

Module One

The Theology of Sexual Intimacy

“Why sex in marriage is not a concession to the flesh – it is a covenant act designed by God to mirror the union between Christ and the Church.”

Complete this worksheet individually before sharing with your spouse. Honesty here is more important than comfort. There are no wrong answers – only honest ones.

MODULE FOUNDATIONS

- 1 The church has historically communicated shame around sexuality rather than the robust theology Scripture provides – leaving married couples without a framework for healthy, guilt-free intimacy.**
- 2 Song of Solomon is an explicit celebration of erotic love between husband and wife, and its presence in the canon is itself a theological statement.**
- 3 Sex in marriage serves three distinct biblical purposes: procreation, pleasure, and covenant renewal – most Christian couples have been taught only the first.**
- 4 The husband’s body belongs to his wife and the wife’s body belongs to her husband (1 Corinthians 7:4) – mutual ownership is the design, not a concession to weakness.**
- 5 Withholding sex from a spouse is a spiritual act, not merely a relational one – it breaks covenant in a domain God specifically designated for bonding and protection.**

SECTION
1

Where You Came From

Before you can build a healthy theology of sexual intimacy, you need to understand the one you already have — the one you absorbed before you ever had language for it.

1. How was sex talked about in your home growing up — or was it talked about at all? What was the unspoken message your family communicated about sexuality?

2. What did your church, faith community, or religious upbringing communicate about sex? Was it presented primarily as dangerous, shameful, sacred, or something else entirely?

3. Complete this sentence honestly: When I think about sex within my marriage, the emotion I most commonly feel is —

SECTION
2

What You Actually Believe

These questions are designed to surface the theology you are actually operating from — not the one you would write down in a doctrinal statement.

My score:	-- -- -- -- --	My spouse's score:	-- -- -- -- --	intimacy with
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5. Before this module, had you ever read or studied Song of Solomon as a literal celebration of sexual love between a husband and wife — rather than as an allegory? What was your reaction to encountering it that way?

6. Which of the three biblical purposes of sex — procreation, pleasure, covenant renewal — were you taught growing up? Which ones do you most struggle to fully embrace?

**SECTION
3**

Your Marriage Right Now

These questions address the current state of intimacy in your marriage — where you actually are, not where you wish you were.

7. How would you describe the current role that sexual intimacy plays in your marriage — is it a source of connection, tension, avoidance, joy, obligation, or something else?

8. Is there a specific belief you have been carrying about sex — consciously or unconsciously — that you now recognize as more shame-based than Scripture-based? Name it as specifically as you can.

SECTION
4

Both Voices

Answer separately, then read your answers to each other without interruption. The listener does not respond until the speaker is completely finished.

10. What is one thing you want to be different about the sexual dimension of your marriage — not as a complaint, but as an honest expression of hope?

MY ANSWER:

MY SPOUSE'S ANSWER:

SECTION
5

Commitment

Based on what this module raised for you, write one specific thing you are committing to do differently in how you approach sexual intimacy in your marriage. Not a feeling — a decision.

MY COMMITMENT:

MY SPOUSE'S COMMITMENT:

“Marriage is the one institution God designed where nakedness without shame is not only permitted — it is the original intent.”

Signed: _____ **and** _____

Date: _____