

Session 1. *Your beliefs about sexuality:* Do these exercises alone, then share with your partner.

Read I Corinthians 7:3-5. What does this passage mean to you?

Read the whole book, The Songs of Solomon. What is the author's attitude toward sexuality?

What messages have you received about sexuality from your family?

From your church?

Set a "sexual appointment" with your spouse, a time this week to talk about sex. For a premarital couple, talk about expectations and ensure that you monitor your arousal during this discussion.

Suggested topics include: How often do you feel that urge to be touched or receive sexual release? What stimulates these urges? How do you handle them? What is the best physical contact? What is a turnoff? What does your spouse need to know about you sexually?

What physical involvement have you had so far? Is this consistent with your values?

Session 7: Preventing Sexual Problems. Answer these questions individually, then discuss them together. (Questions from McCluskey & McCluskey, 2004)

1. How could you plan to prevent problems on your first time together? If you have already had your first time together, plan a special getaway in which you plan for a good sexual experience. _____

2. Did any of the problems discussed today seem familiar to you? Do you need any referrals to local clinicians for help? If so, commit to getting them. _____

3. Talk with your partner about how you will handle it if something like this happens to you.

4. What has the group been like for you? Do you have any feelings about it ending?

5. Think about what you have learned since beginning this experience? Has it brought you closer? What areas do you think you can still grow in? _____
