

# SEXPLICIT

Straight Talk

A satisfying sex life that is growing and lasting \_\_\_\_\_ just happens.

## Principles for a satisfying sex life:

- \_\_\_\_\_ paves the way for a great sex life.
  - 1<sup>st</sup> Timothy 5:1-2
  - Hebrews 13:4
- Purity, \_\_\_\_\_ and \_\_\_\_\_ are necessary for a satisfying sex life.
  - Proverbs 5:15-19
  - Ephesians 5:21&33
- 80% of great sex happens *"between the \_\_\_\_\_ not the \_\_\_\_\_."*
  - Celebrate \_\_\_\_\_ instead of putting down \_\_\_\_\_
  - Have realistic \_\_\_\_\_
  - \_\_\_\_\_ by pursuing and prioritizing \_\_\_\_\_

## Practical:

- Step one is to have an open and honest \_\_\_\_\_.
- Get help when it comes to \_\_\_\_\_ issues.
- Pick the right \_\_\_\_\_.
- Think of \_\_\_\_\_ like meals (snack, meal, and feast).
- Access appropriate \_\_\_\_\_ resources if needed.

### Challenge:

*When it comes to your sexuality who will you trust, yourself or God?*

### Ephesians 4:17-20 (NIV)

17 So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking.

### Genesis 1:28 (NIV)

28 God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground."

### 1<sup>st</sup> Corinthians 7:3-5 (NLT)

3 The husband should fulfill his wife's sexual needs, and the wife should fulfill her husband's needs. 4 The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife.

5 Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control.

### 1<sup>st</sup> Timothy 5:1-2 (NIV)

1 Do not rebuke an older man harshly, but exhort him as if he were your father. Treat younger men as brothers, 2 older women as mothers, and younger women as sisters, with absolute purity.

### Proverbs 5:15-19 (NLT)

- 15 Drink water from your own well—  
share your love only with your wife.[a]
- 16 Why spill the water of your springs in the streets,  
having sex with just anyone?[b]
- 17 You should reserve it for yourselves.  
Never share it with strangers.
- 18 Let your wife be a fountain of blessing for you.  
Rejoice in the wife of your youth.
- 19 She is a loving deer, a graceful doe.  
Let her breasts satisfy you always.  
May you always be captivated by her love.

### Ephesians 5:21-33 (NLT)

21 And further, submit to one another out of reverence for Christ. 33 So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.