

Disciples Church

Marriage & Singleness Series - Session 10

**Intimacy**

Week of March 21, 2018

**HAND OUT**

**Genesis 2:24-25** Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed.

The world’s agenda when it comes to sex is to “profane” it.

Profane = to make it \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Proverbs 5**

**1 Cor. 6:18 (NLT)** Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body.

**Who:**

**Who designed sexual intimacy?**

**Who is to participate in sexual intimacy?**

Genesis 1:27-28

Genesis 2:24-25

**Why:**

**1. Pleasure** (Song of Songs)

**2. Children** (Genesis 1:28)

**3. Oneness** (Genesis 2:24)

**4. Knowledge** (Genesis 4:1)

**5. Comfort** (2 Samuel 12:24)

**6. Protection from sexual sin** (1 Corinthians 7:2-5)

**7. Worship** (Genesis 1:31)

**What:**

**Sexual intimacy is more than intercourse!**

Song of Songs-

**Are there things that do not honor God in the bedroom?**

**Where:**

**When:**

**How Often? -\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**1. Healthy sex life = healthy marriage and protection.
 1 Corinthians 7:2-5**

**2. Three common reasons married couples struggle to enjoy and/or be sexually intimate.**

 **1-Lack of enjoyment**

 **2-Laziness**

 **3. Selfishness**

**Unhealthy sexual expectations**:

**\_\_\_\_\_\_\_\_\_\_ is not the end or best form of intimacy!**

**Selflessly loving your spouse**

**Women:**

* **Initiate \_\_\_\_\_\_\_\_\_\_\_**
* **Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Look to selflessly \_\_\_\_\_\_\_\_\_\_\_ your husband**
* **Do not make your \_\_\_\_\_\_\_\_\_\_\_\_\_\_ a road block for intimacy.**

**Men:**

* **Be \_\_\_\_\_\_\_\_\_\_\_\_\_ and be thorough**
* **Give affection just to \_\_\_\_\_\_\_\_\_\_\_**
* **Take care of your \_\_\_\_\_\_\_\_\_\_**
* **\_\_\_\_\_\_\_\_\_\_\_\_\_is different for women and men.**
* **Cover your wife with loving ­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Tips for enriching your sexual intimacy:**

1. **Be a \_\_\_\_\_\_\_\_\_\_\_\_ of your spouse**
2. **\_\_\_\_\_\_\_\_\_\_\_\_\_ with each other**
3. **Get \_\_\_\_\_\_\_\_\_\_\_**
4. **Date your \_\_\_\_\_\_\_\_\_\_**
5. **Keep sex in \_\_\_\_\_\_\_\_\_\_\_**
6. **Keep your sense of \_\_\_\_\_\_\_\_\_\_\_\_**
7. **\_\_\_\_\_\_\_\_\_\_\_ together**
8. **Grow in \_\_\_\_\_\_\_\_\_\_\_\_\_**
9. **\_\_\_\_\_\_\_\_\_ !!!**

**Colossians 3:14-17**