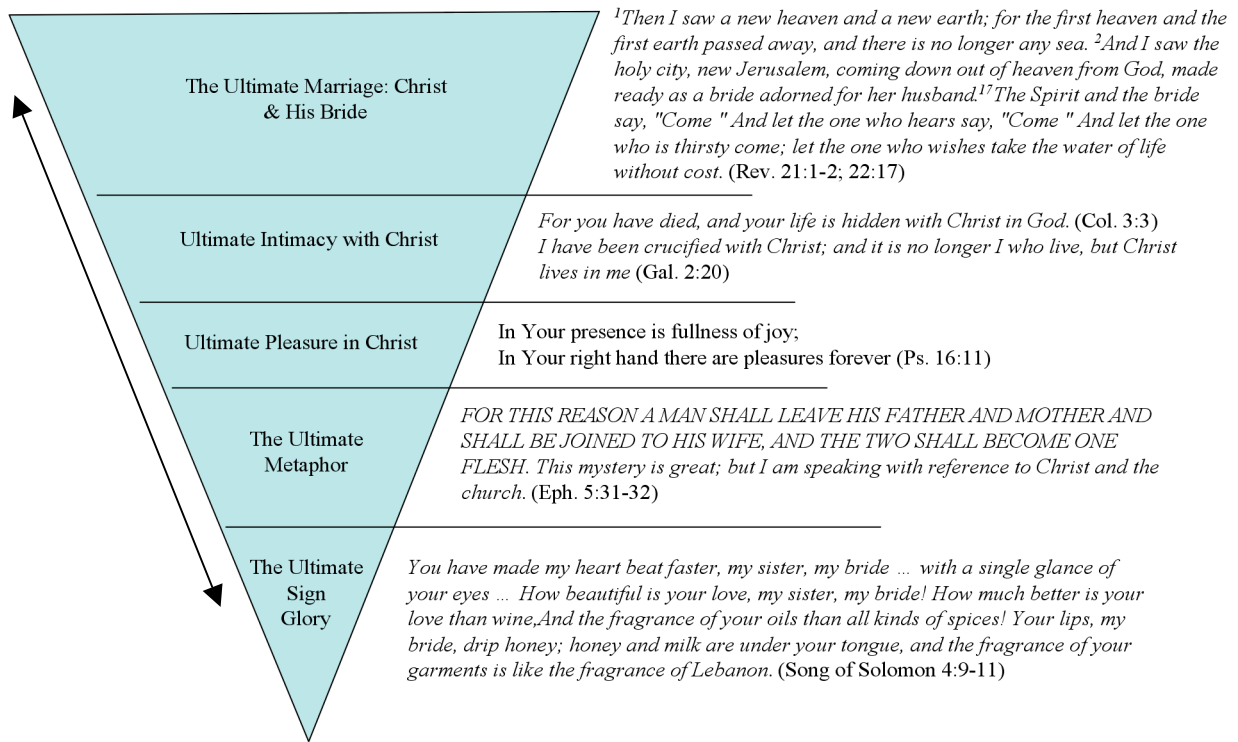


## A. Theology of Sexual Intimacy in the Marriage Bed

“The young man who rings the bell at the brothel is unconsciously looking for God.”  
Bruce Marshall—*The World, the Flesh, and Father Smith*

“Two radical points: (1) The first is that sexuality is designed by God as a way to know God in Christ more fully and (2) the second is that knowing God in Christ more fully is designed as a way of guarding and guiding our sexuality” (Piper, *Sex and the Supremacy of Christ*, 26)



## Sexual Intimacy in the Marriage Bed Points Us to God

“The language and imagery of sexuality are the most graphic and most powerful that the Bible uses to describe the relationship between God and his people—both positively (when we are faithful) and negatively (when we are not)” (Piper, 26).

## **For the Husbands—Touching Your Wife’s Heart and Mind Before You Touch Her Body**

### **A. Opening Diagnostic Question:**

Husbands, have you ever heard your wife ask, “Why can’t you touch me in a non-sexual way?” or state, “The only time you pay attention to me is when you what something!”

### **B. What does it mean to touch your wife’s heart and mind?**

The world uses the term “romance.” The Scriptures call it love. If you love your wife like Christ loved the church as outlined in Ephesians 5:25-33, you will definitely touch her heart and mind in a way she will experience as “romantic.”

1. Sacrificial Love— *Husbands, love your wives, just as Christ also loved the church and gave Himself up for her* (Eph. 5:25).
2. Sanctifying Love— *Husbands, love your wives ... so that He might sanctify her, having cleansed her by the washing of water with the word, that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless* (Eph. 5:26-27).
3. Selfless & Attentive Love— *So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself* (Eph. 5:28,33).
4. Nurturing & Cherishing Love— *or no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church, because we are members of His body* (Eph. 5:29-30).

### **C. Getting Practical ...**

The best way to **love** your wife most effectively is by knowing your wife. The best way to **know** your wife is to **study** your wife—like you do your own body (cf. Eph. 5:28,33). In other words, you need to be a student of your wife—in order to minister to her, not to manipulate her:

1. Look & listen and take notes and keep them so you can refer to them
  - a. Requires focused attention and time together—not just when you want “something” from her!
2. Be intentional about pointing her to the best Love
  - a. Her knowing Christ through His word, prayer, service, and community
  - b. How do you help your wife to live out the gospel in the following areas?
    - i. Relationships with children, parents, in-laws, friends
    - ii. Ministering to others and using her spiritual gifts
    - iii. Difficulties and the blessings of life
3. Explore her heart and mind, seeking to know her ...
  - a. Dreams—life goals, vocation, ministry/accomplishments
  - b. Desires—exercise, health, vacations
  - c. Taste and Style—clothing, jewelry, books, magazines, movies, the arts, sports, food, music, entertainment, sex
  - d. What pampers hers—vacations, getaways, spas ideas
4. Surprise and delight your wife because you delight in her and in her delight

### **D. Learning, Planning, and Doing ...**

1. Date Night—goal and purpose—relax together and relate to each other. Husbands, bless your wife by planning date and arranging child care.
2. Phone Calls—check in, catch up, and convey your love to her
3. Notes, Cards, and Letters
4. Gifts—candy, clothing, and other thoughtful items
5. Music—if so gifted. If not, play her favorite songs and dance!

6. Getaways—time without distractions is essential to re-connect and to have God-glorifying sexual intimacy.

#### **E. Leading and Loving ...**

1. Lead your wife by learning, planning, and doing things that demonstrate to her and to the world your love for her.
2. Is your love for your wife obvious to everyone—especially when you see her as she walks into a room.
3. Do you engage in appropriate PDA—public display of affection?
4. How creative do you express your love for her and do you praise her in public?
5. Take a kissing inventory—how often do you and your wife kiss? How long do you kiss? How well do you kiss? Ask your wife. Does your kissing compare to when you were dating?
6. Touching and Caressing (non-sexual, tender, unrushed with soft hands)
7. Serving your wife, not merely yourself in the marriage bed.

### **For the Wives—How to Have “The Aroma of Affection in Your Marriage Bed!”**

#### **The Wife’s Responsibility**

We must remember intimacy requires time, attention, effort, intentionality and making your marriage bed a priority!!!

#### **A. Be Availability and Interest**

1 Corinthians 7:3-5; Song 4:16; 5:2

- What is your attitude about lovemaking? As a busy wife and mother, many times, we are so weary physically, that meeting our husband’s needs is the last thing on our list!
- How do we maintain a balance in that? We ask for God’s grace!
- We must go back to God’s Word: Take our weary attitude before the Lord and ask for His strength and grace to love our husband as we are called.

*(1 Corinthians 7:3-4)—The husband should give to his wife her conjugal rights and likewise the wife to her husband. 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.*

- “Duty” found in NASB; is this the same duty as various mundane tasks that we do in the home like cleaning, laundry, etc.?
- This is not the same!
- The Greek word for duty = “a debt that is owed.”
- Let’s think about this; how do we owe our husbands a debt?
- Because of v. 4 of 1 Cor. 7. On our wedding night, there was an exchanging of gifts! I was to give over my body to my husband as a gift and he was to give me his body as a gift! We exchanged gifts didn’t we?
- This is not a duty, but a gift to be enjoyed! Do you enjoy this gift that was given to you? Do you allow your husband to enjoy his gift? We need God’s perspective, “These are gifts to be enjoyed!”
- Pray for the desire to love your husband well in the marriage bed, despite differences in sexual desire, fatigue, etc.

## For Husbands and Wives: Sexual Intimacy in Marriage

- They know...! The longer for us...it doesn't bother us! The longer for them...it bothers them!
- Communicate with your husband how he can help you get in the mood!!! (Help with children, dinner, encourage him to romance you!)
- Are you a willing wife or a responsive lover??? Make your yes, a YES!
- Your husband does NOT want to make love to the mother of his children. He wants to make love to his wife, his lover!!!!

### **B. Be Attractive**

(Song 7:6)—*How beautiful and pleasant you are, O loved one, with all your delights.*

- Don't turn into a "frumpy married woman!"
- Men are stimulated by sight...what does your husband like?
- Sometimes we get annoyed when our husbands "give us that look" don't we? We must remember that God created him to be visually stimulated and when a husband looks at his wife, he likes what he sees whether we think we look good or not!
- You need to be a sexy, godly woman for your husband!!!
- Be a good steward of your body ladies!(1 Cor.6:19-20)
- 20-30 minutes of cardio daily
- Choose healthy food choices
- Get the rest you need whenever you can! (Take a nap!)
- Make your health a priority!

(1 Pet. 3:3-5)—*Reminds us to cultivate a quiet and gentle spirit which is precious in God's sight.*

- Let your husband be your mirror; you are perfect for HIM!
- Gravity works against you ladies, but a growing intimacy with the Lord makes us most attractive!

### **C. Be Prepared and Plan**

(Song 4:9)—*You have made my heart beat faster, my sister, my bride; you have made my heart beat faster with a single glance of your eyes, with a single strand of your necklace.*

- Romance begins in our minds ladies!
- Schedule. if you must! This doesn't mean you are forcing sex to happen; it means you are creating the time for it to happen!!!!
- When was the last time you spent time daydreaming about being intimate with your husband?
  - Pray that the Lord would give you a "longing for your husband and a desire for romance with him!"
  - Spend more time kissing!!!! Looooonnnnggg passionate kissing!!!!
  - Make your bedroom a "special place" for you and your husband to enjoy one another!
  - Light candles as you are getting ready for bed, to set the mood!!!
  - If you like flowers, put fresh flowers in your bedroom, especially IF your husband surprised you with flowers!!!!
- Make sure you get the rest you need so you have the energy to spend time with your husband! (Ask him to help you with...)
- Prepare simpler meals so you can enjoy "dessert" together later!!!
- Be a better manager of your time, allowing time with your husband!

## For Husbands and Wives: Sexual Intimacy in Marriage

- Change the time of your love making...you have to be creative with teens and toddlers around!!!!
- Go to a hotel near by...or exchange your children to sleep over with another couple, giving you time alone, overnight!!!

### **D. Be Sensitive to Your Husband's Needs**

- We need to remember that we are the ONLY one who can minister to this particular need for our husband, in a God glorifying way!
- As wives, we need to initiate love making more! Surprise him!
- Ask your husband to consecrate your marriage bed to the Lord. He created it!
- Ask the Lord to help you love your husband better, then ask your husband how you can be a better lover!!!

### **E. Communication is Vital!**

- Will you scratch my back honey?
- We must communicate our likes and dislikes
- Verbal and non-verbal communication
- When do I share these things?
- It might be a fantasy for one and a nightmare for the other...
- Share with one another ways in which the other can love you better in the marriage bed; he/she doesn't always know!

## **Questions for Breakout Time**

### **Question For You as a Couple:**

Based on God's purpose for marriage, what has your marriage been centered on? On us as husband and wife? On our children? On our responsibilities? On our goals? On our comforts? On our stuff?

### **For the husband to ask his wife:**

1. If you knew that I would not react with sinful anger, how would you evaluate me as a husband and a lover? Please be completely honest."
2. Do you feel more like a mother or a wife in the midst of dishes, diapers and diseases?

### **For the wife to ask her husband:**

1. If you knew that I would not react with sinful anger, how would you evaluate me as a wife and lover? Please be completely honest."
2. Are you tentative to initiate sexual intimacy based on being repeatedly turned down? What changes would you like to see?