

# Chapter 2: What We Learned About Sex

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from [\*Pillow Talk: 40 Conversations About Sex for Married Couples\*](#)

How we grew up hearing and thinking about sex can make a big imprint on our perspective later in life. Unfortunately, few Christians report having received thorough, positive, Scripture-based instruction about sexuality. How has what you learned impacted your sexual intimacy?

## Ask and Listen

1. What's your earliest memory of sex? When did you learn about it, and what did you learn?
2. What messages about sex did you get from your parents, mentors, and the church as you grew up?
3. What, if anything, that you learned about sex as a child has negatively affected your view of physical intimacy now?

## Read and Consider

Read together Deuteronomy 6:6-9.

*These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.*

God's pronouncement to the Israelites in this passage involved teaching the children who God was, what He had done for His people, and how they should honor Him by living according to His commands. This foundational education was to be an ongoing practice, saturating their daily existence.

Within the law of Moses, they were expected to follow commands about sex which showed God's desire for it to remain holy and mutually satisfying in marriage. But many of us weren't taught what God's design for sex really was. Instead, our parents and church leaders were silent, ignorant, or negative. Often they hadn't received godly instruction themselves and didn't know how to teach us.

It's not too late to learn. God's Word can still teach you what it means to experience intimate, meaningful, and pleasurable sex as God intended in the covenant bond of marriage.

## **Touch and Pray**

*Holy Father, You are the creator of sex, the designer of pleasure and intimacy in the marriage bed. But we have struggled with messages that make it difficult for us to fully embrace the gift You long for us to enjoy. Help us to align our understanding with Yours.*

*[Pray specifically for the issues you brought up in your conversation.]*

*In Jesus' blessed name, Amen.*

## **Go and Do**

1. Take a sheet of paper and make two columns. On the left side, write down underlying messages about sex that you got from the teaching you received. Those can be anything from “sex is good in marriage” to “only bad girls want sex” or “sex is for the man.” In the right-hand column, counter any negative messages with your growing understanding of what God says about sexual intimacy. You don't have to believe these yet, but record what you think is the right answer. Finally, put a star by those erroneous messages you struggle with most.
2. Trade lists. Yes, this is a vulnerable exercise. But let your spouse see where you're struggling, so they can help and pray for you. In turn, promise to help and pray for your spouse.