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Print this page for each of you and then set aside time to have a conversation about what stood out to you.

Which of the below **obstacles** are hurting sex in your marriage the most?

Adultery

Stress

Pornography

Depression or Anxiety

Other Sins

Tiredness

Pain of Past Sexual Abuse

Lack of Pleasure

Skewed Perceptions

Disagreements about
Frequency

Inhibitions

Relationship Discord

Physical Struggles

Which of the below are you willing to leverage against the **obstacles** you identified above?

1. Find Christian resources (books, websites, seminars, etc.)
2. Seek professional insights (health care provider, counselor, etc.)
3. Ask a mature Christian to hold you accountable for healthy change in the area most impacting intimacy (*Wives should have female accountability partners. Husbands should have male accountability partners*).



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Print this page for each of you and talk about which specific tips you want to try in your marriage,

Tips on Enjoying the Best Sex

Are you setting yourself up for **SEXUAL SUCCESS**?

- Dealing with issues causing sexual struggles
- Nurturing your relationship in bed and out of bed
- Intentionally making sex a priority
- Praying for your sexual intimacy
- Building trust

Do you know what **SEX** means to each of you?

- Asking rather than assuming
- Respecting it may mean different things to each of you
- Striving to both value sex in your marriage

Are you both experiencing **SEXUAL PLEASURE**?

- Not faking orgasm
- Willing to try different touches and techniques to experience pleasure
- Communicating specifically what will help you climax
- Valuing your spouse's pleasure as much as your own

Do you both **INITIATE SEX**?

- Recognizing the significance of feeling desired
- Sharing responsibility for the health of the marriage

Are you able to ask for what you desire **SEXUALLY**?

- Welcoming your spouse's feedback and guidance
- Building an atmosphere of safety and trust
- Embracing the privilege of satisfying your spouse sexually

