

Flint Hills Bible Church – Marriage Workshop: Session 3
Let's Talk About Sex

Welcome:

- **Pray**

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- “**God** is not afraid of the topic of sex.” – Dr. Gary Smalley

- God designed us for _____.

- **Sex is...** an atomic force that binds a married couple together, and is a reflection of marital intimacy on every level of marriage.

- Our marital, sexual relationship should be a healthy _____ of our marriages.

- Sex is _____ of our eternal relationship with God.

- Sex must be a _____ in your marriage.

- Relationship breakdown generally occurs because one or both parties in the relationship become self-focused or self-centered. When we are focused on ourselves, and our gain, we stop building honor, respect, security, and intimacy in our spouse.

- Relationship breakdown is likely to _____ breakdown.

- This violates Scripture (Matthew 22: 36-40).

- “The majority of sexual issues in marriage can be traced back to **relational struggles.**”
– Dr. Gary Smalley

Honor is:

Personal notes on honor:

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Security is:

_____ builds _____.

_____ reinforces a new _____.

Quick tips for building security in marriage:

- Put your Godly character (as a husband and wife of God) above your sexual desires.
- Avoid short cuts that build a false security. Invest.
- Take your time. Do not rush physical intimacy.
- Create boundaries.
- Do not weaponize sex.
- Do not use sex as a reward.

Personal notes on security:

Intimacy is:

This is not give so you get. This is _____.

Personal notes on intimacy:

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Axioms About Sex

An axiom is: “a statement or proposition that is regarded as being established, accepted, or self-evidently true.”

- Sex is not a tool for orgasm. “Sex is a tool for _____.”

- Great sex starts in your _____, not between the legs.

- Intercourse is not simply the culminating of sexual activity. It is the act of getting to know someone _____, and _____, in the same way.

- Seek to _____ your spouse, not simply be _____ by your spouse.

- Ted Cunningham: “...the secret to great sex [is] found in listening and communication...honor leads to security, which leads to [emotional] intimacy, which results in sex.”

- Be an _____.

- Great listeners read body language, ask questions, are encouragers, and maintain eye contact.
- Talk: about, during, after.

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- Pursue and stay _____ in sex.

- Drink _____ from your own cistern.

- Sex is _____ to the two of you.

- Sexual _____ is up to no one but you.

- 1 Corinthians 10:23-24

- “Everything, but...”

- Have _____.

- Sex should exist on a spectrum.

- Agreed upon _____ is the key.