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Biblical Sexuality

Introduction:

I. Sex **in marriage** is pure and holy.

A. Created by God before sin (Gen.2)

B. Still called honorable after the Fall

C. Any other view is sinful.

Do you view sexual relations in marriage to be as holy as...

- Praying?
- Reading the Bible?
- Giving?
- Teaching a Sunday School class?

II. Sex is not the basis of marriage. Marriage is not first and foremost a physical union.

Principle: sex is at the end of the intimacy chain

A. Jesus settled this issue. (Jn. 4 – just because they were)

B. Unity in marriage is more than sex. (“sex is at the end of the intimacy chain”)

C. But it is still very important. (cf. Ed Wheat's book, "Intended for Pleasure," also Song of Solomon)

III. The primary goal of sexual relationship is giving – providing sexual satisfaction for one's spouse. (Phil. 2 – cf. Christian worldview)

A. Taught by 1 Cor. 7:3 – "Let the husband fulfill his duty to his wife, and likewise also the wife to her husband."

1. Context

2. "*fulfill*" – is a command to give fully, completely, without reluctance, hesitation, or inhibition

3. "*duty*" – a responsibility with the idea of doing good to the other person

4. Wife has the same command

B. Taught by definition of love – GIVING.

1. Giving to get can be selfish

2. Greatest pleasure is giving
May or may not include climax

3. How do I know what pleases my mate? Talk about it.

IV. God has created both husband and wife with equal ability to satisfy each other.

1 Cor. 7:4 – "The wife does not have authority over her own body, but the husband does; and likewise also the husband does not have authority over his own body, but the wife does."

- A. *“Authority”* – means control

- B. Both husband and wife have the same command. Wife is also to be aggressive in the sexual relationship.

- C. What about different levels of desire?
 - 1. God’s Word teaches you to sexually satisfy your mate, not to focus on your own level of desire

 - 2. To refuse to aggressively use your body to sexually satisfy your mate is rebellion against God.

- V. Sexual relationships are to be equal and reciprocal.
 - A. Pleasure in sex is not sinful and forbidden but rather assured and encouraged (Prov. 5:8-19).
 - 1. Delight in the person

 - 2. *“wife”* – principle applies to either mate

 - 3. *“loving hind and graceful doe”*

 - 4. Picture the pleasantness of your mate

 - B. Delight in the sexual relationship
 - 1. *“breast”* – signifies sex

2. Restricted to marriage
3. “*satisfy*” – thirst quenched
Completely satisfied
4. “*exhilarated*” – intoxicated
Overwhelmed with satisfaction
5. 1 Cor. 7:3-4 – Each is to provide this kind of satisfaction for each other.
And it is to be considered a delightful task.

C. Sexual relations are to be regular and continuous.

1 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.”

1. “*Depriving*” – failure to “fulfill duty” for selfish reasons
2. Abstinence is by mutual consent.

Guidelines for refraining:

- a) Both agree
 - b) Specific period of time
 - c) Specific reason
 - d) Terminated by sexual relations
3. Frequency of sex
 - a) Enough to satisfy each other (1 Cor. 7:4; Prov. 5:19)
 - b) Enough to avoid temptation (1 Cor. 7:5)
 - c) Be considerate of each other (Phil. 2:3-4)
 4. Limitation on sexual activity
 - a) Unselfish love must be the motive (1 Cor. 13:4-7)
 - b) Must be based on mutual agreement (Phil. 2:1-4)

- c) Apply the principle of mutual authority (1 Cor. 7:2-3)
- d) Do not cause your spouse to violate his/her conscience (Rom. 14:23)
- e) Self-control in between – no self-fulfillment
- f) Why masturbation is not biblically allowed

Male

Approaches as an act

Strong physical drive – emotional needs are secondary [men think “I need sex”]

Quantity [how often?]

Quick to react

Stimulated by thinking, sight, and form [women: make man look at you and not someone else]

More sexual than paternal

Climax – try to climax together

Sex is about relaxation and pleasure primarily

Female

Whole drama of the day

Strong emotional needs – physical needs are secondary [women think “I need love”]

Quality

Slow to react

Stimulated by conversation and touch (that order [men: treat your wife/women with respect. Remember who she is internally and not just externally. Be careful that other men are not meeting her emotional needs. Help her think modestly.]

More maternal than sexual [sex is mainly about motherhood]

Will not always climax

Sex is about relationship primarily

Recommended resources:

- Sex and the Supremacy of Christ – John Piper
- Intended for Pleasure – Ed and Gaye Wheat
- Help! He’s Struggling with Pornography – Brian Croft (Day One Publications)
- Help! She’s Struggling with Pornography –Rachel Coyle (Day One Publications)
- ‘Just One More’: When Desires don’t take No for an Answer – Edward Welch (CCEF)
- Pornography, Slaying the Dragon – David Powlison (CCEF)
- Teens and Sex, How should we teach them? – Paul Tripp (CCEF)
- After Adultery – Robert D. Jones (CCEF)
- Sexual Sin, Combating the Drifting and Cheating -- Jeffrey Black
- Homosexuality, Speaking the Truth in Love – Edward Welch (CCEF)