S1072

Rescue Your Love Life Series #8

Outline

My Lover Should Be Perfect at Sex

Many Christians are uncomfortable with the topic of sex, but God designed it as the ultimate expression of knowing someone. And, despite what movies might try to sell us, good sex doesn't just happen! Sometimes physical issues cause couples to have sexual problems—but more often, other issues in their life have become sexualized (made apparent in how they relate sexually.) Dr. Townsend discusses the importance of connection and stability, and shares some tips on how to "keep the home fires burning."

Small group discussion questions:

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1) How do you rate your ability as a couple to truly connect before engaging in sex?
2) Discuss with your spouse what you would like to add to or subtract from your sex life.

3) What specific area discussed do you and your spouse need to focus on, in order to improve your relationship?