



Virtual Small Group Study
SESSION 4: GOD IN THE BEDROOM
Facilitators' Guide

Learning Objectives: By the end of this session, couples will have:

1. Described God's perspective on sex in marriage.
2. Agreed and talked about differences in the area of sex and some ways that husband and wife can communicate understanding, and how to help meet each other's needs.
3. Planned 2-3 creative ideas to spice up their intimacy or lighten the load of their spouse this week.

I. Preliminaries

- A. Welcome them warmly to VM Session 4; build rapport
- B. Appreciate those who have perfect attendance up to this time. Give encouragement.
- C. Share briefly and quickly these ground rules: "Don't share anything that would embarrass your mate," "Anything shared in the group, stays in the group." Remind them to limit their sharing so others can share also. Be mindful of the allotted time. 😊

II. Review:

- A. "This is now our 4th Session, how are you doing so far? Would you like to share your 3 weeks journey on Vertical Marriage?" What are your highlights?
- B. Ask them to share about their specific applications "I Will" during the past week on To Cheer and to Cherish.

III. Interaction/Discussion Time:



- A. About the video: "Any comment about the video presentation?" "What stood out to you?" (Refer to session 1 in handling the sharing time)

B. Discuss the ff. (**Note to facilitators:** Please see to it that each couple will be able to share; as much as possible cover the 6 questions. If not able to finish, tell them to discuss together with their spouse and for them to do their action plans/steps.)

1. What do you understand Dave and Ann to mean when they say, "God in the Bedroom?" What do you think is the point they are trying to convey? ***(Facilitators: Note the suggested answers: It's about God's perspective on sex. Bringing God's perspective or God's design for sex in marriage)**

- What is your understanding of God’s perspective on sex? Compare it with your own view about sex (give examples). How does understanding God’s perspective change your view of the way God sees your marriage and intimacy? (**Facilitators: Suggested answers on God’s perspective on sex: Sex is God’s idea; He invented sex; God gave it to us as a gift, for married couples – In a covenant marriage, God is applauding and celebrating when the married couples make love**)
2. Dave and Ann explained the three main biblical purposes of sex: **Procreation or Reproduction, Oneness and Pleasure.**
- What caught your attention in the explanation for each of the purposes given by Dave and Ann? What is it that hinders you from experiencing the beauty of the gift of sex? Any concern?
 - What happens when there is an imbalance and only one of these is a priority? In your experience, what usually are the reasons for imbalance and how do they affect your relationship?
3. Read Genesis 2:24-25. Think about the statement “*a man and his wife become one flesh*”. This refers to their physical union, their sexual relationship.
- What are the benefits of sex being more than just a physical act in a committed marriage? What does it mean to you?
4. Differences in the area of sex. (**Note to Facilitators: You may just pick 2-3 questions here if you don’t have enough time. You may prioritize those with ++.**)
- God made men and women different. In the video it was mentioned that men are physical & compartmentalized while the women are relational & holistic. Could you share how is this true in your experience?
 - **++ Men**, how does understanding the fact that women bring all their baggage of the day with them to the bedroom affect your approach to sexual intimacy with your spouse? What are some ways that you communicate understanding to your wife? (**Wives**, you may also want to share what communicates understanding to you.)
 - **Ladies**, what does it mean that your husband has only one suitcase?
 - **++ Husbands**, how does learning that sex basically starts before the act change the way you relate with your spouse? (**Wives** may share their thoughts too).

- **Wives**, would you like to share some examples of non-touch foreplay that you would appreciate?
 - ++ How do these differences in the area of sex change your view and attitude of the way God wants you to relate with your spouse in your marriage and intimacy? (*The Wilsons: "Sex is not just about me, not about an act, or an orgasm; it is about relationship, loving your spouse. Do it God's way"*)
5. How important is Creativity in sex? ("Spice it up a little"). What are some ways that you can be creative (like in creating a romantic bedroom and more)? Any ideas that we can learn from what you've tried so far?

iv. *Specific Application:*



As you reflect on today's topic of sex, what is your biggest take away or realization? Why?

What is your "I will" this week? **Ex.** *"I will help my wife lighten her load by asking what load I can carry for her (and really do it) every day, starting tomorrow."* (**Note:** You can make a list of specific action plans/steps and continue doing them). Also, take time to have your **Moments Together**. See below for instructions. "I will _____".

(**Facilitators:** You may ask a few to share about their realization & action plans if there is still time. If short of time, encourage them to write their "I will" statements on their **Specific Application "I will" Chart** & start to apply them this week. Then, encourage them to take time to have **Moments Together**. Make sure to review what happened to their action points and Moments Together at the next meeting).

v. *Moments Together: (Connect horizontally and vertically).*



As a couple, you are highly encouraged to take time (make a date) and discuss the questions together this week and come up with additional specific action points for your application. This is also the best time for you to go VERTICAL by ending your time praying together as a couple):

Wrap-up: Go Back to the big group. (For announcements, closing prayer, pic taking)

/spm -8/20, Davao City