



A-TYPICAL

Sex: God's Perfect Design – Part 2

Ice-Breaker:

Read and interact with the following excerpt:

"If you were to scope a male brain and a female brain with a number of the instruments neurologists use today, you would understand that women have up to ten times more oxytocin coursing through their brain than the average man. Oxytocin is a loyal bonding chemical. It's why women often connect relationally so much better than men do. It's why you often see women at a Starbucks, for instance, looking in each other's eyes with all of the empathy, or why women often bond with children more quickly than a man might bond with his child. You don't usually see men staring in each other's eyes like that. When men get together we tend to be hitting something or shooting something – we're hitting a golf ball or shooting pheasant or deer.

But there's one time in a man's experience when his levels of oxytocin actually reach that of his wives, and that's immediately following a sexual encounter. Women, why do your husbands want to have sex with you so often? Whether they realize this consciously or not, the reality is, they never feel closer to you than immediately following the sexual encounter. Now you might wish it wasn't that way. You might wish your husband felt closest to you after he fixed the garbage disposal, or maybe after he came home from a frustrating episode at work and spent 45 minutes talking about his feelings and how he felt discounted by his boss and dismissed by his co-workers. But I'm sorry, I didn't create your husband, God did. And this is how God created your husband.

In many ways, I think it's a brilliant design that God has given men a hormonal motivation to stay intimate with their wives. Because any wise husband will understand that to be sexually active with our wives, we need to be relationally aware, we need to be relationally connected as well. We're not altruistic beings by nature – in fact, we're sinful, rebellious and independent. So God has given us a very physical urge to keep the spiritual and relational and emotional intimacy of our marriage intact and growing. It's a brilliant design that we can use sex as a tool to renew our affection for each other. Because as the romantic attraction fades, this is one thing that God has designed that renews our attraction for each other - that renews our commitment, our sense of celebration, and our sense of enjoying each other."

– Gary Thomas, [Sacred Marriage](#)

- **Men... share your perspective on this excerpt.**
- **Women... share your perspective on this excerpt.**
- **Why do you suppose God designed men and women this way?**
- **Does this information change the way you view your sexual relationship with your spouse? If so, how?**



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Discussion:

1. Read I Corinthians 6:18-20; Hebrews 13:4. Why is sexual sin so different from other sins?
2. Read Galatians 6:7-8. What are some ways sexual immorality might destroy people's lives?
3. Read I Thessalonians 4:3-5. The world teaches us to just say 'no' to drugs, smoking, alcohol, anger, etc. But when it comes to sex, the world says it's unreasonable to say 'no.' Why is that a lie and what are some practical ways a believer might effectively 'control his own body'?
4. Read I Thessalonians 4:6. How might sexual immorality be directly related to wronging or taking advantage of a brother?
5. Consider the statistics below and discuss how God had our best interest in mind when he gave us the sexual guidelines in His Word.
 - *Studies by the Heritage Foundation discovered that teenagers who are sexually active are 5 times more likely to be depressed and suicidal.*
 - *1 out of 7 teenage girls who have lost their virginity attempted suicide shortly thereafter.*
 - *The number of Sexually Transmitted Diseases is sky-rocketing in our nation. 20 million new infections occur in the U.S. every year.*
 - *Researchers have identified a link between sexual immorality (like porn and one-night stands) and loneliness, guilt, low self-esteem, anxiety and depression.*

Application:

- Our sexual issues are not purely physiological, but rather psychological, chemical, emotional and spiritual in nature. They tie back to our spiritual brokenness and deep desire for intimacy, and the answer is to turn to God to meet that deep need for intimacy.

Read James 4:8a.

- What does this verse say about cultivating intimacy with God?
- What does it look like to "come near to God"?
- How will you apply this verse this week?

For help and healing with pornography and sexual addiction, see the link on hillcountry.life.