

## Last week: No More Excuses in Relationships!

## Cultivating the Soil for Sexual Intimacy!

"How beautiful you are, my darling! Oh, how beautiful! Your eyes are doves.

How handsome you are, my beloved! Oh, how charming! And our bed is verdant."

Song of Songs 1:15-16 NIV

Is your marriage a place of green grass? Growing?

Thriving?

A place of life?

Is it dry, withering & brown?

A place of death?

## Scripture: Genesis 1:26-31 Genesis 2:24-25 1 Corinthians 7:1-5

## 1 Corinthians 7:1-5

- Does this mean on-demand sex: no
- Does this mean I have an permanent veto card: no
- Does this mean it's ok for seasons of no sexual intimacy: yes
- Does the Bible say how often sexual intimacy should happen in a marriage: no
- Is sex good & needed in marriage: yes

Are you and your spouse working together to create a place of rest, refreshment & intimacy in your marriage?

This can happen through sexual intimacy, date night, times alone together, doing an engaging activity together, holding hands, hugging, kissing, laughing together, get-a-ways, dinner with friends, etc,