

# SEX

## Session 8

Society is saturated with sexual themes and sexual images. Sex sells — almost everything. The world has embraced a view of sexuality that is rebellious and apart from God. The truth is that God thought of sex first, and He created it to be holy and uniting between a husband and wife.

### I. Godly Sexual Fulfillment

a. Embrace \_\_\_\_\_ toward sex with your mate. God's truth, not our past or our culture, must determine our view of sex.

i. Since God created it for the marriage relationship, within that relationship He sees it as \_\_\_\_\_.

1. The world sees it only as pleasure, which is basically lust.

2. God created sex for procreation, for expressing unity and oneness, and for pleasure. If you think otherwise, you must adjust your attitude.

ii. View sex as \_\_\_\_\_.

*"It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God; and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you. For God did not call us to be impure, but to live a holy life. Therefore, he who rejects this instruction does not reject man but God, who gives you His Holy Spirit." — 1 Thessalonians 4:3-8*

*"Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral." — Hebrews 13:4*

1. Sex is to be shared only between a husband and a wife. God will not bless sexual thoughts, words or actions outside of this relationship.

2. The eroticism and unity that naturally stem from the sacredness of the marriage relationship are more factors that will help it last.

iii. \_\_\_\_\_ in marriage does not come from great sex.

1. While sexual activity is to be enjoyed, it is important to remember that sex, like every other area of life, can never fully satisfy us. Sex is a *part* of God's plan for our marriage, and ultimately our expectations for fulfillment and satisfaction are placed on Him and His blessing as we follow His Word.

2. A good long-term sex life will never come from satisfying the lusts of the flesh, but from honoring God and our spouse in all that we do.

b. Avoid \_\_\_\_\_.

i. When a man and a woman get married they become one flesh. They give up exclusive \_\_\_\_\_ to their own body.

- ii. Differences between men and women can create problems in our physical relationship:
    - 1. Generally, men tend to focus \_\_\_\_\_ on sex. They tend to lack self-control as well as sensitivity to their mate.
    - 2. Generally, women tend to have a \_\_\_\_\_ focus on sex and thus may lack responsiveness to their husband.
  - iii. Demanding our mate to be the way we want them to be is \_\_\_\_\_.
  - iv. We need to be \_\_\_\_\_-centered and more concerned about our mate than ourselves.
  - v. A spouse should neither \_\_\_\_\_ sex nor \_\_\_\_\_ it. It is a responsibility. Husband and wife should be sensitive to one another's needs and desires.
- c. Strive to become more \_\_\_\_\_ in your relationship. A healthy sex life results from an overall intimate relationship. Pursue companionship. Refrain from becoming too busy. Sex is an extension of your intimacy.
- d. \_\_\_\_\_ about what you like and don't like. Overcome feelings of inferiority or embarrassment by getting stuff out in the open.

## WHY WAIT?

A common deception: "This is the person I am going to marry anyway, so the rules against premarital sex don't necessarily apply." We need to understand that God is very clear about restraining from premarital sex because there are natural consequences to that sin. *"Do not be deceived: God cannot be mocked. A man reaps what he sows."* — Galatians 6:7

- I. Your relationship should NOT be built on \_\_\_\_\_.

*"Do not rebuke an older man harshly, but exhort him as if he were your father. Treat younger men as brothers, older women as mothers, and younger women as sisters, with absolute purity."* — 1 Timothy 5:1-2

- II. The Bible teaches that we are not to engage in premarital relations, which is considered \_\_\_\_\_ or sexual immorality.

If you don't marry that person, then that is someone else's spouse.

*"Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body."* — 1 Corinthians 6:18

- III. Jesus \_\_\_\_\_ sexual immorality:

*"What comes out of a man is what makes him unclean. For from within, out of men's hearts, come evil thoughts, **sexual immorality**, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and make a man unclean."* — Mark 7:20-23

- IV. One of the few essentials that the apostles felt necessary to touch upon in their letter to the Christians at Antioch was that they \_\_\_\_\_ from fornication.

*"It seemed good to the Holy Spirit and to us not to burden you with anything beyond the following requirements: You are to abstain from food sacrificed to idols, from blood, from the meat of strangled animals and from sexual immorality. You will do well to avoid these things."* — Acts 15:28-29

- V. Paul speaks out strongly against sex outside of marriage in many of his letters: 1 Corinthians 6:9-20; Galatians 5:19-21; Ephesians 5:3-12

- VI. Joseph \_\_\_\_\_ from sexual immorality (Genesis 39:7-12). His master's wife tried to seduce him on many occasions, but Joseph refused each time saying, *"How could I do this great evil, and sin against God?"*

### Benefits of waiting until marriage:

- I. No \_\_\_\_\_.

- a. God tells us to wait until marriage.
- b. Not waiting will create guilt that will hamper your relationships with God, your sexual partner, and with everyone else.

- II. No \_\_\_\_\_.

- a. Waiting ensures that you will never have to be afraid, not even to the extent of one fleeting thought, of having to build a marriage on an unexpected pregnancy.

III. No \_\_\_\_\_.

- a. Waiting ensures that you will never fall into the devastating trap of comparing your spouse's sexual performance with that of a previous sexual partner.

IV. Spiritual \_\_\_\_\_.

- a. Waiting will help you subject your physical drives to the lordship of Christ, and thereby develop your self-control, an important fruit of the Holy Spirit.
- b. At some point in your marriage it is very likely that you will be apart from each other temporarily (e.g. an extended business trip), and this discipline early in your relationship will give both of you confidence and trust in each other during that time of separation.

V. Greater \_\_\_\_\_.

- a. Waiting ensures that there is something saved for your marriage relationship.
- b. The anticipation of the fulfillment of your relationship in sexual oneness and unity is exciting.

VI. No seeds of \_\_\_\_\_.

Not waiting until marriage develops a pattern of weakness to circumstances in your life. That pattern may spread to all areas of your marriage.

***Golden Rule of Sexual Satisfaction:  
Always seek to honor and please your spouse — NOT yourself!***

## BIRTH CONTROL

Choosing a method of birth control is a very serious decision, one that needs communication, prayer, and knowing all the facts about each method. There are several things that you need to consider while making this decision — the method's effectiveness, how well it suits your lifestyle and sexual patterns, the health risks, the cost, and if it involves the implantation of a fertilized egg. **When an egg is fertilized, a new life begins.** If implantation in the uterine wall is prevented, the egg (and new life) will die.

Each method has pros and cons. Become fully informed on these things, discuss them with each other, and discuss them with your doctor.

The following table gives some very general information on different methods of birth control. The effectiveness guideline is generalized and not a guarantee, because each couple is different and effectiveness depends on proper use.

Of course, everything may appear to be fine, but you might not get pregnant. Infertility is always a difficult struggle and should also be discussed together.

<u>method</u>	<u>prevents implantation of fertilized egg</u>	<u>percentage of effectiveness</u>
hormones:		
• implants	yes	97-99
• injections	yes	97-99
• birth control pills	yes	97-99
• "morning-after" pill	yes	97-99
IUD	yes	98
spermicides	maybe	64-90
diaphragm	no	70-85
condoms	no	70-90
<i>coitus interruptus</i> (withdrawal)	no	80
cervical cap	no	85
natural family planning	no	99
vasectomy	no	100
tubal ligation	no	100

Adapted from *The Naturally Healthy Pregnancy*, 1998, by Shonda Parker.

# COUPLES PROJECT

## Homework

Since men and women are completely different, spouses typically have fairly different attitudes and approaches to sex. Use this tool to open up discussion about these differences. Complete this separately on your own, and then discuss it with your fiancé.

Agree   Disagree   Uncertain

- |       |       |       |  |
|-------|-------|-------|--|
| _____ | _____ | _____ | Sex is one of the most beautiful aspects of life.  |
| _____ | _____ | _____ | It is more enjoyable to give than receive.   |
| _____ | _____ | _____ | Bodily pleasure is fleshly and not of God.   |
| _____ | _____ | _____ | Sexual intercourse is primarily for physical release.  |
| _____ | _____ | _____ | Our religious beliefs have the greatest influence on our attitudes toward sexual behaviors.                          |
| _____ | _____ | _____ | Men and women have equal rights to sexual pleasure.  |
| _____ | _____ | _____ | There are sexual activities that I would consider wrong for a married couple to practice. (If you agree, list them:) |
|       |       |       | _____  |
|       |       |       | _____  |
|       |       |       | _____  |
| _____ | _____ | _____ | Masturbation (self-stimulation) is an acceptable means for sexual pleasure and release.                              |
| _____ | _____ | _____ | The male should be the aggressor in sexual activity.   |
| _____ | _____ | _____ | In general, women don't enjoy sex as much as men.  |
| _____ | _____ | _____ | Men should be allowed more freedom in sexual behavior than women.  |
| _____ | _____ | _____ | The quality of a sexual relationship is more than just physical release.   |