



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

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

1. Described God's perspective on sex in marriage.
2. 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

II. Review:

III. Interaction/Discussion Time

A. About the video:

B. Discuss the following:



1. What do you understand Dave and Ann to mean when they say "God in the Bedroom?" What do you think is the point that they're trying to convey?
 - 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?
2. Dave and Ann explained there are 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, 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.
- God made men and women different. In the video, it was mentioned that men are physical and compartmentalized while the women are relational and 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**, 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?
5. How important is Creativity in sex? (*“Spice up”*). 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 takeaway or realization? 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.”*

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



As a couple, you are encouraged to *make a date* & discuss the questions together this week & come up with additional action points for your application. This is also the best time for you to go VERTICAL by ending your time praying together.

Wrap-Up: Go back to the big group (for announcements & prayer).