

## Blueprints 12: The bedroom (physical intimacy)!

**Essential truth # 1:** Most men have a very high sex drive and if you shut out your husband sexually...or if you let him know you barely tolerate sex, you're setting him up to \_\_\_\_\_.

**Essential truth # 2:** God intends sex to be confined to marriage. (Hebrews 13:4)

**Essential truth # 3:** God intends husbands and wives to have a vibrant sex life that is bonding, \_\_\_\_\_ and enjoyable! (1 Corinthians 7:2-5, Proverbs 5:18-19, Song of Songs 4:16)

### **8 reasons why sex is so vital to your husband & why you should build an active sex life with him:**

- 1) In order to accomplish God's instruction for man to be "fruitful and multiply", God appears to have wired men to have an incredibly strong desire to join sexually with a woman. 1 Corinthians 7:9
- 2) When you have sexual intercourse with your husband, the hormone oxytocin is released and it actually is a \_\_\_\_\_ hormone.
- 3) God designed us to enjoy intimate fellowship through sexual union! (Mark 10:7-8)
- 4) Men seem to have an instinctive desire to bring sexual \_\_\_\_\_ to their wives.
- 5) When your husband indicates he wants to make love to you, he's actually taking a huge \_\_\_\_\_.
- 6) Making love to you greatly reduces his \_\_\_\_\_ level.
- 7) Making love to you frequently is important to his physical well-being and health.
- 8) Making love to you provides a healthy source of \_\_\_\_\_ for your husband.

### **Overcoming common barriers to a healthy, robust sex life with your husband:**

### **Boundaries on your sex life to keep it within God's healthy framework for you:**

Be careful that you don't travel outside the boundaries of what God intends for sex. (Ephesians 5:3)

Some things that would appear to be outside the boundaries:

- Watching porn (that's lusting after someone else)
- Involving anyone else in your sex life with your husband
- Doing anything where you or husband feels degraded or \_\_\_\_\_ (that's not loving)

### **BREAKOUT SESSION:**

- What did the Lord highlight for you in today's lesson?
- If you are married (or were married), what has been the biggest challenge to building a healthy, robust sex life with your husband?
- What do you sense the Lord prompting to you to do to improve the physical intimacy between you and your husband?