

# Sex

- Why study?
- Sex is powerful
- We are bombarded by lies about sex
- What is the truth? Where do we find it?
- Cosmo/ Sexperts?
- The church?
- We need to be transformed in our thinking
- Rom. 12:2

# Sex

- Biblical view
- Meant to create and recreate and deepen our **oneness** and glorify God in the process!
- Sex created before the fall – very good

# Sex

“Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man. The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man." For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. The man and his wife were both naked, and they felt no shame.” (Gen.2:22-25)

# Sex

- **Oneness**-Two shall become one
- “When God declared that a man’s isolation from the other living things was “not good”, woman was the Lord’s idea of how to perfectly complete His design. Eve was the final missing piece of the interwoven ecology that formed the basis of life on earth... She was the counter-part of the man.

# Sex

Together they stood apart from the rest of creation.

The union of the man and the woman resulted from the common bond of their shared humanity as from the physical joining of their separate, complementary identities as one flesh through sexual intercourse. *Sexuality was the expression of the reunion through which the man and the woman became physically joined together once again.*”

(Evans, Deborah. The Christian Woman's Guide to Sexuality. P.19)



# Sex

- **Oneness** reflects nature of God-Diversity in Unity



# Sex

- “In any case it is the male and female together who constitute the image of God, in a more profound sense than either of them standing alone, and sexual intercourse remains as an emblem and an actual remnant of the original condition of humanity as it first emerged from the dust, fresh-formed in the Lord’s hands.” (Mason, Mike. The Mystery of Marriage. P.159-160.)

# Sex

- Gives us a picture of the relationship God longs to have with His people
- Intimate, permanent committed love
- Speaks of closeness in sexual terms (Ez.16:1-8)
- His people are His bride-NT
- Pursue things other than Him=adultery

# Sex

“God created us in his image, male and female, with personhood and sexual passions, so that when he comes to us in this world there would be these powerful words and images to describe the promises and the pleasures of our covenant relationship with Him through Christ.” (Piper, Sex and the Supremacy of Christ, p.29-30)

# Sex

- Meant for procreation, but for more than that
- Meant to create and recreate and deepen the **oneness** we are looking for
- God's view and the world's view **COMPLETELY** opposite

# SEX:GOD'S VIEW VS. WORLD'S VIEW

Worldly Lust	Godly Sex
Author: Satan	Author: God
Key Ingredient- The Body-Youth/ Beauty	Key Ingredient-Whole Person-Commitment
Unknown; New	Trust
Satisfaction = Taking	Satisfaction = Giving

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# SEX: GOD'S VIEW VS. WORLD

Driven by passions that overwhelm

Driven by self-control and sacrifice

Promise: Intense pleasure and immediate satisfaction that fades over time

Promise: Personal wholeness, relational fulfillment, real intimacy, sexual pleasure

End result: Individual fragmentation/addiction

End result: Individual wholeness/relational strength

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# Sex

- “Sex gives us a foretaste of heaven, of the self-forgetting ,self-transcending ,self-giving that is what our deepest hearts are designed for, long for and won’t be satisfied until they have, because we are made in God’s own image and this self-giving constitutes the inner life of the trinity.” (Peter Kreeft, How To Win The Culture War )



# Sex

- God's view = best is yet to come!



# Sex

- Unity from two *diverse* people
- How are we different?
- Men are more visual
- Sexually aroused more easily
- Men are more physical than verbal
- Compartmentalize-single focus

# Sex

- Physical intimacy comes easily for (most) men
- How do we perceive their sex drive?
- As a strength they bring to the marriage?

# Sex

- Women are more verbal than physical
- Multi-taskers/not so single focused
- Sexual arousal slower
- Emotional intimacy comes easily for (most) women

# Sex

- We are VERY different-what was God thinking?
- Meant for us to compliment each other and use our strengths to deepen our oneness

# Sex

“If men and women both were satisfied with a short period of arousal, the sex act would become a brief, mechanical experience. If both took a very long time to become aroused, the experience could become boring and monotonous. Some might not even bother. Because men and women are different, the husband is given the opportunity to learn self-control and encouraged to investigate and employ the imaginative techniques that please a woman.

# Sex

He has the opportunity to develop patience and gentleness in physical communication, while she learns to keep him sexually aroused and intrigued. The differences between men and women provide ground for creative, interesting interaction and enrich the sexual relationship in marriage.”

(Wheat, Intended for Pleasure p.214)

# Sex

- Instead of viewing differences as good...
- We get a myopic focus- “First things first”
- Needs should be met according to *my* priorities
- While we are waiting, alienation sets in

# Sex

- **Vicious cycle**
- My needs (emotional) aren't getting met
- He initiates (intimately)
- I don't respond
- He pulls back (or punishes in another way)
- I withdraw more (or lash out-make him pay)
- Result? Major Alienation

# Sex

- **Not** “But my needs aren’t being met!”
- **But**, “How can I best promote oneness?”
- How can I help us grow closer mentally, emotionally, spiritually and physically?
- May mean connecting with your husband’s body before connecting with his heart, mind

# Barriers to a rich sex life

- Unresolved anger – bitterness
- “Marital boredom is often the mask which hides a world of rage and resentment never openly expressed.” (Wheat, Intended for Pleasure. P.134)



## Barriers to a rich sex life

- Need to deal with baggage we bring to bed
- Forgive them
- Forgive ourselves
- There is help: 823-6500
- (See resources listed at end of handout)



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## Barriers to a rich sex life

- General negativity
- If criticism is pervasive, it can bleed over into this area.
- Get with God and repent

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## Barriers to a rich sex life

- Too shallow of a goal
- Hebrew word=“to know”
- Goal=give and receive love/mutual enjoyment
- Realign our focus

## Barriers to a rich sex life

“The foundational purpose of lovemaking is not the pursuit of incredible sensations. Although incredible sensations are part of the package (and a pretty nice perk at that), an even greater objective of our sexuality is to deepen the magical, intimate bond between man and wife by sharing experiences, creating memories, exploring vulnerabilities, and probing the physical and emotional nooks and crannies that make us who we are.” (Linamen, Pillow Talk, p.253)



# Barriers to a rich sex life

- Too distracted
- Deal with distractions!
- Be creative-make memories
- Value every day sex



# Barriers to a rich sex life

- Too tired or not in the mood
- Don't rely on non-verbals
- Don't give vague excuses
- Come up with alternate time (date)
- Don't wait for him to initiate-make the first move

# Barriers to a rich sex life

- Sex is too scary-just can't trust
- Make it an area of REGULAR prayer
- Agree with God He wants good things for you in this area and He is ALL powerful
- Find someone to talk to
- Fight for your marriage

# Attitudes to enrich sex life

- Be pro-sex
- “This is now bone of my bones and flesh of my flesh; she shall be called `woman,'for she was taken out of man." For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. The man and his wife were both naked, and they felt no shame.” (Gen.2:18-25)

## Attitudes to enrich sex life

- Be pro-sex
- “In all of life’s activities we are compelled to share each other. If the husband is a teacher or mechanic, other persons share in the fruits of his skills. If the wife is a good cook or an attractive woman, the husband is not the only one who enjoys those gifts.

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## Attitudes to enrich sex life

“But behind their closed bedroom door, a couple experiences oneness—a sublime moment uniting them in an exclusively intimate union unshared by anyone else on earth. That is a major reason why the act of marriage is such a binding, uniting, and enriching influence on a couple. (LaHaye, The Act of Marriage, p.35)

# Attitudes to enrich sex life

- Take the initiative
- Communicate availability and eagerness
- “Never forget that Vincent wants to be wanted. The fact that sex is more of a surface matter to men does not eliminate the male depth-factor completely. You can count on this: Your husband longs to believe that he’s wonderful enough for you to yearn sometimes for his sexual companionship.”  
(Shedd, Letters to Karen. P.109)



# Attitudes to enrich sex life

- Take the initiative



# Attitudes to enrich sex life

“The more he feels frustrated in his plans; the day he has been roughly handled by his superiors...this is the time when you move in to indicate that your whole soul and body would welcome a closeness to him. Sex is a God-ordained means of assuring your partner that he is the most important person in the world right here, right now.” (Shedd, Letters to Karen, p.109-110)



# Attitudes to enrich sex life

- It is a Godly priority
- How often should you have sex?



# Attitudes to enrich sex life

- Invest mental energy
- Anticipate/plan for time together
- “Ignorance of how to sexually arouse and satisfy one’s spouse brings no glory to the one who created sex in the first place.”  
(Crabbe, ?)
- What words would describe you as a lover?

# Benefits of rich sex life

- Sex is a *powerful* force for good in marriage
- “Cluster of emotional benefits”-relief from hurts, a welling of joy and optimism, a sense of security and peace. (Wheat, Intended for Pleasure, p.133)
- See “Sex-It does a body good”
- Affects whole family

# Benefits of a rich sex life

- Reinforces oneness
- “A fulfilling sex life is one of the most powerful marital glues a couple can have. Children are a powerful “glue”, as are common values, a common faith, and common dreams. But sex is definitely one of the strongest.” (Sheet Music p.45)
- Provides a witness to a world in desperate need

# Homework

- Memory verses Eph.4:31,32 1Peter 2:23
- Pray about your sex life
- Thank God for the oneness He wants for you and your spouse
- What lie about sex or barrier is a key issue for you?
- Journal and pray about this
- Share insights with husband



# Homework

- What one step does God want you to take in this area?
- What one way you can communicate enthusiasm for him-physically or otherwise



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# Resources

Undified: Redemption from Sexual Sin,  
Restoration for Broken Relationships by  
Harry Schaumburg

Every Woman's Battle by Shannon Ethridge