

Restoring Sexual Sanity

- "I don't know whether I was thinking about my hormones or the Holy Spirit... I think they go together" (Josh McDowell when talking about his courtship with his wife).
- "It was Augustine who epitomized a general feeling among the Church fathers that the act of intercourse was fundamentally disgusting. Arnobius called it filthy and degrading, Methodius unseemly, Jerome unclean, Tertullian shameful, Ambrose a defilement. In fact there was a consensus that God ought to have invented a better way of dealing with the problem of procreation. Augustine... set his mind to the problem and concluded that the fault lay not with God but with Adam and Eve" (Tannahil, 1981).
- Proverbs 30:18-19 "There are three things that are too amazing for me, four that I do not understand: the way of an eagle in the sky, the way of a snake on a rock, the way of a ship on the high seas, and the way of a man with a maiden."
- "Couples sooner or later always fall out of love, and it is at the moment when the mating instinct has run its course that the opportunity for genuine love begins. It is when the spouses no longer feel like being in each other's company always, when they would rather be elsewhere some of the time, that their love begins to be tested and will be found to be present or absent" (Peck, 1978).

1. Four Categories of Thinking About Sex

1.1. Those who devalue sexuality.

1.2. Those who deify sexuality.

1.3. Those who think of sex as necessary but contemptible.

1.4. The Biblical and realistic attitude.

2. Great Sex: Reclaiming a Christian Sexual Ethic

- 2.1. God has designed us to **move beyond ourselves**: Genesis 2:18 The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him."
- 2.2. God has written into our sexuality **a call to community**: Genesis 2:23-25 The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man." For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. The man and his wife were both naked, and they felt no shame.
- 2.3. God gave us sexuality for **peoplemaking**: Ecclesiastes 11:5 "As you do not know the path of the wind, or how the body is formed in a mother's womb, so you cannot understand the work of God, the Maker of all things."
- 2.4. God wants us to have **an earthy spirituality**: I Corinthians 7:5 "Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control."

3. Marital Sexuality: Maintain the Temptation

- "Marriage combines the maximum sexual temptation with the maximum opportunity; therefore, maintain the temptation!"
- Proverbs 5:15-21 "Drink water from your own cistern, running water from your own well. Should your springs overflow in the streets, your streams of water in the public squares? Let them be yours alone, never to be shared with strangers. May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer--may her breasts satisfy you always, may you ever be captivated by her love. Why be captivated, my son, by an adulteress? Why embrace the bosom of another man's wife? For a man's ways are in full view of the LORD, and he examines all his paths."

Three biblical goals for marital sexuality:

- 3.1. **Sexual Freedom (not obsession)** is the liberty to express your sexuality fully, inventively and exclusively within the marriage covenant with the grace of a lover.
- Galatians 5:22-23 "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

3.2. **Sexual Purity (not sexual experience)** is the wholesome direction of your sexual energies to your partner while cherishing him as a whole person (I Corinthians 6:9 “Do you not know that the wicked will not inherit the kingdom of God?”).

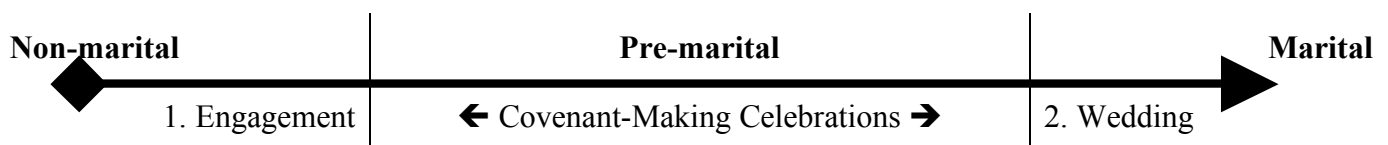
- I Thessalonians 4:3-7 “It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God; and that in this matter no one should wrong his brother or take advantage of him... For God did not call us to be impure, but to live a holy life.”

3.3. **Sexual Contentment (not sexual sufficiency)** is not necessarily sexual fulfillment but it is the practice of "sexual thanksgiving."

- Philippians 4:11-13 “I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.”

4. Non-Marital and Pre-marital Sexuality (Prov. 7)

4.1. Non-marital is not premarital.



4.2. Levels of sexual involvement: Intercourse is a biological and emotional package.

1	2	3	4	5	6	7
See / smell	Hold / touch	Light kiss	Deeper kissing	Breast / genital fondling	Insertion	Orgasm / resolution
← Where does sexual “intercourse” begin? →						

5. Encouragements To A Good Marital Sexuality

- 5.1. An everyday improving marriage relationship overall: intercourse is not what you do but what you are.
- 5.2. Straightforward communication: burn the books and ask your partner what she / he wishes.
- 5.3. Recognition of sexual differences ("But women aren't supposed to be so vigorous!").
- 5.4. Willingness to risk creativity and vulnerability.
- 5.5. Laughter helps – it breaks the serious, important and urgent syndrome.
- 5.6. Sleep, rest and a lack of distractions.
- 5.7. 1-3 hours of emotional intimacy and sexual time at least once per week.
- 5.8. It helps if one can talk realistically to God about the intimacies of lovemaking.

6. Roadblocks To Healthy Sexual Relating In Marriage

- 6.1. Tiredness, sameness and schedule overload.
- 6.2. Lack of prior thoughtfulness (no emotional and spiritual foreplay).
- 6.3. Inadequate emotional self-disclosure as a normal part of marriage.
- 6.4. Infrequency ("if you don't use it, you'll lose it").
- 6.5. Anger unresolved and resentment building. Bitterness is the biggest lovemaking killer.
- 6.6. Demands for sex and kinds of sex rather than asking for sexual wants.
- 6.7. The other woman / man syndrome / habit.
- 6.8. All the normal factors that wreck reasonable communication.

7. The Ministry of Sexual Encouragement Husband-To-Wife And Wife-To-Husband

7.1. **Caring** by thoughtful listening of one's sexual hopes and wishes. (Is it not true that the judgment of man is worse than the judgment of God?)

7.2. **Learning** by reading and talking together.

7.3. **Priesting** one another by ministering absolution and confession.

7.4. **Prophesying**: "But everyone who prophesies speaks to men (or women) for their strengthening, encouragement and comfort." (1Corinthians 14:3)

7.5. **Praying** happily and needfully about your love life.

7.6. **Deciding** what you will and will not do in your physical expression of love.

8. Marital Infidelity: The Myth of the Greener Grass

8.1. Emotional immaturity

- Self-doubt that produces emotional dependence and the need to find someone to continually prop up a sagging self-esteem.
- Parental indulgence can prepare a child for perpetual immaturity and marriage infidelity.
- Pride in one area of achievement can set one up to fall in another area: charisma without character.

8.2. Unresolved conflicts

- The job is everything: the wife becomes another man's mistress because the husband has his work as a mistress.
- The fight over money problems.
- Disagreement doesn't hurt a marriage, but criticism kills it.

8.3. Unmet needs

- attention:
- acceptance:
- affection:
- admiration:
- activities: