

Personal Reflection - Part 2

Living in a fallen post-Genesis 3 world means the reality of sin, pain and brokenness affects all of us. The goal here is to consider how these parts of life have affected you and how we can overcome any resulting deficits.

In what ways do you deal with guilt, shame, anger and/or insecurity related to sex? **

Describe your current satisfaction/frustration level with your sexual relationship.

If you could change one thing about your sex life, what would it be?

What are the primary factors that affect your sex life - positively or negatively? (These might be directly related - e.g. difference in level of desire or something unrelated - e.g. other things you are dealing with in your life or marriage.)

Conversation with Your Spouse - Part 2

Share your reflections from Part 2 with each other.

- What was insightful to you in your spouse's responses?
- What helpful steps can you take in response to what your spouse shared? Feel free to ask them directly: "How could I better love you, honor you and serve you in this area of our marriage?"

** An important footnote:

The goal of this conversation guide is to help married couples work on and develop healthy communication and a game plan for better communication and sexual intimacy in their marriage.

However, we are aware that these conversations could unearth difficult issues related to hidden sin, guilt/shame about past sexual sin or abuse, etc. If that happens, please talk to your LG leader so they can help point you in the direction of helpful next steps.

Personal Reflection - Part 3

The goal here is to dig in a little more on the specifics for clarity when it comes to what you like - flirting, kissing, cuddling, sex, hand holding, dancing, etc.?

On a scale of 1-10, how important is physical touch in your relationship? How much does physical touch help you feel connected to your spouse?



- What are your favorite types of physical touch with your spouse? Why?

- Are there any non-physical touch things your spouse does that help you desire and enjoy sex more?

- Are there any types of physical touch that you don't like but you haven't told your spouse about before? least

Conversation with Your Spouse - Part 3

Talk with your spouse about your personal reflection from part 3.

- Where do you see overlap in your preferred types of physical touch? Where are there differences in your preferred types of touch and frequency?
- How would you describe the gap between each of your libidos? What is your perception about who is doing most of the work to bridge the gap?
- Are there any steps of repentance you need to take to love your spouse well?
- Make a game plan for how you are going to collaborate as a couple to repent and walk in a more joy-filled, healthy, sexual relationship?
- If you don't already have one, set a regular pattern for when you and your spouse will talk about this aspect of your relationship and fight for healthy communication in your marriage. Consider using this [tool](#).

Sharing with your LifeGroup:

- What are the biggest ways God used the process of guided conversation with your spouse to help you and your spouse grow?

- Share anything you reflected on or discussed related to your personal sin, weaknesses and need for prayer, accountability and encouragement in this arena.

- Talk about the game plan you and your spouse came up with for growth and continued discussion in your sexual relationship.

A Helpful Resource



31 Days to Great Sex by: Sheila Wray Gregoire is a resource that some couples in our church family have found to be very practical and helpful. If you'd like to grab a copy, you can order one through Amazon [here](#) or feel free to shop at any other online or local bookstore to find a copy.