

The Physical Relationship

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I. Introduction.

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)

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)

A. God has given us this wonderful relationship to enjoy.

B. It is key to communicate in this area.

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. Communication is essential.

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. For a woman sex is involved in all of life. Excitement can be maintained in marriage through sex—God wants our sex lives to be like deep wells. (Proverbs 5:15)

IX. Most have problems in the physical area, but there is an obligation to God to overcome pride keeping us from sex. (1 Corinthians 7)

A. A wife should not withhold normal sexual intercourse from her husband.

B. Accepting a husband through sex builds his self-esteem.

X. Most problems in the sexual area have to do with selfishness.

XI. Women and men develop sexual feelings at different times. Patience and slow approach may be important for developing this.

X. 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.
