

Restoring Intimacy in a Stressed Marriage

²³ Then the man said, “This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man.” ²⁴ Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. ²⁵ And the man and his wife were both naked and were not ashamed. (Genesis 2:23-25)

Sexual History Assessment:

Describe any sexual brokenness that you individually brought into the relationship.

Husband:

Wife:

Describe your sexual relationship prior to entering the covenant of marriage. For instance, did you keep strict boundaries? Did you keep the commitments that you made to God and each other or did you compromise those commitments prior to marriage?

What do you think are the ongoing consequences of your previous answer and why?

Was sexual intimacy always awkward, strained, difficult, or conflict filled in your marriage, or did you start off differently? If you started off your marriage with a higher degree of sexual intimacy than you are currently experiencing, what changed (sin, health changes, schedule changes, etc.)? You are looking for factors that have invaded the bedroom. Give two answers if you see the issue differently.

How should the Gospel affect your sexual intimacy and why?

How should the “one another” commands of the New Testament affect your sexual intimacy and why?
Provide specific “one another” commands that could be applied here.

How can each of you become a “giver” in your marriage relationship? Be specific to think of as many areas as possible.

Husband:

Wife:

When you don't put pressure on performance, and instead focus on the relationship that you have with one another in Christ, you are free to enjoy what God allows and to celebrate and serve one another with a joyful and grateful heart.