

DIMENSION OF HEALTHY SEXUALITY

CHECK-IN QUESTIONS

SUPPORTING SCRIPTURES AND STRATEGIES

NURTURING

The capacity to receive care from others and provide care for self.

How well do I nurture and take care of myself?

Do I let others nurture and care for me?

Plan specific ways to nurture yourself. Invite and allow others to nurture you. Invite God to reveal how He nurtures you. In general, seek ways to practice acceptance and self-care.

Psalm 23:1-3; Matthew 11:28

SENSE-UALITY

The mindfulness of physical senses that creates emotional, intellectual, spiritual, and physical presence.

How often do I engage the senses as a way to enjoy the world around me?

How often do I engage the senses as a way to enjoy the company of others?

Plan concrete and specific ways to notice what your senses are telling you. Activate and enjoy all of your senses in the presence of God and others.

Psalm 19:1-2, Psalm 34:8; Ecclesiastes 3:12-13

SELF-IMAGE

A positive self-perception that includes embracing your sexual self.

What does positive self-perception look like and sound like for me?

How am I doing at agreeing with what God thinks and says about me?

Ask God to make you more aware of His deep love for you. Practice agreeing with God, that you are fearfully and wonderfully made.

Ephesians 3:18, Psalm 139:13-14

SELF-DEFINITION

A clear knowledge of yourself, both positive and negative, and the ability to express boundaries as well as needs.

Do I have clarity about my values, my strengths and weaknesses, and do I express my boundaries and needs?

Do I have clarity on my sexual desires, values and boundaries?

Actively work towards getting clear about who you are and about who you are becoming. Clarify your sexual values and set boundaries so that you can be safe and live out your values with integrity. Cultivate discernment through regular prayer and meditation.

Ephesians 2:10, Matthew 5:37

COMFORT

The capacity to be at ease about sexual matters with oneself and with others.

How comfortable am I with talking about sexual matters?

Am I comfortable being honest and transparent with God regarding sexual matters?

Create greater comfort about sex by identifying and overcoming negative and dysfunctional family, religious, and cultural messages about sex. Seek care that can help to heal issues created by sexual abuse.

Psalm 34:4-5; Genesis 2:25

KNOWLEDGE

A knowledge base about sex in general and about one's own unique sexual patterns.

How much do I understand about sex and sexuality?

How much do I understand my own sexual desires, attractions, patterns?

Pay attention to the many ways sexual issues enter and affect your day-to-day life. Operate on the basis of information, not "rules." Develop a plan to learn more about your sexual self.

Genesis 1:27, Genesis 2:25

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RELATIONSHIP

A capacity to have intimacy and friendship with both those of the same gender and opposite gender.

How comfortable am I with being my most vulnerable self with close, trusted friends? With the same gender? With the opposite gender?

Examine your beliefs about men and women. Develop deeper relationships with those of both genders. Learn to separate the erotic from relationships with those of the gender to which you are attracted.

Ecclesiastes 4:9-10; Genesis 2:25

PARTNERSHIP

The ability to maintain an interdependent, equal relationship that is intimate and erotic.

For those married - Are we nurturing and learning about each other's desires for intimacy and erotic connection?

Actively pursue the learning and practice of behaviors that can build and enhance an enduring relationship. Seek out spiritual community and tools that support the healing of sexualized conflicts, and self-destructive patterns.

Colossians 3:12-14; Genesis 2:18

For those seriously dating - Are we developing intimacy at an appropriate pace, while protecting boundaries?

NONGENITAL SEX

The ability to express erotic desire emotionally and physically without the use of the genitals.

For those married - How are we expressing desire apart from just orgasm? Is foreplay and being sexual, apart from orgasm, regular and enjoyable? How can we improve talking before, during and after sex?

Learn more about nongenital touch, and plan time to enjoy its pleasures. Practice communicating needs and desires; express what feels good. Reduce focus on orgasm; increase focus on the whole process of sex.

Proverbs 5:19; Song of Songs 7

GENITAL SEX

The ability to freely express erotic feelings with the use of the genitals.

For those married - How creative and satisfying am I at meeting my partner's desires and preferences?

Review resources on sexual information and techniques. Create space for communication that helps you and your spouse to better express your needs, desires and preferences.

Genesis 2:24; 1 Corinthians 7:3-5

Is my partner aware of and responsive to my desires and preferences?

SPIRITUALITY

The ability to connect sexual desire and expression with a deep life in God.

Can I see the connection between my sexuality and my spirituality and do they feel integrated?

Look for how God wants to deepen the connection between your sexuality and your life in Him. Pray honestly about your sexuality:

- Ask God to bless it
- Thank Him for it.
- Ask for His help.

Genesis 1:27; Genesis 2:25

Have I experienced moments of transcendence at the overlap of my sexuality and faith?

PASSION

The capacity to express deep experiential realities with others as an advocate for hope, joy, connection, wisdom and healing.

What, if anything, am I *passionate* about in life?

Express your passions as a way of living them out. Talk about your real sexual story. Advocate for a better story regarding God's design for sex. Leave the "observer of life" status and seek to actively participate in and influence the world around you

Revelation 12:11; Psalm 78:4-8

Am I willing to personally advocate for healthy ways of thinking about and relating to sex and sexuality in my places of influence?