

Grace Bible Church
2022 Biblical Counseling Conference
TRACK ONE



Session 9 – Biblical Sexuality

Why a session devoted to this subject?

1. Because so many Christians are untaught in this area
2. Because so many Christians have unbiblical thinking and behavior in this area that is hurting their testimony, social relationships and/or marriage
3. Because we need to teach our children and grandchildren not only what is wrong sexually, but also what is right
4. So that we can evaluate other popular teaching in light of the Scriptures.

What Are the Key Biblical Principles?

I. Sex Was Created by God and Is Pure
(Gen. 1:27, 31; 2:18, 21-23; Heb. 13:4)

I Timothy 4:4 "For everything God created is good and nothing is to be rejected, but all is to be received with a prayer of thanks."

Three Things We Learn about Sex from I Timothy 4:4...

1. It's good
2. It should not be rejected
3. You can thank God for it!

A. God Designed both the Male and Female Anatomy

B. God's First Command to Adam and Eve Was Impossible to Fulfill Without Sex! (Gen 1:28)

C. Sex in Marriage is God's Idea and is Good!

Genesis 2:22-25 (Living Bible) "Then God made a woman and brought her to man. 'This is it!' Adam exclaimed. The man and his wife were both naked but neither was embarrassed or ashamed."

1. God created sex before there was sin

Genesis 1:31 “Then God saw everything that He had made, including our sexuality and indeed it was very good...”

2. And even after sin and the fall of man in Gen. ch. 3 God still calls sex good and honorable

Hebrews 13:4 “Let marriage be held in honor among all, and let the marriage bed be undefiled for God will judge the adulterer and all the sexually immoral.”

II. Marriage is Intended to Depict the Sexual Relationship as an Expression of Intense Companionship and Intimacy

A. Marriage is meant to “typify” the believer’s relationship with Christ

Ephesians 5:31-32 “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh. This is a profound mystery—but I am talking about Christ and the church.”

"This marriage between man and woman... is about something much bigger than the relationship itself. It points beyond them to somebody else - to God. The point of marriage isn't marriage. It's a picture. A display. A window that you look through to something else. A marriage has a mission. Too often the problem is that each person in that marriage has a mission... and it has nothing to do with God's mission. Our world isn't... one. It's broken, shattered, fractured, with pieces lying over the floor... A marriage is designed to counter all of this. Not to add to the brokenness of the world but to add to the 'oneness' of the world. This man and this woman who have given themselves to each other are supposed to give the world a glimpse of hope, a display of what God is like, a bit of [oneness] on earth." Sex God, Rob Bell, p. 152-153

B. The marriage bond and the believer’s union with Christ interact in ways that influence or enrich our understanding of both

My experience of marital oneness helps me understand a bit of the mystery of spiritual union. (Gal. 2:20)

C. Sexual expression is to be at the end of the intimacy chain, the product or manifestation of real marital oneness. (1 Cor. 7:3-4)

Consider C.J. Mahaney’s excellent little book, **Sex, Romance, and the Glory of God** – where he uses a phrase that men especially need to be reminded of...”before you touch her body, touch her heart.”

III. Sex Without Marital Intimacy Can Take Many Forms:

A. Lust

B. Masturbation

C. Homosexuality

D. Adultery

E. Fornication

IV. God Encourages the Pleasure of Sex in Marriage

Proverbs 5:18-19 NASB “ . . . rejoice in the wife of your youth. As a loving hind and a graceful doe, let her breasts satisfy you at all times; be exhilarated always with her love.”

“I know some muddle-headed Christians have talked as if Christianity thought that sex, or the body, or pleasure, were bad in themselves. But they were wrong. Christianity is almost the only one of the great religions which thoroughly approves of the body - which believes that matter is good, that God Himself once took on a human body and that some kind of body is going to be given to us even in Heaven and is going to be an essential part of our happiness, our beauty and our energy. Christianity has glorified marriage more than any other religion and nearly all the greatest love poetry in the world has been produced by Christians. If anyone says that sex, in itself, is bad, Christianity contradicts him at once.” C.S. Lewis, *Readings for Meditation and Reflection*, p. 84-85

A. **“Satisfy”** (v.19) means to have desire met, thirst quenched, to have no further desire.

This Hebrew word pictures a thirsty, dry person being quenched with a cool drink of water.

B. **“Exhilarated”** (v. 19) means to be intoxicated, ravished, overwhelmed with pleasure.

The word ‘ravished’ is one of the strongest words in the Hebrew language.

V. Sex in Marriage is to be a Major Factor in Preventing Immorality

A. “But if they have not self-control, restraint of their passions, they should marry. For it is better to marry than to be aflame with passion and tortured continually with ungratified desire.” (1 Cor. 7: 9, Amplified Bible)

B. The husband and wife are to so satisfy each other that there is no desire for anyone else (I Cor. 7:20)

VI. Each Husband and Wife Has a God-Given Duty to Satisfy His or Her Mate

A. The key phrase is translated “fulfill his duty” (NAS); “render due benevolence” (KJV); “fulfill his marital duty” (NIV); “must always give his wife what is due her” (Williams); “do for his wife what he owes her” (Beck); “should give to his wife her conjugal rights” (Amplified). I Cor. 7:3

B. God’s commands assume God’s enablement; therefore you can satisfy your spouse’s sexual desires! (Phil. 4:13)

C. Common causes of failure in this area:

- 1) Selfishness
- 2) Unresolved guilt
- 3) Unresolved problems
- 4) Ignorance or misinformation about mate’s anatomy
- 5) Ignorance or misinformation regarding how their mate is sexually aroused

VII. Each Spouse is to View His Body as For His Mate's Sexual Enjoyment

I Corinthians 7:3-4 "A man should fulfill his duty as a husband and a woman should fulfill her duty as a wife. And each should satisfy the other's needs. The wife's body does not belong to her alone, but also to her husband. In the same way, the husband's body doesn't belong to him alone, but also to his wife."

- A. The goal of sexual activity is not pleasure or climax for personal joy, but to use one's body to bring gratification and satisfaction to the spouse.

Lou Priolo's book, Complete Husband, has a great chapter (10) on sex.

- B. The exact statement is made about both husband and wife, indicating that each has an equal **responsibility** to initiate physical pleasure toward their mate.

- C. What Paul is teaching specifically about the sexual relationship is simply an **application** of many general biblical principles. (e.g. Phil. 2:3,4; Eph. 5:21; Mt. 22:36-40)

VIII. Sexual Relationships are to be **Regular** and **Reciprocal**

I Corinthians 7:5 "Stop depriving one another, except by agreement for a time that you may devote yourselves to prayer, and come together again lest Satan tempt you because of your lack of self-control."

- A. **"Deprive"** (NAS, NIV); "Defraud" (KJV) means to rob, to keep back from someone through deceitful methods what is rightfully theirs.
- B. This pattern is to be altered only when there is:
- 1) Mutual agreement
 - 2) A specific time limitation
 - 3) A spiritual purpose
 - 4) A time of planned resumption

Data-Gathering Questions for Sexual Problems

1. Do you recall any specific event that may have affected your sex life?
2. Word-association test ~ what do you think of when you hear the word 'sex'?
3. What was your parents' attitude about sex? (mother, father)
4. What did you learn from your parents about sex? Did your parents enjoy sex?
5. Was affection shown freely by your parents to one another? To you and your brothers and sisters?
6. What was your first sexual experience? What was your reaction to it?

7. Were you ever sexually molested or violated? Briefly describe circumstances.
8. What excited you sexually in the past? What excites you sexually now?
9. What stirs up sexual guilt or shame in you now?
10. What does the Bible say about sex? Describe as fully as you can. What are God's purposes for sex?
11. What is proper and improper in sexual relations? What would be wrong?
12. Did you participate in petting on dates? On most dates? With certain individuals? How far did you go? To the point of manipulating the genital area of your partner? Vice versa? Ever to intercourse? How did you react to these experiences? Guilt? Shame? Were you ever suspected or caught? Punished?
13. Were you ever engaged to be married or seriously involved in other courtships before meeting your present husband or wife? Why terminated?
14. What attracted you most to your husband/ wife?
15. Are these qualities (reasons / attractions) still present today?
16. What were your expectations regarding sex, love-making and intercourse before marriage? Were these expectations fulfilled at some point within the first year of marriage? If not, describe.
17. Describe your honeymoon. Sexual difficulties? If so, what?
18. How frequently did you have sex during the first month of marriage? Enjoy frequency?
19. Usual frequency now?
20. Who usually initiates relations? Who chooses time?
21. Do you have a preference for a time of day and situation for lovemaking? Describe.
22. Do you tell your spouse what pleases you and displeases you about sexual intercourse?
23. Do you have fun together frequently? Doing what?
24. Do you confide in one another? On a scale of 0-10 where are you?
25. What trait, behavior pattern, or habit does your mate have that tends to diminish your sexual desires toward your mate?
26. Do you still find your mate attractive?
27. What do you want most in the way of attitude, behavior, etc., that your mate doesn't provide you now?

28. Do you think you are attractive? Were you a pretty child? Were you attractive during courtship? Would you like to change anything about yourself?
29. Are you attractive to your mate?
30. What are your greatest attributes as a person? To your mate?
31. How do your sexual problems affect your mate (generally and then sexually)?
32. What do you think causes you to malfunction sexually?
34. What is your concept of effective sexually functioning?
35. To what extent were you and your mate involved sexually before marriage? Did you have sexual intercourse? If so, have you ever repented of this as sin to one another and to God?
36. Have you or your mate had extra-marital sexual activity since marriage? Describe.
37. Do you enjoy touching and being touched? Do you and your mate use body contact frequently?
38. Would you like your mate to touch you more or less? Give reasons.
39. Do certain words or sounds bring special pleasure to you? Bring displeasure to you?
40. What could you do to more fully please your mate sexually?

Recommended Books

Biblical Principles of Sex, Dr. Robert Smith, Timeless Texts, 2004

Sex, Romance, and the Glory of God: What Every Christian Husband Needs to Know, C.J. Mahaney, Crossway, 2018

Intended for Pleasure, Dr. Ed Wheat, Revell, 2010

Intimate Issues: 21 Questions Christian Women Ask about Sex, Waterbrook, 2009

The Complete Husband, Lou Priolo, P&R Pub., 201733. Have you ever functioned satisfactorily?