

**Marriage and Family: Enjoying The Journey**  
**201: Biblical Foundations-Part 2 Roles of Wives & Husbands**

**LESSON 3: Red Hot Monogamy**

**1. Christian Perspectives:**

*Genesis 2:18-25*

*The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him."*

*[19] Now the Lord God had formed out of the ground all the beasts of the field and all the birds of the air. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. [20] So the man gave names to all the livestock, the birds of the air and all the beasts of the field.*

*But for Adam no suitable helper was found. [21] So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and closed up the place with flesh. [22] Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man. [23] The man said, "This is now bone of my bones and flesh of my flesh;*

*she shall be called 'woman,' for she was taken out of man."*

*[24] For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. [25] The man and his wife were both naked, and they felt no shame.*

*Genesis 1:31*

*God saw all that he had made, and it was very good. And there was evening, and there was morning--the sixth day.*

*Proverbs 5:18-19*

*May your fountain be blessed, and may you rejoice in the wife of your youth.*

*[19] A loving doe, a graceful deer-- may her breasts satisfy you always,  
may you ever be captivated by her love.*

*Hebrews 13:4*

*Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.*

*1 Thes. 4:3*

*It is God's will that you should be sanctified: that you should avoid sexual immorality;*

*1 Cor. 7:2*

*But since there is so much immorality, each man should have his own wife, and each woman her own husband.*

*Song 8:6-7 (NLT)*

*Place me like a seal over your heart, or like a seal on your arm. For love is as strong as death, and its jealousy is as enduring as the grave. Love flashes like fire, the brightest kind of flame. [7] Many waters cannot quench love; neither can rivers drown it. If a man tried to buy love with everything he owned, his offer would be utterly despised."*

**2. Christian Principles: 25 Rules for Red Hot Monogamy**

1. Accept sex as good and Godly. Sex is God's idea.
2. Protect your sexual relationship in marriage.
3. Celebrate sex
4. Give it up....your fairy tale
5. Think positive
6. Take it easy and go slow

7. Give what you have
8. Get naked and don't be ashamed
9. Remember mutuality
10. Just say YES and NO. Abstinence is not an option in marriage.

**3. Christian Practices:**

- 3.1 Complete the exercise "51 Ways to Excite Your Husband"
- 3.2 Schedule an extended date and discuss and compare your responses to this exercise.

**4. Discussion Questions:**

- 4.1 Put on your nametags with boldly written names. Reconnect with all group members by sharing highlights from the week. Record names and needs on your "Prayer Journal" in the Appendix.
- 4.2 Break into gender groups for lessons 2 - 5.
- 4.3 What areas of this lesson are exciting and encouraging for you? Be sure to discuss this later with your spouse.
- 4.4 What areas of this lesson are difficult, and create struggles for you? Be sure to discuss this later with your spouse.
- 4.5 What applications from this lesson will help you the most?
- 4.6 Use the last 10 minutes for prayer together over these personal issues