

How to Integrate Your Sexuality and Spirituality

Most people are not able to integrate their sexuality and spirituality. They exist as two separate parts of their life. But the Bible has the answers for how to do this. Answer the questions below and you will be able to integrate your sexuality and spirituality together so that your spirituality will enhance your sexuality and your sexuality will enhance your spirituality.

1. Read Genesis 1:26-28, 31 and 2:24-25. A) Who is responsible for our sexuality; where does sex come from? B) What did they say about it? C) What did they say to do with it? D) How does sex relate to the image of God in us?
2. In a mature love in a Christian marriage, what takes place that tells us God is present and that we are experiencing God's love besides our marriage partner's love?
3. What was Jesus' attitude about sex and marriage? Read Matthew 19:4-6.
4. What does Paul say about sex in marriage in Ephesians 5:31-32?
5. What happened to our sexuality in marriage after the fall? Read Genesis 3:7-10.

6. What do the following verses say about marriage: A) Hebrews 13:4, B) I Corinthians 7:36, C) Proverbs 18:22?
7. Read I Timothy 4:3-5. What should be our attitude toward sex? How can we consecrate sex?
8. What does Proverbs 5:15-19 say about married sexual love?

Conclusions – Integrating My Sexuality and Spirituality

My Beliefs

My Actions

Homework – Read the Song of Songs