



## TEACHER GUIDE

Name: \_\_\_\_\_

*Answer the following questions as you watch the video:*

1. TRUE/FALSE: The Bible is full of good examples of sexual lives.  
**FALSE. The best we get are Jesus, Paul; and John the Baptizer, who were unmarried.**
2. "A good sexual life isn't about doing this thing or avoiding that thing, it's about your \_\_\_\_\_."  
**Attitude toward yourself and others.**
3. TRUE/FALSE: God wants everyone to enjoy sex.  
**TRUE. God gave all things to us for our enjoyment.**
4. Sex is the picture that the Apostle Paul uses to describe the relationship between \_\_\_\_\_ and the \_\_\_\_\_.  
**Christ and the Church.**
5. The key to a good sexual life is.... \_\_\_\_\_. **Love.**

Other notes or questions while watching: \_\_\_\_\_

\_\_\_\_\_

*The following questions will guide the in-class discussion.*

**A VERY IMPORTANT NOTE:** For a long time, the devil has convinced the church that there is no way to talk about God's good gift of sex, convincing Christians that sex is always a dirty thing that should be hidden. He's wrong. Sex is good, and by lying to the church he hijacked a really good, important topic. God made sex. God designed what "good sex" is meant to be. We can and should talk decently but openly about it to help each other understand this incredible gift. We are stewards of God's world, and sex is a good part of that world. Basically, we're asking you not to be shy, and at the same time, not to be judgmental.

- Explain this statement: Sex is an act of generosity, not consumption.  
It's easy to see sex as something that I do for me. "Does it feel right for me?" "Is this the right person for me?" "Is she hot enough?" It's easy to see the other person as something that I'm just using for my own enjoyment, just like driving a really cool car. The car is there, but the experience is really about me. But the Bible gives us sex as a picture of Christ's self-giving love. Giving ourselves to another person in order to make them feel special, loved, and accepted. This flips the narrative for North Americans.
- While this isn't true for everyone, men tend to want sex first and a relationship second, and women tend to want a relationship first and sex second. How might that become a problem when it comes to having a good sexual life for both men and women?  
Men may lie about their feelings in a relationship with a woman in order to get sex. A woman may give in to a man for sex, even if she doesn't love him because she wants anything that feels like a relationship. In marriage, women might withhold sex until a man gives her what she wants, or men might want sex from their wife without considering her feelings.
- What do you do if you have a strong desire for sex, but you're not married? How do you deal with those strong desires?  
First and foremost, pray. God will give you strength to resist any temptation (1 Cor. 10:13). Second, focus more on enjoying what blessings God HAS given you, rather than what he hasn't. Focus more on your family, your friends, your church, your schoolwork. All good things. Fill up your life with other stuff, and you'll find yourself longing for sex less. And third, don't put yourself in positions to get tempted, whether with a boy/girlfriend, or pornography. Those situations will only make it harder to have a healthy sexual life.
- You may not know this, but statistically, married people report having more enjoyable sex than any other demographic. Why do you think that is?  
Sex is a benefit of their relationship, not the cause or centerpiece. When you have a marriage to enjoy, you put less pressure on sex to make you feel good about the other person or the relationship. Therefore, less pressure means more fun.
- Explain why this statement is true: "Having a good sexual life is important, even for the unmarried person."

Even if someone is never married or never has sex, their ability to have a good sexual life will bring them blessings, and will save many people, including themselves from the pain that comes with broken sexual relationships.