



4: The Intimacy of Sex | Pastor Joe Wittwer | February 28, 2010

A. Fellowship Time (10-15 minutes)

1. Chitchat. Perhaps offer coffee, tea, or a cold drink with some snacks.
2. Pray (or invite someone to pray) to open the discussion.

B. Review Time (Read the summary below to the group: 5-10 minutes)

Introduction: Friendship, romance, commitment...then sex. Sex comes after the wedding, not before. God intends sex to be the celebration of marital love, and He intends it to be good. **Genesis 2:24** says: *“For this reason a man shall leave his father and mother and be united to his wife, and they will become one flesh.”* When two people give themselves to each other physically, it unites them; it glues them together, even if the sex is casual. The Bible is clear that God intends sex for marriage. So what about singles? [Read **1 Corinthians 6:15-20.**] This passage commands us to flee from sexual immorality, whether it is premarital sex or extramarital sex. God created sex. He created it for marriage and made it good. In marriage, it bonds us together—very powerfully. But when we have sex outside of marriage, this is what happens. We hurt ourselves and others. This is why there is no such thing as safe sex outside of marriage. When you have sex with someone, you give away a piece of yourself; you become one flesh with that person. Without the protection of a committed marriage, you will be torn to pieces by temporary relationships. The best sex happens in marriage because it's there that we learn how to make love, not just have sex. Making love is a learned activity. Marriage provides a couple the security to safely learn together how to make love, which is much more than having sex. That is why the best sex happens in marriages. Let's consider some ideas about making love that can help us build it right.

1. Develop the right attitude.

The most powerful organ in your body is your mind. Having the proper attitude toward your spouse and his/her sexual needs is the first step to sexual fulfillment. Here are two attitudes you should have:

A. God wants you to be faithful to your spouse.

Hebrews 13:4 says the *“marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and the sexually immoral.”* The first requirement for marital and sexual fulfillment is fidelity. If your spouse doesn't trust you, if your spouse doesn't believe that you are committed to his/her heart, mind and body, then your sexual relationship will never be what it should be. The sexual relationship is exclusive. This is something you share with each other and no one else. Jesus recognized that infidelity is such a deep breach of trust that the offended party may not be able to regain trust. [Refer to **Matthew 19:3-9.**] He said that there is only one reason for divorce: infidelity. And there is much more than just avoiding physical infidelity. We must also guard our hearts against mental and emotional infidelity. Jesus warns us of this in **Matt. 5:27-28** when he says, *“You have heard that it was said, ‘Do not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.”* Looking is not wrong, but Jesus forbids looking lustfully. This is why pornography is wrong. Be faithful – physically, mentally, and emotionally!

B. God wants you to meet your spouse's sexual needs.

[Read Together **1 Cor. 7:3-5.**] Notice three things from this passage. First, the apostle Paul says that a married person is responsible to meet the sexual needs of his/her spouse; that we are to fulfill our marital duty to one another. Second, your body is not your own. It also belongs to your spouse. This means very simply that if your spouse wants to have sex, your answer is...yes! Third, don't deprive each other. We are not to refuse to have sex except for mutually agreed upon times of prayer; and when we're done praying, we're supposed to

make love again so that we aren't tempted to satisfy our sexual urges sinfully outside of marriage. Paul recognized that if our sexual needs aren't met inside of marriage as God intended, we will be tempted to meet them outside of marriage, so he says, don't deprive each other; meet each other's needs.

2. Create the right atmosphere.

Once we have developed the right attitude, we need to create the right atmosphere. Here are two suggestions:

A. Affection: sex begins in the kitchen.

Good sex doesn't start at bed-time; it starts at breakfast time, with the way he treats her. Most women are not interested in sex without affection or romance. Men and women tend to be different. For a man, romantic experiences with his wife are warm and memorable but not essential. For a woman, they are her lifeblood. Her confidence, her sexual response and her zest for living are often related to those tender moments when she feels deeply loved and appreciated by her man. That's how God made a woman. Even male/female arousal patterns are different. A man's arousal curve is quick and steep; a woman's arousal curve is more gradual. If a man wants to satisfy his wife, and not just gratify his own need for release, he has to learn to slow down and time his own release with the more gradual pattern of his wife. Husbands, if you don't know how to meet your wife's needs for affection and romance, ask her for help. Wives, if he asks, don't get frustrated that you have to tell him. Help him do it right.

B. Communication: talk about it honestly.

Nothing is harder to talk about than sex, because nothing strikes more deeply at the root of our self-esteem, our masculinity and femininity than sex. But you have to talk about it if you want to maximize your sexual relationship. You need to ask the questions that take courage: "What is it like making love with me? Are there things I do that you like or don't like? Are there things you wished I would do?" Answer the questions honestly and carefully. Communication makes a big difference.

God wants you to have a sexually fulfilling relationship. Develop the right attitude by being faithful and meeting your spouse's sexual needs. Create the right atmosphere by learning how to be affectionate and how to communicate!

C. **Life Group Questions** (select, revise, and add as desired: 20-40 minutes)

1. How do your ideas about sex differ when you recognize that God created sex and intended it for a purpose in the marital relationship? Read **Genesis 2:24**. What happens when a man and a wife have sex? Read **1 Corinthians 6:15-20** together and discuss why sex outside of the marriage relationship is so damaging to people?
2. What rules or guidelines do you use or plan to use to protect your marriage? Read **1 Corinthians 7:3-5**. How do these verses encourage us in our efforts to protect our marriages? What is Paul directing us to do?
3. Why do you think that God created men and women with such different needs? Discuss the difference between men and women in regard to their need and desire for romance, affection and attention. How can these differing needs grow our love for one another in marriage? Brainstorm ways to meet each other's needs through intentional actions.
4. Why is communication so important in the marriage relationship? Why do you think it is so hard for us to communicate with our spouses about our sexual needs and desires?

D. **Personal Application** (1-3 Minutes)

- Open up a dialogue with your spouse this week about your sexual relationship. Ask the question, "What is it like making love with me?" Be honest but careful in how you each answer this question.

E. **Prayer Time** (As a whole group or subgroups of 3-4:10-15 Minutes)

- Thank God for creating sex for pleasure and purpose in the marriage relationship.
- Ask God to help you have the right attitude and atmosphere for making love with your spouse.
- Bring other praises or requests to God that came up during the discussion.