
Much of the church's focus when it comes to sex is telling people what *not* to do, but the reality is that God made sex, created boundaries, and wants us to enjoy it! In this study we will talk about healthy Sexpectations in marriage. This is not only important for couples to understand, but also for singles. God's desire is for *everyone* to have healthy Sexpectations both inside and outside of marriage.

1. What are some of the things that cause frustration in a marriage, particularly when it comes to sex? If you are married, speak from experience. If you are single, discuss what you have observed or anticipate.

“But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband.”
1 Corinthians 7:2 (ESV)

2. **Read 1 Corinthians 7:2-5.** Discuss some of the misconceptions that you have seen come out of these verses and how they could be misapplied. What do you really see being taught in these verses?
3. **Read Hebrews 13:4.** We only touched on this quickly in the message, but what can we do as individuals to protect other people's marriages at The Cove? Answer from the perspective of your current situation (single/married).

“Husbands, love your wives, as Christ loved the church and gave himself up for her,” Ephesians 5:25 (ESV)

4. **Read Ephesians 5:25-32.** How do you see the analogy of Jesus and the church applying to a married couple? What roles do service, empathy, and unity play in a healthy relationship? Feel free to discuss this in relation to sex specifically, or to relationships in general.

5. Is there a conversation you need to have to improve your Sexpectations? Are there changes you feel like you need to make? Discuss with your group what these are and how you are going to follow through. Pray for one another in these things.