

Module 5 Lesson 3

Overcoming Obstacles

KEY IDEA

Great sexual intimacy is often hindered not by a lack of desire, but by unresolved heart obstacles and physical obstacles that must be identified and addressed with honesty and grace.

KEY SCRIPTURES

- Prov 4:23 - “Above all else, guard your heart, for everything you do flows from it.”
- Matthew 26:41 - "The spirit is willing, but the flesh is weak"

LESSON & NOTES

Heart Obstacles

1. Self-_____
 - If you see your spouse as your servant, they will feel _____.
 - We should never use _____ to manipulate our spouse
2. Viewing sex as a physical _____.
3. Insecurity & _____.
 - Our goal is to be _____ and unashamed
4. _____ & Intrusive Thoughts
5. Expectations & _____

Physical Obstacles

1. Common Struggles for Wives:
2. Common Struggles for Husbands:

*The most important parts of your body that impact sexual intimacy are the heart & the mind.
If there is an obstacle to your sexual intimacy, DO SOMETHING ABOUT IT!*

KEY POINTS

- Obstacles to sexual intimacy are both internal (heart) and external (physical)
- Self-centeredness damages mutuality and intimacy
- Viewing sex as a need rather than a relationship gift creates pressure
- Shame, fear, expectations, and assumptions undermine intimacy
- Physical challenges are common and should be addressed, not ignored

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HeartWork

Which of the heart or physical obstacles would you say are obstacles for you? Would you add any other heart or physical obstacles you might have to this list?

What have you been doing (individually and as a couple) to overcome these obstacles to your sexual intimacy?

Will you commit to overcoming any personal obstacle for the benefit of your spouse and relationship? What steps will you take to overcome them? *(If you need to think about it, schedule a time next week to come back to the conversation. If you are unsure, please schedule an appointment with a doctor or counselor to take the first steps)*

What assumptions have you made about your spouse (or their motives) regarding your sexual relationship?