

**PRINCIPLES
FOR
GODLY SEX
IN MARRIAGE**



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Re-Thinking Series

- God's Purpose & Design For Sex
- The Principles For Godly Sex In Marriage
- The Life In Grace
- Battling Continued Lust Thoughts
- Unplugging From the Matrix (For Students)
- Love & Lust
- A Fast From Intimacy
- *Homosexuality (A Position Paper)*

Sexual relationships are powerful. The act of sex can either be the most exhilarating for people or the most harmful of all! In our society, some of the hardest punishments are for those who are sex offenders. If there are abuses that happen in the bed, there will be problems in the relationship. Sex makes us vulnerable doesn't it? And there is no greater place where resentment, hatred and selfishness can be seen than in the way we go about our intimate life.

As Christians we should remember that God is the creator of sex so we can look into the Bible for answers of what it should look like. If we don't then we will get a distortion of sorts, and that distorted education for many of us is pornography.

I have included in the title 'In Marriage,' because marriage is called the covenant that God loves in Malachi 2:11. Only in a Biblical marriage do we have the greatest opportunity for God's love to thrive. A Biblical marriage is created by God, to be set apart from other relationships, to include the special intimacy of sex, and to be till death do us part.

Matthew 19:4-6

"Haven't you read," he replied, "that at the beginning the Creator 'made them male and female', and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh? So they are no longer two, but one flesh.' Therefore what God has joined together, let no one separate."

So let's get back to the Bible in all things!

Proverbs 3:18

God's ways are ways of pleasantness and all her paths are peace!

Do All Things (Sex) Unto the Lord

1 Corinthians 10:31

“Therefore, whether you eat or drink, or whatever you do, do all to the glory of God”

This is a great verse to start at! Notice Paul the Apostle says, “*whatever you do*”. So we are going to define that “whatever” to be sex in this pamphlet. You might be asking, “How do you have sex to the glory of God?” Well let’s look at that a bit. How do we glorify God in anything? Isn’t it when we have our bodies and mind given to Him first and foremost?

Romans 12:1-2

“I beseech you therefore brethren by the mercies of God, that you present your bodies a living sacrifice, holy acceptable to God which is your reasonable service, and do not be conformed to this world but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

So when we are to have intimacy we are to remember that our bodies are not our own, ultimately to do what we will with them, but they are the Lord's, and we are to pray and give him our entire being.

1 Corinthians 6:20

“You were bought with a price, therefore glorify God with your body and in your spirit, which are God’s.”

The following will be what we desire to see God do through us for His glory! And may our God do just that through the work of His Holy Spirit!

Loving Intimacy

For God to be glorified He must be the reason we do what we do. And when we look at God, he does not lust the world, but He loves it! That's what we want to reflect in our sexual life! Love, not lust.

John 3:16

"For God so loved the world that He gave His one and only Son..."

Notice it does not say that God lusts the world, but that He loves the world. So God loves and not lusts. To reflect God, we are told also to walk in Love as He is love.

1 John 4:7

"Beloved, let us love one another, for love is of God and anyone who loves is born of God and knows God."

We see that God is asking us to walk in love. This love is a godly love which is different from an earthly love. Look at the passage below and see in what way we are to walk in.

1 Corinthians 13:4-5

Love is patient and is kind; love does not envy, love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil...

Now think of this passage when it comes to our sexual lives. Read it over again with thinking of your intimacy. Does it fit with your actions in the marital bed?

Sex should not be a constant hurry up type of thing at all! Love is patient,

and sex should be too. This alone has been many of our problems, as we have thought only about us in the sexual life. There are so many things to discover in our sexual activity with our beloved, and we should desire to cultivate our love for one another by giving time to each other. I know that my spouse loves me because she spends time seeking what I enjoy. Joyful patience becomes the way we communicate love for one another.

Galatians 5:22

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.”

Think through this list as well, then evaluate to see if you shine these in your sexual life. Remember God’s ways are paths of pleasantness and of peace. To move away from this is to go the way of lust.

For me, I read first Corinthians 13 and think of it often. Especially the one phrase that says, *“Love does not seek its own!”* That helps me to understand there is a better way than the selfish inclinations we can easily have in sex.

Love also does “no harm” to the other. This should help us in sex, as sometimes one might get his ideas of “good sex” from pornography and ask his beloved to do something that they are uncomfortable with. When we find pleasure from another's pain in sex we are not thinking of the other or of glorifying God.

Sex has many beautiful expressions. And they should be exciting for both people as you think of pleasuring the other to the glory of God. I know that might sound weird to you, but work on it; Godly love, not lust!

The Grace of Sexual Giving

When you are loving in sex, then you are finding your joy in giving to the other. Sex is about your joy in pleasing them, not your own self gratification. This might be another strange concept to many of us who have been so warped by our own desires in sex. Godly sex is not just giving pleasure to your love, but, with joy, giving preference to the other.

Philippians 2:3

“Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem the other better than himself.”

Acts 20:35

“It is better to give than receive.”

Husbands are told to “*give honor to the wife*” in 1 Peter 3:7. Give! That is the way we reflect our Creator in the bed! We need to make sex no longer about us, because that is what has caused so much heartache in the lives of many. Giving is the better way as the scriptures say, so let’s start putting that into practice!

Work on thinking of your beloved when you are going to have sex and what they enjoy about it, and find your pleasure in that! Like anything godly, sex takes practice in disciplining our minds and bodies. Be patient with one another as you both are learning to establish your sex upon the Word of God.

Remember that God is a giver! He gives us himself (the Holy Spirit) to dwell in us and to make our lives a picture of His grace!

Ephesians 1:5-6

“having predestined us to adoption as sons by Jesus Christ to Himself,

according to the good pleasure of His will, to the praise of the glory of His grace..."

God has given us so much and now it is time for us to glorify God in reflecting Him through the grace of giving in our sexual lives.

Creating a Holy Culture

Sex should be special and wonderfully unique! When something was to be used in a special and unique way in the Bible it was to be called uncommon or holy. My sex should in no way be a common activity that I have with others, but it is to be unique to me and my beloved.

Song of Solomon 6:3

"I am my beloved's and my beloved is mine."

Sex does not have to be mundane or boring! When something is special we do not call it boring at all do we? But when we see a spectacular sunset or a high mountain with snow on it, we find it special and are blown away by it! This is how we should look at sex. It is spectacular, something different from the regular, like the grand canyon!

Our minds need to begin thinking this way. Sex needs to be seen as something special where the foundations of my relationship are laid down; love, care, honesty, patience. Again, if this foundation is cracked, then the house will topple at some point.

If we self gratify ourselves (masturbate) then no longer is my body special for the one I love, but instead through masturbation we begin to walk the road of selfishness. Sex and our orgasm become common and not something special to share with the beloved. So self gratification is an

enemy of creating a special place for your loved one.

1 Corinthians 7:3

“Let the husband render to his wife the affection due her, and likewise also the wife to her husband. And the wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer and come together again so that Satan doesn’t tempt you because of your lack of self control.”

Also, another enemy is to bring pornography into the marriage bed. This too becomes the place of selfish gratification. How sad it would be to be thinking of the person on the screen while having sex with our beloved! Would we want our loved one to think of another while with us? This kind of behavior cheapens sex to a selfish need instead of the special place that you both are to experience new and wonderful pleasures. Sex is so incredible, that to use pornography to “get off” only makes orgasms a common thing and the goal in sex. But this is not the goal of sex alone. Though we are taught this in our culture, the orgasm is not the end all. For animals it is, but we have been made in the image of God!

Colossians 3:10

“Put on the new man who is renewed in knowledge according to the image of Him who created him.”

Who do you hang out with? What kind of friends are around you and your beloved? Be on your guard! Too many couples hang out with others that do not understand nor share in how special sex is. It saddens me to say, but many of our so called friends can be a danger to our marriage if we are not on our guard.

Never share your sexual intimacy with other people in specific terms. That is between you and your beloved. It is a special act between the two of you alone.

Sex is also special because in that vulnerable place of nakedness there is a relationship that can either become super incredibly strong or totally depraved and sick. So there is to be a reverence that comes with it. We do not just admire the grand canyon, but we also should reverence it! Why? Because we could die if we don't! The canyon is more than a mile deep! I watch the X Games on TV, every year. I grew up surfing and lived in Hawaii for a time. I love seeing surfers ride big waves or skateboarders on the half pipe. Yet if I don't reverence the ocean or the half pipe, I will likely drown or break my body!

Sex is to be honored and revered! It is to be holy.

Final Thoughts

To conclude, sex should never be boring to us. That would be a ridiculous statement for those who are to be image bearers of God! We will get old, and sex will become different as we do, but never mundane. God's relationship with us is never considered boring, but new every morning! (Lamentations 3:23, 2 Corinthians 5:17). God has told us to drink of the river of His pleasure in Psalm 36:8. Infinite joy is the path of those in Christ, for what awaits us in our eternal home (1 Corinthians 2:9, Psalm 16:11, Ephesians 3:14-20). The intimacy we are to experience in our sexual lives is a preview of a greater relationship that we will share with God in His Kingdom; Christ and His Church (Ephesians 5:22-32).

To help you, continue to grow your knowledge of Jesus and His love for the Church. This is the greatest guide to how you are to treat one another in the

sexual relationship! To remove Christ from the marital bed gives way to lust and its production of harm. So read, study, and pray seeking the power of the Spirit to change your heart daily in the discipline of godly sex. You and your beloved will be blessed by your commitment to it!

Troubleshooting Sex!

There are always difficulties in learning a new way to have sex. Sometimes our parts won't want to work as you are thinking a different way. Don't fret! It takes time to retrain your mind and body. If your member fails to perform because you no longer are lusting after a porn image to get you going for sex, then simply work on pleasuring your beloved a different way.

Nothing's wrong with praying before, after and even during sexual behavior! We want to bring Christ into our bedrooms and no longer give this area over to the world. It's sacred and not secular.

1 Thessalonians 5:18

"In everything give thanks; for this is the will of God in Christ Jesus for you."

Do everything you can to not succumb in using the TV or other entertainment to get you going for sex. This again will not help you at all, but will lead you to need more and more lustful stimulation. And isn't this what we are trying to get out of? The God of creation declares that love is the better way. The lust culture is fading and linked to death; love is life! Choose life, choose love!

Deuteronomy 30:19

"I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life that both you and your descendants may live."

Romans 8:6

“For to be carnally minded is death, but to be spiritually minded is life and peace”

In the same way I would not recommend dressing up for sex as it is close to the (fantasy driven) pornography industry. Too many of us will associate our beloved with what we have seen on the screen. Bottom line; if we do this, lust will be the foundation of sex, and not love. If you think you can do this and still not fantasize about pornography or sensual content that you have seen before, then you are a person I need to meet! Again, why use what the world uses to spark arousal, when God says there is a greater arousal in the foundation of godly love.

Psalm 4:2

“How long will you turn my glory to shame? How long will you love delusions and seek false gods? Tremble and do not sin when you are on your beds, search your hearts and be silent.”

Hindrances to Intimacy

Criticism

Never criticize your loved one! Not only does this apply during sex, but even outside of the sexual life. Remember that intimacy is not only having sex, but it is what leads up to the sexual relationship! If we use cutting words for the way one looks outside of sex then there will be hurts brought into the bedroom as well. Instead, replace negativity with a positive vibe.

Hebrews 3:13

“Encourage one another daily as it is called today”

De Emphasizing Sex

It's sad when I hear couples talk about sex like something kids do and adults grow out of as their marriage progresses. And this kind of attitude can play fits with your spouse who desires intimacy. Both people in a relationship should be able to see the value sex plays in the Word of God and have that be their example of its importance in their lives. Whether you're newlyweds or in your golden years, intimacy should be a part of our lives within our marriage. Over the years sex will look different but the loving compassionate heart should be growing and thriving.

Proverbs 5:18

Let your fountain be blessed, and rejoice with the wife of your youth.

A Lack of Sensitivity

Have you ever seen a movie where right after a marital fight the couple has intimacy? All well and good for a Hollywood movie, but not good in real life. It is never good to be insensitive towards a spouse one minute and then demand sex the next. Is that God's way? No way! If you are in contention in the relationship, then be sensitive to where the other is at emotionally. Now is not the time to engage in the marital bed until there is peace. And never use words like, "I need it now," or, "you need to submit to having sex with me." Those words are brutally insensitive. Remember love is patient.

James 3:17

"But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere."

Non Sexual Un-intimacy

It is never good when the only time you are intimate with your beloved is when having sexual relations. You want the marital bed to be a place

where your entire trust in the other is given. This can be nearly impossible to do if you never are touching them or hugging them outside of sex. Some couples even convey that they don't like each other much from their lack of non-sexual intimacy and worse they bring that attitude into the sexual union. This kind of behavior can have a devastating long term impact on a couple resulting in the lack of desire for sex with their spouse at all. Non sexual intimacy is the building block for great godly sex, which can be witnessed by trust and peace in the bed.

Song of Solomon 2:4

"And his banner over me was love...vs. 6 his left hand is under my head and his right hand embraces me.

Song of Solomon 2:14

"Let me see your face, let me hear your voice, for your voice is sweet and your face is lovely."

Entertainment

Today we have iPad's, cell phones, and TV's with hundreds of stations which all can hinder our intimacy. Even things like games or sports on your devices can get in the way of enjoying an incredible time with your beloved. This is today's world, and we must be aware that these all play a part in getting in the way of making your sex life incredible. Put down the distractions and learn to gaze upon your beloved! There is nothing like a beautiful intimate marital bed, so be on your guard with how much and when you are watching TV or on the devices. Relationships are better than electronics!

Psalms 63:3

"Because Your lovingkindness is better than life"

