



Bringing the Bible to Life

Biblical Counseling Workshops

Biblical Sexuality

Track V.8

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Goals of this Session

- Paint a Biblical Picture of the sexual experience as a whole-person act of worship, expressing intimate love for God and your spouse.
- Change one's focus from pleasing self to finding pleasure in pleasing God & your mate.
- Embracing the Truth that God in his Sovereignty has given your spouse as His perfect provision for you.
- Cultivate sexual fulfillment, expressing love for God's glory and the good of your spouse.

The Purpose of Sex (A Biblical Picture)

The Whole-person Expression of Worship

Mind (canvas) Knowing God in Christ, Showing Christ and the Church;
Understanding intimacy with Christ, Reflecting Trinitarian unity.

Will (frame) L.O.V.E.-controlled actions

Emotions (painting) Joy of pleasing God,

Protection (glass) Protects from evil/bad; Provides blessing

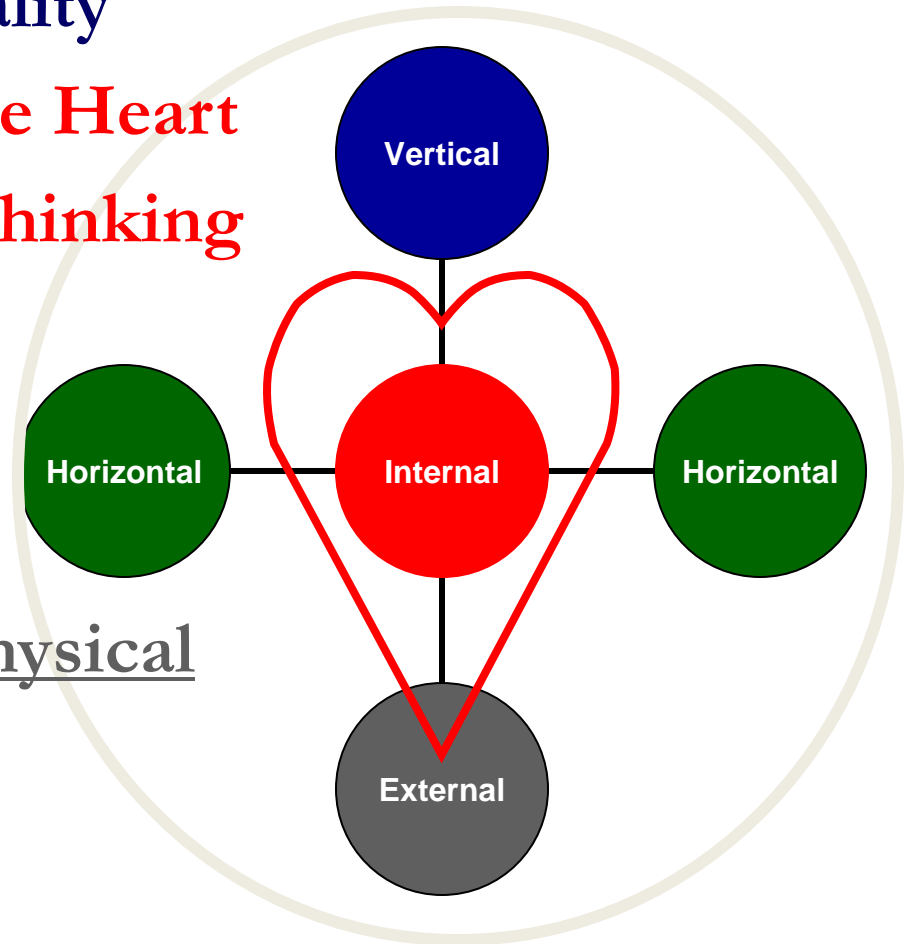




The Gospel is Comprehensive, Addresses All 4 Dimensions

6 facets of human personality

1. **Spiritual; Desires of the Heart**
2. **Mental – Intellectual; thinking**
3. **Emotional**
4. **Volitional/Responses**
5. **Relational/social**
6. **Physical-we live in a physical
body**





Human Sexual Experience Fuses all 6 facets of our Humanity with your Spouse

Spiritual

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

Mental

Emotional

²³Then 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.” ²⁴Therefore a man

Volitional

Relational

shall leave his father and his mother and hold fast to his wife, and they shall

Physical

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



Spiritual Unity Enjoyed Sexually

Intimacy with God and our spouse begins by pursuit of

1) Genuine faith, 2) Love & 3) a pure heart/motives

⁵The aim of our charge is love that issues from a pure heart and a good conscience and a sincere faith. ¹⁰the sexually immoral, men who practice homosexuality, enslavers, liars, perjurers, and whatever else is contrary to sound doctrine, ¹¹in accordance with the gospel of the glory of the blessed God with which I have been entrusted. (1 Tim. 1:6-11 ESV)

So I always take pains to have a clear conscience toward both God and man. (Acts 24:16 ESV)



The Husband's Spiritual Focus Fosters Sexual Intimacy & Interest

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

- **Learner** (1 Pet.3:7)
- **Leader** (Ephesians 5:23-24; 1 Tim.3:3-5, 12)
- **Lover** (Eph.5:25; 1 Thess.3:12-13; 1 Jn.4:7-8)
- **Protector** (John 10:11-12; John 15:12-13)
- **Provider** (1 Tim.5:8)



The Wife's Spiritual Focus Fosters Sexual Intimacy & Interest

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

Submission (Ephesians 5:22–24)

Helper-suitable (Genesis 2:18)

Respect (Ephesians 5:33)



Your Mind & Sexuality

Can you summarize what the Bible teaches about sex?

If not, are you willing to learn?

How much does your past define your sexuality?

Would your attitude towards sex offend God?

What's your "body-image"? Are you "meek" in your self-assessment? In your spouse's?

Your heart-attitudes define your sexual relationship and fulfillment.



Your Emotions & Sexuality

- Since we are made *in the image of God*, we have emotions. They can affect the way we interpret everyday events. Conversely our thoughts and responses to everyday events can effect our emotions. Established thought-patterns can contribute significantly to our emotions.
- Your emotions are a product of the thoughts of your mind. Are you thinking biblically about your sexuality and sexual relationship with your spouse?



Relationships & Sexuality

- Unresolved conflicts with others can create anxiety, fear, exhaustion, tension, guilt, shame, etc.
- Fears, anxiety, etc. regarding circumstances outside your marriage relationship
- Unresolved past sexual experiences
- Past sexual abuse or misuse
- Unresolved marital issues affect your sex-life.



Relationships & Sexuality

- Ask God to help you search your own heart and attitude towards your spouse. Are there unmet expectations that have fostered resentment, hurt, disappointment, frustration, anger, bitterness, vengeance, etc., in your heart?
- Have you ever expressed anything negative about your spouse to anyone else? If so, to whom? When? Why? Have you thought about your vow to “love, honor and cherish? Does negative speaking violate that vow?
- Wives, are you committed to *respecting your husband*?
Husbands, are you committed to loving your *wife as much as you love yourself*?



Your Will and Sexuality

You have a choice to act the way God commands you to act, regardless of...

- What you think
- How you feel
- Your preferences or desires
- Your past
- Your fears



Your Physical Body and Sexuality

- Your body is the temple of God, be a good steward
- Rest, exercise, and diet contributes to wellbeing and attitude.
- Physical weariness can reduce/eliminate interest.
- Be sensitive to your spouse's physical demands. Help relieve his/her responsibilities whenever possible. Sharing the burdens of household chores, children's homework, bill-paying, etc. will not only reduce physical demands, but it will demonstrate sacrificial love.



Your Physical Body and Sexuality

- Personal hygiene can enhance sexual/destroy interest.
- Wives, vary your attire/appearance for your husband. Surprise him from time-to-time when he comes home from work by being a little more “put-together”.
- 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.
- Husbands, listen to your wife’s concerns and comments about your wardrobe, body odor, cleanliness, etc. If she’s embarrassed of you on a date-night, she’ won’t be thinking about sex when you get home.



Sex - a Mutually-Satisfying Culmination of all 6 facets of life.

- Your sexual relationship with your spouse is an expression of your worship of God. It is therefore important to develop an accurate view of sex based on God's revelation so you are able to experience sex within the framework of God's designs.



Sex Combines all Facets of Humanity in a Act of Worship

- For the glory of God,
- As an expression of your love for God and for your spouse,
- Enjoyed fully as each person offers himself/herself completely to the other,
- Experienced for the good and pleasure of your spouse first
- Resulting in your pleasure (in all 6 facets) as you experience the sexual acts knowing that God is pleased and your spouse is satisfied (in all 6 facets).



Sex is pure and holy

- Created as Male & Female (Gen.1:27)
- Commanded to become “one-flesh” (Gen.2:24)
- God describes marriage sexual relationship as “very good” before the Fall. (Gen.1:31)
- The sexual relationship within a godly marriage is pure and holy. (Heb. 13:4)
- Any unbiblical view of sex OR use of sex is selfish and sinful. (1 Jn. 5:17; Rom. 3:23)
- There is no biblical reason to be embarrassed (Acts 10:15; Is. 5:20)



Sex is pure and holy

- *All of the ecstasy of sex is to be experienced in the framework of marriage only. Sex outside of marriage has nothing more to offer than a sensory experience. Sex outside of marriage is similar to a free-fall without a parachute. It degrades the sexual experience. Bob Smith*
- Sex outside of the marriage-covenant does not satisfy.
- **God's design for sex protects us from the dangers, provides security & blessing and points us to Him!**



Sex is pure and holy

- Unregenerate man's use of sex doesn't make sex evil. God still views sex in marriage as good, even *after* the Fall. (Heb. 13:4)
- No need for embarrassment of sex, God isn't.
- Sex was not designed as the outlet of passions of sinful people. (Rom.1)
- Anyone who uses sex outside of the marriage covenant is sinning and will be judged. (Heb. 13:4)



Sex is Not the Basis of Marriage

- Marriage is not first and foremost a “legalized”, physical union.
- Marriage is based on a covenant-commitment before God and not on feelings or sex.
- Sex between two people doesn’t make couple married. (Jn. 4:16-18)
- Sex does not consummate a marriage, a couple is married the moment they say “I Do”.
- Sex is important but not the most important part of marriage.



Sex is Not the Basis of Marriage

- Marriage success isn't based on sexual fulfillment
- Unity in marriage is more than physical oneness
- Marriage unity is important in all 6 facets
- A Godly marriage is the key of delightful sexual experience
- Sexual problems in marriage are usually indicators of problems in other areas of the relationship.



Goal of Sex is Giving Pleasure

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)



Mutual Goal - Giving Pleasure

(1 Cor. 7:3-5)

- Marriage not only legitimizes sex, it also mandates sex.
- Both are commanded to wholeheartedly, actively meet the other's sexual desires & minimize temptation to go outside of the marriage for fulfillment.
- Satisfaction comes from pleasing God by pleasing your spouse, not by seeking selfish pleasure. (1 Cor.13:5; Acts 20:35)
- Honest open communication is a key ingredient to fulfilling sexual intimacy. One must communicate what one desires to the spouse. If the spouse is unaware of the desire, he/she cannot fulfill the other's expectations or desires.
- The desire to meet the other's needs can be a source of sexual pleasure, rather than solely pursuing one's own desires.



Mutual Goal-Giving Pleasure

(1 Cor. 7:3-5)

- Enjoying sexual pleasure in this “framework” is good.
- Using sex to get, manipulate, reward or punish is selfish and sinful.
- Passivity in the sexual relationship is sinful, selfish, unbiblical behavior.
- Any attitude that views marital sex as evil, dirty, etc. is sinful and opposes God’s views.



Equal-Opportunity & Capability

(1 Cor. 7:3-5)

- Both have equal commands, therefore the same duty & ability to fulfill the command fulfill the other's desires. Each is to use his/her own body to satisfy the other, not oneself.
- Sex is active, passionate “other-focused” giving.
- When the level of desire is different, mutual consent must be achieved, **both** must be willing to give and change to meet the other's level of interest.
- None has the authority to satisfy oneself, the focus is what is to be given, not received.
- **Rebellion is the refusal to obey God**



Sexual Pleasure is Commanded

¹⁸Let your fountain be blessed, and **rejoice** in the wife of your youth, ¹⁹a lovely deer, a graceful doe. Let her breasts [sex] **fill you** [satisfy (NASB), thirst quenched, completely satisfied.] **at all times with delight**; be **intoxicated** [exhilarated (NASB), overwhelmed with satisfaction; being “swept away” with delight in one’s wife –ESV Study Bible] **always in her love**.
(Pr. 5:18-19)

*So Sarah laughed to herself, saying, “After I am worn out, and my lord is old, **shall I have pleasure?**” (Gen.18:12 ESV) (see also Song of Solomon)*

- Pleasure is assured & encouraged, is not evil or forbidden. Delighting in your spouse as a person and delighting in the pleasure you share together pleases God.



Frequency is Commanded

***5 Do 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)*

- Mutually agree upon the times and frequency, being sensitive to THE OTHER'S FEELINGS.
- Take time away from each other to focus on spiritual matters in the relationship; then come back together.

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?



Frequency is Commanded

- Bargaining or rewarding is sinful
- Do you expect to receive something for giving sex?
- Do you expect to receive something for refraining from sex?
- How often is often enough? Enough to keep each other satisfied. Enough to overcome temptation



Commitment is Commanded

- Work at developing the relationship, companionship and friendship first; make him/her your best friend and companion first. Focus on the whole relationship, not just the sexual relationship.
- Commit to fulfilling your spouse's sexual desire like a drink of cool water satisfies the thirst in a desert.
- Commit to protecting your spouse from temptation by keeping him/her satisfied or intoxicated with YOU.
- Take time to make the sexual experience an intimate, tender mutually satisfying experience.
- Always respect the others wishes, unless they are sinful.



Any Unbiblical Use or View of Sex is Forbidden

- Pornography and masturbation focuses on satisfying self, sins in the fantasy; even if the fantasy is of the spouse because fantasy is a manipulation of the other in the mind.
- Masturbation and pornography creates harmful, sinful habits that affect the marriage relationship. No one has ever died or been physically harmed by being deprived of sex.
- Homosexuality is sinful, since everything it involves is outside the framework of the marriage-covenant.
- Sexual sins (e.g. addictions) are worship-disorders.



But Wait...

- “But that is not my personality!” God’s Word is the authority, not your nature.
- In this context, personality is simply another word for habitual manifestations of sinful habits.
- “I don’t know what pleases my mate?”
- Listen, communicate, ask questions.
- I’m afraid... of pain, failure, embarrassment, betrayal (by comments innuendoes made to others)



But Wait...

We have different levels of desire.”

- Learned behaviors, habits, attitudes can be relearned
- Can humble service to your spouse and “training” help?
- Physical issues, limitations, (see Ed Wheat’s book)
 - Pain from physiological problems or attitudes
- Guideline is not the level of desire but God’s Word.
- Says God made a mistake.
- Problem is not how you are made but your willingness to obey God.



But Wait, I Just Can't

- **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
- **Bitterness** - “You’ll never change and I’m not sure I care if you do!” Bitterness is actually aimed at the Lord. Bitter people use sex to punish instead of bless. Depend on the Lord for His forgiveness.



But Wait, I Just Can't

- **Sloth** – “I just can't” often is better translated, “I just won't”.
 - Passivity and unresponsiveness
 - Boredom
 - One partner doing all the initiating. Depend on the Lord – He'll give you grace.
 - Being too busy with the wrong things. Depend on the Lord – He'll give you wisdom.

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



Conclusion

- “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.” J. Piper
- Sex is God’s idea, therefore true sexual fulfillment will only be realized through fully understanding and implementing Biblical principles in this area. Unbiblical views are sinful, misleading & can be degrading and dangerous.



Homework

- 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 believes, 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.



Going Deeper

- **Read the Song of Solomon.**
- Note each time “other-focused” thinking is illustrated. Note each time pleasure in the sexual relationship is mentioned. Note what you learn about sex in 1:2; 1:13-16; 7:1-10. Should you be ashamed if you find delight in your partner? Is it proper to be excited about sex with your spouse? Is it proper to anticipate and enjoy sex with your spouse? What attitudes toward your spouse and his/her body are suggested in 4:1-7 & 5:10-16?



Going Deeper

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



Next Classes

- V.9 Guilt & Repentance Part 1, March 5th
- V.10 Guilt & Repentance Part 2, March 12th
- V.11 Forgiveness, March 19th



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