



Marriage Myths: Abstinence/Practice | April 17, 2019

Discussion Guide

The Scoop

The idea that “good Christian kids” grow up to have the best marriages is a myth. It’s built on these ideas that if we just do all the right things, it will all work out. God has other things to say about that.

Key Verses

Matthew 19:5 (NIV)

“For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.”

Discussion

It’s not an anomaly when a Christian couple who’s been married for 3-5 years sits down with someone and talks about their struggle to connect with one another. The couple is confused, because before they were married, they did “everything right.” They waited to have sex until after the wedding day, believing that was their golden ticket to a phenomenal marriage with an awesome sex life. But after a few years of struggling, they can’t seem to reason with the fact that it’s been very difficult.

1. Did you grow up in the church? If so, how did it shape your views on having sex before marriage?
2. Why is the belief that your sex life is going to be perfect if you wait till marriage problematic? What does it suggest about the value of sex?

Unfortunately, even though it’s often time what we are taught, abstinence does not always mean success. In our relationships, we often make sex the end all be all. Either we don’t have it and save ourselves for marriage, or we practice all the time to “get really good at it.” It’s something we get hyper focused on. People want to talk about it all the time during dating or engagement. And when we do that, it repositions our value systems and makes sex way more important than it really is. The truth is, having a good sex life isn’t actually the foundation of marriage. But when we treat it like it is, it’s bound to disappoint us.

3. Why do you think we (and culture) get so obsessed over the idea of waiting for marriage or practicing sex for compatibility?
4. How do you think you view the value of sex in a relationship? Have you treated it like the foundation?

In Matthew 19:5, we read about what happens to us in marriage. It says that we leave our father and mother, and become united in one flesh. Sex is something that is special, meaningful and has a lot of depth. But when we make it all about our virginity and waiting, or practicing to make sure we are sexually compatible, we miss the point. We convince ourselves that our entire relationship lives and dies based on sex. The word for sex in Hebrew is “yada,” which means to know. Instead of jumping to sex, we need to take the time to get to know our partner so well that it makes sense when we come together as one flesh.

5. Why do we miss the point when we get hyper focused on following the rules when it comes to our sex lives?
6. Have you seen a marriage or relationship crumble based on sex alone?

What’s Next?

Lots of Christian couples think if you “do good,” you “get good.” Meaning if they behave themselves and follow the rules before they get married, they won’t have any problems when they are married. Or, on the flip side, we think that we have to make sure we are sexually compatible before we get married. And that we must practice a lot to understand if we are or not.

This week, as you live out your faith and your marriage, consider the ways that you can get to know your partner in a deeper way. See what happens in your intimacy and connection. Live out your faith and your marriage full of “yada,” instead of focusing on whether you do or don’t have sex.