



No Expiration: God's Timeless Plan for Love, Sex, and Family
Healthy Sex: Lies & Truth
September 13th-19th, 2015

Warm Up: There is no question that we live in an overly sexualized culture. We might even say that Satan, rather than God, has the monopoly on sex in our society. In what ways is this true? If God created sex to be enjoyed and to fulfill important purposes within marriage, do you believe married Christians are right to press into health, growth, and blessing within their sex lives? Process this together. (If your group is made up of married couples it would be a good idea to break off into groups (men/women) to discuss the following.

- ❖ Of the six healthy reasons for sex within marriage, which is typically your primary motivator? Which is personally most challenging for you? Why? 1. For Pleasure 2. For Children 3. For Oneness 4. For Knowing (to “know” one another deeply) 5. For Protection from outside temptation 6. For Comfort.

- ❖ Sex bonds a husband and wife like nothing else. In the act of sex, they become “one flesh.” Not surprisingly, biophysics supports the Bible. When a husband and wife are together in sex a chemical reaction happens in the human brain that is nothing short of euphoric. God has built our bodies to connect with our spouse during sex. Why is this “oneness” (not *just* physically but also emotionally) so important to the health of a marriage? What kinds of things can destroy oneness?

- ❖ Healthy sex within marriage serves as a powerful protection against outside temptations for both men and women. When you are freely and frequently together in sexual activity it serves as a safeguard within marriage. Have you experienced this to be true? Why or why not? What issues might you and your spouse need to address with regard to this? (This last question may be one you don't talk aloud about but rather just pray for one another to experience greater intimacy within the marriage)

- ❖ What is one learning you gleaned from Sunday's message, or your conversation this week in Life Group, that you will seek to put into action this week?

Wrap Up: Pray for the health of marriages represented in your group and at The Shoreline at large. What do you sense is the Lord's desire for the kind of marriages He would delight to see among us? Lift these things up to the Lord.