



TOUCH

Vern Streeeter | November 7, 2021

BIG ACTION: Loving touch has the power to bond and even heal.

I. Touch: The Biology of Bonding

II. The Bonding Power of Sexual Intimacy (1 Cor. 6:16-18; Genesis 2: 24)

- Dopamine
- Vasopressin
- Oxytocin

III. The Bonding Blessing of Mutual Enjoyment in Marriage (1 Cor. 7:1-6)

5 Ways to Boost the Bond:

1. Normalize the differences between your sex drives.
2. Renew your commitment to fulfilling your spouse.
3. Higher Drive: Take ownership of the nonsexual needs of your spouse.
4. Lower Drive: Take ownership of the sexual needs of your spouse.
5. Talk regularly with your spouse about your sexual relationship.

For Next Week Read:
Leviticus 16

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