Disciples Church

Marriage & Singleness Series - Session 10

**Intimacy**

Week of March 21, 2018

**TEACHING NOTES**

Oneness: the very concept of Oneness is solidified in the intimate joining of the husband and wife’s bodies in sexual intercourse.

**Genesis 2:24-25**

24 Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

25 And the man and his wife were both naked and were not ashamed.

There is an intimacy described here …

a joining of two lives to become one that is unlike any other in creation.

🡪 It is the closest physical picture we can have of understanding intimacy.

For a man and his wife to become one flesh and to be naked and unashamed is a beautiful and priceless thing.

The problem is Sin and society have really stolen God’s intention for **Marital intimacy.**

**What this has meant for the church and Christian people is we have removed talking about and celebrating this wonderful gift from our lives.** It has become a Taboo subject!

Rarely do we talk about martial intimacy at church and rarely do we talk about it at home.

**We have essentially left this topic to be learned, discovered and celebrated on the worlds terms.**

**IF the church is not talking about it and married couples are not talking about it who is?** Movies, TV, music, internet, Books, magazines, Teenagers in puberty, co workers, social media.

The problem is when we remain removed from Rightly talking about, acting on and celebrating Gods design for Marital intimacy the world continues to teach us the wrong thing and talk about it in a dishonoring way.

**In the vacuum left by the silence of our church family and the home our kids and our even our spouses** has shaped with a view of sex and intimacy that is not at all what God intended.

**Understand: The world’s agenda when it comes to sex is to “profane” it.**

**Profane = to make it common!** To treat something sacred with Irreverence.

So profanity comes form the word profane.

So when we say ***“Oh God”*** in just a flippant common way ..instead of exalting his name… and worshipping the true God .. we use it as a casual response to life and make it common.

Or we use it as a swear word to illustration the emotion of disgust.

Like… ***“Jesus Christ”.***

So our cultures agenda is to profane sex they remove all mystery and holiness and sacredness and selflessness and make it common & casual.

Causing the mind to think about it as something that is simply for personal selfish pleasure, or status, or adventure.

Our culture wants to make sex simply about **physiology** and **biology**.

And so we they teach it to our kids in **sex ED** it is all about mechanics.

Put this here and this here until you get a result.

 Oh yeah and if you do not want babies or diseases wrap this on this first.

**We have been convinced by our culture that they get it and we don’t.**

This is why for far to many people they are captured buy the world’s casual, mechanical, free market idea of sex.

<>This is why people struggle with **pornography.**

Many have come to believe that it is purely mechanical and therefore its not a big deal to view sexual content. Or people think that the world “out there” understands and enjoys sex more than you do or the church does and people think it is ok to investigate and experience what is out there.

Turn with me to **Proverbs chapter 5.**

**Proverbs 5:1-2 My son, be attentive to my wisdom; incline your ear to my understanding,**

**2 that you may keep discretion, and your lips may guard knowledge.**

Here, Solomon is driving home the need to be attentive to the counsel he is about to give. Lean in, son! Don’t miss this. You will surely need this.

The topic is brought forth in verse 3. **“For the lips of a forbidden woman”.** What I have come to see in practical life is that the “lips of a forbidden woman” here can be any sexual temptation that is outside of God’s will for your life. It could be any person who is not your spouse (this applies to single people too). If they are not your spouse, then you have no business engaging the temptation before you.

 It also can be any image or scene in a movie, or picture, or person walking by. It can surely be pornography. I have sat with many teens, men and women over the years in pastoral counsel to look to this proverb as a great help in their need to wage war on addiction to porn.

Solomon goes on to clarify how seductive sexually immoral things are. They “drip honey” & “her speech is smoother than oil”.

In that culture, honey was the sweetest thing you could enjoy so it was very desirable. One who is smooth in speech is also very seductive and enticing. He is saying be alert and aware how entrapping her presentation is.

**The Consequences**

In verse 4 & 5, we are given insight into the reality of what she actually brings, “but in the end she is bitter as wormwood, sharp as a two-edged sword. Her feet go down to death; her steps follow the path to Sheol;”.

**This is no casual consequence.** The division that a two-edged sword brings is very real. The road she takes you to is death and suffering. This is the con of all cons. You think you are getting pleasure and comfort, but you are really getting bitterness, breakdown in life, and consequences that lead to death and great suffering.

**In verses 7 & 8 he says listen up again.**

“And now, O sons, listen to me, and do not depart from the words of my mouth. Keep your way far from her, and do not go near the door of her house”. LISTEN TO ME… do not depart from this counsel or it will wreck your life. Stay far away from such temptation. Do not allow it near. Do not wander into places where this kind of temptation resides. This gets very practical for us.

What conversations are you having or relationships are you flirting with that are set in a foundation of innocent intentions but are really on the door step of great blunder? What online, tv show or movie content are you viewing or allowing into your life?

Solomon says **stay away.**

Another application of this is where is sexual immorality accessible? Do you have cable in your home, internet access on your computer or phone where sexual temptation is present and a click away? To stay far away as the counsel is given, it can be wise to remove such access. Block certain channels on your cable (let someone else set the code), have accountability software on your computer or phone whereby a trusted person can see what you are seeing. XXX Church and Covenant Eyes are both great resources for such software. I have many brothers who simply don’t have a personal computer or smart phone simply for the fact that they don’t want the temptress on their door step at all times.

Now, you might be telling yourself, that would greatly affect my life to not have such access. I get it. But I would also ask, how much your life would be affected if you don’t take the steps to prevent sexual immorality from manifesting itself in your life and marriage? That is the point of Solomon’s next words.

In verses 9-11, he says, “lest you give your honor to others and your years to the merciless, lest strangers take their fill of your strength, and your labors go to the house of a foreigner, and at the end of your life you groan, when your flesh and body are consumed”. He is saying here, that the consequence of the fall out that comes with this kind of sinful engagement will steal your life away. To give your honor and respect to others opens the door for them to:

**-“take your strength**” – this is what addiction does to your life. You lose your rational to say no. You become weak and at the mercy of the master you have succumb to.

**-“ your labors go to the house of a foreigner”-** this is the sad reality of marriages that fall apart and families that are destroyed as a result of addiction or adultery. All you have worked for in life is stripped away.

**Regret**

In verse 12 & 13, the reality of the fallout is finally understood. The problem is that it is too late. The destruction has happened and the consequences have taken their toll. The listener is remorseful as he says, “How I hated discipline, and my heart despised reproof! I did not listen to the voice of my teachers or incline my ear to my instructors.”

This is the gift of good counsel ahead of time. Hopefully, you don’t have to be the one who says, “WHY DIDN’T I LISTEN? WHY DID I MAKE EXCUSES AND DO WHAT I WANTED?” This is the gift of this proverb. Hopefully, you take it seriously!

Even if you are already engaging in forbidden things. STOP. REPENT NOW. Before you delve in deeper. Humble yourself to ask for accountability from a brother who is close to you and can walk with you. Don’t wait until it’s too late and be the one saying, “Why didn’t I listen to godly counsel when I could?”

In verses 18-20, Solomon turns to bring encouragement to enjoy the provisions God has given in marriage. Marriage is worth investing in. Even if you have come to a dry place in your marriage, it is worth whatever it takes to reboot your intimacy and enjoy what God has given as good and right.

Finally, in verse 21, Solomon reminds us to never forget that God is always with us and everything we do is before his eyes.

“For a man's ways are before the eyes of the Lord, and he ponders all his paths.” Let us look to honor him above all else in these things when alone or just in our own thoughts. God is with us and we are to honor him in even the most private moments of this life. He is worthy of our praise and fight for righteous living.

This will only continue to happen until we take back sexual intimacy to be enjoyed and engaged in the ONE context God gave for it to be enjoyed, In Marriage.

**Fire in the Fire place.**

**We have to understand that Sexual Intimacy is more then the physical. The heart is so involved.**

The emotional and spiritual scars that sex & intimacy outside of your marriage brings is as deep as it gets …the bible says. And I have never seen anything in my years of counseling to be more true.

**1 Cor. 6:18**Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. (NLT)

**It is really important that not only do we have good sexual intimacy in our marriages but that we take it back in how we look at it, talk about it, have it, and expose our kids to it.**

Let’s Pray!

**When you think of Honeymooners what do you think of?** SEX!

Why is it that if we are honoring God with our relationship we wait to have it and once we get it … we let it wear off.

**Why not think of sex when you hear about a couple who is married 5 years. 10 year. 25 years?**

My Hope here tonight is that you and your spouse get to take a fresh look at your Intimacy and see if we can pull the Honey and the Moon back into your marriage.

**I want to start by looking with you at the Who: What: When: Where: Why: of Sexual intimacy!**

**Who: First of all who Designed it ? and who is to have it?**

**According to the Bible, sexual intimacy was God's creation.**

(\*think about it for a second)

How often do you roll over when you are done and seriously thank God for sex with your spouse? We do it for other things…. Food! Kids accomplishments! New Job! Fun day at your favorite amusement park. Standing on a mountaintop.

**Think about it**. Of all the things God created… Maritial Intimacy is up there!

**The Bible starts by revealing that God made us male & female with bodies built for sexual pleasure.**

Not a Man/Man Or Woman/Woman or Man/Goat. Their bodies are not built to do what God gave for Man & Woman to do in Marriage during sex for the multiplication of the human race.

**Genesis 1:27-28** So God created man in his own image, in the image of God he created him; male and female he created them. **28**And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.”

**God also created the covenant of marriage as the hearth in which the passionate flame of sexual desire is to be contained and enjoyed.**

**Genesis 2:24-25**

24 Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

25 And the man and his wife were both naked and were not ashamed.

Sex is not for love… Sex is not for Commitment **Sex is for Marriage! That’s Who!**

 **We talked about what nakedness means in week one. Transparency. Think about it… You are not naked with anybody. WHY? Because there is a transparency and vulnerability that happens.. Now that is just what we see.. What we Experience when one touches or takes your most private places into themselves is the deepest bond of intimacy and connection we know as mankind.**

**Why:**

**The Bible says that sex serves many purposes, such as:**

**1. Pleasure** (Song of Songs is an entire book on this fact)

**2. Children** (Genesis 1:28)

**28**And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it

**3. Oneness** (Genesis 2:24)

24 Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

**4. Knowledge** (Genesis 4:1)

**4:1**Now Adam knew Eve his wife, and she conceived and bore Cain, saying, “I have gotten a man with the help of the Lord.”

**5. Comfort** (2 Samuel 12:24)

**24**Then David comforted his wife, Bathsheba, and went in to her and lay with her, and she bore a son, and he called his name Solomon. And the Lord loved him

**6. Protection from sexual sin** (1 Corinthians 7:2-5)

**2**But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband. **3**The husband should give to his wife her conjugal rights, and likewise the wife to her husband. **4**For 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. **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.

**7. Worship** (Genesis 1:31)

**31**And God saw everything that he had made, and behold, it was very good

God was Pleased at a higher level (very good) after the creation of and instructions for Adam and Eve to be intimate and multiply themselves.

Worship is giving our money, body, and life to a person or thing as our highest commitment or functional god. 🡪Practically, this means that sex is a worship act and beds are really altars.

It is a God given encounter for A husband and wife to enjoy and in doing so… **HONOR GOD!**

**\*\*Dismiss HS students to their groups for extended time.**

Now, I want to turn to what the bible says about what and where and when we should have marital intimacy and don’t’ feel that the students who are not in a season of life to honor God in these ways do not need this specific teaching on what this looks like in Marriage. So they are going to pick up this conversation in their groups.

**What: Sexual Intimacy is more than Intercourse!**

The biblical book Song of Songs gives poetic discription of the liberty for sexual freedom in marriage, including:

Kissing (1:2)

oral sex (2:3)

manual stimulation (2:6)

petting (4:5)

being intimate in new places and new ways (7:11-13)

Now, if you are struggling with your pastor mentioning these things from the stage realize. I am not mentioning the prescription and permission given in a secular book or even a man authored book but form the Holy Lord’s Holy Word.

It is very important that you see this as God’s design.

 Marital Sexual intimacy is dirty or forbidden, it is God’s creation and instruction and it is a wonderful and powerful thing!

**I think one of he biggest mistakes marriage couples make is they get into daily routines and get bored.** (You spend so much time together every day and for so many years it makes sense how we get USED to each other)

🡪The point here is:

When you are intimate …. **my encouragement is to keep it fresh.** **Mix it up.**

Do not make intimacy with your spouse like walking into your favorite restaurant and saying I’ll have my usual, Larry!

**God made your bodies to be enjoyed by your spouse. Use them.**

A ? that often comes up here is: **Is there things that do not honor God in the bedroom?**

I think there are ways in which you can be abusive and cause pain and infection and or are just not healthy for you that are not honoring to God but for the most part you are to Honor Christ by enjoying each other in selfless intimacy.

**Where:**

This brings us to where?

**The bedroom is obviously the most personal and many times comfortable place you have to be intimate.** But I want to encourage you to be intimate with each other in other places.

For example: showering together doesn’t have to equal sex but can be a great comforting and sensual place to be intimate with your spouse.

There are other places and spaces for you to be together. My encouragement is when it is appropriate don’t be afraid to mix it up a bit.

Now there is a value that is important here,

* Marital Sex is not for others to participate in.

**So making your intimacy not intimate is a mistake.** But being adventurous in “where” you are intimate can bring a wonderful freshness to your sex life.

**When:**

**The answer is simple: --Often!**

When you and your spouse are trying to decide how often to me intimate together so that your Oneness is thriving.

 There is no rule or instruction on this. But a few things come to mind:

**1. Healthy sex life = healthy marriage and protection.
 1 Corinthians 7:2-5** **2**But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband. **3**The husband should give to his wife her conjugal rights, and likewise the wife to her husband. **4**For 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. **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.

**2. Three common problems; For why married couples can struggle to enjoy sexual intimacy.**

**1-Lack of enjoyment:**

**How often would you eat sweets if you could?**

**Why would you?** **Because it taste good.**

I believe that if you are trying to set a limit on your sexual intimacy it is probably because you haven’t tasted its sweetness lately or ever.

**2-Laziness (sin)**

I believe most people struggle sexually because of our sin of laziness. ..MORE!

**3. Selfishness**

**Some individuals or couples can have a different sin plague a marriage’s sex life and that sin is selfishness.**

There is such as thing as to much or to often especially if it is motivated out of selfishness and not Selfless love. \*God did not give you a spouse so you could selfishly use them to get off when ever you wanted. **Sex is a united act of love. It is not a daily work out plan!**

Although, **sex does have it’s health benefits!**

Before we look at how to make our sexual intimacy more enjoyable:

I want to address Sexual Expectations.

Unhealthy **Sexual expectations** can really get you off on the wrong foot -

**Sexual history:** (Porn, sexual abuse & physical neglect)

-This is a good thing to get back to Forgiveness and to talk to each other about.

-Do not use this as an excuse to not participate.. but as an opportunity of understanding, support and healing so that your sexual intimacy can thrive.

**Realize: Sex is not the end or best form of intimacy!**

🡪SEXUAL INTIMACY of any kind is to be a natural outgrowth of your love!

The most powerful form of love is “agape"= selfless care for the good of another.

**What might it mean for each partner to be selfless in the area of sex?**

**Women:**

* **initiate sex,**
* **be adventurous and creative,**
* **Look to selflessly serve your husband by saying yes to being intimate**

selfless love in your oneness means you will be willing to have sex even if it is not your first desire (but at some point needs to become your desire! Pretending isn’t healthy),

* **Do not make your insecurities a road block for intimacy.**

You may have bought into the lie you have to look like a movie star but to be honest your Husband picked and married you. Let him have you. Get comfortable in your own skin and it will allow you to open up and enjoy your intimacy far more.

**Men:**

* **Be patient and Take your time to be thorough**
* **Give affection just to give & not to GET sex or affection back,**
* **Take care of your body,**
* **Foreplay is different for woman and men.. (doing the dishes or sitting down to engage your wife in deep conversation),**
* **Cover your wife with loving words & compliments throughout the day not just when you want sex**

**Tips for enriching your sexual intimacy-**

1. **Be a student of your spouse.**

It takes time to discover your spouses hot buttons and likes, so be willing to listen and communicate what turns you on.

1. On that note: **Communicate about Intimacy! Do not play games. Be open.**
2. **Have a very frank discussion with a mature married (approved) friend of the same sex.**
3. **Date your spouse!**  Budget money, be creative, create intimacy, keep love burning. There is not much excitement about your roommate after a few years.

So get dulled up and take each other out

or Get dulled up and light some candles, put on some music and enjoy!

1. **Keep sex in perspective**. It is meant to be wonderful expression of the rest of your loving relationship so build a firm foundation & remember it’s not everything!
2. **Keep your sense of humor!** Sex can be fantastically romantic but it can also be hilariously real. Don’t fight this.
3. **Read together.** There are some great books on understanding sexuality and it can be a very helpful resource to increase your knowledge in this area. **Waning- Porn trap.**
4. **Grow in Christ!** There is no greater power to help you learn to serve, and selfless love your spouse than the other-centered Love of Jesus alive and moving in and through you. Are you growing and feasting on the Gospel.

Most of all: **Enjoy**! If it is something you both are willing to try and enjoy, go for it.

# Read what the marriage ceremony benediction.

**Colossians 3:14-17**…above all.. put on love, which binds everything together in perfect harmony. **15**And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. **16**Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. **17**And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Pray to close series.