



# SEXUAL INTIMACY

MR&MRS

# Icebreaker

# Introduction

## **Two goals:**

#1- Overview of God's design for sexual intimacy

#2- Prepare to create sexual intimacy in your future marriage based on unity and oneness and living out God's design

# What does culture say about sex?

- It's about me- my desires, wants, and needs.
- Upbringing, beliefs, sexual history, all feed into expectations and baggage we bring into marriage.

# Why did God create sexual intimacy?

- God created us and our bodies to glorify Him.
- Build a family.
- Create a unique, personal, spiritual, physical bond between husband and wife.

## **Protection and escape from sin**

- Sex is a firebox

## **Weapon against Satan. – 1 Corinthians 7:5**

- The War
- Drawn together vs Pushed apart

# The Dangers of Pre-marital Sex

- Porneia
- Blinded by the bond

## **How do you want to start your marriage off? (p. 70)**

- extra-marital sin in marriage
- co-habiting/satisfaction statistic (p. 69)
- baggage, scars, regret, shame, guilt
- God in the bedroom
- What do you want your testimony to be?

## Other dangers

- Pornography → dehumanizes
- Masturbation → incomplete
- Neither of these solve anything

### **Lust**

- In our society you cannot escape
- The Test

# Restoration

P. 73- Prayer for forgiveness, healing and freedom from previous relationships and sexual sins

## **Hope**

- 1 Corinthians 6:9-11
- Ephesians 4:32

## **Our story**



# Setting Boundaries

- Workbook p. 71
- Flee fornication, 1 Cor. 6:18

We CAN gain control

- p. 74 Questions
- Purity agreement & prayer, p. 72

Accountability

## II. Setting yourselves up for a lifetime of fun and fulfillment

Now, getting down to the questions you asked in your letter to me. First, Is it a good thing to have sexual relations?

Certainly—but only within a certain context. It's good for a man to have a wife, and for a woman to have a husband. Sexual drives are strong, but **marriage is strong enough to contain them** and provide for a balanced and fulfilling sexual life in a world of sexual disorder.

The marriage bed must be a place of **mutuality**—the husband seeking to satisfy his wife, the wife seeking to satisfy her husband. Marriage is not a place to “stand up for your rights.” Marriage is a decision to **serve the other**, whether in bed or out.

1 Corinthians 7: 1-6 (MSG)

*To Men: What a wife wishes her husband  
knew about sex*

# Sexual Intimacy is about Relationship, not an Act

In her mind, sexual intimacy is tied to all relational components

Husbands need to know their wives

- 1 Peter 3, “Live with your wives in an understanding way”
- OT Terms

Listen & love, rather than shutdown & solve

# Sexual intimacy is a process, not an isolated event

Communicate your intentions or desires

- Direct request
- Let go of ego and fear of rejection
- Spontaneous vs Scheduled

Be affectionate all the time! Speak her love language

- manipulation

Microwave vs. crockpot

# The atmosphere matters

Take initiative and responsibility to make your wife comfortable and the intimacy pleasurable.

Physical environment

Have a romantic get away

- Prioritize
- Tune up (at least 2x/year)

# If your wife does not want to be intimate, it's not about you!

Why a woman may not desire sexual intimacy?

Sexual past

- Restoration
- Better with time and experience

She is not rejecting YOU

- Explore her concerns & needs, show her you are there for her (without any selfish motives)



*To Women: What a husband wishes his wife  
knew about sexual intimacy*

# Sexual intimacy is more important to him than you think

- It is the way he was designed!
- Intertwined with everything he feels and thinks- his identity, his ego, expression of love.
- He may be thinking of being with you all day, and you may not have had a thought at all!

# Intimacy is tied to his identity

- Rejection = major blow to his ego and identity
  - On the positive side... “The whole world can be falling apart but if we have sex, it’s okay!”
  - On the negative side...
- He does fantasize about you! Embrace it!
  - Negative reaction to compliment = sex = negative reflection of him

If you are not able to be intimate...

- Separate not wanting to be intimate **that night** with not wanting to be intimate **with him**
  - Express desire and offer alternative
- Ultimate goal: COMMUNICATE love, value, worth

For many men...

# sexual temptation is a struggle in his life

- Temptation is not sin
- Bombarded constantly with visual stimulation
  - Battle: what to do with the thoughts that come to his mind
- Temptation greater when sexual emptiness is greater
  - Marriage: only legitimate sexual outlet he has

# Temptation...

- Doesn't mean he's not attracted to you
- Doesn't mean he doesn't love God
- Doesn't mean he's going to act on it.

# Sex is the ultimate expression of love

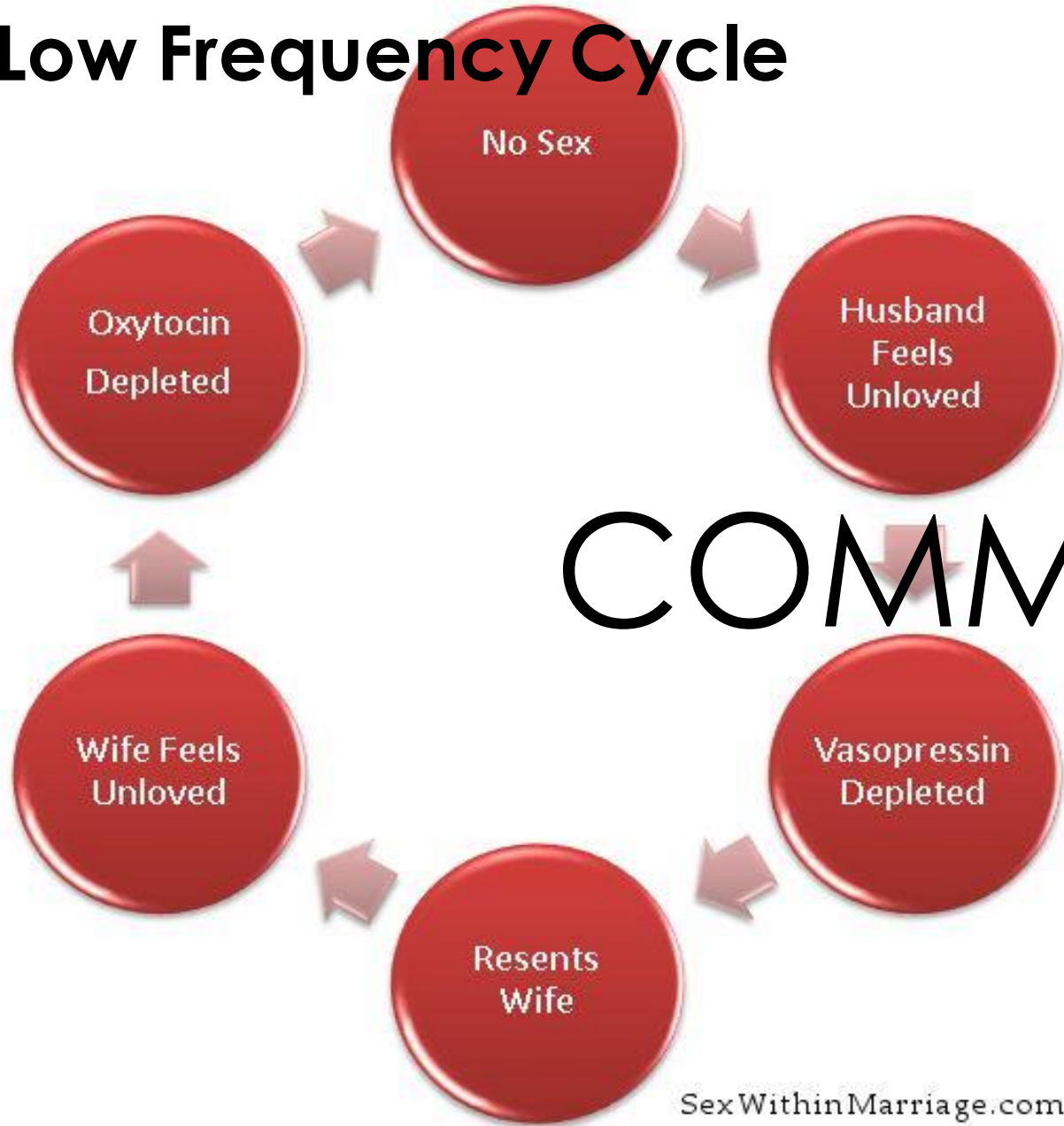
- To her...love is...quality time and listening.
    - When he speaks her language, she feels loved and desires to connect sexually
  - To him...love is...sexual intimacy
    - When she speaks his language, he feels loved and desires to connect emotionally
- \*Many wives can feel genuinely loved and cherished by their husband without sexual intimacy.

# The High and Low Frequency Cycles

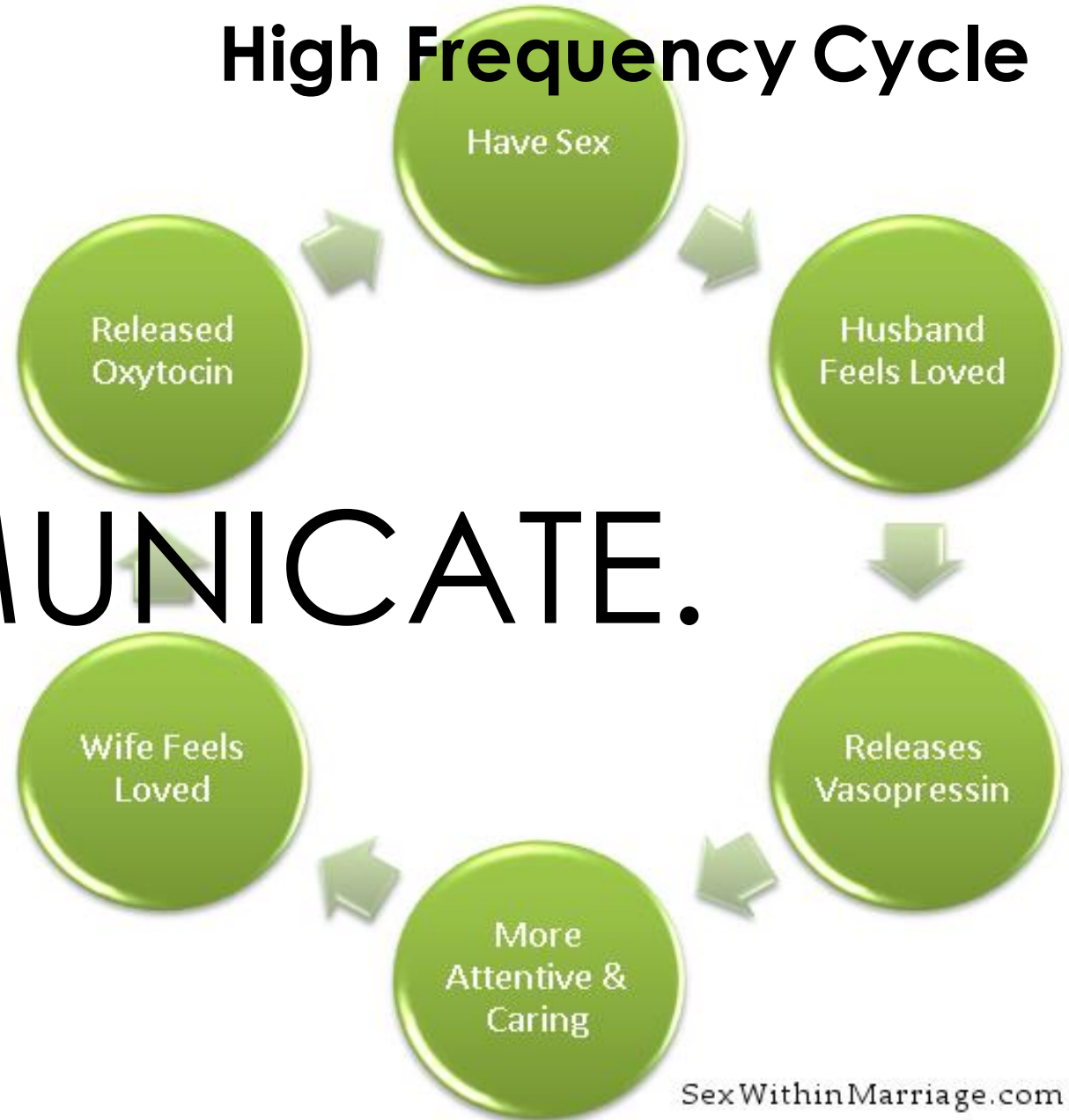
- When men are empty sexually, it is difficult to be open emotionally.
- When women are empty emotionally, it is difficult to be open sexually.
- When men are fulfilled sexually, it is easier to be open emotionally.
- When women are fulfilled emotionally, it is easier to be open sexually.



## Low Frequency Cycle



## High Frequency Cycle



COMMUNICATE.

# Conclusion

Pray about this

Commit to where you can improve

Let go of past mistakes and failures

This is something to look forward to!

# Resources

“Sexy Christians: The Purpose, Power, and Passion of Biblical Intimacy” – Ted and Diane Roberts

The Mingling of Souls - Matt Chandler (book and/or sermon series)

The Fantasy Fallacy: Exposing the Deeper Meaning Behind Sexual Thoughts – Shannon Ethridge

## **Audio:**

“What Every Husband Wishes His Wife Knew About – Chip Ingram and Joe Bishop (free on Spotify)

“What Every Wife Wishes Her Husband Knew About Sex” – Chip Ingram and Joe Bishop (free on Spotify)

<https://ultimateintimacy.com/what-husbands-wish-their-wives-knew-about-sex/>

<https://ultimateintimacy.com/things-wives-wish-their-husbands-knew-about-sex/>

“Sexual Relations in Marriage – John Piper

<http://www.desiringgod.org/messages/sexual-relations-in-marriage>

Ultimate Intimacy App

*Blog posts by Benji and Erica Miller*

<https://radicalmentoring.com/sex-1>



# SEXUAL INTIMACY

Marriage Enrichment