



For Couples and Marriages only

Contents:

Want Better Sex? Try This
Scriptures on Sex

20 questions to improve your marriage



**Friendship
Vallejo**
The Church For The City

Want Better Sex? Try This

There's something important every married couple needs to talk about. That's right, sex. A healthy sex life is part of a healthy marriage. Proverbs 5:18-19 (and all of Song of Songs) encourages married couples to enjoy each other.

God is for great sex in marriage, and to get there, we have to learn to talk about it. Because communicating with each other about what goes on in the bedroom creates an even deeper intimacy inside and outside the bedroom.

3 Guidelines For Talking About Sex

1. Talk about sex with your spouse.

While it can be tempting share some of the more intimate details of your life with your friends, marriage is sacred and the covenant you share with your spouse should be honored (Hebrews 13:4). Being reckless with the details of your more private moments can lead to a lack of trust in your relationship. If you've got something to say about your sex life, say it to your spouse.

2. Be honest.

The longer you're married, the better you get to know your spouse. And while that is a blessing, it can sometimes lead one person to expect the other to know what he/she is thinking and feeling. You're not married to a mind reader. Let your spouse know what you like, what you don't like, what you're comfortable with, and what you're not comfortable with. We are commanded to be truthful with our words (Ephesians 4:25). That applies to all topics of conversation, including sex.

3. Celebrate what God meant for sex to be.

We serve a good God who gives good gifts to His children. Sex is one of those gifts! He created sex to be shared between a man and a woman within the bounds of marriage. When we come together physically, we also come together spiritually (Genesis 2:24).

Sex was designed by God to unite married couples as one flesh. So if you're married, thank the Lord for sex!

Building a marriage that lasts requires effort on both parts and ultimately glorifies God. That means sex is a topic we cannot ignore. So settle in with your spouse, talk honestly about your sex life, and go celebrate. It can only get better from here.

Scriptures on Sex

Our sex-saturated culture says, “More sex now with whomever.” The Christian message is quite different – sex is to be exclusive and intimate.

If God is Designer and Creator, then the universe works right only when it works according to His design. When we live contrary to His design or redefine what He calls good and right, we commit what some have called ‘cosmic treason’ against God. The bible simply calls our rebellion against God’s purposes ‘sin.’ It is only when we submit to God that we find true and deep meaning in our life.

So this is not just about sex, it’s about seeking God’s design in every facet of life. For those of us who love God, we are obsessively striving for what He thinks is right and good. We believe that He has shown us what is right and good through His Son and in His word.

Since we want to live according to God’s purposes, we must investigate what His word says about sex. The verses below give us an understanding of God’s design for sex:

- **Genesis 1:27-28**
- **Genesis 2:18-25**
- **Proverbs 5:15-19**
- **Matthew 19:4-10**
- **1 Corinthians 6:13-20**
- **1 Corinthians 7:2-5**
- **Ephesians 5:25-33**
- **1 Thessalonians 4:3-8**
- **Hebrews 13:4**
-

It would seem that sex with one person for a lifetime would become monotonous. On the contrary, it is the person who lives only for sexual gratification who struggles with boredom. A married couple committing to emotional and spiritual intimacy finds an infinite fulfillment in the physical aspects of their relationship. It seems that God blesses those who do things His way.

20 questions to improve your marriage

God is for your marriage! If you will commit to working on it, He can bring you closer together. Learning to talk together is a great way to start working on a healthy and intimate marriage.

Use these 20 conversation starters to learn more about your spouse or significant other.

If I could go anywhere in the world I would go...

My favorite holiday is...

The thing I most like to do on a date is...

My favorite restaurant is...

I feel most loved when you...

My favorite beverage is...

I wish you would do this one thing for me more often...

The coolest place we have ever taken a trip was to...

I like to spend time...

I wish you knew that I...

The one household chore I hate doing is...

I know that you are committed to our marriage when...

The one new thing I learned about you this week was...

My favorite color is...

When it comes to sports, I cheer for..

If you turn on my music you'll most likely hear...

My favorite candy is...

If I have free time I usually...

I like to relax by...

One word I say often is...

Bonus questions for married couples:

Answer the following questions on your next date night or in some other distraction-free setting, like the couch after the kids are in bed.

I think a happily married couple has sex _____ times a month.

I am sexually attracted to my spouse most when...

The best way you can serve me romantically is...

What do I enjoy the most about our relationship?

What are we currently not doing that you wish we would do as a couple?

What are you struggling with right now?

What do you feel like God is teaching/showing you?

When I think about God, this comes to mind first...

When I die, I want people to remember this about me...

I want you to know that...

