

Marriage Matters Sexual Intimacy Class Homework and Discussion Questions

Homework Part 1

Read the entirety of chapter 6 from the Seriously Dating or Engaged book (starting on page 67). Complete the couple assignment at the end of the chapter on pages 74 to 75 as appropriate for the stage of your relationship.

Homework Part 2

Consider the following additional discussion questions, as appropriate for the stage of your relationship:

1. What teachings have you heard in the past about a Biblical perspective of sex & intimacy?
2. Do you have a positive view of sex? Are there any concerns you need to communicate with each other as you prepare for marriage, or that you did not communicate before you got married and want to share now?
3. Are there areas of your life or relationship that are not fostering intimacy? What can you change to clear this up so that you can move forward together with this deep “knowing” of each other, or better prepare to foster intimacy once you are married?
4. What popular views of sex and intimacy have you heard or absorbed in the past? What can you do going forward to improve the health of your perspective and the place of sexual intimacy in your relationship?
5. Are there areas from other classes that you want to work on as a couple with the goal of improving your capacity for intimacy in your relationship?
6. Is there anything you need to share with each other about your past or present that would otherwise hinder your intimacy moving forward? Any changes you need to make as a couple?
7. Which of the hallmarks of healthy intimacy (intentionality, patience, communication, selflessness) do you think you do particularly well in your relationship? What do you want to grow in, either to facilitate better intimacy in your marriage or as you prepare for marriage? (Remember - intimacy is about much more than sex!)
8. Were any of the myths presented in class ones you have believed? (Good sex must be spontaneous, sex is natural and will just work, one partner needs more sex than the other, or should experience more pleasure than the other.)
9. Pray together! Sex can be an uncomfortably personal topic to discuss, but it is important to be able to communicate about it as is appropriate in the different stages of your relationship. As illustrated in the “God-husband-wife” triangle previous weeks, inviting God’s presence will guide your conversation and draw you closer to intimacy with each other as you seek Him together.