

Module 5 Lesson 2

Talking About Sex

KEY IDEA

Healthy sexual intimacy grows through humble, honest, and grace-filled communication rather than silence, pressure, or criticism.

KEY SCRIPTURES

- Eph 4:29 - “Let no unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs.”
- Eph 4:15 - “speaking truth in love”

LESSON & NOTES

Why can't we talk about sex openly with our spouses?

1. F _____
2. T _____
3. Deeper Heart H _____

Tips to Keep Talk About Sex

1. Avoid C _____ & Q _____.
2. Approach with C _____ over A _____
3. D _____ over D _____
4. L _____ and D _____
5. Talk about T _____ about it

KEY POINTS

- Sexual intimacy cannot improve without communication
- Fear, shame, and assumptions silence healthy conversations
- Desire is best communicated, not demanded
- Curiosity builds safety; criticism shuts it down
- Heart connection strengthens hip connection

Module 5 Lesson 2

HeartWork

In general, how often do you and your spouse talk about sex (serious discussions)?

Have you ever had things you wanted to talk about with your spouse and chose not to say anything? What kept you back from saying anything?

If your spouse were to bring up anything about sex, what is your general reaction or response? Are you more open and curious? Disgusted? Offended? Why do you think you respond in this way?

If you bring up anything about sex, how do you bring things up? Is it more accusing or questioning? Are you being critical? Are they simple requests? How do you respond to your spouse's responses?

What are some of the reasons or obstacles that you don't talk about sex more often (We shared fear (of your spouse's response and rejection, or hurting your spouse), sex as a taboo subject, and deeper hurts as possible causes)?

Do you share your sexual likes and dislikes with your spouse? Do they share them with you? Are you receptive to your spouse's likes and dislikes?

Will you commit to working through your communications struggles (Log Lifting) so that you may both improve in this area? If so, what will you commit to do (listen better, not react, etc.)?