

# The Great Sex Rescue Discussion Questions

There are more questions in this guide than we will have space for on our discussion night. Use them as a guide for your deepening thoughts as you navigate the book. This discussion guide is a selection of questions guide provided by the authors themselves on their website (<https://greatsexrescue.com/book-study-introduction/>)

## Pre-ambles Questions

1. Overall impressions of the book (rate 1-10)?
2. What were some of the things you most appreciated? Feel free to share a quote.
3. What was something you struggled or disagreed with? Feel free to share a quote.

## Chapter 1

4. Over the years, Sheila and her team have realized that for many couples, all the good advice in the world means nothing if they're still holding onto harmful teachings. Did this surprise you, that it's not just enough to give good advice?

## Chapter 2

5. Sheila talks about how the word "know" in Genesis 4:1 ("And Adam knew Eve his wife; and she conceived, and bare Cain, and said, I have gotten a man from the Lord.") is the same one as in Psalm 139:23 ("Search me and know me, O God.") How does sex make us feel truly known? Can you think of some things that may get in the way of that true knowing?
6. Joanna shared the statistic that women are five times more likely to orgasm if they are satisfied with how close they feel to their husbands during sex. Have you heard this focus on emotional closeness emphasized in your Christian circles when discussing sex?

## Chapter 3

7. Which have you heard more in the church: that women's sexual pleasure matters, or that wives should not deprive their husbands?
8. Why do you think our evangelical resources seem to focus more on making sure men get enough sex rather than focusing on mutually pleasurable sex?

## Chapter 4

9. Did you hear the "gatekeeping message" growing up, that girls need to make sure boys don't go too far? Did you hear that boys will try to push

your sexual boundaries? Or were you taught a healthier message? How did what you were taught affect you?

10. In our focus groups, many women discussed different versions of "spectator-ing" when it comes to sex. That they couldn't ever relax, but always had to keep watch. Have you experienced this? How do you think we can protect girls from dissociating from their bodies while still teaching both our girls and boys to maintain healthy sexual boundaries?

### **Chapters 5 & 6**

11. Have you heard that women should have frequent sex to stop their husbands from using porn? What about the message "all men struggle with lust; it is every man's battle?" If you have heard these before, where did you hear them?
12. We believe that both men and women were created in the image of God and that men are not born unable to ward off sexual sin. How can we encourage the church to offer a message of hope and transformation to both the men and women struggling with sexual sin in the congregation?

### **Chapters 7 & 8**

13. Joanna shared stats that showed that what matters for women's pleasure during sex was not that they were aroused *before* they had sex, but rather that they reliably *did* get aroused! How can we help couples understand that the goal is not necessarily spontaneous libido, but rather that sex is something that is reliably pleasurable for both parties?
14. Our results from our survey drastically changed how we see sexless marriages. After learning that sexless marriages are often the result of long-term sexual mistreatment or neglect, has your view on sexless marriages changed?

### **Chapters 9 & 10**

15. Our survey found that believing the obligation sex message left women at a higher risk of developing primary sexual pain. Why do you think so many women's bodies react so violently to this message?
16. Evangelical teachings about sex can, unfortunately, be very coercive and manipulative, erasing women's ability to consent. Have you heard any threatening or manipulating messages about sex? How has that affected you? How can we better protect everyone's sexual autonomy, even in marriage?
17. In general, women who enjoy sex tend to not believe the obligation sex message and also don't tend to stop having sex! If this is the case, why do you think evangelical books have focused so much on the obligation message if focusing on women's pleasure gets similar results, but

without the harm?

**Chapters 11 & 12**

18. In Chapter 11 of the book, the authors discuss a variety of teachings that break this basic rule: just be nice to each other. Why do you think advice that, frankly, nice people wouldn't act out was so readily accepted in these books (e.g., demanding sexual favours from a postpartum wife)?
19. The authors posit that a cross-centered view of sex, rather than *only* focusing on being unashamed, is a more biblical and Christlike view for marriage. What do you think the difference is between the two?
20. Sheila explains that passion is like a train going down two railroad tracks. Why are both of these tracks necessary? What happens when one is missing?