

# SEXPERIMENT DEVOTIONALS



*Days to Lasting Intimacy*

## Day 7 - Loyalty

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Philippians 2:3-4

### "SEX IS THE SUPER GLUE OF MARRIAGE"

For just a moment, think about a world where every husband and wife thinks of their spouse as more important than themselves. There's no question, if that were true, the statistics on divorce wouldn't be nearly as high as they are today. While you can't make that a reality for everyone else, it can be a reality for your marriage. It takes one word for that to happen: humility.

Humility means that your spouse's needs come before your own. There are going to be times of joy. There are going to be times of boredom. There are even going to be times that you don't get along. It might even happen this week! But when you enter those situations with a spouse-focused mentality, every one of them can actually elevate your intimacy.

So as you go through this week, and even beyond, make it a point to place your spouse's needs ahead of your own. Humble yourself before God and before your spouse, and experience a new level of connection that will continue long after this week ends.

### DISCUSS THE FOLLOWING

- Ask your spouse, “In what ways am I good at listening and understanding your needs in a given situation?”
- Ask your spouse, “How could I be a better spouse and honor you even more than I do today?”

### TAKE ACTION

- Make a list of what you believe your spouse’s greatest needs are. Ask your spouse to do the same. Review each other’s lists so you can determine whether you are in tune with the other’s needs.

### GO FURTHER

- Read the introductory section on page 100 of Sexperiment.
- Read about additional action steps in this area of your marriage on page 112 of Sexperiment.

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