

SESSION 19: THAT CRAZY LITTLE THING CALLED SEX

I. God's Design for Sexual Relationships

Key Principle: Sex is a gift from God given as human glue to cement a husband and wife into one.

A. Biblical Insights

1. This human glue is powerful.
2. This human glue is personal.

B. Biblical Benefits

1. Creation of Life
2. Physical Pleasure
3. Personal Intimacy
4. Sexual Purity
5. Emotional Comfort

II. Understanding Male/Female Sexual Dynamics

A. Two Approaches – One Common Experience

The Male Sexual Progression

Physical → Emotional → Spiritual

The Female Sexual Progression

Emotional → Physical → Spiritual

- B. Cycle of Isolation

III. Importance of Purity

Key Principle: Operating within God's design for our lives is always beneficial for us and our relationships.

- A. Problem with Impurity

- B. Practical Application

Resources:

Intimate Issues by Linda Dillow

Sheet Music by Kevin Lehman

Gracepath Study: Biblical Sexuality – <http://womensmediaplayer.hcbc.com/series/biblical-sexuality-159>

Celebrate Recovery – HCBC ministry - more information coming soon online at hcbc.com

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Discussion Questions:

1. From our Reflection Assignment last session, what items on the 25 ways did you make an effort to improve? How did that go?
2. Are you surprised by the assertion that God is “pro-sex”? Why or why not?
3. How does the idea that sex is “human glue” change your perspective of sex within marriage? How does that concept shape your perspective on sex outside of marriage?
4. How are men and women different with regard to their sexual attraction and progression? Why is it important to understand this? (as a married woman OR as a single)
5. What do you wish you had known sooner about this topic?

Reflection Assignment:

In what ways have you failed to recognize the value and the power of sex in your life? (Sexual involvement outside of marriage, withholding yourself sexually in your marriage, focusing on ungodly images or thoughts about sex...) Confess this before God and ask for His forgiveness. Then, commit to Him to begin today changing your thoughts and your actions to conform them to His will. Write down one thing that you will begin doing this week to follow through on your commitment.

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Passage to Ponder this week: 1 Corinthians 6:18-20

Week Nineteen Summary:

It's no surprise that if our world has a flawed perspective on male-female relationships in general, then popular notions about sexuality will be out-of-whack, too. It's not hard to see what's wrong with the Playboy mentality. This philosophy of permissiveness and exploitation reduces people to objects for the pleasure of others and uses sexual titillation to sell toothpaste. While insisting that sex is "only physical" it also insists that a person's sexual preferences constitute their identity. Clearly our society has gotten sex wrong! The popular view of sexuality would have no appeal at all...if not for the fact that the alternative is so unappealing and repressive. Traditional "Religious" views of sex and sexuality are equally well-known: Sex is bad, sinful, a necessary evil to be permitted only as a means for producing children. What's truly important is the spiritual aspect of Man. Spiritual people are unaffected by anything as fleshly and degrading as sex.

What is surprising is the revelation that this second view of sexuality is as far from a Biblical view as the first one is. Within marriage, sex is very good. God is pro-sex. He did create it, after all! What the Bible teaches is that,

"Sex is a gift from God, given as human glue to cement a husband and wife into one flesh."

This "glue" is powerful stuff. It bonds people together whether they are married or not, with devastating results outside of marriage. This is why God strongly warns us against sexual immorality, or "uniting" ourselves with anyone other than a spouse—one person, for life. Because of the unique, "one-flesh" nature of the marriage relationship, God hates divorce. But, within marriage, sex is a great gift with many benefits. Through sexual intimacy, life is created and children enter the world. Sex is a great source of physical pleasure, which also fosters emotional and spiritual intimacy between a husband and wife. Regular sexual intimacy within marriage can provide a hedge against sexual temptation outside of marriage. And, in times of grief and discouragement, sex can be a great comfort. All these benefits are found in the Bible!

In order to live out this Biblical view of sexuality, it is important to understand that men and women are wired very differently with regard to sex. Women are drawn-in sexually by their emotions, while men are sexually attracted by their physical senses. This is important for two reasons... First: ministry within marriage. It is always tempting to believe that the way I am or the way I do things is "the right way." Women often apply this thinking to sex in their marriages. If we don't feel emotionally drawn, then we are "not in the mood." That is "the right way" to view sex, in our minds. Therefore, we believe that our husbands must woo us with romance. But, our husbands are not wired that way. Looking out for the interests of our husbands will enable us to approach the sexual relationship "his way" for a change. The good news for us is that sexual intimacy fosters emotional and spiritual intimacy—for men and women—whether emotional connection was the "jumping off place" or not!

Second: temptation outside of marriage. If women are tempted toward sexual immorality through our emotions, it becomes crucial that we "guard our hearts," and be very cautious about emotional involvement with men we aren't married to. Furthermore, if the men around us are tempted by

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what they see, smell, touch, we should be very considerate about how we dress, move and carry ourselves so that we will not cause him to begin heading down his sexual progression.

For many women, the topic of sexuality is a very delicate, even painful one. When we hear about a biblical view of sex that's lofty and even sacred, it fills us with grief because our own experiences have been so different from the ideal. Either our own past choices or the sinful behavior of others in our lives have defaced what should be a beautiful image. We must remember that God specializes in fresh starts. He is a God who exchanges beauty for ashes, and can make all things new. If we will let Him into this area of our lives, He can and will bring healing.