PILLOW TALK
COMPANION GUIDE

Chapter 5 | Sex Talk

Key Takeaway

Sexual intimacy is a gift from God designed to strengthen connection, unity, and trust within marriage. **The goal isn't simply more sex it's deeper intimacy**.

Lesson Summary

Intimacy is more than physical. It is the emotional, spiritual, and relational closeness shared between a husband and wife. God designed sexual intimacy as a sacred way for husbands and wives to connect, enjoy one another, and strengthen their covenant. But intimacy rarely grows accidentally. Busy schedules, children, stress, unresolved hurt, and changing seasons can slowly create distance. Healthy couples continue to pursue one another through affection, honest communication, and intentional time together. Intimacy flourishes where there is trust, safety, transparency, and open communication.

Discuss Together

1) What helps you feel most loved, pursued, and connected to me?
2) What are our greatest strengths and challenges with intimacy?
3) Are there any unspoken needs, expectations, or preferences we should talk about more openly?

Put into Practice

Schedule an **Intimacy Conversation** this week, and create intentional time to connect. **Intimacy rarely grows accidentally. It grows intentionally.**