

Married Sexuality

Differences in God's Design for Sexuality in Men vs. Women

- Brain scans
- Approaches to sex
 - Men tend to view sex as physical release and a way to connect
 - Women tend to view sex as an outflow of intimacy
 - Reality is that it is both which makes for a cyclical design

Common Stereotypes/Problematic Teachings

- Men are more prone to lust (giving in to sexual temptation in general) Its EVERY man's battle, right?
- It's normal for men to look at Porn (different from Porn being common)
- Women don't desire sexual intimacy

Common Barriers to Sexual Intimacy

- Lack of spiritual intimacy
- Lack of emotional intimacy

Desire Busters

- Lack of sleep, young children, breast feeding, hormones, medication, trauma, body image, pornography

Desire Boosters

- Mindful sexuality, healthy fantasy, rest, connection
- #1 desire booster for men = wife's enjoyment

Sexual Ethics in Marriage

- Boundaries
- Issue of conscience
- Marriage/sexual relationships are between man and woman
- Sex should remain between two people
- Mutual consent

Appropriate Times to Abstain

- Pregnancy
- Birth
- Breastfeeding
- Surgery or physical illness
- Sexual pain
- Trauma
- Affair recovery
- Addiction/porn
- Abuse
- What are some other times?

Helpful Exercises for Building Sexual Communication and Intimacy

- Evaluating your messages (home, church, culture)
- Sexual autobiography (writing out your story)
- Developing a theology of sex
- Breaks/accelerators (emotional and physical)
- Discussions of expectations. Frequency, desire discrepancies
- Realistic expectation of aging sex (30s, 40s, 50s, 60s, 70s)
- Books
- Counseling
- Growing in Christ together
- Enjoy non-sexual touch
- Playful/flirtatious
- Time away together (building in intentional time for rest and connection)