

VERTICAL *Marriage*

WEEK FOUR SEX IN THE *chapel*

Welcome back to Week 4 of Vertical Marriage!

Last week we looked at relationships and how important it is to understand that men want their wife to be their biggest cheerleader and women want to feel cherished by their husband. We looked at going vertical and asking God through prayer to help us learn how to better serve one another in this way.

This week we are looking at the topic of sex through the lens of what scripture has to say about it in the Bible (Yes! Sex is talked about in the Bible. Who knew? Did you?). It shouldn't be a secret at all, or taboo, to acknowledge that sex is an integral part of any marriage.

Sex is God's idea. Understanding the different ways that men and women view sex will help our marriages have the intimacy that God created for us!

Let's take a look.

Flip to the next page and let's get started!

Ice Breaker

We'll be talking about "baggage" today. So why not break the ice with travel stories?

Have everyone in your group pick two questions below to answer out loud:

1. What is your favorite seat on the plane?
2. What is your pet peeve when you travel on a plane?
3. How do you pack your bag? Roll or fold?
4. Has your luggage ever been lost? What happened?
5. What is your favorite activity to pass the time while traveling?
6. What is your favorite weekend trip?
7. What is your favorite season to travel?
8. What is your dream destination?
9. What is your craziest travel story?

Answer

Why do you think Christians are so hesitant to talk about sexual intimacy?

Do you think God wants us to be embarrassed or ashamed about sex? Explain.



When it comes to sex, often the only info we get is from our culture
...TV, movies, social media, or porn. The church is silent.

Dave & Ann Wilson



Watch the video message
then *flip* to the next page
for discussion questions



Discuss

1. Dave and Ann explain there are three main biblical purposes of sex: Procreation, Oneness and Pleasure. What happens when there is an imbalance and only one of these is a priority?
2. **Read Genesis 2:24-25.** Think about the statement “a man and his wife become one flesh”.
 - How could this idea of “oneness” represent a depth of intimacy that is beyond the physical act of sex?
 - What are the benefits of sex being more than just a physical act, but intimacy of the soul within a committed marriage?
3. **Read Proverbs 5: 18-19 and Discuss:**
 - The word “wife” in this scripture reminds us that God reserves sex for the intimacy of marriage. This idea is counter to our culture. Is God being a spoil-sport with this boundary or does he have a purpose that benefits us?
 - This scripture very clearly references intimate parts of our body. Does it surprise you to find this in the Bible? Did God actually create sex for pleasure?
 - Words like rejoice, satisfy and captivate suggest that God designed sex to be something wonderful and even fun! Explore your own view of what you believe God thinks about sex. If it’s a negative view, where did that idea come from?
4. How does understanding the fact that women bring all their baggage of the day with them to the bedroom and men don’t change your understanding of your spouse? How does learning that sex basically starts before the act change the way you think about the role of sex in your marriage?
5. **Read Song of Solomon 7:12.** This verse reminds us that God designed sex to be creative and fun. How cool is that?!
 - Does this influence your view of the role of sex in your marriage any differently?
 - What are the dangers of thinking that sex is unimportant in our marriage?
6. God made men and women different, right? These differences reveal themselves in many areas of marriage, especially in the area of sex. How does this change your view of the way God sees your marriage and intimacy?
7. As you reflect on today’s topic of sex, what is your biggest takeaway or realization? Why?

Challenge

"If there is ever an area of marriage in which we need to invite the vertical perspective, it is into our sex lives. Otherwise, sex becomes all about us. And then something God uniquely designed to help, heal, and bond us together becomes instead something that damages, wounds, and drives us apart."

From the book Vertical Marriage by Dave and Ann Wilson

Spice It Up! Dave and Ann talked about the importance of being creative in the way we communicate our desire for one another in our marriage. Commit to being intentional this week with your spouse by trying a new way of communicating your desire and your love for them.

Be a bell hop and carry those bags! In terms of the "bags" we each carry, in what ways can all of you (both husbands and wives) better serve each other?

Take it Vertical in the bedroom! Are you willing to invite the vertical intervention of Christ into your sex life? If so, take a moment and pray about it right now.

Read More

For those of you reading along with the book *Vertical Marriage* by Dave and Ann Wilson, **Part Three: Intimacy** (chapters 12-15) compliments this week.

