

**Designed for Delight**

1 Corinthians 7:1-5

June 14<sup>th</sup>, 2026

**Big Idea:** Sexual \_\_\_\_\_ in marriage comes through self-\_\_\_\_\_, not self-\_\_\_\_\_.

Don't follow \_\_\_\_\_ that God never \_\_\_\_\_.  
(v. 1)

Intentional \_\_\_\_\_ is a guardrail against \_\_\_\_\_.  
(v. 2)

Your body is a \_\_\_\_\_ to be \_\_\_\_\_. (vv. 3-4)

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## SACRED SEXUALITY | Discussion Guide

**Why do you think some Christians throughout history have treated sex as something unspiritual or less holy than other aspects of life?** How does 1 Corinthians 7 challenge that mindset?

**Paul teaches that intentional intimacy can protect a marriage from sexual temptation.** Why do you think intentionality is often difficult to maintain in marriage, and what practical steps can couples take to prioritize intimacy?

**Verse 4 teaches that a husband and wife belong to one another. How does this challenge the self-centered view of sex that is common in our culture?** What does self-giving love look like in marriage?

**How can couples communicate more effectively about intimacy, expectations, desires, and boundaries?** Why is communication essential for a healthy sex life?

**Jesus gave His body for His bride, the Church.** How does Christ's sacrificial love provide both a model and a motivation for self-giving love within marriage?

### MARRIED COUPLES:

*What is one conversation you and your spouse need to have this week about your sexual relationship? What is one practical step you can take to be more intentional about intimacy?*

**WANT TO DISCUSS THIS MESSAGE WITH OTHERS?**

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