

Module 5 Lesson 1

A Quick(ie) Theology

KEY IDEA

Sex is a God-given gift designed for procreation, pleasure, unity, and intimacy, drawing husbands and wives into a one-flesh, mutually honoring, emotionally connected relationship that glorifies Him.

KEY SCRIPTURES

- Genesis 2:24 - "The two shall become one flesh."
- 1 Corinthians 10:23, 31 - 'Everything is permissible, but not everything is beneficial; do all to the glory of God.'
- Psalm 139:14 - "I praise you because I am fearfully and wonderfully made..."

LESSON & NOTES

Sex is _____ by God

- for _____
- to be a _____ relationship
- for both the _____ & _____ pleasure
- so _____ it! Be _____!
- Therefore it is _____.

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

Read Song of Solomon (Song of Songs) together. (Note: If your version does not have the parts separated, you may need to read from another version)

She / Bride / Beloved / Shulamite = Wife
Friends / Others / Chorus = Read it together
He / Lover / Solomon = Husband

After reading this together, what are your initial thoughts and reactions?

Many Christians state this book is allegorical, meaning it expresses God's love for His bride, and the Bride's (Israel's) love for God. While it can be seen this way, it also appears to be a poetic expression that details the intimate attraction and desire between a husband and wife who are sexually expressive and active. **How do you express your love and sexual desire for your spouse? How would you like them to express their sexual desire for you? Discuss.**

Song of Solomon shows us that sexual intimacy is not a taboo subject, but it is to be celebrated in the confines of marriage. Taking delight in one another and in their bodies is an intimate gift that is given by an intimate God. **How do you take delight in your spouse's body? How would you like them to take delight in your body? Discuss.**

If you don't take delight in your spouse's body, why do you think that is the case? Discuss.

When considering your sexual relationship, how often (give a percentage) would you say sex is about duty? How often would you say it is about desire? How often would you say you reach orgasm, and would you like this to change?

If your sexual relationship has been put on the backburner, or in maintenance mode, what do you think is needed to bring back a season of sexual excitement and fulfillment?