



# Marriage Matters Podcast Discussion Guide

## Sex and Intimacy with Scott & Carla Brownson

### Connect

- Schedule a block of time to engage in this Marriage Matters conversation with your spouse.
- Add some lighthearted fun - break out your favorite snack or do an activity together that you both enjoy.
- Share any burden you might be carrying and any way your spouse might be able to help.
- Share what you hope to accomplish through this conversation.
- Pray together.

### Open the Discussion

- What did you hear that was the most impactful to you?
- What are you excited to try?
- Is there something you heard that you disagree with or have questions about?

### Discussion Questions from the Podcast

- What is your response to Scott's suggestion to "just do it"?
- Do you think it is possible to be exposed to and comfortable with one another? What can you do to help create increased safety in this?
- Is there a way that either of you is getting embarrassed that you would like to share?
- Do you think putting sex on the calendar would be helpful for you?
- Dream about a weekend away to have fun together and grow in intimacy. What do you need to do to make it happen?
- What kind of date night can you make a possibility this week? What would it take for this to become a weekly habit?
- How can you make your spouse more of a priority this week?
- How are you talking about sex with your kids? Does it reflect that sex is sacred, and a foreshadow of heaven?
- Fill in the blank. Even if you don't change \_\_\_\_\_ I will love you and bear that burden with you.
- What do you think about the phrase, "The purpose of marriage isn't happiness; it is holiness." If this is true, what should you do about it?

### Faith Step Forward

- What faith step is God asking you to take this week in response to this conversation?