

BIBLICAL SEXUALITY
JourneyMen, March 27, 2013
Part III SEXUALITY AND MARITAL DYNAMICS
Session 9: "Overcoming Obstacles to Sexual Intimacy"

REVIEW

SEX is a ***relational dance***

What is special about sexual intercourse, a highly-satisfying male-female ***symbiosis***, that it requires a higher degree of ***collaborative communication*** than any other kind of behavior exchange between spouses. Sex is consequently precious, but also ***perilous***. It is the only relationship act which must have mutual spontaneity for mutual satisfaction. It can only be a conjoint union, and it represents a common goal which is clear and understood by both. (Lederer and Jackson, The Mirages of Marriage, p. 116-117)

STEP #1 : EVALUATION THE POTENTIAL PROBLEMS

1. Problems in the ***person***.
2. Problems in the ***partners***.

Assess the state of your marriage relationship from your *wife's point of view***.**

- A. Our communication is : _____
- B. Our spiritual interaction is : _____
- C. Our agreement on key issues is : _____
- D. Our time together is : _____
- E. Our sexual relationship is: _____

3. Problems with ***technique***.

SAVE THE DATES:
April 19-21 Father Son Camp #1
May 3-5 Father Son Camp #2

STEP #2 : SEEK HELP TO MOVE YOUR MARRIAGE FORWARD

STEP #3 : ESTABLISH CLEAR, BIBLICAL GOALS FOR YOUR SEXUAL UNION

1. Sexual relations within marriage are holy and good. (Hebrews 13:4)
2. Pleasure in sexual relations is not forbidden
3. Sexual pleasure is to be regulated by the key principle that one's sexuality does not exist for himself or for his own pleasure, but for his partner
4. Sexual relations are to be regular and continuous
5. The principle of mutual satisfaction means that each party is to provide the sexual enjoyment which is "due" his or her spouse whenever needed
6. There is to be no sexual bargaining
7. Sexual relationships are equal and reciprocal

SMALL GROUP DISCUSSION

1. If married, share briefly with the guys in your group what you feel your wife's assessment of your relationship is? Ask them for feedback.
2. How do you deal with stress in your life? Why is stress and fatigue such a hindrance to any form of relational intimacy?
3. Why is it important for a husband and wife to have a goal for their sexual relationship? What are some practical ways a husband can communicate these principles to his wife?

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