



**March 8, 2026**

1 Corinthians 6:16-17 (MSG) - *There's more to sex than mere skin on skin. Sex is as much spiritual mystery as physical fact. As written in Scripture, "The two become one." Since we want to become spiritually one with the Master, we must not pursue the kind of sex that avoids commitment and intimacy, leaving us more lonely than ever—the kind of sex that can never "become one."*

**Learning #1: Sex is not gross. And sex is not god.**

Proverbs 5:18-19 (NLT) - *Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. She is a loving deer, a graceful doe. Let her breasts satisfy you always. May you always be captivated by her love.*

Song of Solomon 4:1-5 (NLT) - *You are beautiful, my darling, beautiful beyond words. Your eyes are like doves behind your veil. Your hair falls in waves... Your teeth are as white as sheep, recently shorn and freshly washed. Your smile is flawless, each tooth matched with its twin. Your lips are like scarlet ribbon; your mouth is inviting. Your cheeks are like rosy pomegranates behind your veil. Your neck is as beautiful as the tower of David, jeweled with the shields of a thousand heroes. Your breasts are like two fawns, twin fawns of a gazelle grazing among the lilies.*

**Learning #2: God's design for sex comes with healthy boundaries.**

Proverbs 5:15-17 (NLT) - *Drink water from your own well—share your love only with your wife. Why spill the water of your springs in the streets,*

*having sex with just anyone? You should reserve it for yourselves. Never share it with strangers.*

*1 Corinthians 6:18 (NLT) - Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body.*

*Proverbs 6:27-28 (NLT) - Can a man scoop a flame into his lap and not have his clothes catch on fire? Can he walk on hot coals and not blister his feet?*

**Learning #3: Sex gets better with frequency and communication.**

*1 Corinthians 7:5 (NLT) - Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control.*

**Learning #4: God will help us treat sex responsibly and enjoy sex in a way that honors Him.**

*Psalm 103:8-13 (NLT) - The Lord is compassionate and merciful, slow to get angry and filled with unfailing love. He will not constantly accuse us, nor remain angry forever. He does not punish us for all our sins; he does not deal harshly with us, as we deserve. For his unfailing love toward those who fear him is as great as the height of the heavens above the earth. He has removed our sins as far from us as the east is from the west. The Lord is like a father to his children, tender and compassionate to those who fear him.*