

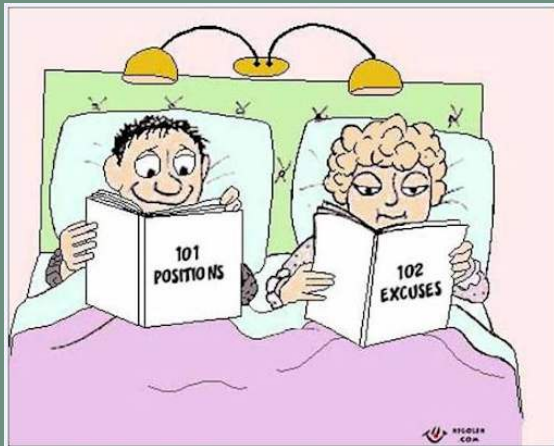
Sex is about the journey,  
not the destination.



Sex is a journey of:

1. Learning to love

We are sexually incompatible!



## Men

- Sex leads to feelings of love
- Quickly aroused and satisfied
- Best part of sex is release of tension - the goal
- Wants immediate direct stimulation in one place
- Wants sex in order to relax
- Aroused visually
- Sexual prime - late teens, early 20s
- Desire dependent on constant hormone
- Capable of single orgasm

## Women

- Feelings of love leads to sex
- Slowly aroused and satisfied
- Best part of sex is build up of tension - the journey
- Wants to be touched everywhere - delaying direct stimulation
- Must relax in order to have sex
- Aroused by emotions/sensations
- Sexual prime - 30's and 40's
- Desire dependent on changing hormones
- Capable of multiple and varied orgasm

## God is more concerned about your love life than your sex life

“If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect.” Matthew 5:46-50

## Sex is a journey of:

1. Learning to love
2. Being known

## The world's view of sex



## God's view of sex



## Verbal Communication

### About Sex

- The majority of couples struggle to communicate effectively about sex.



Couples who talk effectively about sex.  
DSCS results of 458 married couples.

SWIMMING WITH DOLPHINS

## TAKING A SELFIE AT A FOOTBALL GAME

### Sex is a journey of:

1. Learning to love
2. Being known
3. Learning trust and contentment

### Why sex can be difficult:

- Trauma/abuse from the past
- The impact of pornography/sexual addiction
- Shame about the past, your body, or sex in general
- Sexual pain
- Issues with desire or arousal
- Lack of relational closeness
- Infertility

And we know that in all things [including our sex life] God works for the good of those who love him, who have been called according to His purpose.

*Love ceases to be a demon only when it ceases to be a god.*

C.S. Lewis

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*Romans 8:28*

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