

THE MISSIONAL MARRIAGE STUDY

Session #9: Sexual Intimacy

"Arise, come, my darling; my beautiful one, come with me..."

-Song of Solomon 2:13

"Sexuality is designed by God as a way to know Christ more fully; and knowing Christ more fully is designed by God as a way of guarding and guiding our sexuality"

- John Piper – Sex & The Supremacy of Christ

"And I will restore unto you, the years that the locusts have eaten..."

-Joel 2:25

Conceptual Ideas to Convey:

- ❖ Sex was designed by God as something that is good within the context of a marriage covenant. It is good for:
 - The Glory of God
 - The Pleasure of a Husband and Wife
 - The Procreation of Life
 - The Witness of Christ to our World
- ❖ Man has distorted God's original design for sex through perverse lusts, sexual abuse, pre-marital or extra-marital contexts, and other sexual immoralities. The result has been:
 - The Gratification of Self
 - The Defilement or Dysfunction of Marriage
 - The Termination of Life
 - The Blasphemy of Christ & the Church
- ❖ In Christian marriage, we need to...
 1. Clearly understand God's design and plan for sexual intimacy within marriage
 2. Make ourselves aware of worldly traps that would seek to disrupt and distort God's design and plan for sexual intimacy in our marriage- so that we can distinguish between fact & fiction, healthy & unhealthy, reality & non-reality, and right & wrong.
 3. Identify current struggles within our own sexual intimacy, the root behind those struggles, and steps we need to take to overcome those struggles in our marriage- so as to find progressive victory in the area of sexual intimacy and God's intent for it.
- ❖ No matter where you and your spouse are with your sexual intimacy, there is always Hope in Christ!

Disclaimers:

- ❖ This session will not deal with the "mechanics" of sex... That really needs to be handled in a one on one environment or possibly with professional counsel.
- ❖ Nothing is to be shared that will embarrass or disrespect your spouse; only share as much as you and your spouse are comfortable sharing
- ❖ The goal of this session is transparency... that can lead to education... that will produce transformation. The more honest and vulnerable we can be- the more room for edification and change there will be.

"Let him kiss me with the kisses of his mouth- for your love is more delightful than wine..."

-Song of Solomon 1:2

God on Sex:

- ❖ **Genesis 1:27-28** – general creation account of male, female, marriage, reproduction
- ❖ **Genesis 2:18-25** – detailed creation account of marriage union
- ❖ **Genesis 4:1** – first account of marital sex for procreation
- ❖ **1 Corinthians 6:13-16** – our bodies & sex, are for God- not immorality
- ❖ **1 Corinthians 7:3-5** – Our bodies are for our mates. Sexual responsibilities in marriage
- ❖ **Proverbs 5:15-19** – marital fidelity & Sexual enjoyment/fulfillment; sex is for marital pleasure!
- ❖ **Song of Solomon (specifically, ch. 4)** – Solomon & his bride on their wedding night
- ❖ **Proverbs 5:20-23/6:25-29** – beware of adulterous enticements
- ❖ **Hebrews 13:4** – the marriage bed is to be kept sacred
- ❖ **Romans 12:2; 2 Cor. 5:17; James 5:16; 1 John 1:9** – Reconciling with our past; embracing forgiveness

Questions for Dialogue:

- ❖ Where/how did you first learn about sex? What were the primary means of education for your learning about sex?
- ❖ What was your initial view of sex- something positive or something negative? Or neutral? Explain...
- ❖ What, if anything, did you know about your parent's sex life? How did their sex life (or lack thereof) affect your view of sex in marriage?
- ❖ In what ways is sex in your marriage now, different from what you expected before you married?
- ❖ How has your past views or experiences affected sex in your marriage?
- ❖ What are some of the most common "foxes" that tend to sneak in and ruin the garden of sexual intimacy in your marriage?
- ❖ What, if any, are the most common issues you face in your sexual intimacy with your spouse?
- ❖ What's the standard that you're currently comparing your sex life to? Are there false standards or lies that you're wrongly comparing your sexual intimacy to? (i.e. – other couples, Hollywood, etc...)
- ❖ Why is it important to understand God's view on romance and sexual intimacy?
- ❖ How can God's Word speak to the *specific issue you're facing* in your sexual intimacy?
- ❖ Why is communication essential to a healthier sexual intimacy in marriage?

Lovemaking Inventory... (Questions created to open dialogue between you and your spouse))

- The time of day we are most often together sexually is _____...
- Is that time optimal for both of us?
- The place where our lovemaking usually takes place is _____...
- Places where would like to make it happen are?
- We usually have _____ amount of light in the room when we make love. Could this be improved in any way?
- Some variety in lighting we would like to try is...?
- Do hygiene issues ever inhibit our desire? If so, how could this be improved?
- Does one of us usually initiate more than the other? Is this the way we both want it?
- What are the unspoken signals that say, "I'm interested!"?
- Are there other ways that either of us would like to communicate interest or have interest communicated?
- What do we usually wear? Could that be improved?
- How long does it usually take her to climax, from beginning to end?
- How long does it usually take him to climax, from beginning to end?
- How do we want to be pursued? Hint and then back off? Hint and then try again in a different way? Hint and go for it? Other?
- How do we want to be directed? Discussion outside of sex? Gentle re-directing of hands? Verbally?
- How do we generally re-direct? How does each of us feel about that?
- What kinds of caresses does each one of us prefer? On what parts of the body? With what parts of the body?
- What positions increase excitement for each of us? What sustains desire? What decreases interest?
- Do we have any uncommunicated desires?
- What degree of dress or undress does each of us like?
- What are our preferred kinds and colors of apparel?
- How can we draw all 5 senses into our lovemaking?
- What sets the mood for him? Her?
- How much do you want left to the imagination?
- What elements enhance the whole experience for you?

The "E's" of an Affair... (Adapted from "Maximum Marriage" series, by Tommy Nelson)

1. The **Elimination** of Intimacy
 - (watch "Bridges of Madison County")
 - You're a good spouse- but won't appreciate your mate; so someone else does
 - Married couples need to nip it here!
2. The **Encounter** of the Other Person
 - This person gives to your mate what you don't (or won't)
 - So they give to them what is yours
 - Singles need to nip it here!
3. The **Enjoyment** of One-Another
 - This is James 1 – your flesh has been enticed and is now being entertained
4. The **Expediting** of the Relationship
 - The other person starts showing up where your mate is
5. The **Expression** of Mutual Feelings
 - Emotional desires are now finally being conveyed (emotional tennins)
6. The **Experience** of New Intimacy
 - Sexual satisfaction

Homework:

- ❖ Begin the journey of working through ***Simply Romantic Nights*** with your spouse.
- ❖ Commit to spending intentional time with one another praying about your sexual intimacy. Learn to open dialogue with both God and your mate concerning sexual issues facing your marriage!