

Introduction: previously considered common problems regarding communication, finances, parenting, and how sexual intimacy. This is a topic often not spoken of within the church and Christian homes, and we are left to learning about "the birds and the bees" in locker rooms, TV, movies, or music. Our culture is so oversexed that there can be a knee-jerk reaction, and the topic is considered "dirty" or inappropriate.

- God's Word has much to teach us regarding this important subject which we ourselves should renew our minds with and be responsible to teach our children.
- Many Christians are simply untaught in this area, and are victim to unbiblical thinking and behavior that is hurting marriages from the start. It is often assumed that it will just be figured out.

I. **GOD CREATED SEX AND YOUR SEXUALITY**

- Genesis 1:28 To be fruitful and multiply through the means of sex. A primary goal was procreation. God's first command could not be fulfilled without sexual intercourse.
- Genesis 2:25 He created them naked and unashamed.
- Hebrews 13:4 The marriage is honorable and THE BED undefiled.
- If you treat it as a topic that is "dirty", then you undermine the reality of God creating those things "very good."
- With this said, He did not create it to be a god. Improper sexuality is uncleanness and idolatry – Romans 1:24ff
- God intends sex to be within the bounds of covenant marriage.

Sex without marital relationship takes on different forms:

- 1.) Lust – attraction/dissatisfaction/fixation (Matthew 5:28)
- 2.) Fornication – broad term for sexual immorality, often pre-marital (Hebrews 13:4 John 4:16-18)
- 3.) Adultery – extra-marital sex, sex with person not your spouse (Hebrews 13:4)
- 4.) Masturbation – sex w/self, covetousness/lust, non-relational, form of homosexuality (Matthew 5:28 1Corinthians 7:9 1Thessalonians 4:4)
- 5.) Homosexuality – sex with same gender, that which is "against nature" (Romans 1:26-27).
- 6.) Bestiality – sex with any animal (Leviticus 18:23 20:16).

II. **YOUR GOAL IS NOT TO BE ORGASM, BUT ONENESS AND WORSHIP**

- The common biblical term is to "know" someone, pointing the reality of oneness and relationship (Genesis 4:1 Numbers 31:17 Matthew 1:25).
- With sexual intimacy, there is a joining to one another and becoming one 1Corinthians 6:13-20.
- It is to be a fostering the most intimate kind of unity and love between two persons, reflecting the intimacy of the Trinity. Sex is to be an act of worship as the two become one and reflect the image of God.
- I believe that spiritual oneness and physical ecstasy is a foretaste of the Beatific Vision.
- This should be done with an awareness of God and thankfulness to Him.
- This should be "spiritual" just like Bible reading, prayer, witnessing, public worship, singing hymns.

III. **SEX IS NOT TO BE THE BASIS OF YOUR RELATIONSHIP**

- Genesis 3:7 It was sin that not only caused them to hid from God but also to hide their nakedness.
- Genesis 3:16 this tension can be reflected in selfishness, control, and manipulation.
- Often in marital counseling sexual problems are rooted in relational problems. Most often not question of mechanics, but break down in relationship. Good sex is rooted in good relationship.
- Jay Adams uses the illustration of trying to be in bed with lots of luggage on it. Many carry baggage of problems with them.

Common problems of:

- 1.) Unresolved guilt/unconfessed sins (from past sexual activity)
 - 2.) Unresolved problems/tension
 - 3.) Ignorance or misinformation regarding mate's anatomy
 - 4.) Ignorance or misinformation regarding how mate is sexually aroused (microwave vs. crockpot).
- There ought not to be the expectation of things to go well if there is indifference to circumstances. To do so is to treat someone like a prostitute, seeking gratification apart from relationship.

IV. **GOD COMMANDS A MUTUAL OBLIGATION OF SEX WITHIN YOUR MARRIGE**

- 1Corinthians 7:3-4 the affection which is due (Gk. *opheilay* = what is owed, debt, obligation).
- There is to be regular and reciprocal sex out of a realization of obligation. To unnecessarily withhold is to not give marital right.
- The response cannot be to find other avenues, as one's authority is not over their own body (v.4) to do with whatever they want, but to seek help and wait on the Lord.
- If some unusual circumstance arises (i.e. physical problems), there is the responsibility to exercise self-control.

V. GOD ENCOURAGES MUTUAL PLEASURE IN YOUR SEX

- Proverbs 5:15-19 rejoice, satisfy, enraptured (lit. intoxicated).
- Proverbs 7:15-18 Notice the things used to entice. The problem was it was outside the marriage covenant.
- The goal is first and foremost to please the spouse, not self enjoyment.
- Song of Solomon – Erotic poetry, but not pornographic. Notice the language of pleasure throughout.
- 1 Corinthians 7:33-34
- First aiming to please the other person. In answer to a host of questions about "Is ____ allowed?", the answer can be found in first asking whether it is forbidden in Scripture. Then asking if the other person is comfortable with it. There can be allowance for experimentation or "exploring" what satisfies and brings delight.
- Very basic things about proper hygiene (both male and female) can make it unpleasant. Bad breath, body odor, unshaven, etc.

VI. GOD INTENDS FOR PROPER SEX TO HELP IN PREVENTING IMMORALITY IN YOUR MARRIAGE

- Proverbs 5:20 Being delighted with the spouse is a major preventative.
- 1 Corinthians 7:2, 5 Recognition that this is one of the legitimate reasons for desiring marriage, and that prolonged abstinence can create a place for the devil to tempt.
- While there is the necessity of self-control, you can also put your spouse under greater temptation in unrighteously manipulating or withholding what is their due.

Sexual Unity Worksheet found in Members Login area of our web site.

Recommended reading:

Sex and the Supremacy of Christ John Piper and Justin Taylor (Editors)

Sacred Sex by Tim Gardner

Intended for Pleasure by Dr. Ed Wheat