

Module 5 Lesson 4

Desire Differences

KEY IDEA

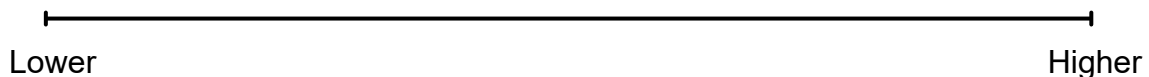
Differences in sexual desire are normal in marriage, and God uses these differences to grow humility, love, communication, and Christlikeness in both spouses.

KEY SCRIPTURES

- 1 Corinthians 7:3–5 – “The husband should fulfill his marital duty to his wife, and likewise the wife to her husband.
- Philippians 2:3–4 – “Rather, in humility value others above yourselves...”
- Romans 8:28–29 – “...he also predestined to be conformed to the image of his Son.”

LESSON & NOTES

Desire Continuum



Spontaneous / R_____

Higher Desire Spouse

“Making love is a pleasurable experience, not a personal _____.”

Lower Desire Spouse

Getting READY

R-
E-
A-
D-
Y-

“Give yourself permission for p_____.”

KEY POINTS

- Desire differences are normal and seasonal
- Spontaneous vs. Responsive desire
- Pressure kills desire; safety builds desire
- Sex is a gift, not a demand
- Communication and humility are essential

Module 5 Lesson 4

HeartWork

Who in your marriage is the high desire spouse? Who is the low desire spouse? Was it always this way? If not, what changed?

How often would you like to make love with your spouse per week?

For higher desire spouses, when has sex been such a strong desire that it felt like a need?

For the higher desire spouse, when your spouse says “no” to sex, what is your typical response? Are you generally OK with a “no” or do you tend to 1) take it personally and feel rejected? 2) get angry and stew? 3) get angry and lash out? 4) refuse to accept a “no” and try harder until she/he gives in? 5) am generally OK with a “no” and we work it out together?

When a “no” is given, how do you (lower desire spouse) feel your spouse responds to your answer? What do you appreciate and what would you like to see different in their response?

When was the last time you simply kissed (made out) without the expectation of anything further? How would your relationship be different if you could simply kiss or enjoy one another without any pressure of sex?

Lower desire spouses tend to be more responsive. They do not necessarily think about or desire sex like high desire spouses, but more likely respond to sensual touch and their spouse’s initiating of sex. It’s like a plate of food placed in front of a person who did not think they were hungry, but once they tasted it, they ate the whole thing and said, “I didn’t realize I was so hungry.” Do you find this true for the lower-desire spouse in your marriage?

As a lower desire spouse, what do you believe contributes the most to being lower in desire: 1) just don’t think about it? 2) So busy I don’t have mental capacity? 3) Past issues / Trauma? 4) Don’t see sex for me? 5) Something else? Is there anything you would like to change about being a low-desire spouse? If so, what?

Who typically initiates? Do you feel pressure to initiate? Are you pleased with this system? If not, what would you like to see change?