

**Biblical View of Sexuality**  
Biblical Soul-Care Workshops

Week 8  
Session 2

**THE GOSPEL INSTITUTE**

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**Goals of this Session**

- Identify and challenge prevalent man-centered views of sex (in the culture and in our minds).
- Develop a biblical picture of the marriage sexual experience.
- Encourage the pursuit of pleasure through pleasing God and your spouse.
- Foster wisdom and confidence to help others understand and pursue a biblical view of sex.

Man-centered Views of Sex 3

**Confronting our Views of Sexuality**

1. How much does your culture or experience define your view of sex?
2. Would your view of or attitude towards sex offend God?
3. What do you think about your self? Are you truthful, loving and gracious re: your own "body-image"? Your spouse's?
4. Can you confidently articulate a biblical view of sex? If not, are you willing to learn?
5. Your heart-attitudes about sex have a direct effect on your sexual relationship and fulfillment.

Man-centered Views of Sex 4

**What Sex is Not**

1. Evil - any attitude that views marital sex as evil, dirty, etc. is sinfully opposed to God's views. (Is. 5:20)
2. Something to be embarrassed of, God isn't (Acts 10:15).
3. An outlet for passions of sinful people (Rom. 1); extra-marital sex is selfish and sinful (Heb. 13:4), is not satisfying (Eph. 4:17-19) and will be judged. (1 Thes. 4:1-8; Heb. 13:4)
4. Liberating, as with all other sin, extra-marital sex is enslaving (Eph. 4:17-19)

Man-centered Views of Sex 5

**What Sex is Not**

5. Sex is not the foundation of marriage, the foundation is the covenant-vow before God.
6. Sex between two people doesn't make a couple married (Jn. 4:16).
7. Marriage is not 1<sup>st</sup> and foremost a "legalized" sexual union.
8. Sex does not consummate a marriage, the covenant-vow does.
9. Sexual relations do not necessarily produce marital harmony and unity.

Embracing God's View of Sex 6

**Created as Sexual Image-bearers**

1. God created Male and Female - gender is a result of by God's pre-determined, creative act through the sperm/ovum's genetic information, not by one's "sexual orientation" or by one's sex-organs.
2. Gender differences mirror God's image through unity, intimacy, companionship, harmony in authority and submission, procreation, etc.
3. Human sexuality is God's idea; it was "good exceedingly"<sup>1</sup> before the Fall; God commands it through "one-flesh" intimacy (Gen. 2:23-25).

Embracing God's View of Sex 7

**Sex is Still Pure and Holy**

1. God views sexual intimacy within marriage as pure and holy after the Fall (Heb. 13:4), just as holy and pleasing to God as any other act of obedience.
2. Any differing view is sinful (Is. 5:20).
3. As in every aspect of the believer's life, sexual expression is an act of worship of God, and expression of love, (other-focused, selfless giving) towards one-another.

Embracing God's View of Sex 8

**A Whole-Person Expression...**

<p>Face-to-face; soul-to-soul whole person intimacy</p> <ol style="list-style-type: none"> <li>1. Vertical - Spiritual</li> <li>2. Internal – Mind</li> <li>3. Internal – Will</li> <li>4. Internal – Emotion</li> <li>5. Horizontal - Relational</li> <li>6. External – Physical</li> </ol> <p style="text-align: center;">For God's glory</p>	<ol style="list-style-type: none"> <li>1. Sex gives us imagery to help us understand our relationship with God.</li> <li>2. Commitment - betrothed, bride, groom,</li> <li>3. Excitement - Ps. 19:1-6</li> <li>4. Betrayal - Hosea, divorce, adultery, harlotry, etc.</li> <li>5. One-flesh – trinitarian oneness; pleasure.</li> </ol>
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**A Biblical Picture of Sex**

A Whole Person Expression of Worship

1. Canvas - Mind - knowing God in Christ, showing Christ and the Church; understanding intimacy with Christ, reflecting trinitarian unity.
2. Frame - Will - L.O.V.E. – biblical thinking, motives and actions
3. Paint – Expression of worship, experience of emotion, pleasure in God and each other.
4. Glass - Protection from evil, harm, etc.; providing blessing

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<p><b>Love:</b> other-focused, selfless giving</p> <p>Anticipation – excitement                  Passion – emotion                  Pleasure – enjoyment                  Intimacy – soul connection                  Pictures Christ and His bride                  Glorifies and pleases God                  New life/children</p> <p><b>Vows:</b> Covenant Commitment</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">One-flesh unity, intimacy</p>
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Embracing God's View of Sex 11

**The Purpose of Sex**

1. Sex is for marriage, marriage is foundational to the human family and church of Christ. The foundational purpose of all of life is Worship.
2. Sexuality in marriage by extension is an act of worship.
3. The way you view and participate in marital, sexual expression is to glorify God.
4. Marital sex pleases God through "other-focused, selfless giving, for the eternal good of the other person".
5. Marital sex provides the experience of one-flesh intimacy.

Embracing God's View of Sex 12

**The Purpose of Sex**

6. To enable the experience of intimate love, passion, care...giving and receiving pleasure and satisfaction...1<sup>st</sup> by pleasing God, 2<sup>nd</sup> by pleasing your spouse.
7. To fulfill and satisfy your spouse's sexual desires like a drink of cool water satisfies thirst on a hot day (1 Cor. 7:2,5).
8. To minimize your spouse's sexual temptation to seek sexual pleasure outside of the marriage relationship (1 Cor. 13:5).
9. For procreation (Gen. 1:28).

Embracing God's View of Sex	13
<p><b>Sex Protects and Provides</b></p> <ol style="list-style-type: none"> <li>1. Biblical principles always provide something good and protect us from something harmful.</li> <li>2. Sex is an integral and important aspect of the marriage relationship, but is not the main focus.</li> <li>3. Biblical sex <u>protects</u> from shame, manipulation, abuse, betrayal, isolation, fear, etc.</li> <li>4. Biblical sex <u>provides</u> security, safety, confidence.</li> <li>5. Sexual intimacy can provide a barometer of the biblical health of the marriage relationship.</li> <li>6. Sexual desires can provide motivation for communication, oneness, and reconciliation.</li> </ol>	

Embracing God's View of Sex	14
<p><b>Mutual Command - Give Pleasure</b></p> <ol style="list-style-type: none"> <li>1. <b>Duty</b> - each spouse is commanded to wholeheartedly, actively use his/her own body to meet the other's sexual interests through "other-focused, selfless <u>giving</u>" (1 Cor. 7:3-5).</li> <li>2. <b>Responsibility</b> - each one same ability to respond to give pleasure to the other.</li> <li>3. <b>Giving</b> - each is responsible to keep his/her spouse so sexually satisfied that it minimizes his/her temptation towards sexual sin.</li> <li>4. Personal satisfaction comes first from pleasing God, then by pleasing your spouse. (1 Cor. 13:5; Acts 20:35)</li> </ol>	

Embracing God's View of Sex	15
<p><b>Mutual Command - Give Pleasure</b></p> <ol style="list-style-type: none"> <li>5. Each is responsible to find sexual satisfaction in the other (Pr. 5:18-19).</li> <li>6. Pursuing personal pleasure and satisfaction is encouraged as long as the other person is not forced, coerced, or manipulated - each one has authority over the other.</li> <li>7. Respectful, honoring attitudes, behavior and honest communication are key to pleasing God and each other in sexual intimacy.</li> </ol>	

Embracing God's View of Sex	16
<p><b>Frequency is Commanded (1 Cor. 7:5)</b></p> <ol style="list-style-type: none"> <li>1. Do not deprive one another of sexual relations for selfish or dishonest reasons. Look at the reasons you either want or don't want sex: Reasonable? Negotiable? Other-focused? Selfish? Overbearing? Unloving?</li> <li>2. Respectfully communicate about each others wishes, seek to meet them if they're not sinful.</li> <li>3. Abstinence must be mutual, planned and temporary; sex is to be regular and continuous.</li> <li>4. How often?...Enough to keep each other satisfied, enough to minimize temptation.</li> </ol>	

Embracing God's View of Sex	17
<p><b>Commitment is Commanded</b></p> <ol style="list-style-type: none"> <li>1. Commit to developing and growing...the sexual relationship is a product and a culmination of all 6 facets of the marriage relationship, <u>especially in respecting and honoring</u>. (slide #9)</li> <li>2. Commit to fulfilling your spouse's sexual desire like a drink of cool water satisfies the thirst in a desert.</li> <li>3. Commit to protecting your spouse from temptation by keeping him/her satisfied or intoxicated with YOU.</li> <li>4. Commit enough time for an intimate, tender, mutually satisfying experience.</li> </ol>	

Embracing God's View of Sex	18
<p><b>Equal-Opportunity and Capability (1 Cor. 7:3-5)</b></p> <ol style="list-style-type: none"> <li>1. When the level of desire is different, mutual consent must be achieved; <b>both</b> must be willing to give and change to meet the other's level of interest.</li> <li>2. Mutually agree upon the times and frequency, <u>being sensitive to the other's feelings</u>; compromise without strings attached with deference, patience and graciousness.</li> <li>3. Take time away from each other to focus on spiritual matters in the relationship; then come back together.</li> </ol>	

What Makes Sex Sinful?	19
<p><b>Any Unbiblical Use or View of Sex is Forbidden</b></p> <ol style="list-style-type: none"> <li>1. Pornography and masturbation is the opposite of "other-focused, selfless giving for the eternal good of the other person"; developing harmful, sinful habits that adversely affect the marriage relationship.</li> <li>2. Homosexuality is a sexual relationship outside the marriage-covenant framework, and is therefore sinful.</li> <li>3. Sexual sins and addictions, like all other sins are "worship-disorders".</li> </ol>	

Embracing God's View of Sex	20
<p><b>Sinful Sex in Marriage (1 Cor. 7:3-5)</b></p> <ol style="list-style-type: none"> <li>1. Manipulation, rewarding, punishing.</li> <li>2. Withholding sex without mutual consent.</li> <li>3. Sexual passivity.</li> <li>4. Bargaining...do you expect to receive something for giving sex? for refraining from sex?</li> <li>5. Expecting your spouse to know and understand you, your thoughts and interests in this area without communicating them clearly is sinful and unloving; this is a set-up for failure.</li> </ol>	

Embracing God's View of Sex	21
<p><b>Sinful Sex in Marriage (1 Cor. 7:3-5)</b></p> <ol style="list-style-type: none"> <li>6. Forcing yourself on your spouse for any reason, even if there was previous agreement.</li> <li>7. Failing to consider extenuating circumstances, health-issues, emotional upsets, anxiety, physical pain, etc.</li> <li>8. When your spouse is shamed, uncomfortable, fearful, etc.</li> <li>9. When previous traumas have shaped a sinful view of sex in your spouse that generate negative reactions to sexual intimacy.</li> </ol>	

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<p><b>Hindrances to Sexual Intimacy</b></p> <ol style="list-style-type: none"> <li>1. Unresolved past sexual experiences, sexual abuse or misuse; commit to working through these and learn how to 'get past your past'.</li> <li>2. Unresolved marital issues affect your sex-life.</li> <li>3. Time-pressure, over-commitment, exhaustion.</li> <li>4. Unresolved conflicts with others can create anxiety, fear, exhaustion, tension, guilt, shame, etc.</li> <li>5. Fears, anxiety, etc. regarding circumstances outside your marriage relationship.</li> </ol>	

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<p><b>Hindrances to Sexual Intimacy</b></p> <ol style="list-style-type: none"> <li>6. Unmet expectations can foster resentment, hurt, disappointment, frustration, anger, bitterness, vengeance, etc.. Ask God to search your heart to reveal sinful attitude towards your spouse.</li> <li>7. Public embarrassment can be a significant source of tension – do you offer negative comments about your spouse to others? If so, to whom? When? Why? Failure to keep your vow to "love, honor and cherish" can have a significant impact on your marriage.</li> </ol>	

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<p><b>Hindrances to Sexual Intimacy</b></p> <ol style="list-style-type: none"> <li>8. Failure to treat your body as the temple of God; lack of rest, exercise, and poor diet contribute to sexual dissatisfaction.</li> <li>9. Insensitivity to your spouse's physical demands. Failure to help or offer relief in his/her responsibilities, burdens of household chores, children's homework, bill-paying, etc.</li> <li>10. Carrying each other's burdens will not only reduce physical demands demonstrates sacrificial love, and can also provide energy and desire for sexual involvement.</li> </ol>	

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### Hindrances to Intimacy

11. "But that is not my personality!" God's Word is the authority, not your nature.
12. In this context, personality may be more accurately understood as a description of sinful habits.
13. Often, the problem is not how you're made, but your willingness to obey God.
14. "I don't know what pleases my mate!" - Listen, communicate, ask questions, use inventories.
15. I'm afraid... of pain, failure, embarrassment, betrayal, insensitivity... commit to learning how to respond biblically

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### Hindrances to Intimacy

16. "We have different levels of desire." - Guideline is not the level of desire but God's Word and love.
17. Learned behaviors, habits, attitudes must be relearned - Humble, intentional service to your spouse and biblical training will help.
18. Physical issues, limitations, (*Intended for Pleasure*, Ed Wheat)
19. Pain from relational traumas, engrained attitudes - get help if you're struggling! (*Shame Interrupted*, Ed Welch; *Putting your Past in Its Place*, Steve Viars; *Rid of My Disgrace*, Holcomb)

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### Hindrances to Intimacy

20. **Unbelief** - "I don't believe God can help me get past my past," "Things will never change," "You don't know what it was like to be raised in the environment I was raised in," "I've tried to do better, but I just can't!" (1 Cor.10:13)
21. **Bitterness** - "You'll never change and I'm not sure I care if you do!" Bitterness is actually aimed at the Lord. Bitter people often use sex to punish instead of bless. Depend on the Lord for His forgiveness.

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### Hindrances to Intimacy

22. **Sloth** - "I just can't" often is better translated, "I just won't".
  - Passivity, unresponsiveness, indifference.
  - Can result in one one-sided initiating.

*Get help if you can't solve your problems together!*

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### Fostering Sexual Intimacy - Husbands

1. Speak words of affirmation and edification about her and to her in public. Protect her reputation, show her respect, Never speak negatively about her.
2. Think about her day, pay attention to her emotions and her pressures before initiating sex. She may be interested in sexual relations, but the pressures of the day or moment can often be so overwhelming that the most loving thing you can do is listen to her, give her space, do something that relieves some pressure, put the kids to bed, etc.

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### Fostering Sexual Intimacy - Husbands

3. Be proactive, get off the couch and help around the house, with the children; spend at least as much time on her projects as you do your hobbies.
4. Take care of yourself. Get in shape, stay in shape.
5. Pay attention to your appearance; what does your wife think of your wardrobe, hygiene, etc. If she's embarrassed of you on a date-night, she won't be thinking about sex when you get home.

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### Fostering Sexual Intimacy - Wives

1. Wives, seek to be attractive and exciting, outwardly as well as inwardly.
2. Ask him what he likes/dislikes and listen! When your husband offers his opinion, like "you're beautiful", TAKE HIM AT HIS WORD.
3. Vary your attire/appearance at home as well as in public. Surprise him from time-to-time when he comes home from work by being a little more "put-together." Make sure you don't spend more attention on your appearance for others, he'll sense this.

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### Fostering Sexual Intimacy - Wives

4. Be sensitive; odors can be a powerful "turn-off"; they can be a powerful "turn-on" as well. The closer you get, the better you need to smell.
5. Be available and willing, put off lame excuses - "We are to give ourselves without qualification and not withhold the pleasure of sex" Carolyn Mahaney, *Sex, Romance, and the Glory of God*
6. Pursue your husband, don't wait to be pursued. - "I'm convinced that most husbands long for their wives to be more aggressive" Linda Dillow, *Creative Counterpart*