

The Physical Relationship

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I. Introduction.

- A. Sex is unique.
- B. Sex is a gift from God.
- C. Puritanism and total sexual freedom are both false.

II. Sexual intimacy was ordained for the propagation of the human race, an expression between man and wife love and for pleasure. (Genesis 1:27-28, 9:1, Psalm 127:3, Genesis 2:24, Matthew 19:5, Mark 10:7, Ephesians 5:31, 1 Corinthians 7:3)

III. Sex is a God-given drive to keep us going, but like hunger, it is to be handled with moderation. God designed sex to occur within marriage.

IV. Puritanism can have a negative effect by stigmatizing sex it and so can complete freedom. (Genesis 18, Genesis 1:28, Proverbs 5:15-19, Song of Solomon 5)

V. Failing to recognize differences between men and women will hinder a couple's sex life.

- A. Sex is more of a single act for a man and a part of the drama of life for a woman.
- B. Sex is a strong physical drive accompanied with emotional needs. For a woman it is more of a strong emotional drive accompanied by physical needs.
- C. For a man it is more important how often. For a woman it is more important how.
- D. A man is more quick to respond to stimulation. A woman responds more slowly.
- E. A man is more stimulated by seeing. A woman is more stimulated by touch.
- F. A man is more sexual than maternal. A woman is more maternal than sexual.

VI. We need to be lovers.

- A. Men should not rely on patterns—an atmosphere needs to be created.
- B. Communication is important.

VII. Misconceptions.

- A. A climax is not to be reached always—the important thing is to just enjoy one another.
- B. The sex act does not always have to be ecstatic.
- C. Talking about the physical aspect of intimacy is most important.

VIII. Unless sex is fun and exciting, the marriage life will suffer. (1 Corinthians 7)

IX. Most have problems in the physical area.

X. Communication is important for talking about who takes the initiative.

XI. Women and men develop sexual feelings at different times.

XII. It is important to prepare yourself for your spouse.

XIII. Conclusion. (1 Corinthians 13)

Application questions:

1. Why did God create sex?

2. How can Christians stigmatize sex too much? What is a healthy corrective?

3. How can a knowledge of the differences practically help us in sex? Explain.
