

# Grace Sex

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## I. Introduction

## II. Sex is Created by God

- A. Before the Fall Gen. 2:24 Gen. 1:31
  - 1. Naked and not ashamed.
  - 2. Your body was made for your spouse. I Cor. 7:1-5
  - 3. Your body was made to respond to your husband. Gen. 1:28 Gen 2:18
  
- B. Thou Shalt be Faithful Ex. 20:14
  - 1. God is faithful to His bride. Zech. 8:8 Hosea 2:14-23
  - 2. You took wedding vows.
  
- C. God wants His children to enjoy marriage and sex.
  - 1. There are good marriages in the Bible.
  - 2. The Bible addresses this part of marriage. Song of Songs Eccl. 4:9-12  
I Cor 7:1-9 Heb. 13:4 (II Tim. 3:16) Prov. 5:19
  - 3. Thank God for this part of marriage. I Tim. 4:4-5
  - 4. Set your mind on things of the Spirit. Rom. 8:5
  
- D. It is symbolic of our union with Christ.
  - 1. One flesh/bride of Christ Eph. 5:25-33
  - 2. Consummation/wedding supper Matt. 22:1-14 Rev. 19:6b-8
  
- E. Song of Solomon
  - 1. A book of poetry
    - a. Seems confusing with symbolism and non-linear story-telling.
    - b. But perfect for all cultures and not too detailed for all ages.
  - 2. It paints a picture of blessed married love.
  - 3. All the senses are involved. Song of S. 1:3 1:12-13 4:13 7:13a(smell),  
1:15-16 (sight), 1:2, 2:3 4:11(taste), 2:14b (hearing), 7:8 8:3(touch)
  - 4. It reminds us to guard against those things which threaten marriage.  
Song of S. 2:15
  - 5. It demonstrates the result of selfishness. Song of S. 5:2-8
  - 6. Married couples use their words to express their joy with each other.  
Song of S. 1:9 4:1b-7 5:10-16 6:4-7 7:2-9
  - 7. The loving couple is creative. Song of S. 7:11-13
  - 8. There are warnings to remain chaste until marriage. Song of S. 2:7  
3:5 8:4

## III. Sex and the Single

- A. Reserve this precious gift for your future spouse. Song of S. 2:7, 3:5, 8:4  
II Tim. 2:22

- B. Realize that God blesses the single. I Cor. 7:34b-35
- C. Seek to be more like Jesus. I Cor. 7:8, 11:1
- D. Purpose to marry only a believer. II Cor. 6:14-18
- E. Guard your heart and your mind, just as a married woman would.
- F. Find your contentment and satisfaction in Christ. I Tim. 6:6

**IV. Benefits of Good Sex**

- A. In our spiritual life
  - 1. Love one another. I Pet. 1:22 I John 4:11 I Pet. 5:5b
  - 2. Be content. I Tim. 6:6 I Pet. 1:11
  - 3. Remember Jesus Christ. II Tim. 2:8
  - 4. Glorify God in your body. I Cor. 6:19-20 I Thess. 4:4-5, 7 Eph. 4:17-19
- B. In marriage
  - 1. Build your house. Prov. 14:1 Prov. 31:12
    - a. Fosters contentment and peace with husband.
    - b. Make sex a priority.
    - c. Be creative: place, time, etc.
    - d. Take initiative.
  - 2. Glue which holds you together.
    - a. Not just for the young, beautiful, unmarried.
    - b. It gets better with practice since it is with the same person.

**V. Attitude Adjustment**

- A. Thank God for the sexual relationship.
- B. Be understanding and unselfish. I Pet. 3:8-12
  - 1. Show grace and mercy.
    - a. Show grace concerning his faults. Luke 6:31 I John 4:11
    - b. Confess your faults. James 5:16a
    - c. Don't act as a judge. James 4:11-12 Matt 7:1-5
    - d. Don't make him "beg." Eph. 5:33b
    - e. Teasing is cruel. Prov. 13:12
    - f. Take a hint.
- C. Work on building the relationship.
  - 1. Share activities with your husband.
  - 2. Show appreciation.
    - a. He works hard to provide.
    - b. Be thankful for how he helps at home.

- D. Keep sex in mind.
  - 1. Beauty treatments. Esther 2:12 I Pet. 3:4-5
  - 2. Make plans for the evening.
  - 3. Dates/Get away.

E. Keep a sense of humor. Prov. 17:22

## VI. Give Grace

- A. Your husband is a sinner. Rom. 3:23
- B. You are a sinner. Rom. 3:23 I John 1:8
- C. God shows you grace. I Cor. 5:17-21 Rom. 5:9-11 Rom. 6:14 I John 4:19
- D. Be a channel of blessing, not based on what he deserves. Luke 6:27-36  
I John 3:16 I John 3:18 Romans 12:17-18
- E. As both of you move toward the Lord, you move toward each other.  
Rom. 15:5-6

## VII. Receive Grace

- A. Accept grace from the Lord.
  - 1. You are loved by God despite your sin. II Cor. 5:17-18,21 6:1
  - 2. Remind yourself of the gospel. Rom. 5:1-2,15,17, 19,21 I Cor. 6:9-11  
Phil 2:12b
- B. Accept grace from your husband.

## VIII. Conclusion

### **Recommended Books:**

The Act of Marriage, The Beauty of Sexual Love by Tim and Beverly LaHaye

Intended for Pleasure by Ed Wheat, M.D. and Gaye Wheat

Sex and the Supremacy of Christ by John Piper and Justin Taylor, editors

Creative Counterpart: Becoming the Woman, Wife and Mother You have Longed to Be by Linda Dillow

Intimate Issues, 21 Questions Christian Women Ask About Sex by Linda Dillow and Lorraine Pintus

Intimacy Ignited, Conversations Couple to Couple by Dr. Joseph and Linda Dillow and Dr Peter and Lorraine Pintus