

Couple's Exercise

Enhancing Your Sexual Connection

Your sexual connection is the ONE thing that distinguishes your marriage relationship from every other relationship in your life. It's critically important to keep that area of your marriage strong and healthy, and that requires regular, open communication about it. Here are a few questions to aid in your discussions.

1. Start by praying and asking God to show you what he has to say about your sexual relationship. Share what God shows you. Record it below.
2. Check in with each other, without accusation, defensiveness or shame. Ask, "Where are we in our sex life these days?"
3. Discuss what you each can do to help the other prioritize sex.
4. Each offer one idea, one small step you can take to enhance your sexual connection.
5. Pray together, offering yourselves, your bodies and your sexual connection to the Lord.
6. If you feel like you need help in this area, talk together about ways to do that.