

Module 5 Lesson 0

Introduction

KEY IDEA

Sexual intimacy thrives when emotional intimacy is already established. Meaningful hip connection grows out of meaningful heart connection, which is why this module comes last in the Designed2bMine journey.

KEY SCRIPTURES

- Genesis 2:24 — “The two become one flesh.”
- 1 Corinthians 10:23–31 — “Everything is permissible...but not everything is beneficial.”
- Song of Solomon — A celebration of marital desire and mutual delight.

LESSON & NOTES

“Your sexual intimacy will not improve until your _____ intimacy improves.”

“We need to have genuine H_____ connection before we can have meaningful H_____ connection”

Sexual Intimacy in the Christian culture is often a _____ subject.

Sex is a gift from God FOR BOTH the _____ and the _____.

KEY POINTS

- Sexual intimacy is God-designed, good, and created for both pleasure and connection
- Emotional intimacy is the foundation for great sexual intimacy
- The sexual relationship is deeply personal, often tender, and frequently influenced by past experiences, assumptions, and fears

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HeartWork

How did you learn about sex and sexual intimacy?

What was your family's attitude or view of sex?

What has been your primary influence on your attitude or approach to sex?

What topics or issues regarding sex do you and your spouse struggle with the most?

What are the primary "sex verses" in the Bible that you lean on regarding your understanding of the sexual relationship between a husband and wife?

If you could change anything about yourself in regards to your sexual relationship, what would that be?

If you could change anything about your sexual relationship with your spouse, what would that be?

What is your vision for your sexual relationship in marriage?