



Solomon on Sex

Marital Sabbath Small Group Work Sheet April 1, 2012

Part 1 - Ice Breaker

I recently came across some counsel that men would like to pass on to the ladies. It is called "25 Essentials for a Fantastic Female."¹

1. Learn to work the toilet seat. If it's up, put it down. We need it up, you need it down. You don't hear us complaining about you leaving it down.
2. If you won't dress like the Victoria's Secret girls, don't expect us to act like Don Juan or Romeo guys.
3. Don't cut your hair. Ever. Long hair is always more attractive than short hair. One of the big reasons guys fear getting married is that married women always cut their hair, and by then you're stuck with her.
4. Birthdays, Valentine's Day, and anniversaries are not quests to see if we can find the perfect present yet again!
5. If you ask a question you don't want an answer to, expect an answer you don't want to hear.
6. Sometimes we're not thinking about you. Just learn to live with it. Don't ask what we're thinking about unless you are prepared to discuss such topics as March Madness, the shotgun formation, and the stupidity of the "prevent defense."
7. Saturday equals sports. It's like the full moon or the changing of the tides. Let it be.
8. Shopping is not a sport, and no, we're never going to think of it that way.
9. When we have to go somewhere, absolutely anything you want to wear is fine.
10. You have enough clothes.
11. You have too many shoes.
12. Crying is definitely blackmail.
13. Ask for what you want. Let's be clear on this one: Subtle hints don't work. Strong hints don't work. Really obvious hints don't work. Just say it!
14. We don't know what day it is. We never will. Mark anniversaries on the calendar.
15. Yes and no are perfectly acceptable answers to almost every question.
16. Come to us with a problem only if you want help solving it. That's what we do.
17. A headache that lasts for seventeen months is a problem. See a doctor.
18. If something we said could be interpreted two ways, and one of the ways makes you mad or sad, we meant the other one.
19. You can either tell us to do something or tell us how to do something but not both.
20. Whenever possible, please say whatever you have to say during commercials.

¹ Akin, D. (2003). *God on sex: The Creator's ideas about love, intimacy, and marriage*. Nashville, TN: Broadman & Holman Publishers., chapter 12.

21. All men see in only sixteen colors. Peach is a fruit, not a color.
22. If it itches, it will be scratched.
23. If we ask what's wrong and you say "nothing," we will act like nothing's wrong. We know you're lying, but it's just not worth the pain.
24. Anything we said six months ago is inadmissible in an argument today. All comments become null and void after seven days.
25. Most guys own three pairs of shoes. What makes you think we'd be any good at choosing which pair, out of thirty, would look good with your dress?

The ladies may not be impressed with this list but it is a great way to start small group discussion!

Part 2 - Sermon Review

1. In this week's message, we looked at the importance of Sabbath. What are your non-marital Sabbath habits? Would your mate say your Sabbath habits need improvement?
2. While the original day of the Sabbath is Saturday, we worship on Sunday. How did that change? If Faith Church were to have a Saturday night service, how would you feel about it after this morning's message?
3. Why do you think marital Sabbaths are important? Do you take them?
4. What was your favorite spontaneous marital Sabbath? Share with the group.
5. Marital Sabbaths involve long get-away weekends and short dates of only an hour. How do you try to build both short and long marital Sabbaths into your schedule? If you don't have them, what ones do you need to add?
6. Marital Sabbaths don't just involve time away, but they also have something to look forward to when you are away. What would you like to do with your spouse on an extended marital Sabbath?
7. Read Nehemiah 13:15-22. This passage reminds us that Sabbath is not just rest for us but not encouraging others to work. What part of this applies to our life today?
8. Read Matthew 12:1-8. What does this teach us about observing Sabbath?
9. What is the one application God is calling you to make this week?

Part 3 - It Is a Busy Time at Faith Church!



It is a busy time at Faith Church

- Next week (April 8) is Easter at the SAMI Center - 10:00 A.M.
- The following week (April 15), we return for the final week of the *Solomon on Sex* series.
- Immediately after the service, work begins by the CSG crew to transform the sanctuary. We need your help all week long!
- The next week (April 22), we begin with a new stage, lighting and video plus we start our new series in the Gospel of John called, *John on Jesus!* Check out www.johnonjesus.com for more details.