# The Priority of Regular Marital Sex (1 Corinthians 7:1-6) – February 20, 2022

**1) God’s solution for sexual immorality is marriage between man and wife.**

**2) Both husband and wife have equal rights to enjoy each other’s body for one’s sexual needs.**

**3) Regular sexual intimacy in marriage is a biblical command (especially if one’s spouse has the desire) for the purpose of sexual holiness.**

**4) Marital sex should be prioritized even over spiritual disciplines.**

*Additional Resource: “Why We Should Teach Kids Anatomical Terms for Genitals”*

<https://www.amightygirl.com/blog?p=24095>

# Sexual Intimacy Check-Up for Husband and Wife

**1) How do I feel about our sex life?**

***(poor) 1 2 3 4 5 (great)***

**Explain: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**2) How open am I to sharing about my sexual needs with my spouse?**

***(not open) 1 2 3 4 5 (open)***

**Explain: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**3) How would I describe our current state of sexual intimacy? What is my ideal for sexual intimacy with my spouse?**

**Frequency: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Romance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**“Activity”: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Others: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**4) What do I think my spouse desires in this area of our life? (be as specific as you can)**

**5) Based on my expectations and my spouse’s expectations, how can we best serve each other according to each other’s needs and in view of our current life responsibilities? Are there other things in our schedules that should take less of a priority so that we can have more time and energy to invest in our sex life?**

**6) What are the major barriers that keep us from having regular sexual intimacy? What are some tangible ways for us to resolve such barriers (e.g. stress, too busy, mental health challenges, physiological challenges, mindset/attitude, need babysitting, no personal space/home is too small etc.)**

**7) Have there been any previous negative experience or even trauma that one or both of us have experienced that hinders our sexual intimacy?** **Who do we need to consult to address such challenges?**