

Enjoying Intimacy and Dealing with Sexual Issues in
Marriage

BIBLICAL COUNSELING AND DISCIPLESHIP CONFERENCE

TWO GUIDING THESES

- You are not your own.
- Sexual intimacy in marriage is not only or ultimately for you.

UNDERSTAND THE CULTURE IN WHICH THE NEW TESTAMENT WAS WRITTEN

- In the Roman Empire where 4 kinds of marriages were common
 - “Tent companionship” between a man and a woman slave
 - “Common law marriage”
 - “Purchased marriage”
 - “Traditional marriage”
- Paul was writing to correct that faulty thinking

PRINCIPLE 1 — SEX IN MARRIAGE IS PURE AND HOLY (1 COR. 7:2)

- It was created by **GOD**
- It was still called **HONORABLE** after sin had entered the world (Prov. 5:18-19; Heb. 13:4)
- Sex in marriage is an act of **WORSHIP** that is done for God's **GLORY**. (1 Cor. 10:31)

PRINCIPLE 2 — SEX IN MARRIAGE IS A GIFT TO PROTECT OUR PURITY

- Sexual relations in marriage are not only holy, but they are designed to keep us holy.
- With the statement in verse 2, God says “NO” to the Corinthian philosophy of verse 1 and exhorts believers to engage in a full conjugal life with their spouses.

PRINCIPLE 3 — SEX IS NOT THE BASIS FOR MARRIAGE. MARRIAGE IS NOT FIRST AND FOREMOST A PHYSICAL UNION

- While sex is part of marriage, sex does not equal marriage. (*It's not all about sex.*)
- The most significant reason for marriage is as an expression of our love for Christ.

PRINCIPLE 4- THE PRIMARY GOAL OF SEX IS GIVING — PROVIDING FOR YOUR SPOUSE (1 COR. 7:3)

- What 1 Corinthians 7:3 means
- Some implications of this verse:
 - The message of this verse can be made in four words:
“DON’T DEPRIVE YOUR SPOUSE.”
 - Sexual intimacy in marriage is not a **SUPERFLUOUS** extra: it is a mutual (joyful) **OBLIGATION.**
 - Sexual intimacy in marriage is an expression of **SELFLESS GIVING.**

PRINCIPLE 5 — GOD HAS CREATED BOTH HUSBAND AND WIFE WITH EQUAL ABILITY TO SATISFY EACH OTHER

- The word “authority” means **CONTROL**
- Both husband and wife have the **SAME** command.
- Sexual intimacy in marriage tests your willingness to **SUBMIT** to your mate’s **AUTHORITY**.
- But don’t husbands and wives have different levels of sexual desire?

PRINCIPLE 6 — SEX IS TO BE REGULAR, RECIPROCAL, AND CONTINUOUS (1 COR. 7:5)

- “Depriving” is a failure to “fulfill one’s duty” for **SELFISH** reasons.
- There are only three conditions for **ABSTINENCE** within marriage (they must all be met):
 - It is a **MUTUAL** agreement
 - It has a **DEFINITE** end
 - It is for a **SPIRITUAL PURPOSE**

PRINCIPLE 6 — SEX IS TO BE REGULAR, RECIPROCAL, AND CONTINUOUS (1 COR. 7:5)

- There are also three more **CONSIDERATIONS** (warnings) about abstinence:
 - Limit abstinence in marriage so that Satan's **PURPOSES** are **THWARTED**
 - Limited abstinence is **PERMITTED**, it is not **COMMANDED**
 - **“SPIRITUAL LIFE”** is never to be a pretext for denying your mate

PRINCIPLE 6 — SEX IS TO BE REGULAR, RECIPROCAL, AND CONTINUOUS (1 COR. 7:5)

- How often should couples have sex?
 - Sex should be often enough to SATISFY each other (1 Cor. 7:4, Prov. 5:19)
 - Sex should be often enough to avoid TEMPTATION (1 Cor. 7:5)
 - Sex should be considerate, PREFERRING each other (Phil. 2:3-4)

PRINCIPLE 7 — SEXUAL SIN LOOKS ENTICING. IT IS A LIE (PROV. 5:1-14)

- Truth 1: Ignoring a father's best (and loving) counsel produces foolishness (v. 1)
- Truth 2: Indulging adulteresses will diminish (not destroy) shepherding opportunities (v. 2)
- Truth 3: Just because it sounds good doesn't mean it is good (vv. 3-4)
- Truth 4: Adulterous sin is deadly (vv. 5-6)

PRINCIPLE 7 — SEXUAL SIN LOOKS ENTICING. IT IS A LIE (PROV. 5:1-14)

- Truth 5: Stay as far away from adultery as possible (vv. 7-8)
- Truth 6: Adultery will drain “life” from your life (vv. 9-11)
- Truth 7: Adultery only produces regret (ultimately) (vv. 12-14)

PRINCIPLE 7 — SEXUAL SIN LOOKS ENTICING. IT IS A LIE (PROV. 5:1-14)

There are also corresponding and opposite truths to these principles:

- Truth 1: Listening to a father's best (and loving) counsel produces wisdom (v. 1)
- Truth 2: Avoiding adulteresses will provide shepherding opportunities (v. 2)
- Truth 3: Evaluating words & emotions truthfully will protect your heart (vv. 3-4)

PRINCIPLE 7 — SEXUAL SIN LOOKS ENTICING. IT IS A LIE (PROV. 5:1-14)

- Truth 4: Marital faithfulness is a joyful fruit of life (vv. 5-6)
- Truth 5: Marital faithfulness *can* be attained and enjoyed (vv. 7-8)
- Truth 6: Marital faithfulness will supplement “life” to your life (vv. 9-11)
- Truth 7: Marital faithfulness produces joy and gratitude (vv. 12-14)

PRINCIPLE 8 — SEX IS FOR PLEASURE (PROV. 5:18-19)

- Delight in the **PERSON**

- “Rejoice...”
 - “...in the wife...”
 - “...of your youth”

- Delight in the **SEXUAL RELATIONSHIP**

- Beware of false delights (v. 20)

PRINCIPLE 9 — SEX IS FOR GOD'S GLORY (PROV.
5:20-23)

PRINCIPLE 10 — BOTH SEX AND CELIBACY ARE GOD'S GRACIOUS GIFTS — USE THEM GRACIOUSLY (1 COR. 7:7-9)

- Everyone has a “gracious” gift from God — some for CELIBACY, some for MARRIAGE.
- Whichever gift you have, use it for God's GLORY (1 Cor. 6:20).

IMPLICATIONS — WHAT YOU WILL WANT TO TEACH YOUR COUSELEES ABOUT BIBLICAL SEXUALITY:

- Renew your mind —
 - Sex is an act of worship
 - Sex is about obedience
 - Sex is a heart revealer, not a heart solution
 - Sex is a gift to give, not a right to take
 - Sex is a delight (in marriage)

IMPLICATIONS — WHAT YOU WILL WANT TO TEACH YOUR COUSELEES ABOUT BIBLICAL SEXUALITY:

- Put off —
 - Every perversion of God's sexuality
 - Manipulating, pleading, or forcing relations with your spouse
 - Anger, bitterness, and resentment when I don't get what I want

IMPLICATIONS — WHAT YOU WILL WANT TO TEACH YOUR COUSELEES ABOUT BIBLICAL SEXUALITY:

- Put on —
 - The mind of Christ
 - Acts of service for 1) your spouse, and 2) others
 - Giving sexuality to your spouse as an expression of love for her/him and your love for Christ
 - Thank God for every act of intimacy — and every “denial.”