

TALKING ABOUT SEX

SESSION 12

• TO WARM UP

☀ **To warm up:** Where did you learn what you believe about sex? Not what you were told. Where you actually learned it.

• TALKING ABOUT SEX

The skill matters more than the information

There is no shortage of Christian books about sex. There is a real shortage of couples who can talk about it without either of them going quiet.

That is the thing to build now. Not a plan, not a set of rules, and not a rehearsal. A habit. Right now, before anything has gone wrong, is the only season where “can we talk about this” costs nothing. Start the conversation after the first hard month and it lands as a complaint, no matter how gently you say it.

Everything in this session is aimed at one outcome: that the two of you become people who can say true things to each other about this, for the next fifty years.

Nothing here assumes anything about where the two of you are right now. It works either way, and it is not an inspection.

• THE BIG IDEA

Waiting is not a guarantee. It is a start.

Somewhere along the way a promise got attached to this that Scripture never made. Do it God’s way and the wedding night will be effortless, and everything after it will take care of itself.

It usually is not effortless. Bodies are new to each other, nerves are real, the day was long, and two people who have never done this are now doing it in a hotel room after the biggest day of their lives. Couples who were told to expect fireworks often read an ordinary, awkward, tender first night as evidence that something is wrong with them.

Nothing is wrong with them. They are beginners, which is exactly what they were supposed to be.

“Do not arouse or awaken love until it so desires.”

SONG OF SONGS 2:7

The gift is not a perfect first night. It is a lifetime with one person, learning something together that neither of you has to perform.

Expect a beginning, not a performance. The couples who are gentlest with each other in week one usually have the best year one.

• WHAT YOU WERE EACH HANDED

Most of what a person believes about sex was installed long before they chose it. Naming where it came from does more work than arguing about whether it is right.

Growing up, what I picked up about sex, and where it came from

Was this talked about in my home, or not? What did that teach me?

One belief about sex I suspect I should examine before I carry it into marriage

• EXPECTATIONS, SAID OUT LOUD

Answer on your own first, then trade. Guessing is where couples get into trouble.

HOW OFTEN I PICTURE THIS BEING PART OF
A NORMAL MONTH

WHAT I THINK I WILL FIND HARDEST TO
SAY OUT LOUD

Besides sex, what makes me feel closest to you?

How will we each say yes, and how will we each say no, in a way that does not wound?

If your two answers about frequency are far apart, you have not found a problem. You have found the most common conversation in marriage, ten years early, while it is still easy to have.

• TWO THINGS WORTH SAYING PLAINLY

Nobody owes anybody. Sex in a marriage is something you give, never something one of you is entitled to collect. Any version of this that turns into a duty on a schedule will quietly damage both of you. Mutual is not an upgrade. It is the whole design.

Bodies sometimes need help, and that is ordinary. Pain, difficulty, or a body that will not cooperate is more common than couples realize, and it is usually treatable. It is not a spiritual failure and it is not a verdict on your marriage. If it happens, see a doctor the way you would for anything else, early, without shame.

“And the man and his wife were both naked and were not ashamed.”

GENESIS 2:25

That is the oldest picture of this in Scripture, and notice what it is actually describing. Not technique. Two people fully seen and not hiding. Everything in this session is aimed at that.

• WHAT YOU CARRY IN

Two conversations belong here, and both go better forward than backward.

Your past. You each deserve to walk in without a surprise waiting. That does not mean an itemized account. Numbers, names, and comparisons help nobody and can lodge in the other person permanently. What your future spouse needs is enough to know you honestly, anything that affects their

health, and whether the pattern is behind you. And if you are the one listening: your job is to receive, not to investigate. Do not ask for detail you will not be able to unhear.

Anything ongoing. If either of you is in a live struggle, pornography or otherwise, this is the season to say it, while pausing a wedding is still an ordinary thing to do rather than a catastrophe. Grace is not the same as no criteria. Grace means someone can tell the truth and still be loved. It does not mean the truth changes nothing.

What I want my future spouse to know about me, so that they know me and are not surprised later

If I am carrying something ongoing, what actual support would help? Who else knows?

• THE COMMITMENT

Will we commit, now, to keep talking about this for the whole marriage? Write it in your own words

• COUPLE CONVERSATION

1. What is one thing you would like me to know that you have never quite said?
2. When one of us wants to be close and the other does not, what should that look like so neither of us feels rejected?
3. What would make it easy for you to bring this up in a hard month? Say the specific thing.
4. Who is one older married couple we could actually ask about this?

• KEY TAKEAWAYS

- ✦ The skill you are building is talking about it, not knowing about it.
- ✦ Waiting is a good gift. It was never a promise of an effortless start.
- ✦ Expect a beginning, not a performance.
- ✦ Nobody owes anybody. Mutual is the design, not an upgrade.
- ✦ Share your past to be known, not to be audited, and receive it the same way.
- ✦ Say the ongoing thing now, while pausing is still ordinary.

GO DEEPER — OPTIONAL

For couples who want to linger. Skip it if you'd rather keep things light.

1. What did the silence, or the noise, about sex in your home teach you to expect?
2. Where has shame been doing work in you that grace should be doing instead?
3. What are you most hoping your future spouse will understand without you having to explain it?
4. Is there anything you have been telling yourself you will mention later?

• THIS WEEK

Have the first one. Set aside an hour, somewhere private and unhurried, and trade the pages you wrote alone. No fixing, no defending. Just read and ask questions. The goal is not agreement this week. The goal is that the first conversation is now behind you.

• A PRAYER TO CLOSE

“Lord, thank you for making us bodies as well as souls, and for calling that good. Take our fear and our shame and give us honesty instead. Teach us to give rather than take, and to be patient with each other while we learn. Let what we build be safe, joyful, and ours. Amen.”