

Preparation for Marriage Manual

Part 12 – Sex in Marriage

The Bible talks about four specific purposes for human sexual activity: procreation, recreation, communication and release.

We will now look into the Handbook For Life, the Christian Bible, to see what it tells us about each of these purposes.

Procreation

Genesis 1:27-28 [NIV] *“So God created man in his own image, in the image of God he created him; male and female he created them. God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground.”*”

Deuteronomy 7:11-14 [NIV] *“Therefore, take care to follow the commands, decrees and laws I give you today. If you pay attention to these laws and are careful to follow them, then the LORD your God will keep his covenant of love with you, as he swore to your forefathers. He will love you and bless you and increase your numbers. He will bless the fruit of your womb, the crops of your land, your grain, new wine and oil, the calves of your herds and the lambs of your flocks in the land that he swore to your forefathers to give you. You will be blessed more than any other people; none of your men or women will be childless, nor any of your livestock without young.”*

What evidence do these verses give that sexual activity for reproduction of the human race is part of God’s plan for human beings?

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Communication

Genesis 2:24 [NIV] *“For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.”*

The “one flesh” spoken of in this verse means ideally a blending of the body, mind and spirit, our entire being with our partner.

Genesis 2:18 [NIV] *“The LORD God said, “It is not good for the man to be alone. I will make a helper suitable for him.”*

God gave marriage as a gift to humanity. Adam and Eve were created to complete one another, together in God’s eyes they are the one being each complementing the other, in the marriage union.

Mark 10:6-9 [NIV] *“But at the beginning of creation God ‘made them male and female’. this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.’ So they are no longer two, but one. Therefore what God has joined together, let man not separate.”*

1 Corinthians 6:16 [NIV] *“Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, “The two will become one flesh.”*

God gave marriage not just for convenience, nor was it brought about by any culture.

Marriage was instituted by God and has three basic aspects:

- 1 The man and woman leave their parents and in a public act promise themselves to each other exclusively.
- 2 The man and woman are joined together by taking responsibility for each other’s welfare, by loving their partner above all others.

This welfare goes beyond the physical into the eternal spiritual realm.

The Handbook For Life, the Christian Bible, shows very clearly the physical marriage as being the ideal training ground for an eternal spiritual relationship with the Creator God, Jesus Christ.

Ephesians 5:22-33 [NIV] *“Wives, submit to your husbands as to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Saviour. Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no-one ever hated his own body, but he feeds and cares for it, just as Christ does the church, for we are members of his body. “For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.”*

wife, and the two will become one flesh.” This is a profound mystery, but I am talking about Christ and the church. However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.”

The marriage relationship is one that is Holy, a living symbol of something that is eternal and a precious union that needs tender, self-sacrificing love, and care. Marriage is a reflection of the relationship that Jesus Christ has for the Christian Church who will become His eternal bride at His return [see **Revelation 19:6-9**].

3 The man and woman become one flesh in the intimacy and commitment of a sexual union that is reserved for marriage.

1 Corinthians 7:3-5 [NIV] *“The husband should fulfil his marital duty to his wife, and likewise the wife to her husband. The wife’s body does not belong to her alone but also to her husband. In the same way, the husband’s body does not belong to him alone but also to his wife. Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.”*

Strong marriages include all three of these aspects.

Genesis 2:25 [NIV] *“The man and his wife were both naked, and they felt no shame.”*

Adam and Eve were **not** embarrassed by their nakedness in their innocence before sin entered their lives prompted by Satan.

Genesis 3:7 [NIV] *“Then the eyes of both of them were opened, and they realised that they were naked; so they sewed fig leaves together and made coverings for themselves.”*

After Adam and Eve sinned, they experienced a guilty conscience, the built-in warning sign placed by God in the human spirit that we have done wrong.

Their eyes were opened and for the first time they feel guilty and embarrassed because of their nakedness.

What did they do?

They put on fig leaves as barriers to cover their sexuality that God had blessed.

We often put on fig leaves, create barriers in our intimate marriage relationship. There are certain areas of our life we would rather that our partner did **not** know about, therefore we are not open and naked mentally before them.

In marriage, a lack of spiritual, emotional and intellectual intimacy usually precedes a breakdown of physical intimacy and communication.

In the same way, when we fail to expose our secret thoughts to God, we break down our lines of communication to Him.

In the plan of God for human beings, sex between a man and woman in marriage was intended to provide a means of totally revealing ourselves to our partner.

The pouring out of our deepest affection, hopes and dreams into the one we love.

Sex becomes a means of saying “I love you” in short a means of intimate communication.

How do everyday experiences affect sexual closeness and communication?

How can they affect a husband’s or wife’s ability to give of themselves to their partner?

After the marriage ceremony the first few sexual encounters should be unrushed times of each partner carefully finding out through open discussion what is physically pleasurable **for their partner** and what is difficult for them to accept as part of their sexual union.

Both partners need to be fully relaxed in what is happening of a sexual nature to them.

Spend plenty of time exploring each other's bodies in a pleasurable way before you become "*one flesh*" by the husband's penetration of his wife's body.

After coupling the pleasurable fondling and cuddling should continue with plenty of endearing words and comments from both partners.

Any changes in sexual encounters must be discussed and accepted by both partners and rejected after the first try if either partner finds it difficult to accept.

Your joy in sex is the result of making sex a pleasurable and joyful experience **for your partner**.

Never enter into any sexual act with a selfish attitude or motivation.