

**This is a discussion guide based upon CRBC sermons. The questions provided below are for Home Group Leaders to utilize in facilitating discussion within their group. Home Group Leaders are encouraged to take these questions, re-arrange them, omit as required, add as required and change as required in order to best create a close Christian family that feels safe and secure to be open about their lives and their Christian walk. Please tailor as necessary based upon your leadership style and group dynamics.*

Additionally, if there are any questions, comments, critiques, inputs, etc... Please email Michael Griffin at airforce_griffin@yahoo.com.

ICE BREAKER:

What three things would you like to accomplish in the next five years?

SCRIPTURE:

Proverbs 5:18-19

Proverbs 6:27

Song of Solomon 1:5, 1:8, 1:12, 2:3-4, 2:6, 2:13, 4:5, 4:7, 5:10

1 Corinthians 7:3-5

QUESTIONS:

- Do you believe that God created sex for our pleasure and enjoyment? Why did He put restrictions around it, doesn't that just stifle what God truly wanted you to experience? (*Obviously, the answer to the second half is no, but the idea is to spark discussion that I am sure we have all heard in this area*)
- What were you taught about sex in church? Were you taught about sex in church? What does the Bible say about sex?
- Did Pastor Rick's sermon make you uncomfortable? Why? Why as Christians are we embarrassed to talk about sex; especially when the secular world is pushing so hard to define what sex should look like?
- How was sex talked about and handled for you growing up?
- If you have kids, how have you or will you handle sex discussions?
- If you plan on having kids, how do you plan to talk to them?
- How often do you talk to your spouse about sex?
- Pastor Rick described sex within the confines created by God to a fire in a fireplace and all the cozy, warm and joyful feelings and ideas that the image creates vs unrestrained sex to unrestrained and destructive fire. How does this analogy describe sex within and outside of marriage?
- How do we pursue sexual purity within ourselves and teach it to our children?
- Pastor Rick described five insights for a pleasurable sex life.
 - FIRST, he makes the statement that often times women struggle with their appearance whereas men do not. What do you think about this statement? How

did Solomon and his bride work through this issue? (Song of Solomon 1:5-8, 2:3, 5:10, 4:5, 4:7...Solomon was telling his bride how he viewed her)

- Men, on the other hand, struggle more with identity and self worth. What do you think about this observation? How did Solomon's bride address this issue? (Song of Solomon 5:10, "she tells him he is one in ten thousand.)
- SECOND, Pastor Rick said that one of the ways we express our love is through meaningful touch. If you remember the Five Languages discussion last week, physical touch may be a priority for some but number five for others. However, what does it mean to you when your spouse hugs you (nonsexually), holds your hand as you go through the store, feet touch in bed, etc...? How can you quickly tell if a couple is upset with one another or happy with one another? (*Looking for, when a couple has their arms crossed, leaning away from one another, not walking together they are obviously in distress but when they are happy, they sit close together, their arm position is usually more open, walking together, etc...*)
- THIRD, Pastor Rick said, "The best marriages are when both people make the same decision to work that hard." [You got married to make it heaven on earth for the other person]. Why is it so important for both parties to work hard in the marriage? What happens when one perceives that the other is not working hard or not at all in the marriage? As Christians, what have we been called to do even when we feel like the other person is not working hard or not working at all?
- Why is security so important in marriage?
- FOURTH, why is pursuing your spouse so important? What does it communicate? Whose job is it to schedule dates? What happens when you want to have dates and intimacy but you expect your spouse to do it all and he/she doesn't? In Song of Solomon Chapter 7, who planned the weekend getaway?
- FIFTH, is there freedom in marriage to have fun with sex?
- What did Pastor Rick say was the most satisfying sexual position in marriage? (*"The most satisfying sexual position in a marriage is the position of servant"*). Husbands, how can you serve your wives? Wives, how can you serve your husbands? What happens when both partners adopt this mindset? What happens when one or both does not?
- This is a bit outside the scope of their sermon but relevant:
 - For widowed or divorced men and women, how do you handle the struggles of awakened sexual desire?
 - What do you do when you find that your child has been living a sexually promiscuous life style (whatever that may look like)?