

SESSION ONE

WOMEN, SEX, AND MARRIAGE -- A CONVERSATION

OUTLINE OF TOPICS FOR THE THREE-PART SERIES

1. SESSION ONE – THE FOUNDATION

- Self-acceptance
- Our sexual self
- Messages we've learned

2. SESSION TWO – BARRIERS

- Physical, emotional, and relational barriers
- Pornography
- Abuse and trauma

3. SESSION THREE – HOW-TO'S

- Women and sex
 - Anatomy
 - Frequency
 - Libido
 - Arousal
 - Orgasm
 - Sexual responsibility

I hope you will be able to walk away from our time together, understanding you can:

- know, express, and enjoy your sexual self
- have choices and can set boundaries
- identify, challenge, and overcome any barriers that get in your way
- more fully understand and implement the steps for sexual fulfillment

SESSION ONE WORKSHEET

1. Our sexual self includes knowing, embracing, and being able to fully express our sexuality in rewarding and healthy ways; it is but one dimension of our whole self and not to be separated from the entire person. Has this been true for you?

YES

NO

2. Thinking about sex makes me feel:

3. Characteristically, my thoughts about sex tend to be *positive, negative, or a mixture of positive and negative*. Write down which one currently applies to you.

4. Circle which of the following statements best describes how you are currently experiencing sex:

- SEX IS USUALLY GOOD
- SEX IS SOMETIMES GOOD
- SEX USED TO BE GOOD
- SEX HAS NEVER BEEN GOOD
- SEX DOESN'T HAPPEN ANYMORE

5. Consider the statement: Being made in God's image is the bedrock that defines my worth and value. To what degree do you embrace this truth? (Circle the number that best fits: 1 is not so much, ten is I'm there!).

1

2

3

4

5

6

7

8

9

10

6. When I consider how I view myself, that is, knowing my strengths, weaknesses, gifts, and talents and understanding and accepting my past successes and failures, I can fully embrace myself. (Circle your answer below).

TRUE

FALSE

- ✓ This is an area I want to work on. (Circle your answer below).

TRUE

FALSE

7. What messages from religious institutions and/or your family influenced your perceptions of your sexual self?

- ✓ Can you identify one message from these sources you may want to begin to challenge?

8. What impact did your peers have on your sexual self during adolescence?

- ✓ Can you identify any remaining message you might want to challenge?

9. How has the media influenced your view of self and sex?

✓ Can you identify any remaining message you might want to challenge?

10. In a few words, write down how you feel about your body.

11. Considering what we've gone over in this session, what do you want to explore or address further?

SLIDE QUOTES

¹Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) p. 12

²Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) P. 11

³Sheila Wray Gregoire, Rebecca Gregoire Lindenbach, Joanna Sawatsky, *The Great Sex Rescue* (Grand Rapids: Baker Books, 2021) p. 28

⁴Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) P. 77

⁵Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) P. 80

⁶Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) P. 75

⁷Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) p. 41

⁸Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) P. 59

⁹Sheila Wray Gregoire, Rebecca Gregoire Lindenbach, Joanna Sawatsky, *The Great Sex Rescue* (Grand Rapids: Baker Books, 2021) p. 47-48

¹⁰Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998) P. 91

REFERENCES AND RESOURCES

Archibald D. Hart, Catherine Hart Weber, Debra L. Taylor, *Secrets of Eve* (Nashville: Word Publishing, 1998)

Darby A. Strickland, *Is It Abuse?* (New Jersey: P & R Publishing, 2020)

Eileen Scipione, *From Duty to Delight* (Meadville: Christian Faith Publish, Inc. 2021)

David Clarke, with Wm. G. Clarke, *Enough is Enough* (Chicago: Moody Publishers, 2018)

Joyce J. and Clifford L. Penner, *Enjoy!: The Gift of Sexual Pleasure for Women* (Colorado Springs: Focus on the Family, 2017)

Joyce J. and Clifford L. Penner, *The Gift of Sex: A Guide to Sexual Fulfillment* (New York: Thomas Nelson, Revised 2003)

Joyce J. and Clifford L. Penner, *Restoring the Pleasure* (New York: Tomas Nelson, 2016)

Sheila Wray Gregoire, Rebecca Gregoire Lindenbach, Joanna Sawatsky, *The Great Sex Rescue* (Grand Rapids: Baker Books, 2021)

Amy Wildman White, "Female Sexual Unresponsiveness in the Absence of Psychological or Physical Causes." (Glen Ellyn, IL: MARRIAGE AND FAMILY: A Christian Journal, Christian Counseling Resources, Inc., for the American Association of Christian Counselors, Inc, Vol. 2, Issue 4, pp. 401-408. 1999)