk about it in appropriate ways so that our kids get a healthy perspective? How can the church be a resource for couples? How can the church reclaim sex as a gift from God instead of the way it is presented in the world?
3. Read 1 Cor. 6:19-20 and 1 Cor. 7:4. React to the statement, “As a follower of Christ, your body is not your own, especially if you are married.” What is Scripture teaching us about our bodies? How does this impact body image? How would this perspective change the way we relate in dating and marriage relationships?
4. Read Paul’s instruction regarding sex in 1 Cor. 7:1-5. What does it say about submission to each other? If properly applied, how does this passage protect against abuse? What does this passage say regarding the frequency of sex in marriage? According to verse 5, what is one of the ways a couple can protect against outside temptation?
5. Look over the list of Sexual Roadblocks that Tim listed in the sermon. What stood out on this list? How do you see these roadblocks impacting marriages today? Does it help to know all marriages struggle with these issues? What are some ways we can encourage each other?

PRAY

Break men and women into separate groups for prayer. Before you pray, take some time and share what stood out to you from this study. What new perspective or insight did you gain? Recognize we all have struggles when it comes to these issues. Take some time, share, and pray for each other.