

Skills for Becoming One

MARRIAGE ON THE ROCK

Genesis 2:22-24 *Then the Lord God made a woman from the rib, and he brought her to the man. 23 “At last!” the man exclaimed. “This one is bone from my bone, and flesh from my flesh! She will be called ‘woman,’ because she was taken from ‘man.’” 24 This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.*

1 Corinthians 7:3-5 *The husband should fulfill his wife’s sexual needs, and the wife should fulfill her husband’s needs. 4 The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife. 5 Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won’t be able to tempt you because of your lack of self-control.*

God’s Design for Sex

Sex is a _____ and a _____
for your relationship

God created sex for _____ and
_____ enjoyment in marriage.

The _____ that God put on sex
are for our _____.

- Does this increase _____ and intimacy.
- Is it mutually _____ on?
- Is it _____?
- Can I do this with a clear _____ before God?

God created our sexual _____
to make our relationship more _____.

Ingredients to Sexual Fulfillment

_____ to meeting your spouse's sexual needs in a committed and _____ manner.

_____ your sexual needs and allow your spouse to communicate.

_____ the integrity and sexual _____ of the marriage.

_____ an atmosphere of sexual _____.

Communicate and _____ with sexual problems together.