

## A BIBLICAL PERSPECTIVE ABOUT SEX

### 1. WE ARE CREATURES OF INTIMACY

#### 1. WHAT IS INTIMACY

1. **A close, familiar, and usually affectionate or loving personal relationship with another person or group**

2. There is a longing and desire to not only “know” someone, but to be “known”... to love and to be loved by someone... to care and to be cared for by someone....

#### 3. PSALM 42:1-2

1. As a deer pants for flowing streams, so pants my soul for you, o God. My soul thirsts for God, for the living God. When shall I come and appear before God?

#### 4. PSALM 63:1

1. Oh God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.

### 2. WE WERE CREATED INTO INTIMACY

#### 1. GENESIS 2:24-25

1. Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh and the man and his wife were both naked and **WERE NOT ASHAMED.**
2. Adam and Eve were totally exposed
3. Walked with God.....Naked

### 3. WE WERE CREATED FROM INTIMACY

#### 1. GENESIS 1:26-27

1. Then God said “let us make man in our image after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on earth.” So God created man in His own image; in the image of God he created him; male and female he created them.

#### 2. God desired relationship with MAN.

##### 1. GENESIS 1:31

1. God saw everything that he had made; and behold, it was very good

#### **4. 8 WAYS GOD HAS PROVEN HIS INTIMACY WITH MAN**

- 1. CREATION**
- 2. THE INCARNATION**
- 3. THE CROSS**
- 4. BY ADOPTION**
- 5. BY HIS INDWELLING SPIRIT**
- 6. SANCTIFICATION**
- 7. HIS PROMISES**
- 8. THE NAMES HE CALLED US**

#### **5. GOD HAS INJECTED THIS LONGING FOR INTIMACY INTO US AND ONE OF THE WAYS THAT INTIMACY SHOWS ITSELF IS SEX!**

#### **6. “SEX IS AN EXPRESSION OF INTIMACY WITH YOUR SPOUSE”**

1. Sex is great, important, consummates marriage, but it doesn't define marriage.

#### **7. 4 PURPOSES OF SEX**

##### **1. SEX IS FOR REPRODUCTION | GENESIS 1:28**

1. 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 stand over the birds of the heavens and over every living thing that moves on the earth.
2. God Transferred his power of creating to us.....Sex is Powerful... It's **NATURAL**, but also **SUPERNATURAL**

##### **2. SEX IS FOR OUR PLEASURE AND ENJOYMENT**

###### **1. PROVERBS 5:18-19**

1. Let your fountain be blessed and rejoice in the wife of your youth a lovely deer, a graceful doe. Let her breasts fill you at all times with delight, be intoxicated always in her.

###### **2. SONG OF SOLOMON 7:6-10**

1. How beautiful and pleasant you are. O loved one, with all your delights! Your stature is like a palm tree and your breasts are like its clusters. I say I will climb the palm tree and lay hold of its fruit. Oh may your breast be like clusters of the vine and the scent of your breath like apples and your mouth like the best wine. It goes down smoothly for my beloved gliding over lips and teeth. I am my beloveds and his desire is for me.

##### **3. SEX IS FOR UNITY AND INTIMACY IN MARRIAGE**

###### **1. GENESIS 2:24**

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

#### **4. SEX IS FOR SERVING ONES SPOUSE**

##### **1. 1 CORINTHIANS 7:3-4**

1. The husband should give to his wife her conjugal rights, and like wise 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.

##### **2. One of the biggest hinderance to sex is selfishness**

#### **8. THERE IS A WAR OVER YOUR DESIRES**

1. "Satan wants to take what God made as Pure and Holy and create a fake replica of it"
2. WHAT GOD CREATED, SATAN CORRUPTED

##### **3. THE FALL | GENESIS 3**

1. Their delight was in God - Satan tempted with something that "looked"
  1. Better
  2. More desirable
  3. "looked good to they eyes"
  4. promoted selfish gain
    1. Led to shame
    2. Led to fear
    3. Led to brokenness

PURE AND HOLY VS. "LOOKS GOOD" & ROTTEN ON THE INSIDE

#### **Leading Cause of Divorce - Adultery / Pornography**

- 41% - First time marriages
- 60% - Second time marriage
- 73% - Third time marriages

#### **AFFECTS OF PORNOGRAPHY**

##### **1 CORINTHIANS 6:12-20**

YOU ARE VALUABLE

DON'T SETTLE

IF HE/SHE LOVES YOU.....HE/SHE CAN WAIT FOR YOU

## **9. SEXUALLY ABUSED**

1. This is never ok
2. long journey
3. share that with someone you trust
4. LUKE 4:18-19
  1. "The Spirit of the Lord is upon me because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering sight to the blind, to set at liberty to those who are oppressed, to proclaim the year of the Lord."
  2. What God has done for you is bigger than what someone has done to you!

## **10. SEEK INTIMACY WITH THE LORD**

1. Looking for love and fulfillment in all the wrong places

## **AFFECTS OF PORN**

There's absolutely no doubt that Satan is using pornography to tear apart marriages and families. To know that almost 41% of FIRST TIME marriages end in divorce is staggering and scary. We have to understand that porn is a mirage that only leads to destruction, brokenness and emptiness. This self serving and rotten tool is a cancer that is growing at an unbelievable rate. The porn industry is a 10 billion dollar industry that preys on children, women and families. This is something we have got to fight against and quick supply the demand for. Below is some very sobering affects of porn.

### **Porn means you can't get aroused by just your spouse.**

Porn stimulates the arousal centers in the brain. A chemical reaction happens and hormones are released. In affect, our brain starts to associate arousal with an image, an idea or a video rather than a person.

### **Porn Wrecks your Libido - hormone of desire**

its only natural then for people who viewed porn in the past or use porn in the present virtually have no labido when it comes to making love to their spouse. The spouse is not what turns them on, and so the natural drive that we have for sex is transferred somewhere else.

### **Porn makes regular intercourse seem boring**

An alcoholic drinks alcohol for the buzz but after a while your body begins to tolerate it. To get the same buzz you have to drink more alcohol and so the alcoholic begins to drink harder liquor and or larger quantities. The same thing happens with Porn, because porn teaches us that sex is all about the body and NOT about intimacy, so the only way to get a bigger high or buzz is to watch weirder and weirder porn.

### **Porn gives you a warped view of what attractive is**

sex is suppose to bond you physically, emotionally and spiritually with your spouse. But if Porn has made the chemical pathways in your brain go haywire then sex is all about the body and porn shows you that only certain body types is attractive, it's not about the whole person, its just about the certain type of person.

### **Porn causes selfishness and laziness**

all of this causes a spiral of selfishness where the person ignores the spouses need and is only focused on getting what he wants and getting it instantly. Often this manifests itself in other areas of the relationship. Where the spouse become annoyed if they have to wait for something or if they don't get what they want, porn has sold them a message that you deserve pleasure when you want it, you shouldn't have to work to get what you want... your needs are paramount

# BOUNDARIES

We spend a lot of time thinking about setting boundaries in our relationships, and most times we rush to the “sexual boundaries”. We wonder why we fail at keeping this boundary in line while at the same time we’ve never taken the time to set Personal, Emotion and Spiritual boundaries as well. Boundaries are stronger if they are set by you, the individual before you are even in a relationship. Below is a resource from the “Gospel Coalition” that I found helpful.

**Personal boundaries promote individual independence.** They protect a person’s agency, space, friend/family/God relationships, and academic/professional contexts as their own—that is, free from invasiveness of their romantic other. Practically speaking, dating relationships should be invited and wanted, not pressured or coerced. Dependence or co-dependence cede that which God has granted to every person in his image by divine right (Matt. 7:12).

It is wrong for a person to have a kind of control in a romantic context that God does not call any person to give to another (see 2 Sam. 11:4, 27; 13:14; cf. Prov. 25:28; Gal. 5:22-23; 1 Tim. 1:7; 2:9). Personal agency maintained by good boundaries furnishes romantic intimacy with meaning and substance. Love presupposes freedom, and freedom presupposes the relational safety to say “no.”

**Emotional boundaries promote relational health.**

There are several ways to exercise emotional wisdom with feelings. We can taper how much we express; it’s best to not always say everything we feel. We never owe anyone a specific emotion or a particular amount of it. To give another your whole heart too early is both unsafe to you and unfair to them.

Timeliness is as important as integrity in a relationship (Prov. 15:23; 25:11). To respect timeliness in what you allow yourself to feel and how you express it does not devalue your emotions through suppression. Rather, good timing honors the sanctity of romantic emotions and their rightful end (Song of Solomon 8:4). Romantic feeling mixed with relational health is God’s desired context to make a dating couple a married one.

**Spiritual boundaries promote clarity.**

To retain space for yourself spiritually—that is, individual relationships with God and the church that do not depend on your romantic other—protects your heart. You will have all the resources you need to make decisions motivated by the desire to honor God first, not yourself (Prov. 1:5; Eph. 4:16). You don’t have to pray together every day.

You don’t have to move churches. You don’t have to switch small groups. Play it cool and see where things go. You are each your own person walking with God and neighbor, and you undercut your ability to give love in a safe and stable way as soon as you become anything less. (Be worried if people start giving you couple combo-names like “Brannifer” or “Joeronica.”)

**Sexual boundaries promote independence, health, and clarity.** Yet we often talk about sexual purity as putting our hearts in a cage only to be unlocked in on the wedding day. I fear what that view of sexuality would look like in marriage. Conversely, we seek to cultivate sexual purity that reflects the holistic love of Christ for his sake (Psalm 33:21; Proverbs 4:23; 1 Peter 1:22).