

SESSION 22 – INTIMACY

I. INTRODUCTION

1. We often miss God's intentions for sex in one of two ways:
 - We _____ sex, not giving it enough attention in our marriage.
 - We _____ sex, making it the end-all-be-all of a relationship.
2. This session will answer two big questions:
 - What's the _____ perspective of sex in marriage?
 - How does an authentic man have a healthy, vibrant, and fulfilling sex life with his wife?

II. A BIBLICAL PERSPECTIVE OF SEX

1. Sex was God's idea.
 - Genesis 2:24-25 (ESV) "A man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed."
2. Physical intimacy that God designed for marriage is _____ .
 - In Genesis, when God finished creation, he declared "everything good." Genesis 1:31 (ESV)
 - 1 Timothy 4:4 (ESV) "Everything created by God is good, and nothing is to be rejected if it is received with thanksgiving."
3. Scripture tells us that God wants husbands and wives to _____ this gift of sexual intimacy.
 - Proverbs 5:18-19 (ESV) "Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love."
 - Song of Solomon 4:5-6 (ESV) "Your two breasts are like two fawns, twins of a gazelle, that graze among the lilies. ... I will go away to the mountain of myrrh and the hill of frankincense."
 - You miss it all if you focus just on the _____ parts.

4. Sex is not only physical but also emotional and spiritual.

- The Bible never promotes sex as merely a _____ act, but always as reflecting a deeper reality.
- “Sex engages and expresses the whole personality in such a way as to constitute a unique mode of self-disclosure and self-commitment.” – D.S. Bailey
- When the physical, emotional, and spiritual collide, sex becomes much bigger than just a physical act. It becomes an act of _____ .

III. HOW DOES AN AUTHENTIC MAN HAVE A HEALTHY AND VIBRANT AND FULFILLING SEX LIFE WITH HIS WIFE?

1. Husband 101: What you need to know about yourself.

- Many men experience a _____ of their lives when their sex drive is powerful and persistent.
 - This powerful and persistent sex drive is normal.
 - Your sex drive is something you want to learn to _____ .
 - It’s absolutely essential that you and your wife are talking openly and honestly about what each of you feel and desire.
- As a man, your tendency is going to be to focus on the visual and the _____ .
 - “Men are primarily aroused by visual stimulation. They are excited by feminine nudity or partial nudity. Women, on the other hand, are typically much less visually oriented than men.” – Dr. James Dobson
 - God _____ you to delight in your wife’s body.
- Real sexual fulfillment for men is impossible unless they can sexually fulfill their wives.

2. Wife 101: How can you be a servant leader to your wife in your sex life?

- i. Make it your primary goal in sex to _____ rather than to be served.
 - “Die to Live” applies to a man’s sex life!
 - The ideal sex life in the Bible is not seeking to get your own needs met, but rather a married man and woman seeking to serve one another.
 - The husband should fulfill his wife’s sexual needs, and the wife should fulfill her husband’s needs. 1 Corinthians 7:3 (NLT)
- ii. _____ her with words and displays of affection.
- iii. Know what brings _____, both emotional and physical, for our wife.
- iv. Establish a track record of being safe in bed.
 - If she is not _____, then we are not doing that.
- v. Don’t rush or overly concentrate on the hot spots.
- vi. Keep growing in your sexual _____ and insight.
- vii. Seek outside help for sexual _____ you can’t work through.
- viii. Pray about your sex life together.

DISCUSSION / REFLECTION QUESTIONS

1. Would you describe your sex life as healthy, vibrant, and fulfilling? Why or why not?
2. Whether married or single, what did you find most insightful or helpful from this session?
3. Do you cultivate the spiritual and emotional side of your sex life? What can you do to grow in that area?
4. Do you and your wife have conversations about your sex life? Are you open and honest with each other? Why or why not?

ANSWERS**I. INTRODUCTION**

1. We often miss God's intentions for sex in one of two ways:
 - We **underemphasize** sex, not giving it enough attention in our marriage.
 - We **overemphasize** sex, making it the end-all-be-all of a relationship.
2. This session will answer two big questions:
 - What's the **biblical** perspective of sex in marriage?
 - How does an authentic man have a healthy, vibrant, and fulfilling sex life with his wife?

II. A BIBLICAL PERSPECTIVE OF SEX

1. Sex was God's idea.
 - Genesis 2:24-25 (ESV) "A man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed."
2. Physical intimacy that God designed for marriage is **good**.
 - In Genesis, when God finished creation, he declared "everything good." Genesis 1:31 (ESV)
 - 1 Timothy 4:4 (ESV) "Everything created by God is good, and nothing is to be rejected if it is received with thanksgiving."
3. Scripture tells us that God wants husbands and wives to **enjoy** this gift of sexual intimacy.
 - Proverbs 5:18-19 (ESV) "Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love."
 - Song of Solomon 4:5-6 (ESV) "Your two breasts are like two fawns, twins of a gazelle, that graze among the lilies. ... I will go away to the mountain of myrrh and the hill of frankincense."
 - You miss it all if you focus just on the **body** parts.

4. Sex is not only physical but also emotional and spiritual.

- The Bible never promotes sex as merely a **physical** act, but always as reflecting a deeper reality.
- “Sex engages and expresses the whole personality in such a way as to constitute a unique mode of self-disclosure and self-commitment.” – D.S. Bailey
- When the physical, emotional, and spiritual collide, sex becomes much bigger than just a physical act. It becomes an act of **worship**.

III. HOW DOES AN AUTHENTIC MAN HAVE A HEALTHY AND VIBRANT AND FULFILLING SEX LIFE WITH HIS WIFE?

1. Husband 101: What you need to know about yourself.

- Many men experience a **season** of their lives when their sex drive is powerful and persistent.
 - This powerful and persistent sex drive is normal.
 - Your sex drive is something you want to learn to **manage**.
 - It’s absolutely essential that you and your wife are talking openly and honestly about what each of you feel and desire.
- As a man, your tendency is going to be to focus on the visual and the **physical**.
 - “Men are primarily aroused by visual stimulation. They are excited by feminine nudity or partial nudity. Women, on the other hand, are typically much less visually oriented than men.” – Dr. James Dobson
 - God **designed** you to delight in your wife’s body.
- Real sexual fulfillment for men is impossible unless they can sexually fulfill their wives.

2. Wife 101: How can you be a servant leader to your wife in your sex life?
 - i. Make it your primary goal in sex to **serve** rather than to be served.
 - “Die to Live” applies to a man’s sex life!
 - The ideal sex life in the Bible is not seeking to get your own needs met, but rather a married man and woman seeking to serve one another.
 - The husband should fulfill his wife’s sexual needs, and the wife should fulfill her husband’s needs. 1 Corinthians 7:3 (NLT)
 - ii. **Reassure** her with words and displays of affection.
 - iii. Know what brings **arousal** both emotional and physical, for our wife.
 - iv. Establish a track record of being safe in bed.
 - If she is not **comfortable** then we are not doing that.
 - v. Don’t rush or overly concentrate on the hot spots.
 - vi. Keep growing in your sexual **knowledge** and insight.
 - vii. Seek outside help for sexual **roadblocks** you can’t work through.
 - viii. Pray about your sex life together.