Developing Sex, Love, and Intimacy In Your Marriage

I. Sexual Intimacy is a Key Aspect of God’s Design for Marriage.

Genesis 2:18-25

18 Then the L ORD God said, “It is not good for the man to be alone. I will make a helper who is just right for him.” 19 So the L ORD God formed from the ground all the wild animals and all the birds of the sky. He brought them to the man to see what he would call them, and the man chose a name for each one. 20 He gave names to all the livestock, all the birds of the sky, and all the wild animals. But still there was no helper just right for him.

21 So the L ORD God caused the man to fall into a deep sleep. While the man slept, the L ORD God took one of the man’s ribs and closed up the opening. 22 Then the L ORD God made a woman from the rib, and he brought her to the man. 23 “At last!” the man exclaimed. “This one is bone from my bone, and flesh from my flesh! She will be called ‘woman,’ because she was taken from ‘man.’” 24 This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. 25 Now the man and his wife were both naked, but they felt no shame.

Genesis 1:27-28

27 So God created human beings in his own image. In the image of God he created them; male and female he created them. 28 Then God blessed them and said, “Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground.”

1. God holds a very high view of our _________________________________.

2. God gives His ________________________________ on the sexual relationship within marriage.

3. God invites us to ________________________________ in his creative work—through giving birth to children. “Be fruitful and multiply; fill the earth” (1:28).

4. God shows us in the Bible that sex can - and should be - a ________________________________, ________________________________ relationship between two people. (Song of Solomon 5:10-16).
II. Four Factors That Can Challenge Sexual Intimacy Marriage

1. Attitude–
2. Lifestyle –
3. Health-
4. Differences-

III. A Biblical Understanding of Sexual Fulfillment in Marriage

1 Corinthians 7:2-5 (New Living Translation)

2 But because there is so much sexual immorality, each man should have his own wife, and each woman should have her own husband. 3 The husband should fulfill his wife’s sexual needs, and the wife should fulfill her husband’s needs. 4 The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife. 5 Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won’t be able to tempt you because of your lack of self-control.

1. A crucial dimension of the marriage covenant is ______________ _______________. When you marry, God’s plan and provision for you is to experience sexual fulfillment in your marriage.

2. God considers sexually fulfilling your mate to be a God ordained __________________________ ____________________.

3. The sexual needs of both husband and wife are given ______________ ________________ and consideration. The wife doesn't exist as a sexual slave or sexual toy for her husband any more than he exists in those roles for his wife.

4. Any deprivation of sexual fulfillment must meet three requirements: (1) it must be ______________ upon by both wife and husband, (2) the period of deprivation may be ________________, and (3) during the deprivation both partners should devote themselves to ________________.

5. God commands that husbands and wives resume their obligation to sexually fulfill each other quickly, before ______________ ________________ either one.

6. Sexual fulfillment is more than __________________________. Sex isn't about just making babies. Far beyond child-producing years, we carry needs for sexual fulfillment. Sex is about becoming one with another person.

7. Spiritually, the joining of two bodies brings about a ________________ of the two spirits. When husband and wife allow themselves complete, uninhibited emotional sharing during their sexual union, the resulting ecstasy goes far beyond physical sensations.
IV. Practical Tips For A Fulfilling Sexual Relationship

1. Rest and Relax

2. Communicate

   Project: The following questions may help you get started:

   1. What comes to your mind of when you imagine us being intimate and close?
   2. What is romantic to you? What kinds of romantic nuances influence your mood for sexual intimacy?
   3. What are the positive aspects about our love life?
   4. What brings you the most sexual fulfillment?
   5. How often would you like to make love?
   6. How much hugging and cuddling do you need before and after intercourse?
   7. What changes do we need to make to keep our sex life fresh and growing?

3. Delight in each other daily.

   After you understand each other's needs and wants, be intentional, and romance your mate at least one time each day by giving each other marriage vitamins, such as these:

   • ________________ and ________________ your mate. ________________ and express your appreciation to your mate everyday.
   • ________________ for ten seconds (this is longer than you think!) every morning when you say good-bye and every evening when you say hello.
   • ________________ each other for 20 seconds each day.
   • ________________ with each other. Even when there isn't time for sex, make sure your mate knows you want to.
• ______________, _______________ and ___________ ____- each other throughout the week
• Surprise each other with _______________ _________________.
• Practice _________- _________________ touching. Give your spouse a five-minute shoulder rub with no expectations.
• _______________ ___ ________________ to take the kids to the park on Saturday morning for a couple of hours.
• Have a weekly _______________ _________________. This standing date isn't necessarily for sex, but it adds romance to your marriage.
• On Sunday afternoons, have a favorite _____________________________ while mom and dad "take a short rest." Then lock your bedroom door.
• Let the kids spend the night at a friend's house.
• Take a ________________ ________________ every couple of months. During these brief rendezvous, and enjoy the spontaneity that just doesn't happen with kids around.

4. Prioritize, Plan and Prepare for Sexual Intimacy
• Pay attention to your _______________ _________________.
• Schedule ________________ for sexual intimacy.
• Make your bedroom _________________.
• Make it your goal to be the _______________ _________________.
• Put the kids to bed early and have a romantic ________________ at home.
• When getting ready for bed, ________________ and put on _________________.
• Get a ________________ _______________ and watch it together after the kids are in bed.