



3. Which of the five truths from the video resonate with you most? Discuss each one briefly.

**a. Sex is Inherently Good**

**b. Healthy Sex Requires Mindful Engagement**

**c. Sex Is Designed to be Radically Exclusive**

**d. Healthy Sex is Rooted in Friendship**

**e. Sex Is to be Enjoyed Immensely**

# Sex with a Purpose

Having a healthy perspective on sex starts with understanding it's purpose. In our book, [\*Fierce Marriage: Radically Pursuing Each Other in Light of Christ's Relentless Love\*](#), we discuss some of the biggest purposes of sex, namely to unify couples and to remind them of the Gospel. Discuss how your sex life fulfills those two purposes in your marriage. List 2–3 specific ways for each.

**Purpose 1: Having sex unifies us by...**

**Purpose 2: Our sex life reminds us of the Gospel by...**

# Blind Quiz: Sexual Generosity

One of the most radical differences between a worldly perspective of sex and a biblical one is *taking* versus *giving*—selfishness vs. selflessness. Take a few minutes **apart** and fill out the tables below. Try to list 2–3 ways you can be generous toward your spouse, and how you’d like him/her to be generous toward you before, during, and after sex.

After you’ve both completed the tables, come together and discuss what you wrote. Talk about how you can put what you’ve discovered into action in the near future.

Ways I can be generous to my spouse <b>before</b> sex	Ways I’d like my spouse to be generous to me <b>before</b> sex

Ways I can be generous to my spouse <b>during</b> sex	Ways I’d like my spouse to be generous to me <b>during</b> sex

Ways I can be generous to my spouse <b>after</b> sex	Ways I'd like my spouse to be generous to me <b>after</b> sex

## Guide Couple Update

While sex is very private and exclusive, you need not struggle alone. By speaking in general terms, couples can glean wisdom and gain accountability from their Guide Couples. Consider the questions below and call, meet with, or text your Guide Couple accordingly.

1. What is one way you are hoping to grow in this area as a couple?
  
  
  
  
  
  
  
  
  
  
2. How can your Guide Couple help keep you accountable?
  
  
  
  
  
  
  
  
  
  
3. Are there any questions you'd like to ask your Guide Couple regarding sex?