

## SEX & INTIMACY

**I. INTRODUCTION.** When we even mention the word “sex” there is usually a response. There is so much emphasis on sex in our society that is critical to explore the TRUTH about sex – the TRUTH ACCORDING TO GOD. The purpose of this book is to assist in having a happy and God-honoring marriage. Within marriage, sex is not the main thing, but ***it is a very BIG thing.*** While the Bible has a lot to say about sex, the Bible is not an instructional book or the how-to of sexual techniques. In this chapter I will openly and candidly discuss sex in marriage, but I will not go into specific techniques. At the end of this chapter there is a bibliography of recommended books relating to sex including some that go into the “how-to.”

**SUMMARY: Sex in marriage is beautiful.** God intended sexual relations to be an important aspect of the union between the husband and the wife. God created sex for (1) procreation, (2) intimacy, and (3) ecstatic pleasure between a husband and a wife. It was God who put the sexual drive into humans and it was God who ordained sex within marriage to be holy, wonderful, pure, undefiled, and to be an incredibly special act of uniting the man and the woman as one flesh. But **beware** – breaking God's rules concerning sex turns it into something most ugly. The same God who created and commands sex within marriage, is the God who condemns premarital sex, adultery, incest, homosexuality, bisexuality, child molesting, pornography, rape and the other sexual sins that are contrary to God's rules. This can be illustrated by **comparing manna in Exodus 16 to sex in marriage.** In Chapter 16 of Exodus we read the historical account about how God graciously provided **manna** to sustain and satisfy the Israelite people who were hungry and without food. In Exodus 16:4-5, 19-29 God's Word says:

<sup>4</sup> Then the LORD said to Moses, “Behold, I will rain bread from heaven for you. And the people shall go out and gather a certain quota every day, that I may test them, whether they will walk in My law or not. <sup>5</sup> And it shall be on the sixth day that they shall prepare what they bring in, and it shall be twice as much as they gather daily.” . . . <sup>19</sup> And Moses said, “Let no one leave any of it till morning.” <sup>20</sup> Notwithstanding they did not heed Moses. But some of them left part of it until morning, and it bred worms and stank. And Moses was angry with them. <sup>21</sup> So they gathered it every morning, every man according to his need. And when the sun became hot, it melted.

<sup>22</sup> And so it was, on the sixth day, *that* they gathered twice as much bread, two omers for each one. And all the rulers of the congregation came and told Moses. <sup>23</sup> Then he said to them, “This *is what* the LORD has said: ‘Tomorrow *is* a Sabbath rest, a holy Sabbath to the LORD. Bake what you will bake *today*, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning.’” <sup>24</sup> So they laid it up till morning, as Moses commanded; and it did not stink, nor were there any worms in it. <sup>25</sup> Then Moses said, “Eat that today, for today *is* a Sabbath to the LORD; today you will not find it in the field. <sup>26</sup> Six days you shall gather it, but on the seventh day, the Sabbath, there will be none.” <sup>27</sup> Now it happened *that some* of the people went out on the seventh day to gather, but they found none. <sup>28</sup> And the LORD said to Moses, “How long do you refuse to keep My commandments and My laws? <sup>29</sup> See! For the LORD has given you the Sabbath; therefore He gives you on the sixth day bread for two days. Let every man remain in his place; let no man go out of his place on the seventh day.”

The manna which God provided to His people was very good and fresh and satisfying **so long as they kept God's commands and God's instructions concerning the manna**. When the people violated God's rules concerning the manna, the manna became smelly and full of maggots and it was not available to satisfy. I suggest that there is a clear parallel with God's provision of sexual relations within marriage which is pure, beautiful and satisfying **so long as you obey God's Scriptural commands and God's instructions concerning sex**.

When people violate God's rules concerning sex, it is, as it were, smelly, full of maggots and not satisfying. The Bible permits sex ONLY in marriage, and marriage is heterosexual ("male and female"; see also Matt. 19:4-5; 1 Tim, 3:2, 12). God's Word prohibits homosexuality (Lev. 18:22; Rom. 1:26-27), premarital sex (Deut. 22:14-21; Gal. 5:19; 1 Cor. 7:2, 36), adultery (Ex. 20:14; Deut. 22:22-24; Matt. 5:27), pornography and fanaticizing about someone other than your spouse [which involve the sins of lust, covetousness, and adultery] (Ex. 20:17; Eph. 5:3; Matt. 5:28; 2 Cor. 10:5).

It is too bad that we do not have some kind of symbol to denote different types of sex. We ought to have a word written like "**\*sex\***" to refer to God-honoring sex within marriage. Sex within marriage is as different from the sex sins of rape, fornication, adultery, incest, homosexuality, bisexuality, child molestation and pornography, as the manna gathered as instructed by the Lord was different from the remains that were full of maggots and smelly when the Israelites disobeyed God's rules. Since we don't have some kind of a symbol like **\*sex\*** to denote God-provided and God-honoring sex in marriage in contrast to sinful sex, please understand that when I use the word "sex" in the rest of this chapter I will be referring to God-honoring sexual relations between a husband and wife in an existing marriage relationship.

## II. **GOD'S INSTRUCTION ABOUT SEX**

### A. **GOD CREATED SEX AND CREATED US AS SEXUAL BEINGS**

**Genesis 1:26-28, 31**. <sup>26</sup> Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all<sup>[a]</sup> the earth and over every creeping thing that creeps on the earth." <sup>27</sup> So God created man in His *own* image; in the image of God He created him; **male and female He created them**. <sup>28</sup> Then God blessed them, and God said to them, **"Be fruitful and multiply**; fill the earth and subdue it . . . <sup>31</sup> Then God saw everything that He had made, and **indeed it was very good**." (Note – God created us as sexual beings before sin entered the world (before "the fall"), and God called it "very good").

### B. **THERE ARE THREE PURPOSES FOR SEX IN MARRIAGE:**

(1) Procreation (see **Genesis 1 and 2** above). God gave man and woman the physical organs and the ability to reproduce and God specifically commanded us to do so.

(2) Intimate Union - **Genesis 2:24**. "Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh." This ONE FLESH aspect is UNIQUE to the marriage relationship . . . united...giving love . . . mutuality. . .

meaningfully and tenderly expressing love and sweetness . . . Note - **Ephesians 5:28-29**. “So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church.”

(3) Pleasure- Song of Solomon clearly relates to ecstatic love – not Procreation- and the imagery is of high delight and pleasure. Let’s dig deeper into God’s instructions and commands that relate to the pleasure of sex in marriages.

### C. HAVE THE MINDSET TO OBEY GOD’S WORD CONCERNING SEX

As a Christian I assume you acknowledge that the Bible is God’s Word and that we are required to OBEY it. So you must agree that when God gives us commands about sex in marriage we are to obey God –regardless of what the world or others may be saying about sex that is different than what God says . . . right? **Romans 3:3-4** says, “For what if some did not believe? Will their unbelief make the faithfulness of God without effect? Certainly not! Indeed, let God be true but every man a liar.”

Consider the distinction between doing something out of DUTY, compared to doing it WILLINGLY:

**Luke 17:7-10** [Jesus speaking].” And which of you, having a servant plowing or tending sheep, will say to him when he has come in from the field, ‘Come at once and sit down to eat’? <sup>8</sup> But will he not rather say to him, ‘Prepare something for my supper, and gird yourself and serve me till I have eaten and drunk, and afterward you will eat and drink’? <sup>9</sup> Does he thank that servant because he did the things that were commanded him? I think not. <sup>[a]</sup> <sup>10</sup> So likewise you, when you have done all those things which you are commanded, say, ‘We are unprofitable servants. We have done what was our duty to do.’ (Obeying because we have the duty to obey is not anything deserving of a special reward).

**1 Cor. 9:16-17**, “For if I preach the gospel, I have nothing to boast of, for necessity is laid upon me [DUTY]; yes, woe is me if I do not preach the gospel! **For if I do this willingly, I have a reward [WILLINGLY]**; but if against my will, I have been entrusted with a stewardship.” [DUTY]. (At the minimum we have a duty to obey God’s commands, but the reward comes when it is from the heart to obey willingly).

. . . NOTE – obeying God’s Word in the area of sex is just as much required “obedience” as any other area of God’s commands and instruction. Remember Jesus said, “If you love Me, keep my commandments.” (**John 14:15, 21**).

### D. ADDITIONAL BIBLE VERSES ABOUT SEX IN MARRIAGE

**Proverbs 5:15-19**, “<sup>15</sup> Drink water from your own cistern, And running water from your own well. <sup>16</sup> Should your fountains be dispersed abroad, streams of water in the streets? <sup>17</sup> Let them be only your own, And not for strangers with you. <sup>18</sup> Let your fountain be

blessed, And rejoice with the wife of your youth. <sup>19</sup> *As a loving deer and a graceful doe, Let her breasts satisfy you at all times; And always be enraptured with her love.* [God paints a vivid erotic picture of sex within the safe confines of marriage.]

Next read carefully the entire book *of Song of Solomon* (warning- it is hot!). Do not be surprised that your God who created you as a sexual being, with a sex drive and the capacity to have high pleasure from and with sex, INTENDS for you to have frequent, pleasurable and passionate sex with your mate.

**1 Corinthians 7:2-5**, “Nevertheless, because of sexual immorality, let each man have his own wife, and let each woman have her own husband. <sup>3</sup> Let the husband render to his wife the affection due her [DUTY], and likewise also the wife to her husband. [DUTY] <sup>4</sup> The wife does not have authority over her own body, but the husband *does* [OWNERSHIP!]. And likewise the husband does not have authority over his own body, but the wife *does*. [OWNERSHIP!] <sup>5</sup> Do not deprive one another [DUTY] except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control” . . . (remember the “reward” comes when this is done because you want to, i.e. willingly).

A very important addition verse is **Hebrews 13:4**, “Marriage is honorable among all, and the bed undefiled.” Another translation expresses that, “the marriage bed is undefiled.”

E. THE PRACTICAL APPLICATION OF GOD’S INSTRUCTION ABOUT SEX AS IT RELATES TO THE PLEASURE OF MARITAL SEX

1. God intentionally created the sex organs with such nerves that the sense of touch there is intense and stimulating, and God Himself created men and women with the capability of receiving high pleasure from sex.
2. While the husband’s orgasm is an important part of the procreation aspect, God created the wife with a clitoris which allows wonderfully pleasurable sensations and the wife’s orgasm is not similarly necessary for procreation.
3. When the married couple is instructed in 1 Cor. 7:5 to come together again after a brief time of prayer and fasting, it was not so the couple would avoid a failure to further populate the world (procreation) but because of the God-given intense drive and desire for sex.
4. God created in us a continuous (not seasonal) desire for sex, i.e. NOT only in times when a wife would be “in heat” like animals.
5. There is EQUALITY in the marriage bed – It is NOT just what the husbands wants and when...the wife can initiate . . . the wife can seduce her husband . . . the wife can openly express what she wants and what gives her the best pleasure . . . etc. Also the wife has the same right to orgasm as does the husband.

6. The husband and wife must each make sacrifices to the other for the sake of intimacy, If you feel “embarrassed” or you have a “hang up” – perhaps you are being selfish or failing to truly acknowledge that your spouse owns your body (1 Cor. 7).

7. Goals in Sex: For the husband, it is more important that his wife be sexually pleased and satisfied. For the wife, it is more important that her husband be sexually pleased and satisfied. Yes, bringing your spouse to orgasm must be important to you. [But caution-Never fake an orgasm and never lie about orgasms, pleasure or anything else].

8. To do Sex well and to obey the Word of God, each spouse must be open and active in COMMUNICATING ABOUT SEX . . . both telling and asking questions, e.g. That hurts...That feels good...I would prefer \_\_\_\_\_ . . . Can we try \_\_\_\_\_? . . . What would you like to do that we have never done before? . . . How often would you like to make love? . . . Do we need to learn from some recommended book about how to have better sex? . . . Are you fully satisfied with our sex life? . . . Did you have an orgasm? . . . What can we do differently or additionally that might improve the frequency and quality of your orgasms?

9. The “default” answer when your spouse indicates a desire for sex, should be “YES” . . . unless some reality means that you should unselfishly wait, e.g. one has an infection or is sore, one is genuinely fatigued, one is emotionally hurting from a life event, the children are up and about, time issues and the like. But when there is not one of those exceptions, the “Yes” should not be just a passive, “Okay, if I have to, let’s get it over with.” Let your yes be yes.

10. Because your spouse owns your body, you should enthusiastically allow your spouse to enjoy looking at your nakedness, and allow your spouse to caress all of you, as much as your spouse desires.

11. Foreplay is not only wonderful, fun, passionate and pleasurable . . . it is often essential for the wife to reach orgasm. Embrace foreplay as part of the main event – not just some inferior step.

12. Because the “marriage bed is not defiled” there is FREEDOM to engage in sexual positions and sexual activities other than just the “missionary position sexual intercourse” . . . and because of the 1 Corinthians 7 commands, there is OBLIGATION - if one spouse suggests that you “try” something new – unless it would be painful or cause injury, etc. In response to God’s command and out of love for your spouse, you need to let go of personal barriers relating to being “embarrassed” or “uncomfortable” about something new. That is, let go and be an enthusiastic partner in the marriage bed.

13. If the Lord tarries and you are allowed to keep living, you may have hundreds and perhaps thousands of times in the future to make love with your mate, so be passionate . . . be adventurous . . . be fun-loving . . . be seductive...be exciting...be creative . . . be open and honest

. . . give all of you to your spouse . . . OBEY God's Word regarding sex with your spouse . . . And remember that the REWARD comes when you do so willingly from the heart.

#### F. THE TOOLS FOR LOVEMAKING

What are the important tools for improving your lovemaking with your spouse? Some important tools are the Bible, your brain, your eyes, your ears, and your mouth. The obedient Christian is going to study carefully the above verses and commands and will actually meditate upon how to effectively apply them. That involves your brain, of course. It is with your brain that you will also be planning and preparing how to nurture and love your spouse, and you will be considering the beauty of your spouse physically and sexually, and you will be planning and preparing how to give full pleasure to your spouse during your sex together. With your eyes and ears you will search for clues concerning your spouse's moods, needs and development toward climax. With your ears and mouth you will communicate effectively with your spouse concerning sex, how to improve your sex, and how to avoid repeating mistakes or hurts relating to sex.

Here are a couple of other additional practical tools for sex. Invest in an excellent and large mattress – even if you have to forgo some other purchases. Spend the money. It is worth it. Having a good mattress is simply part of effective preparation for your lovemaking. Make your environment for sex excellent. And after your passionate “exercise” that great mattress will help you rest. The next tool is to make sure that you have a functioning lock on your bedroom door. You do not want your ecstasy interrupted with some toddler quietly walking into the room and shocking you by patting you and asking, “Hey, what’s going on here guys?” The marriage bed is undefiled. But the only eyes intended to see your sexual activity are the eyes of you, your spouse, and God. Having a functioning lock eliminates the need or impulse to be worried about someone walking in. Oh, by the way, you need to not only have a functioning lock, you need to make sure that you do lock the door.

#### G. BE A GIVER IN THE MARRIAGE BED

In Chapter 5 I introduced the distinction between the **GIVER** and the **GETTER**. Applying the principles of being a **giver** is very vital to a joyful, mutually beneficial and satisfying sexual relationship in your marriage. There is a dichotomy that exists. God built into you very real sexual drives. That sexual drive (which was God's idea in the first place!) combines the physical and the emotional. This God-given sexual drive leads your body and mind to say, “get for myself sexual pleasure and satisfaction when I want it.” By contrast the loving principles of being a **giver** in your marriage say, “give to your spouse sexual pleasure and satisfaction” . . . taking into full consideration when and if your spouse wants or would enjoy sex now. Give to your spouse your body, your mind, your undivided attention, your passion and your willingness, all as your welcome offering to your mate.

In the matter of sex, do not be the **getter** who says or thinks things like this: “I want sex, so we must have sex” . . . “I do not want sex, so we will not have sex” . . . “I want to engage in this particular sexual activity or position, and I do not care if you do not want to do that, or if it is uncomfortable or unpleasant for you” . . . “Engaging in this sexual activity or position does not

'do anything for me' or 'turn me on' or give me any great pleasure, therefore we will not do it, regardless of the fact that it is very arousing and exciting for you or pleasurable for you" . . . "I do not think that the sexual parts of my body are erotic, arousing, or even attractive, therefore I refuse for you to touch them, caress them or gaze upon them, even though you say that gazing upon, touching or caressing those parts of my body is very pleasurable, exciting and arousing to you" . . . "I don't care if you want to make love, I'm just not in the mood. No" . . . "I don't care if you are sore or are not really feeling well or if you are not in the mood, I demand that we have sex now" . . . (etc. etc.).

By contrast, be the **giver** in love making, by making the following choices: "I choose to love you through sexual love. I present my body, including all of its sexual parts to you. I invite you to be aroused, excited, stimulated and to have the fullest sexual pleasure with my gift of my body to you. My gift of love includes my presentation of my whole self to you, including my body" . . . "I am committed to your sexual pleasure and I will engage in sex with the priority of expressing my love to you through our physical interaction and by doing that which is in my power to bring you to full sexual satisfaction" . . . "I will never force you to have sex" . . . "I will always be tender with you during our love making and I will never intentionally hurt you" . . . "I invite you to communicate honestly and openly with me concerning your sexual needs and desires and I openly invite you to communicate without embarrassment to me about how I can bring you greater sexual satisfaction and fulfillment" . . . "I commit to you that our sex life, including what we do and say in the marriage bedroom, will be kept perfectly secret between the two of us and I will never breach that confidence" . . . "If some sexual activity is arousing, exciting, or stimulating to you, I will welcome such sexual activity even if it does not particularly 'do anything for me' or 'turn me on'" . . . "I will never refuse or withhold sex as a method or means of manipulation, punishment or revenge" . . . "I will never ridicule, scoff at or demean your sexual prowess or your body" . . . "I will honestly accept your involvement in our love making as your sincere gift of love to me."

You quickly see that some of these matters will collide with each other if only one of you is a **giver**, and the other is a **getter**. The **giver** and the **getter** are each engaged in an unending series of **CHOICES**. Even a married couple comprised of one **giver** and one **getter** can have some meaningful sex and some excellent love in the physical realm. I do believe, however, that only if both you and your spouse are **givers** will the sexual aspect of your marriage relationship remain happy, exciting, and a source of continuing enhancement of your marriage relationship and union. As you consider how to be a **giver**, remember the Great Giver is God Himself and sex is a good gift to you and your spouse from God (James 1:17).

Even if both you and your spouse are **givers** there will need to be continuing accommodation and balance. God has wired men and put juices in them with the result that many (most?) men have sex on their mind and men seem to have an insatiable appetite for sex. Men are visual creatures. Just something the man sees or even a thought in his mind's eye can be enough to make him ready and rearing to go. Many husbands have dreams of their wife becoming almost a nymphomaniac. Probably his wife would respond, "Right, hubby, only in your dreams."

Assuming that you are committed to being **givers** to each other, you will come to an equilibrium in your sex life that is not necessarily static but remains a matter of conscious understanding. With most couples it means that the wife is going to agree to and engage in sex more often (or in some cases considerably more often) than would be the case if she were simply engaging in sex when she felt a need or desire for it. And the husband is going to back off and cease from demanding or expecting that he will have sex with his wife every day and at every place.

Even though 1 Corinthians 7 establishes that there is equality between the husband and the wife regarding sex, I think there actually is more of a responsibility on the husband than the wife in keeping the sex life of the couple in balance and delightful. In most cases the husband can easily achieve sexual climax. If he approaches his sex life with his wife as simply a matter of getting his own sexual pleasure and release without consideration of the wife, then the husband will start a downward cycle that will eliminate sexual desire on the part of the wife and will ultimately be destructive to the man's own opportunities for the pleasure of sex with his wife. The husband had better be tender, loving and romantic toward his wife if he is to have realistic expectations of excellent sex with his wife. Guys seem to be slow to get the picture. If there are some chilly words at supper time it is highly unlikely that there will be a hot time in the sack at bedtime.

Males tend to be direct and demanding. Males are more forceful and physical by nature. Females are more emotion-driven, and God has wired ladies so that they tend to want all of the environmental factors to be perfectly in order in preparation for or even as conditions of love making. If you are both being **givers** then you will take into account how the God-made differences between men and women are very real factors in your sex life (see Chapter 13 for a brief discussion of that topic). Wives need to take into account the facts that sex is so very important to husbands, that husbands are visual creatures and that husbands would like their wife to be sexy and seductive. The wife's natural reaction to her husband seeming to have sex on his mind all the time, may be to stay away from the topic or from any actions which are seductive or suggestive of sex for fear that the husband is going to always take that as an invitation for sex. The wife may at times prefer to repress rather than excite her husband's sexual desires. Wife, remember that you are to be a **giver**. Unless the wife is a **giver** who is considering the differences that exist because her husband is a man, she probably will discount or ignore the visual aspects. While the man would enjoy watching his wife disrobe, the wife might prefer to get ready for love making in private out of the sight of her husband. The wife learned on her honeymoon that her expensive negligee seemed like a waste when her husband so quickly took it off of her. So she comes to the practical conclusion that there is no need for her to have or wear sexy attire when she is alone with her husband. That, however, is not how the man thinks.

The husband will be delighted and welcome with open arms (literally) the following activities by his wife: for the wife to surprise him with some sexual playfulness and horseplay; for the wife to tell him that she has a deep and passionate desire to make love with her husband; for the wife to act and be seductive; for the wife to tell him specifically how she would like to engage in sex that night (or day); for the wife to gladly allow her husband to view her nakedness; for the wife to flat out seduce her husband sometimes; and for the wife to be more ready to say "yes" than she is to say "no."

I am all for great communication between spouses on every matter (See Chapter 25), but when you are in the marriage bed and ready to make love, it is NOT the time to bring up what needs to



be fixed around the house, or finances or the problems of the day. As a **giver**, give your undivided attention to your mate for sex. Read **Prov. 11:24-25**, **Prov. 22:9a**, **Matt. 10:8b**, and **Acts 20:35b** and apply God's instructions about giving, to giving to your spouse in making love.

Husbands, if you are going to be a **giver** to your wife in the realm of love making you are going to very consciously work at being sensitive to your wife and to her needs. Whereas husbands have the ability (some wives would call it a disability) to shut out absolutely everything else in life and engage in sex without limitation, hesitation or apology, women simply are not that way. Husbands, if you want your wife to respond to you sexually then you had better make sure that your relationship with her is in order. Remember, it is the **husband** who is commanded by God to love his wife. There are some things that the husband needs to consider or to do as a part of the preparation for his wife to gladly participate in love making and for the two of you to obtain fulfillment in your love making.

Let me throw in a dose of practical reality. With men needing and desiring sex more often than women, and women simply taking more time to reach sexual climax, there will be times when the husband and wife, both being **givers**, will intentionally have a "quickie" which will lead to sexual pleasure and release for the husband, but which both know will not bring the wife to sexual climax. That is not only okay, but communicating about and including such "quickies" as a part of your sex life will be beneficial to your overall intimacy and relationship.

Because of the God-created differences in the sexual approaches and needs of men and women there will be times when the husband wants to make love and the wife does not. If the wife is not a **giver** she might concede to engage in sex, **BUT** then in words, attitudes or actions she communicates messages such as, "come on, hubby, let's get this over with" ... or "even though this is really disgusting and I am mad that you want to have sex, I will put up with this if I really have to" . . . or "I will lay here as a corpse and you can do what you want, wake me when you are finished." If that happens the wife has a malicious intent to use that sexual experience to hurt her husband. That will also have the destructive result that the husband will feel that the wife does not love him much. The husband in that case will probably have conscious thoughts that his wife is not sexy or appealing. That will dim a man's passion for his wife. Don't allow that spiral downward to start.

Husbands, you need to be sure that you are **givers** and not **getters** in your love making. All it takes is for the wife to explain that she does not want to have sex, for some husbands to go into their scene of pouting, anger or other manipulative or hurtful responses designed to try to make his wife feel like she is a bad wife, or an unloving wife, or a frigid fish, or abnormal. Men, do not do that. It does not come as naturally for men to be sympathetic, compassionate or understanding. Being an excellent husband has to do with making right **CHOICES** before the Lord and before your wife and therefore the husband must **CHOOSE** to listen to his wife, **CHOOSE** to give credence to her reservations about having sex right then and **CHOOSE** to even accept that because she is a woman who is different than a man there will legitimately be times when she simply is not in the mood and really would be much happier that night if her husband would be loving in nonsexual ways right then. By the way, do not listen to what the world has to say about what makes a great sex life. You are destined to be frustrated or to feel inadequate if you look to Hollywood to specify how your love life should work. Do not let the worldly "experts" specify what is really the height of sexual success. Neither the husband nor

the wife has failed if they never have "simultaneous orgasms," or if the wife is slower in having an orgasm, or if the husband ejaculates quickly, or if the couple is unschooled in exotic, ancient or foreign sexual techniques. If the husband and wife are both **givers** then I predict that sexual "problems" will work out just fine. In fact, a little secret is this. If you love each other God's way, and you are both committed to an excellent sex life as **givers**, you will find that each decade is far better sexually than the decade before. You will laugh together about how you two have graduated from the level of sexual knowledge and pleasure that you two had when you had been married only ten years . . . or only twenty years . . . or only forty years . . . or more.

#### H. ADDITIONAL CONSIDERATIONS

How then does this play itself out in your marriage? It starts with **prayerful and open communication** about sex, your bodies, your desires, etc. And even though you may feel that you have those messages correct today, you need to regularly "go back to the mailbox" to see what messages may be received in the future. Wife, you have to help your husband to learn and know how to pleasure you to the point of orgasm. This means some communication with the lights on and maybe even some guided touching or demonstration.

Remember the "**nest principle.**" As a **giver**, the husband will honestly and affirmatively give credence to his wife's concerns about getting those "sticks" that pertain to relationships, the family residence, etc. fixed and in order. The wife wants the environmental factors of the place, time, mood, privacy, etc., to be in order. Therefore, the husband will not demand to have sex when there is a chance that there will be an interruption, or when the children will know or suspect that their parents are then engaging in sex, or when things are not tidy and clean. Husbands need to be very aware of the physical and emotional aspects of their wife's menstrual cycles and husbands must choose to refrain from sexual expectations or attempts in thoughtless disregard of "that time of the month." The husband needs to accept the reality that in most cases his wife does not want to have sex as much as the he does, so there is the need sometimes for the husband to simply "cool it and back off." Husbands need to shower their wife with nonsexual expressions of love. A back rub, a foot massage, hugging, holding and kissing are sweet invitations. And men, shave and shower before sex!

Wives never get tired of hearing their husbands say "I love you." Husbands need to be overwhelmingly liberal in giving compliments, praise, support, and expressions of appreciation and thanks to their wives. Husbands need to **PLAN** romantic gifts, occasions and dates with their wife. Husbands need to show their affection to their wife by hugging and holding her, holding her hand, and the like (yes, husbands, wives like to be held and embraced without the physical contact always leading to some direct sexual contact).

Naturally each spouse desires that the other will avoid thoughts of sex unless they are exclusively thoughts about having sex with his/her spouse. Because of the juices flowing through a man, he is prone to think about sex more often if he has gone without sex for a longer period of time. Wives should take to heart the reality that as she gives sexual intimacy to her husband, the wife is also making it easier for her husband to resist the temptation to consider lustful thoughts or to look upon some woman's body passing by (in **1 Corinthians 7:5**. God Himself – the One who designed and constructed your body and mind – reveals that if you deprive your spouse of sex, you are responsible for giving Satan an increased opportunity to

tempt your spouse and to attack your spouse's self-control. How un-loving and dangerous is that?!) The wife who decides to be the sex dictator by allowing sex only when she wants to, needs to, or when it seems to be the perfect time, place and setting to meet her whims, is unloving and she is dangerously putting her husband into increased jeopardy of fighting lustful thoughts.

While it may be possible for the husband to go, "slam, bang, whammo, ZZZzzz," that certainly does not do much for the wife. The husband who is a **giver** will place the joy, pleasure, fulfillment and satisfaction of the wife above his own. The husband needs to work at the preparation of the relationship, environment and mood as earlier stated. Then through expressions, gestures and caresses of love, the husband will give his love sexually to his wife taking into account how differently a woman becomes aroused, stimulated and ultimately brought to sexual fulfillment. Then engage in cuddling, talking and kissing for dessert after the main course.

Here is another practical reality for wives to know. God has constructed men so that they operate somewhat in the reverse of women. A woman wants to feel nurtured and loved before she desires sex with her husband. If the wife regularly turns down her husband's sexual advances the husband will feel that the wife does not really love him and that will in turn decrease the natural response of the man to feel romantic affection toward the wife. The husband is more likely AFTER his sexual desires have been met to want to hug and hold his wife who had just lovingly made love with him.

Another practical point – never demean your spouse's body or body parts. That constitutes an insult to God as well as an insult to your spouse. It also will hurt your lovemaking. Your spouse is God's gift to you. He constructed him or her exactly as He intended. You have heard the expression, "beauty is in the eye of the beholder." That actually is a critical truth you need to apply. Remember, you choose how you view your spouse. You must not allow Hollywood or magazines to define beauty. Get this in your brain – your spouse is extremely attractive, so attractive that only your spouse turns you on. One of the wonderful benefits that occurs when you "get it" about this point, is that you are free to shower your spouse with compliments about his or her appearance, and you are really, really meaning it when you say those things. And mark my words, that is guaranteed to have a positive impact in the marriage bed.

When you elevate your spouse to be your wonderful, exclusive sexual partner in your thoughts, affections and lovemaking, and if you will make your relationship with your spouse to be the highest human relationship in your life, then I predict that you will have a beautiful sex life. But remember, you must be a **giver**. You must make right **CHOICES**. And you must obey God's principles for sex if you are to receive manna from heaven rather than smelly and maggot-filled garbage.

#### I. SOME ADDITIONAL ADVICE FOR YOUR HONEYMOON.

The original version of this book was completed just a few days before our precious daughter Nikki would be married to Jonathan, and the second edition was completed days before our precious daughter Laura would be married to Brian. Here is some specific advice relating to the honeymoon.

"I have no greater joy than to hear that my children are walking in the truth" (3 John 4). My precious Pamela and I are blessed beyond measure by having two adult daughters who love the Lord and who have honored God with their lives and their bodies. I humbly thank God from my innermost being that He has guided and protected my girls so that they entered marriage as virgins. Being a virgin brings some practical realities to the honeymoon. The husband and wife are joined together in the wedding ceremony and before God they become "one flesh." At the honeymoon bed each spouse presents to the other a wedding gift of glad and voluntary physical union. Be sure that you are mentally and emotionally prepared for the honeymoon. In order to truly give yourself sexually to your spouse during the honeymoon you must be free from any misguided baggage or false preconceptions about sex in marriage. For years your defenses have been in place to avoid premarital sex, and you have been alerted that sex outside of marriage is "bad." On your wedding night those defenses must go down. Be sure that you fully accept without reservation that God himself created sex and your Heavenly Father not only approves of your sex in marriage, but God **intends and commands** for you to have wonderful sex in marriage.

Next you must be sure that you are physically prepared for your honeymoon. Both the bride and the groom must be aware that the bride's hymen is intact. Be gentle. Be careful. By all means take lubrication on your honeymoon and use it. Also if (when) the new wife starts to get sore, she should RIGHT THEN say, "Sweetheart, I'm starting to get sore." And husband, right then should STOP . . . for the time being. I suggest to the bride and the groom that you are about to involve your sexual parts in new and wonderful ways. Again, these sensitive parts can become sore or injured if not treated with special care and gentleness.

Picture a person who enters into a banquet room filled with new and delicious delicacies sufficient to provide for at least a week. He will not enjoy such bounty to the fullest if he so ravenously gorges himself on the first day in the banquet room that he becomes sick and sore. If instead he would take his time, savor each morsel, and allow some time between feedings, he will greatly increase his enjoyment of the banquet table and he will be able to enjoy the feast for the entire week.

It is to be expected that along with the excitement of revealing your nakedness to your marriage partner there may be some embarrassment. That's okay. Please do not be ashamed about being a novice at sex. Your honeymoon is the **beginning** of your life-long course in anatomy and sexual behavior. You do not need to be a sexual athlete or some type of sexual superman or superwoman on your honeymoon. Year by year you will know and understand each other's emotional and physical responses better. The longer you are married the more experienced you will be at having sex. At some point you will look back at your honeymoon and smile about how the two of you happily fumbled around during your initial sexual experiences.

You should have the freedom to move into the honeymoon suite (i.e. the "banquet room") without any misgivings, embarrassment or apologies for starting your marriage without knowing much about the "how-to's" and techniques of sex. Listen. Getting started is going to come pretty naturally. Becoming good, then great, at sex is going to take years and decades, and if you will each be obedient to God's Word and you will each be a **giver**, you should enjoy each step of the process. So be relaxed and ecstatic about sex and enjoy the feast.

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**Resources On the topic of *SEX* recommended by Faith Counseling Ministries, Faith Baptist Church, Lafayette, Indiana**

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- Black, Jeffrey S. (2003). *Sexual Sin*. Phillipsburg, NJ: Presbyterian and Reformed Publishing Co.
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- Jones, Robert D. (2006). *After Adultery*. Winston-Salem, NC: Punch Press.
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- x *Journal of Biblical Counseling*. Volume 13, Number 3, Spring 1995.
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- Mahaney, C. J. (2004). *Sex, Romance, and the Glory of God*. Wheaton, IL: Crossway Books.
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- Street, John (1995). "Helping Men Overcome by Life Dominating Lust." Workshop presented at the *National Association of Nouthetic Counselors 1995 Annual Conference*.

Tripp, Paul (2004). *Teens & Sex: How Should We Teach Them?* Phillipsburg, NJ: P & R Publishing.

Vandegriff, John (1992). *In the Arena of the Mind*. Howell, NJ: Ask, Seek and Knock Publishing. A

study guide is available for this book.

Wheat, Ed & Wheat, Gaye (1977). *Intended for Pleasure*. Old Tappan, NJ: Fleming H. Revell Co.

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Zondervan Publishing House. Wickert, Dan (1994). *Sexual*

*Understanding with Your Spouse*. Workshop presented at the *National Association of Nouthetic Counselors 1994 Annual Conference*.

Wickert, Dan (2003). "Teaching Children about Sex." Audio resource from the *Biblical Counseling Training Conference, Track 2*. Lafayette, IN: Faith Baptist Church.

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