

## Intimate Sexcess

For Webcam University

[www.debywade.com](http://www.debywade.com) or [www.ACTStherapy.com](http://www.ACTStherapy.com)

Although we live in a culture of with so many distorted messages about sex, Scripture tells us that our sexuality and sex is God's design, His creation

Genesis 1:27

Genesis 1:31

Genesis 2:24

Genesis 2:25

Hebrews 4:12

Hebrews 13:4

John 10:10

### **How does one begin to think positively about sex?**

Through scripture, mental retraining and reframing

The scripture listed above informs us of God's creation, His gift to us.

The Biblical book Song of Songs is a beautiful book describing the intimate love between bride and groom

II Corinthians 10:5

Philippians 4:8

Possibly seek help from a trained professional to help with healing of sexual trauma.

### **What causes a "low sex drive/desire"?**

Possible Causes:

Imbalance in hormones

Medication

Depression

Phases of life

Physical conditions or limitations

Possible trauma in the past

Unresolved (promiscuous) sexual past

How does one talk to children and teens about sex?

Start when they are young (ideally)

Use correct terminology

There is not just one conversation of “the Big Talk” but continuous dialogue throughout their teen years.

80% of teens wished parents talked to them about sex.

Only 20% of parents do talk to their kids about sex

Talking to teen about sex delays their choice about sex.

Kids whose parents talk to them about sex are less curious about sex.

Resources:

Books

<i>Celebration of Sex</i>	by Doug Rosenau
<i>Kiss Me Again</i>	by Barbara Wilson
<i>Secrets of Eve</i>	by Hart, Weber and Taylor
<i>Soul Viginis</i>	by Doug Rosenau and Michael Todd Wilson

DVD

*Straight Talk About Sex for Christian Couples* by Debby Wade and Victorya Rogers

Program

*Back to the BASEX: Beyond the Birds and the Bees, how to educate, equip and empower parents to talk to their kids about sex* by Debby Wade