



Happy Family

Study Guide 9

Secrets for a Happier Sex Life

Sexual intimacy brings Pleasure. But it also has Problems! How can we have less Problems and more Pleasure?

1. Here is our first secret: Stay in love 24 hours a day!
What do you think? True or False?

1. We can quarrel and fight all day and still enjoy sex at night.
 2. That doesn't work because she is stimulated by feelings of love!
 3. A loving relationship in the day is preparation for intimacy at night.
 4. So when a problem arises, we should resolve it as soon as possible.
 5. Kiss when we leave home; call or text when away from home.

2. Secret number two: Use the "Spouse First" Principle.

One of the challenges that couples often face is difference in desire. This can be caused by differences in age or temperaments, stress of work or school, or by health issues.

3. When our sexual desires differ, each must make a choice!
Choose the right word: Spouse, Mutual, True.

- (a) There are only two options: "Self first" or "_____ first"
(b) Counterfeit Love is Self-centered, but _____ Love is Self-sacrificing.
(c) If we try to please each other, we will create a _____ Agreement.
Romans 12:10 says, "In honor giving preference to one another."

4. The third secret is: Prepare Myself and My Spouse. First, Myself.

Song of Solomon 5:1. "I have gathered my myrrh and my spice."
Each should ensure a tidy body, fragrant person and attractive attire.



5. However, I also need to prepare my partner. How and Why?
Group Activity. Two Stoves. Male and female are like two stoves.

- (a) One is like a gas stove. Which one? Why do you say so?
- (b) The other is like an electric stove. Which one? Why?
- (c) Therefore, what should a wise husband do?

6. Here is secret four: Satisfy Each Other. True or False?

- T F 1. Often one is satisfied, other is not. One is sleeping. Other is snoring!
- T F 2. The best way to know if my mate is satisfied is to watch reaction.
- T F 3. The best way to know is to ask. Talk – just like we talk about food.
- T F 4. Sexual famine encourages infidelity. Satisfaction enhances fidelity.
- T F 5. If there is a problem, we should get professional help.

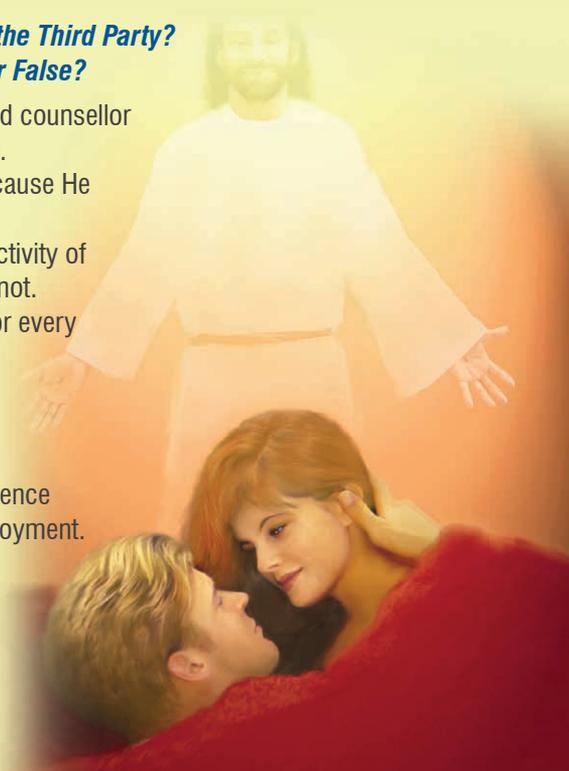
Proverbs 27:7. What does this verse say about satisfaction?

7. Our fifth secret is: Recognize that the Sexual Union is Sacred.
Genesis 2:24, Matthew 19:4-6. Choose: Christ, sexual, sacred, holy.

- (a) A man and woman become “one flesh” through the _____ union.
- (b) So sex was given by a holy God to a _____ couple in a holy garden.
- (c) In the New Testament, _____ repeated this “one flesh” concept.
- (d) Therefore, within marriage, the sexual relationship is _____.
- (e) It is not dirty, it’s clean! Not nasty, it’s holy! It is human and divine!

8. Finally, Create a Triangle. Who is the Third Party?
Matthew 19:6, Hebrews 13:4. True or False?

- T F 1. The third person is a trusted counsellor who can give good advice.
- T F 2. This Third Party is God because He created sexual intimacy.
- T F 3. God will bless the sexual activity of every couple – married or not.
- T F 4. His blessing is promised for every married husband and wife.
- T F 5. It’s a multidimensional experience – physical, emotional, spiritual.
- T F 6. Consciousness of His presence enriches and enhances enjoyment.



9. Believe it or not, sexual intimacy is a parable! It's an illustration!

- Jesus said, "So then, they are no longer two, but one flesh." (Matt. 19:6).
- The Apostle Paul repeats those words, "The two shall become one flesh."
- Then he adds a new dimension. "This is a great mystery, but I speak concerning Christ and the church." (Eph. 5:31, 32).
- Paul is saying that the Sexual Union of husband and wife illustrates the Spiritual Union of Christ and His church.
- That's why he calls the Church the "body of Christ." (1 Cor. 12:27).

10. How can I experience this spiritual union with Jesus?

1 Corinthians 12:13. Galatians 3:27. Choose: choice, baptism, break.

- (a) I become part of the body of Christ through the act of _____.
- (b) So baptism symbolizes that I am united with my loving Savior.
- (c) This means that I _____ up with Satan! I leave his life of sin!
- (d) It declares that I love Jesus truly and I will be faithful to Him.
- (e) So baptism is not for babies. I must be old enough to make a _____.

11. What did Jesus say about the necessity of baptism?

John 3:3. "Unless one is born again, he _____ see the kingdom of God."

John 3:5. "Unless one is born of _____ and the Spirit, he _____ enter the kingdom of God."

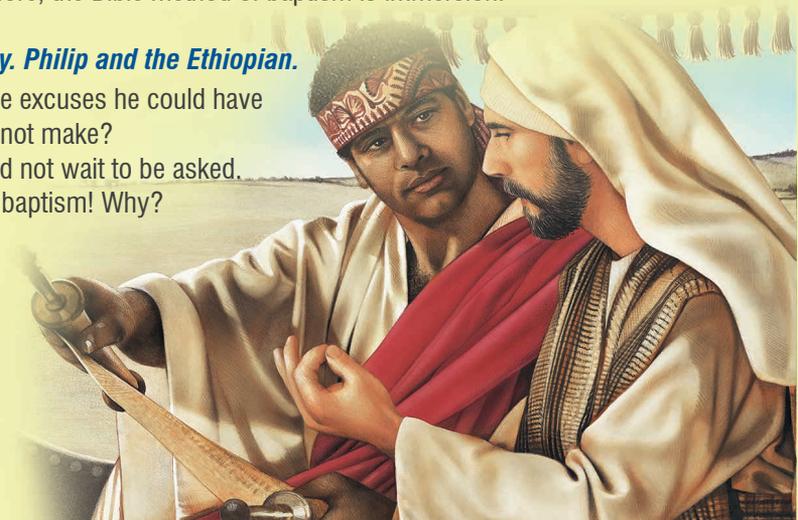
12. What is the Bible method of baptism?

Acts 8:27, 28, 35-39. True or False?

- T F 1. Philip met the Treasurer of Persia who had come to Jerusalem.
- T F 2. The eunuch was reading Isaiah. Philip explained and told of Jesus.
- T F 3. When the Treasurer asked for baptism, Philip sprinkled him.
- T F 4. They went down into the water, then came up out of the water.
- T F 5. Therefore, the Bible method of baptism is immersion.

13. Group Activity. Philip and the Ethiopian.

- (a) What are some excuses he could have made but did not make?
- (b) This official did not wait to be asked. He requested baptism! Why?



**14. Let's look at a woman who also united her life with Christ.
Acts 16:14, 15. Choose: Europe, business, right, purple, dignity.**

- (a) Her name is Lydia, and she was a businesswoman selling _____ dye.
- (b) Lydia could have said, "This will hurt my _____." But she didn't!
- (c) She could have thought, "This is below my _____!" But she didn't!
- (d) Instead, she and her household got baptized _____ away!
- (e) She was honored by being the first Christian in what is now _____.

**15. These are good examples, but
our best example is Jesus.**

Matthew 3:13. "Then Jesus came from Galilee to John at the Jordan to be baptized by him."

**16. In Matthew 3:16, 17 we see
and hear what happened next.**

What did John see?

_____.

What did he hear? _____

_____.



17. When I follow Jesus in baptism, my Heavenly Father will say it again!

"This is My beloved son, My beloved daughter! I am well pleased!"

My Choice.

- If married, I will use the secrets to enrich my union with my spouse.
- Because I love Jesus, I would like to be united with Him by baptism.

Check Your Answers. 1. 1F, 2T, 3T, 4T, 5T. 6. 1T, 2F, 3T, 4T, 5T. 8. 1F, 2T, 3F, 4T, 5T, 6T. 12.

1F, 2T, 3F, 4T, 5T. **Graphics:** Page 1: Dreamstime; P 2: Arnol Jimenez; P 3, 4: Good Salt.

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