

Built to Last!

Sex: Great Gift or Great Grief?

Grace Fellowship Church / Pastor Brad Bigney / Nov. 26, 2000

Genesis 2:22 - 25 (Living Bible) "Then God made a woman and brought her to man. 'This is it!' Adam exclaimed. The man and his wife were both naked but neither was embarrassed or ashamed."

You've Got to Have THE RIGHT ATTITUDE About Sex

4 biblical attitudes

I Timothy 4:4 "For everything God created is good and nothing is to be rejected, but all is to be received with a prayer of thanks." That includes your sexuality. God made you a sexual being. It's part of who you are, part of your identity. Accept it without guilt or shame. Sex, in marriage, is not a sin. Not even a necessary evil. God says it's good, it's planned, it's a part of life.

A. Attitude #1 God Sees Sex in Your Marriage as Pure and Holy!

Sex is not a part of the fall. It is not a part of the curse. On the sixth day of creation, God created sexual human beings. And notice God's view of man's sexuality according to **Genesis 1:31**

Gen. 1:31 "Then God saw everything that He had made, and indeed it was very good..."

Hebrews 13:4 "Let marriage be held in honor among all, and let the marriage bed be undefiled for God will judge the adulterer and all the sexually immoral."

Song of Solomon 5:1 "I have come to my garden, my sister, my spouse; I have gathered my myrrh with my spice; I have eaten my honeycomb with my honey; I have drunk my wine with my milk. (This next part seems to be God's response as he watches husband and wife enjoying the sexual pleasure that He created) Eat, O friend! Drink, yes, drink deeply, O beloved ones!"

B. Attitude #2 God Does Not Consider Sexual Pleasure as Sinful, But Encourages You and Expects You to Find Great Pleasure in Sex with Your Spouse

Proverbs 5:18-19 "... rejoice in the wife of your youth. As a loving hind and a graceful doe, let her breasts satisfy you at all times; be exhilarated always with her love."

The word "wife" once again shows that real sexual delight can be found only in marriage. The verse doesn't say "Your significant other." It says "wife." God created these delights to be enjoyed by married people ONLY.

"Breasts" God is not ashamed to talk about 'breasts' as a source of sexual delight and fulfillment... not just as a source of milk for nursing infants. God created the breast to be a sexual delight as well as a source of nourishment for children.

Song of Solomon 7:6-9 "How fair and how pleasant you are, O love, with your delights! This stature of yours is like a palm tree, and your breasts like its clusters. I said, 'I will go up to the palm tree, I will take hold of its branches.' Let now your breasts be like clusters of the vine, the fragrance of your breath like apples, and the

roof of your mouth like the best wine.”

"Satisfy" This Hebrew word pictures a thirsty, dry person being quenched with a cool drink of water.

God designed sex between husband and wife to be as refreshing, delightful and pleasant as that drink of water. Not just passively offering your body, but aggressively using your body to bring complete sexual satisfaction to your spouse.

"Exhilarated" Or 'enraptured' (NKJV), 'captivated' (NIV), 'ravished' (OKJV) - literally in the Hebrew, to be drunk, intoxicated, or overwhelmed with satisfaction. This word 'ravished' is one of the strongest words in Hebrew. Other translations of this word: "*be consumed, captivated, intoxicated, be transported by her love.*" Knox translation, "*Let her steal away your senses.*"

C. Attitude #3 God Commands You to be Having Active and Regular Sex with Your Spouse

I Cor. 7:5 "Stop depriving one another, except by agreement for a time that you may devote yourselves to prayer, and come together again lest Satan tempt you because of your lack of self-control."

Listen to what God says: If you're not having sex with your spouse on a regular and continuous basis, you are sinning. It is a sin to defraud or deprive your spouse of sex. These verses teach us that it should be unusual and the EXCEPTION rather than the norm for a married couple to not be having sex.

I Corinthians 7:7 (Phillips) "*Do not cheat each other of normal sex unless you both decide to abstain temporarily to make special time for prayer. But afterwards you should resume relations as before or you will expose yourselves to the obvious temptations of Satan.*"

Why does God state this so strongly? "*Do not cheat each other of normal sex.*"

Why does He say it so strongly? "*...or you will expose yourself to the obvious temptation of Satan.*"

D. Attitude #4 According to God's Original Design – Your Primary Goal in Your Sexual Relationship Should be Giving and Providing Sexual Satisfaction for Your Spouse not Satisfying Yourself

Your goal should be *giving* to satisfy the other person, not *getting* to satisfy yourself. The primary goal of your sexual relationship is to satisfy your spouse. Remember, this principle is also taught by our biblical definition of love: 'Giving for the needs of another expecting nothing in return.'

I Corinthians 7:3-4 "A man should fulfill his duty as a husband and a woman should fulfill her duty as a wife. And each should satisfy the other's needs. The wife's body does not belong to her alone, but also to her husband. In the same way, the husband's body doesn't belong to him alone, but also to his wife."

There's a myth that goes around a lot that says sex is just a matter of doing what comes naturally. Nothing could be further from the truth. Nothing. **Dr. Ed Wheat**, medical doctor and

biblical counselor, said, "If you do what comes naturally in your sexual relationship, most of the time you'll be 100% wrong." It's an art, a skill, something you adjust to in your marriage as you learn your mate.

I Peter 3:7 *"You husbands must be careful of your wives, being thoughtful of their needs."*
Husbands, you're to pay attention to your wife's needs.

God put an entire book in the Bible (Song of Solomon) for the purpose of demonstrating, illustrating and explaining the ingredients of taking time to create the right atmosphere. Solomon does not rush into sexual intimacy with his bride. He takes time.

(Song of Solomon - Good News Translation)

- | | |
|-------------------------------|-------------------------------|
| * Privacy (2:5) | * Unhurried time (5:1b) |
| * Complimenting (1:15-16) | * Attractive attire (4:9, 11) |
| * Affectionate touching (2:6) | * Special places (7:12) |
| * Fragrances (1:12) | * Intimate talk (4:16) |
| * Total commitment (8:6-7) | |

Questions for Strengthening Sexual Relations

Revised

1. Do you recall any specific event that may have affected your sex life?
2. Were you ever sexually molested or violated? Briefly describe circumstances.
3. Word-association test ~ what do you think of when you hear the word 'sex?'
4. What does the Bible say about sex? Describe as fully as you can. What are God's purposes for sex?
5. What were your expectations regarding sex, love-making and intercourse before marriage? Were these expectations fulfilled at some point within the first year of marriage? If not, describe.
6. Describe your honeymoon. Sexual difficulties? If so, what?
7. What stirs up sexual guilt or shame in you now?
8. To what extent were you and your mate involved sexually before marriage? Did you have sexual intercourse? If so, have you ever repented of this as sin to one another and to God?

9. Have you or your mate had extra-marital sexual activity since marriage? Describe.

10. How frequently do you have sex? Do you wish it was more frequent, or less frequent?

11. Who usually initiates relations? Who chooses time?

12. Do you have a preference for a time of day and situation for lovemaking? Describe.

13. Do you tell your spouse what pleases you and displeases you about sexual intercourse? Do you feel comfortable talking about this area of your relationship?

14. Is there anything you've done with your spouse sexually that you are uncomfortable doing?

15. Do you feel pressured to perform a certain way by something your spouse says or does? If so, in what ways? How?

16. Do you have fun together frequently apart from sexual relations? Doing what?

17. Do you confide in one another? On a scale of 0-10 where are you?

18. What trait, behavior pattern, or habit does your mate have that tends to diminish your sexual desires toward your mate? Are there any offensive odors, mannerisms, or habits that hinder your enjoyment of the sexual relationship with your spouse?

19. If you have struggles with sexual relations, what do you think causes you to malfunction sexually?

20. Do you think you have ever functioned satisfactorily in your sexual relations with your spouse?

21. If you could share three things with your spouse that you think would improve your enjoyment of sexual relations with them what would it be?

1)

2)

3)