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Much of the church's focus when it comes to sex is telling people what *not* to do, but the reality is that God made sex, created boundaries, and wants us to enjoy it! In this study we will talk about healthy Sexpectations in marriage. This is not only important for couples to understand, but also for singles. God's desire is for *everyone* to have healthy Sexpectations both inside and outside of marriage.

1. What are some of the things that cause frustration in a marriage, particularly when it comes to sex? If you are married, speak from experience. If you are single, discuss what you have observed or anticipate.

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“But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband.”

1 Corinthians 7:2 (ESV)

2. **Read 1 Corinthians 7:2-5.** Discuss some of the misconceptions that you have seen come out of these verses and how they could be misapplied. What do you really see being taught in these verses?

*Leader Note: The context of this is really interesting to study although we didn't have time to thoroughly explore it in the message. It seems that at some point Paul communicated to the church that it was best to remain single and celibate in order to focus on serving the Lord. The church leaders in Corinth were teaching, as a result, that even married couples were not to have sex unless it was for procreation. People were complaining (it appears it may have been the women) that this was not correct. So they wrote to Paul and asked him to clear it up (see verse 1). So he responds by essentially saying, “No, you SHOULD have sex so you are not tempted to sin and your spouse is not either.” Sex wasn't the issue; marriage was. However, this scripture is not meant as a mandate that one spouse can use against the other, but rather as an encouragement for the couple to work together to fulfill each other's desires and protect each other from sin.*

3. **Read Hebrews 13:4.** We only touched on this quickly in the message, but what can we do as individuals to protect other people's marriages at The Cove? Answer from the perspective of your current situation (single/married).

*Leader Note: You may get different answers from people who are single and who are married. You may get different answers based on gender as well. In the message we talked about not dressing for, speaking to, or touching others in a way that would cause someone to think or act on sexual desires with anyone who is not their spouse. Applications of this can go on and on. Obviously people should not dress in a suggestive or revealing way, but it is more than that. We should be careful about how we speak to a person's husband or wife, being sure to support them instead of show ourselves better in some way. This can particularly be an issue with men saying things like, "Well I would never treat a woman like your husband is treating you." Try to push your group members to get practical with this.*

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*"Husbands, love your wives, as Christ loved the church and gave himself up for her," Ephesians 5:25 (ESV)*

4. **Read Ephesians 5:25-32.** How do you see the analogy of Jesus and the church applying to a married couple? What roles do service, empathy, and unity play in a healthy relationship? Feel free to discuss this in relation to sex specifically, or to relationships in general.

*Leader Note: In married relationships, we recommend you steer this question towards sex. In singles groups, we recommend you steer this towards romantic relationships if possible, but also relationships in general. This question is designed to let your group really draw specific applications from the message points. Focus on discussion, but be intentional to help people identify practical next steps.*

5. Is there a conversation you need to have to improve your Sexpectations? Are there changes you feel like you need to make? Discuss with your group what these are and how you are going to follow through. Pray for one another in these things.