

Biblical View of Sexuality

TGI Biblical Counseling and Discipleship Class
Marriage and Premarriage Class

**THE GOSPEL
INSTITUTE**

4/3/17

Kent Kloter

Goals of this Session

1. Identify and challenge man-centered views of sex (in the culture and in our minds).
2. Develop a biblical picture of human sexuality.
3. Define righteous attitudes towards sex.
4. Encourage righteous expressions of sexuality.
5. Foster wisdom and confidence so you are able to teach others biblically.

Confronting our Views of Sexuality

1. How much has your culture or experience defined your view of sex?
2. Does your view of, or attitude towards sex offend God?
3. What do you think about your own sexuality? Are you truthful, loving and gracious re: your own “body-image”? Your spouse’s?
4. Can you confidently articulate a biblical view of sexuality? Are you willing to learn?
5. Your heart-attitudes about sex directly impact your sexual relationship and experience.

What Sex is Not

1. Evil or dirty, etc. – a attitude or belief that sex in marriage is evil or dirty is sinful (Is. 5:20; Acts 10:15).
2. Something to be embarrassed about, God isn't. (SoS.)
3. An avenue to satisfy passions outside of the marriage covenant (Rom.1:18-32).
4. Harmless – any view or use of sex outside of biblical parameters is selfish & sinful and brings judgment (Heb.13:4; 1Thes. 4:1-7; Acts 10:15; Is.5:20; 1 Jn.5:17; Rom. 3:23).
5. Sinful sex is not satisfying (Eph.4:17-19; Rom.6:16).
6. Liberating, the sinful use of sex is enslaving (Eph.4:17-19; Rom.6:16).

What Sex is Not

7. Consummation, the vow consummates a marriage (Jn.4:16-18; Mt.19:6).
8. Merely a legalized sexual union, unity is more than physical oneness.
9. Necessarily going to produce marital harmony.
10. The measure of marital success.
11. Unimportant, sexual problems in marriage are usually indicators of problems in other areas of the relationship.
12. Something to be embarrassed of (Acts 10:15; Is. 5:20).

Sinful Attitudes and Expressions of Sexuality are Dangerous

1. God apposes the proud (Ja.4:4-5).
2. Woe to you who call good evil and evil good (Is.5:20).
3. God doesn't hear your prayers when you aren't walking in the light (Ps.66:18).
4. Sin brings suffering (Pr.13:15).
5. Sexual sin harms your body (1Cor.6:18-20).
6. Sexual sin exposes you to disease.
7. Sexual sin harms your soul, is deceptive, degrading, isolates (Ja.1:13-15).
8. Homosexual sex is physically and emotionally destructive.

Created In the Image of God

1:27 So God created man in his own image,
in the image of God he created him;
male and female he created them.

2:23 Then the man said, “This at last is bone of my bones
and flesh of my flesh; she shall be called Woman,
because she was taken out of Man.”

2:24 Therefore a man shall leave his father and his mother
and hold fast to his wife,
and they shall become one flesh.

2:25 And the man and his wife were both naked and were
not ashamed. (Gen. 1:27; 2:23-25 ESV)

Created In the Image of God

1. **Sex is God's idea.** “Male and Female”, God predestined & predestined gender-distinction (Gen.1:27). Sexual relations in marriage is commanded, “become ‘one-flesh’” (Gen.2:23-25).
2. **Sex is “good exceedingly”¹** (Gen.1:31)
3. **Gender & sexuality are integral to God's design,** reflecting the image of God thru unity, intimacy, companionship, harmony in authority and submission, etc.
4. **Sexual union is vital for procreation.**

Sex within Marriage is Pure and Holy

1. God views sex within marriage as pure and holy, even after the Fall (Heb. 13:4). Biblical sex is just as holy and pleasing to God as any other act of obedience.
2. Sexual expression (like all of the believer's life) is an act of worship of God and an expression of love. True sexual fulfillment results from embracing & practicing biblical principles. Any differing view is sinful (Is. 5:20).

Sex and the Purpose of Life

1. All that you are and do is an act of worship.
2. The biblical family is the foundation of culture and the Church of Christ.
3. Sexuality is an integral part of marriage and life.
4. Your attitude and participation in marital, sexual expression is an act of worship and glorifies God.
5. Sex within marriage pleases God thru "other-focused, selfless giving, for the eternal good of the other person".
6. "The reason there is so much misery in marriage is not that husbands and wives seek their own pleasure, but that they do not seek it in the pleasure of their spouses."² J. Piper

Sex and the Purpose of Life

6. The sexual expression in marriage gives experience, imagery and language to help us understand and relate to our unseen God.
7. Sex in marriage helps us understand betrayal - divorce, adultery, harlotry, etc., e.g. Hosea, Ja. 4.
8. The marriage covenant helps us understand God's commitments and promises to us - betrothal, bride, groom, weddings, etc.
9. The excitement of marriage, (which includes sex) helps us understand Christ's glory and His love for the Church (Ps. 19:1-6; Rev.22).
10. One-flesh experience illustrates Trinitarian oneness.

Sex and the Purpose of Life

11. Sex offers an experience of mutual, intimate love, passion and care...giving and receiving pleasure and satisfaction...1st by pleasing God, 2nd by pleasing your spouse.
12. Sex offers an opportunity to fulfill and satisfy your spouse's sexual desires (1 Cor. 7:2,5).
13. Sexual relations minimizes your spouse's temptation to seek sexual pleasure outside of the marriage relationship (1 Cor. 13:5).
14. Sex is for procreation (Gen.1:28).

Sex – Whole-Person Expression of Worship

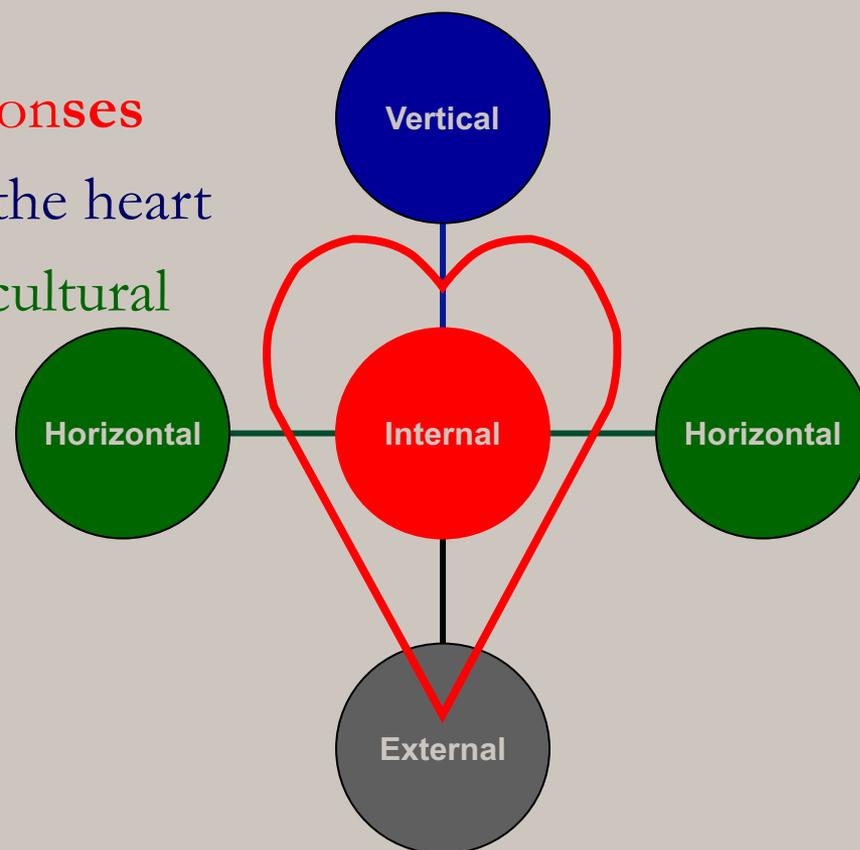
1. Internal

- a. **Mind** - intellect, cognition
- b. **Emotion** - passion
- c. **Will** – Volition, choice & responses

2. **Vertical** - spiritual, worship of the heart

3. **Horizontal** - relational; social; cultural

4. **External - Physical** – DNA
physiology, environment



Expression of the heart-worship

Love: other-focused, selfless giving

Anticipation – excitement

Passion – emotion

Pleasure – enjoyment

Intimacy – soul connection

Pictures Christ and His bride

Glorifies and pleases God

New life/children

One-flesh unity, intimacy

Vows: Covenant Commitment

A Whole Person Expression of Worship

1. Canvas - Mind - knowing God in Christ, showing Christ and the Church; understanding intimacy with Christ, reflecting Trinitarian unity.
2. Frame - Will - L.O.V.E. – biblical thinking, motives and actions
3. Paint – Expression of worship, experience of emotion, pleasure in God and each other.
4. Glass - Protection from evil, harm, etc.; providing blessing

Sex Protects and Provides

1. Biblical sex protects from shame, manipulation, abuse, betrayal, isolation, fear, etc.
2. Biblical sex provides security, safety, confidence.
3. Sexual intimacy provides a barometer of the spiritual health of the marriage.
4. Sexual desires can provide motivation for communication, oneness, and reconciliation.
5. Sex provides language and experience to know God in Christ more fully.
6. Sex is an integral and important aspect of the marriage relationship, but is not meant to be the main focus.



Safe Sex

The Apostle Paul on Sexuality

- ¹...“It is good for a man not to have sexual relations with a woman.”
 - ²But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband.
 - ³The husband should give to his wife her conjugal rights, and likewise the wife to her husband. ⁴For the wife does not have authority over her own body, but the husband does.
- Likewise the husband does not have authority over his own body, but the wife does. (1 Cor.7:1-4 ESV)

Commitment is Commanded

1. ***A commitment to leave and cleave and become one flesh provides*** an environment for the pursuit of whole-person unity thru intimacy, including a satisfying sexual relationship (Gen.2:24; Matt.19:5-6).
2. ***A commit to love,*** honor, cherish & respect the other's interests, desires, wishes before your own, (including sexual interests, unless they are sinful).
3. ***A commitment to give*** thought and time for an intimate, tender, mutually satisfying experience (Lu.6:31; 1Cor.13:4-7; Phil.2:1-4).

Commitment is Commanded

4. ***A commitment to developing companionship & friendship first***, seeking to become your spouse's best friend thru nurturing the whole relationship.
5. ***A commitment to protect and nurture*** your spouse if he/she has experienced sexual trauma in their past.
6. ***A commitment to protect*** your spouse from temptation by keeping him/her satisfied or intoxicated with you "like a drink of cool water satisfies thirst in a desert", Dr. Bob Smith, (Pr.9:15; 1Cor.7:1-6).
7. ***A commitment to sensitivity to differing interests.*** When desires are different, pursue mutual consent. Both must choose to give and change to meet the other's level of interest.

Equal Opportunity & Capability is Assumed

(1 Cor. 7:3-5)

1. Both have the same commands, abilities and responsibilities to respond to the other's interests.
2. Each is to use his/her own body to satisfy the other's desires first before seeking one's own gratification.
3. Sex (like all forms of biblical obedience) is to be active, passionate, "other-focused, selfless giving".

The Bible Assumes Pleasure in Sex (1Cor.7:3-5)

1. ^{18:12}So Sarah laughed to herself, saying, “After I am worn out, and my lord is old, shall I have pleasure?” (Gen.18:12)
2. Song of Solomon
3. ¹⁸Let your fountain be blessed, and rejoice in the wife of your youth, ¹⁹a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love. (Pr. 5:18-19)

Giving Pleasure is a Mutual Responsibility

(1 Cor. 7:3-5)

1. I always do the things that are pleasing to him.”
(Jn.8:29b)
2. “If you love me, you will keep my commandments.
(Jn.14:15)
3. Scriptural commands carry responsibility to obey.
4. Both are commanded to wholeheartedly, actively meet the other’s sexual desires.
5. Both are commanded to wholeheartedly, actively seek to reduce temptations towards sexual sins.

Giving Pleasure is a Mutual Responsibility

(1 Cor. 7:3-5)

6. God's good plan is for both spouses to enjoy giving and receiving sexual pleasure. Both are responsible to delight in the other, sharing the pleasure (1 Cor. 13:5; Acts 20:35).
7. Pursuing personal pleasure and satisfaction is encouraged as long as the other person is not forced, coerced, or manipulated - each one has authority over the other.
8. Both will find personal satisfaction & fulfillment from first seeking to please God, then by pleasing your spouse.

Frequency is Commanded (1Cor. 7:3-5)

1. ⁵Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control. (1 Cor. 7:5 ESV)
2. How often is often enough? Enough to keep each other satisfied, enough to minimize temptation.
3. Mutually agree on times and frequency, be sensitive to the other's preferences; compromise without strings attached with deference, patience and graciousness.
4. Respectfully communicate about each others wishes, seek to meet them if they're not sinful.

Frequency is Commanded (1Cor.7:3-5)

5. Sex is to be regular and continuous.
6. Abstinence must be mutual, planned and temporary. Take time away from each other to focus on spiritual matters in the relationship; then come back together.
7. Do not deprive one another of sexual relations for selfish or dishonest reasons. Look at the reasons you either want or don't want sex. Are they selfish?
8. Are you reasonable? Approachable? Other-focused?

Sinful Sex in Marriage (1 Cor. 7:3-5)

1. Manipulation, rewarding.
2. Punishing, withholding sex without mutual consent.
3. Sexual passivity.
4. Bargaining...do you expect to receive something for giving sex? for refraining from sex?
5. Expecting your spouse to know and understand you, your thoughts and interests in this area without communicating them clearly is sinful and unloving; this is a set-up for failure. Selfish? Overbearing? Unloving? Vindictive?
6. Forcing yourself or opinions on your spouse for any reason, even if there was previous agreement.

Sinful Sex in Marriage (1 Cor. 7:3-5)

7. Failing to consider extenuating circumstances, weariness, health-issues, emotional upsets, anxiety, physical pain, etc.
8. When your spouse is uncomfortable, fearful, shamed, etc.
9. Insensitivity when previous traumas have shaped a sinful view of sex in your spouse that generate negative reactions to sexual intimacy.
10. Refusing to acknowledge and grow when previous traumas have shaped your own sinful view of sex that generates negative reactions to sexual intimacy.

Sex Outside of God's Design

1. Pornography and masturbation is not 'other-focused, selfless giving', it focuses on selfish "getting", sinning in motivation and fantasies. Uses sex for unbiblical purposes
2. Masturbation and pornography create harmful, sinful habits that affect the marriage relationship.
3. Homosexuality is sinful because it is outside the framework of a biblical marriage-covenant between a man and a woman.
4. You never can say you must have sex in order to please and obey God.
5. Sexual addiction (like all other addictions) is better understood as a worship-disorder.

Hindrances to Sexual Intimacy

1. Emotional pain from past relational or sexual traumas, misuse or abuse
2. Unbelief – “I don’t believe God can help me get past my past,” “Things will never change,” “You don’t know what it was like to be raised in the environment I was raised in,” “I’ve tried to do better, but I just can’t!” (1 Cor.10:13)
3. Bitterness - “You’ll never change and I’m not sure I care if you do!” Bitterness is actually aimed at the Lord. Bitter people often use sex to punish instead of bless. Depend on the Lord for His forgiveness.
4. Passivity, unresponsiveness, indifference, sloth; “I can’t” might be better translated as, “I won’t”.

Hindrances to Sexual Intimacy

5. Emotional pain from past relational or sexual traumas, misuse or abuse
6. Fear of shame, pain, failure, disappointing the spouse, embarrassment, betrayal, rejection, etc.
7. Engrained sinful attitudes about sexuality, commitment, love, etc. Learned behaviors, habits, attitudes must be relearned - Humble, intentional choices to move towards your spouse and biblical thinking will bring joy and blessing.

Hindrances to Sexual Intimacy

8. Failure to treat your body as the temple of God; lack of rest, exercise, poor diet, poor grooming, hygiene, etc. may contribute to sexual dissatisfaction.
9. Insensitivity to your spouse's physical demands. Failure to help or offer relief in his/her responsibilities, burdens of household chores, children's homework, bill-paying, excessive work demands, etc. Carrying each other's burdens reduces physical demands & demonstrates sacrificial love which may provide energy and desire for sexual involvement.
10. Physical limitations, impairments, pain, illness, pregnancy, etc.

Hindrances to Sexual Intimacy

11. Unresolved marital issues affect your sex-life.
12. Unmet expectations foster resentment, hurt, disappointment, frustration, anger, bitterness, vengeance, etc. Ask God to search your heart to reveal sinful attitude towards your spouse and sex.
13. Failure to keep your vow to “love, honor and cherish”. Do you make negative or embarrassing comments about your spouse to others? If so, to whom? When? For what reason? Your spouse will have a significant negative impact on your marriage.

Hindrances to Sexual Intimacy

14. Excuses, “But that is not my personality!” Sometimes what we call “personality” may be better defined as a description of a life-style of sinful habits. Often the problem is not how you’re made, but an unwillingness to obey God. God’s Word is the authority, your natural bent is not the standard.
15. Ignorance of your mate’s preferences is not an excuse, communicate, ask questions, learn, get help if you can’t resolve issues.
16. “We have different levels of interest and desire.” – choose to communicate and move towards each other in love.

Hindrances to Sexual Intimacy

17. Parenting concerns and stresses.
18. Financial stress and discord
19. Unresolved conflicts from outside your marriage may create anxiety, fear, exhaustion, tension, guilt, shame, etc. that hinder sexual interests.

Get help if you can't solve your problems together!

The Husband's Spiritual Focus Fosters Sexual Intimacy and Interest

Your wife's sexual interests in you can be fostered as you diligently, consistently pursue your roles and responsibilities as...

1. **Lover** (Eph. 5:25; 1 Thess. 3:12-13; 1 Jn. 4:7-8)
2. **Servant-Leader** (Eph. 5:23-24; 1 Tim. 3:3-5, 12)
3. **Learner** (1 Pet. 3:7)
4. **Protector** (Jn. 10:11-12; Jn. 15:12-13)
5. **Provider** (1 Tim. 5:8)
6. **Father** (Eph. 6:4)
7. He should seek to nurture a passion for her (SS 7:1-9).

Fostering Sexual Intimacy - Husbands

1. Speak words of affirmation and edification about her and to her in public. Protect her reputation, show her respect, Never speak negatively about her.
2. Think about her day, pay attention to her emotions and her pressures before initiating sex. She may be interested in sexual relations, but the pressures of the day or moment can often be so overwhelming that the most loving thing you can do is listen to her, give her space, do something that relieves some pressure, put the kids to bed, etc.

Fostering Sexual Intimacy - Husbands

3. Be proactive, get off the couch and help around the house, with the children; spend at least as much time on her projects as you do your hobbies.
4. Take care of yourself. Get in shape, stay in shape.
5. Pay attention to your appearance; what does your wife think of your wardrobe, hygiene, etc. If she's embarrassed of you on a date-night, she won't be thinking about sex when you get home.

The Wife's Spiritual Focus Fosters Sexual Intimacy and Interest

Your husband's sexual interests in you can be fostered as you diligently, consistently pursue your roles and responsibilities as ...

1. Completer (Gen. 2:18)
2. Servant (Eph. 5:22-24)
3. Helper-suitable (Genesis 2:18)
4. Loving companion (Tit. 2; Eph. 5:22-24)
5. You grow in biblical submission to his leadership
6. Manager of the household (Pr. 31)
7. Mother (Deut. 6)

She should seek to nurture a passion for him (SS. 5:10-16)

Fostering Sexual Intimacy - Wives

1. Wives, seek to be attractive and exciting, outwardly as well as inwardly.
2. Ask him what he likes/dislikes and listen carefully to what he says ! When your husband offers his opinion, like “you’re beautiful”, take him at his word.
3. Vary your attire/appearance at home as well as in public. Surprise him from time-to-time when he comes home from work by being a little more “put-together.” Make sure you don’t spend more attention on your appearance for others than you do for him, he’ll sense this.

Fostering Sexual Intimacy - Wives

4. Be sensitive; odors can be a powerful “turn-off”; they can be a powerful “turn-on” as well. The closer you get, the better you need to smell.
5. Be available and willing, put off lame excuses - “We are to give ourselves without qualification and not withhold the pleasure of sex”, Carolyn Mahaney, *Sex, Romance, and the Glory of God*
6. Pursue your husband, don’t wait to be pursued. - “I’m convinced that most husbands long for their wives to be more aggressive”, Linda Dillow, *Creative Counterpart*
7. *The Song of Solomon* shows the woman passionately pursuing her husband.

For Further Study

- Review notes from this session.
- Summarize your main takeaways from this session. For each major principle, write a 1-3 sentence response describing how God would have you change your thinking, attitude or actions as you compare your current beliefs, thoughts, attitudes and actions with what you've just learned.
- Ask for forgiveness from God and your spouse for any unbiblical attitudes or actions in this area. Agree with your spouse on how your changes will take place and how they will include him/her.

For Further Study

Read *Song of Solomon*

1. Note each time “other-focused” thinking is illustrated.
2. Note each time pleasure in the sexual relationship is mentioned.
3. Note what you learn about sex in 1:2; 1:13-16; 7:1-10.
4. Should you be ashamed if you find delight in your partner?
5. Is it proper to be excited about sex with your spouse?
6. Is it proper to enjoy sex with your spouse?
7. Note the attitudes are described towards the other’s body in 4:1-7 & 5:10-16.

For Further Study

- Study Phil. 2:3-4 - state specifically how this passage may be applied to your sexual relationship with your spouse
- Other resources - *Sex and the Supremacy of Christ*, John Piper & Justin Taylor; *Biblical Principles of Sex*, Bob Smith; *Intended for Pleasure*, Ed Wheat

Recommended Resources

Sex and the Supremacy of God, John Piper

Shame Interrupted, Ed Welch

Putting your Past in Its Place, Steve Viars

Rid of My Disgrace, Holcomb

Abuse, booklet by John Henderson

Next Week – April 10th

- Last week of semester! Summer semester starts June 12th.
- TOPIC – Sexual Sin
 - Women: Kim Anderson in Room 103 (across hall)
 - Men: Kent Kloter in Room 102 (normal room)