



## **SexNLove Series**

**February 14, 2010**

### **Week 2: For those that are Married**

**Group Leaders: If you think it would be better for your group to split into all men and all women, do that for this discussion. This discussion will be very personal if the group allows it. At the end, come back together for a few questions that are noted below.**

#### **Read Song of Songs 4:1-16**

**1. Good Sex starts before the bedroom.**

Notice the ways that the author compliments his lover. What are ways you have learned to compliment your spouse? What demonstrates love to your spouse well before the bedroom?

**2. Good Sex is tender and passionate**

How can tenderness be spoken in your relationship? How is tenderness spoken in your relationship with your spouse?

Mike spoke this morning about being creative in making room for passionate sex. Many times, kids, work, and tiredness all interrupt this. As a group, think practically and share practical steps you can/are taking to keep these things from interfering with good sex in your marriage.

**3. Good Sex is built on trust**

In verse 7 you see the wife's insecurity. Insecurity with our bodies, with our performance or with ourselves in any way lessens trust and therefore lessens good sex. In what ways are you aware of insecurity in yourself? How can/does your spouse build trust around this area with you?

**4. Good Sex is sensuous**

Which spouse in your relationship is more on the romantic side? What speaks romance to you? Don't just think candles, Barry White and low lights.

What are three specific ways you can build romance outside the bedroom?

Communication can be one of the most sensuous steps you can take. How often do you communicate about your sex together—how you please one another, what can be done differently to please the other.

Don't share this as a group, but what does your love life need? Examples could include: creativity, variety, increased frequency, intimacy, romance, trust, passion, etc. Which

one of these things will you communicate to your spouse tonight when you get home?  
Take initiative and share that with your spouse tonight!

### **5. Good Sex is Holy!**

The lover in verses 12-16 shows that up to this point she has held herself until marriage. She has honored her body and honored the Lord with her body. She now, in the context of marriage, gives herself, Holy and pure, to her spouse. A great celebration!

For many of us though, we have not had this picture of holiness about our sex life. It's not too late—you can begin again! That is what Jesus does. He renews, he restores, he redeems! He will not only redeem you but he will set a new pattern in place for your children.

What specifically do you see as the “benefits” of waiting until you are married?  
Visualize this for your children and what you would love for them to know and why you would long for them to wait.

How comfortable are you with speaking to your children about sex? How can you as a group encourage one another to have very open dialogue with them at appropriate ages? What would help? Be purposeful in teaching them to keep themselves pure until marriage!

### **For couples who would like to renew their vow of faithfulness and love to one another:**

Kneeling by the bed or somewhere else you've chosen as an altar, husband and wife consecutively state:

*“I take you to be my lawful (wife/husband), I will love you, honor you and keep you in sickness and in health. Forsaking all others I will keep only you so long as we both shall live, so help me God.”*

*“I, (husband/wife), take you (husband/wife), to be my (wife/husband), to have and to hold from this day forward, for better or for worse, for richer or for poorer, in sickness and in health, to love and to cherish; until death do us part. In the name of the Father, Son, and Holy Spirit, Amen.”*