

## Discussion 5: Our Sexuality

### Key Points:

- 1- This topic is not just about sex, although it does include it. Sex is only one aspect of sexuality.
- 2- Sexuality includes feminine and masculine traits that each of us have, role identification, intimacy in daily life, romance and sex.
- 3- Keeping “the spark” alive in marriage through the years requires time, effort and imagination.
- 4- The Church’s views on sex are often misunderstood. There is an equal value placed on sex as a means of procreation and as an important aspect of the married couple’s relationship.
- 5- This topic helps you discuss some of these things and become aware of your feelings on them.