

pick one

WRITE ABOUT IT

Circle your answer.

Do you think sex seems—

thrilling or scary
fun or painful
better for men or better for women
complicated or simple
more physical or more spiritual
more mental or more emotional

GOD'S-EYE VIEW

I don't know about you, but I'm tired of pretending sex has to be one thing or the other. The reality is that sex is all of the things you just voted on. Under the right circumstances, sex is fun and relaxing. Under the wrong circumstances, sex is scary—maybe even painful. Sex can be 100 percent right, and it can be 100 percent wrong.

But for now, let's focus on the last two statements: sex is more physical or more spiritual, and sex is more mental or more emotional.

Sex is physical—there's no doubt about that. But I believe sex is more than just physical. I believe sex relates to what we think, how we feel, and how we relate to God and to each other. Trying to choose whether sex is more physical, spiritual, mental, or emotional is a bit like asking whether a human being is more physical, spiritual, mental, or emotional—we're all of them, all the time.

Q: If you had a girlfriend/boyfriend/husband/wife, and the two of you got all your information from magazines or novels, what percentage of your life together do you think would be devoted to each part—mental, physical, spiritual, and emotional?

% mental
% physical
% spiritual
% emotional

100 %

• Do you believe those percentages can support healthy relationships between healthy people? Why or why not?