



SESSION 4: TOGETHER FOR GOOD - A GOOD GIFT

"The goal of sex is the big O (and it ain't orgasm). It's Oneness. Loving the whole person, not just the body parts."

- **Tim Gardner**, *Sacred Sex*

Sex is a _____ from a _____

Deeper issues

- The 3 A's

- Health

- Past Experiences

"It is not love to ignore your spouse's sin, or brokenness, or immaturity."

- **John Eldredge**, *Love and War*

Drift:

- Schedule
- Lack of Affection
- Lack of Trust - Insecurity

*"Nobody dies from lack of sex.
It is lack of love we die from."*

- Margaret Atwood

Differences:

- _____
- _____
- _____

Dealing with Differences

- Understanding
- Appreciating

Dealing with Drift

- Priority
- Passion
- Playfulness

HOMEWORK

Find a time and place where you and your spouse can be alone and comfortable for 45-60 minutes. Be both honest and gentle as you assess your sexual relationship, have a guided conversation and then agree on some next steps.

ASSESS...

Working on your own, assign a number to indicate how significant the Differences and Drift factors discussed in this session are in your sexual relationship.

1 = not significant at all

5 = very significant

- Schedule
- Lack of Affection
- Lack of Trust - Insecurity
- Differences
- 3 A's - Adultery, Abuse, Addictions
- Health - Mental, Emotional, Physical
- Past Experiences

HAVE A CONVERSATION...

SCHEDULE

When I think about our schedule in this phase of life, I feel...

When I think about changing our schedule to allow more space and time to be intimate, I wonder about...

LACK OF AFFECTION

One thing that really means a lot to me in this area is when you....

One thing I wish there was more of...

LACK OF TRUST - SECURITY

One thing that would really unsettle me....

One thing that is really unsettling me in our relationship right now....

One thing that would make me feel even more secure in our relationship...

DIFFERENCES

One difference between us sexually that I am not sure you understand...

One difference between us sexually that I wish I understood better...

PAST EXPERIENCES

One thing from my past I would appreciate your help and understanding in dealing with...

HEALTH

The health issue that affects me most in our sexual relationship...

PRIORITY

One thing I am willing to do to make our lovemaking more of a priority....

PASSION

The thing I enjoy the most in our lovemaking is when you...

The thing I wish we would do more of in our lovemaking...

PLAYFULNESS

One thing I think would be fun to try sometime....



MAKE A PLAN...

Agree together on two things you can do to move towards a healthier and more fulfilling sexual relationship. Commit to these things for the next 30 days. Check in with each other. Celebrate. Choose two more. Repeat.