

18. The Book of Psalms 11:3

If The Foundations Are Destroyed-Part 6

a message by Pastor Phil Ballmaier
(9-21-25)

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A few weeks ago, we started looking at Psalm 11 where we eventually camped on verse 3—

Psalm 11:3 (NKJV)

³ If the foundations are destroyed, What can the righteous do?

We said when we first started looking at this verse that the foundation is the most important part of a building—if the foundation is faulty the structure built upon it is doomed to fail.

In the Bible, God calls a family, "*a house*" ('the *house* of David', 'the *house* of Saul)—and the only foundation that is strong enough and secure enough to build your family upon is Jesus and His Word—

1 Corinthians 3:11 (NKJV)

¹¹ For no other foundation can anyone lay than that which is laid, which is Jesus Christ.

Once the foundation is laid—the 'house' is built:

Proverbs 9:1 (NKJV)

¹ Wisdom has built her house, She has hewn out her seven pillars;

Solomon doesn't tell us what these '*seven pillars*' are that support a house (family)—we're left to speculate.

So, I have chosen 7 pillars that come right out of the Bible that if incorporated into your marriages will support a strong, healthy marriage. These 7 pillars (principles) do not comprise an 'exhaustive' list (you can add a few of your own)—however, these cover the basics.

So far, we've looked at:

1. Communication
2. Love (agape')
3. Respect
4. Commitment
5. Trust
6. Intimacy

When we talk about intimacy in marriage—couples immediately think about *sexual* intimacy. There was a time in our country when the word ‘*intercourse*’ was used in different ways to denote a variety of ways people *connected* with each other. There was *emotional* intercourse, *verbal* intercourse, as well as *physical* intercourse.

All of these imply a level of intimacy that goes beyond the superficial to something that is deeper and often takes time to cultivate:

One woman marriage counselor said this on the subject:

“My husband and I have been married for 21 years and have three kids. To say life is busy would be an understatement. It’s always seemed odd how easily the life we worked so hard to build keeps us separated so much of the time. Nurturing intimacy in a Christian marriage is not just about physical closeness but also about sharing time, being vulnerable with one another, sharing experiences, and growing together. It is these aspects that are essential to developing, strengthening, and maintaining a healthy relationship with your spouse.

My younger sister has been married for just shy of one year and called me up the other day to ask how we have made it this far. She said she wants a marriage like our parents and grandparents had and one like the one I have. I was flattered, but I had to be honest with her. Marriage is like anything else in life; it takes work, and sometimes you fail at it. My husband and I fail at it regularly, but what makes the difference is two people who put God first, love each other, and put in the work. Like flowers in the garden and young children, marriages require nurturing.”

What does intimacy look like in a Christian marriage?

To fully understand intimacy in marriage we need to understand the basic difference between the way men and women are wired sexually (this is in general and is not written in stone).

Generally speaking, a wife feels loved when she is romanced, caressed, hugged and spoken lovingly to—in other words, a woman feels loved by her husband in *emotional* rather than sexual ways; a husband on the other hand feels loved by his wife through physical, sexual contact.

This is the main difference between the way men and women are wired sexually (which is why women typically lusted by reading romance novels while men lusted by looking at pornography).

This is not to say that a woman doesn’t feel loved through the physical act of love-making or that men don’t at all feel loved through non-sexual touch or when his wife expresses her love for him emotionally rather than sexually—but that’s the main difference between the sexes when it comes to intimacy in marriage.

It’s not my intention to get into a lengthy, in-depth discussion about physical, sexual contact in marriage—if you’re interested in this subject there are numerous resources from a biblical, Christian perspective you can access (make sure the author is a solid Christian).

It’s true that a marriage built only on the physical will be shallow and weak—but it’s also true that a marriage without consistent physical contact will also be somewhat shallow and weak as well.

But here’s the misconception that many people harbor when it comes to the importance of physical, sexual intimacy in marriage—it is not a ‘*thermostat*’ it’s a ‘*thermometer*’—it doesn’t turn up the heat (passion) in marriage it only measures it.

In other words, physical passion in the bedroom is largely due to the presence of the other ‘pillars’ we’ve already talked about in this study—*communication, love, respect, commitment and trust*.

One Christian website on marriage gave: **Four Principles for God-Honoring Sexual Intimacy**

A. Sexual Intimacy in Marriage is for God's Glory

Ask a couple what they think God's purpose is for sexual intimacy and you are liable to get a variety of answers: pleasure, procreation, love. Those are all true, but what is the larger vision that guides and orients sexual intimacy in marriage? What lifts married sex out of the cultural cesspool in which it so often resides?

If the most important reason or purpose for someone or something's existence is to bring God glory through everything—then it should not surprise us that this applies to sex too.

God created Adam and Eve in His image, placed them in the garden, and told them to be fruitful and multiply, bringing Him glory in everything. God not only made Adam and Eve in His image, He created them as gendered, sexual beings. People don't exist as androgynous, sexless beings. They exist as men and as women, bringing their gendered selves into every situation they encounter. This means your sexuality is not a mistake. There is a goodness to how God created and designed man and woman.

Adam and Eve were specially created to bring their Maker the glory He deserved in every activity, in every conversation, with no dichotomy between the sacred or secular, with no division between the soul and the body, and all for God's glory. The apostle Paul brings this concept home in his letter to the Corinthians.

In 1 Corinthians 10:31, Paul instructs them that even the most mundane of activities—eating and drinking—should be done to God's glory. If God has a plan for our eating and drinking to be done for His glory, should it surprise us that He would provide a way for sexual intimacy to be good and glorifying too?

Earlier, Paul goes to great lengths to teach them about glorifying God with their bodies. Paul writes, *"The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body...Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies"* (see 1 Corinthians 6:13, 19–20).

B. Sexual Intimacy in Marriage Unites Couples Together

Sexual intimacy in marriage is not only designed to bring God glory but also unites husband and wife in a one-flesh relationship.

Listen to the words of Genesis 2:22–25: *"Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man. The man said, 'This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man.'"*

This intimacy between man and woman was always designed to happen within a particular context. It wasn't supposed to happen between just anyone, but between a man and a woman committed together in a covenantal relationship with God.

Tim and Kathy Keller write in their book, *The Meaning of Marriage*, *"Indeed, sex is perhaps the most powerful God-created way to help you give your entire self to another human being. Sex is God's appointed way for two people to reciprocally say to one another, 'I belong completely, permanently and exclusively to you.'"*

As husband and wife are joined together in marriage, something unique happens in their relationship. Two become one flesh. This union is more than just sexual intimacy...

Of all the topics to be discussed in marriage, sexual intimacy is most often the one that gets shrouded in shame, secrecy, and guilt. Sex is spoken of in hushed tones and with blushing complexions. The goodness of sex is quickly obscured by the brokenness of the world and the sinful bent of our flesh.

C. Sexual Intimacy in Marriage is to Be Regular

Sexual intimacy is for God's glory and serves as an embodied reminder of a couple's one-flesh relationship. Thus, it makes sense that sexual intimacy should be a regular part of married life. To understand the biblical teaching on this topic, we must read and understand the apostle Paul's teaching in 1 Corinthians 7:2–5:

1 Corinthians 7:3–5 (NKJV)

³ Let the husband render to his wife the affection due her, and likewise also the wife to her husband. ⁴ The wife does not have authority over her own body, but the husband *does*. And likewise the husband does not have authority over his own body, but the wife *does*. ⁵ Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.

Let me add my comments on this passage—Paul is saying, *“If you do get married—don’t practice celibacy because your body is no longer your own it also belongs to your spouse and you don’t have total control over it anymore”*.

The word “**deprive**” in verse 5 means to “*rob or steal*.”

The only time that celibacy in marriage is acceptable is if both agree to abstain from sex during a time of fasting and prayer—but then come back together so that Satan doesn’t gain an advantage through sexual temptation.

The problem in many marriages is that—too often sexual intimacy is used as a *reward* or a *punishment* or both. Many times, problems arise because the husband and wife have different drives sexually and so a mutual compromise must be agreed upon—like scheduling a regular time for lovemaking.

But even then, exceptions must be made and in cases where one spouse is sick or going through some kind of emotional crisis—in those cases the other spouse needs to be *sensitive*.

However, these must be exceptions and not the rule and remember that by denying one another sexual intimacy constantly or for long periods of time you are giving the devil the opportunity to destroy your marriage through sexual temptation (pornography).

D. Sexual Intimacy in Marriage is to be Other-Oriented

Paul goes on in verses 3–4 (1 Corinthians 7) to describe sexual intimacy within marriage in terms which would have probably been surprising and somewhat alarming to his readers. Neither husband nor wife possess authority over their own body.

For Paul’s female readers, this would have been downright revolutionary. Women at this time were considered the legal property of their husbands. Paul was teaching that each partner, male and female, had the right to mutual sexual relations. Nothing like this had ever been said before.

The wife is entitled to sexual relations with her husband! This mutual reciprocity completely reoriented the one-sidedness of sex for husband and wife in the first century. Both husband and wife are to give to one another; they are to willingly yield their bodies to one another.

Biblical sexual ethics fly in the face of not only first century Corinthian culture but also twenty-first century Western culture. The Bible tells us sex is not solely about you and your needs. Sex is not about self-actualization or authenticity. Sex is meant to be about bringing pleasure and love to your spouse.

When husbands and wives practice this principle in their sexual intimacy, couples tell a cruciform (*having the shape of a cross*) story of self-denial and self-sacrifice. No longer is the focus on the person and their needs, but on the other and their needs and desires.

When this sort of reciprocity is present, the opportunities for mutual pleasure, enjoyment, and joy are endless. When sex becomes less about what your spouse owes you and moves to how you can serve your spouse, sexual intimacy is completely transformed from a mere physical act to an actual display of the gospel story.

Often, newlyweds enjoy a period of intimacy as everything is new and exciting. Over time, however, it's easy to overlook the element of intimacy or even take it for granted, especially when the world stacks its cards against us.

Careers, having children, going to the grocery store, paying the bills, keeping the house clean, and to-do lists with no end in sight take over and risk overshadowing the relationship that started the whole thing in the first place.

How Do We Nurture Intimacy in Marriage?

All aspects of a Christian's life are designed to honor and glorify God. Not only that, but the Bible discusses human marriage as an extension of God and the church.

Ephesians 5:28-31 states, *"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 their own body, but they feed and care for their body, 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 the two will become one flesh.'"*

So, how do we do that? The most practical advice regarding nurturing intimacy in marriage is to simply spend time together.

The author concludes—

"We have found over the years that our marriage is strong enough to withstand the pressures placed on it by the world because God is at the head of the marriage. And we have learned how important it is to nurture and protect our time together."

7. Companionship

When I think of companionship in marriage—I think of *'friendship.'*

Someone has defined companionship this way:

"Companionship is about being each other's best friend, confidant, and partner through life's highs and lows. It goes beyond romance or physical attraction — it's rooted in mutual respect, trust, empathy, and shared purpose. Companionship in marriage is one of the most vital and enriching aspects of a long-term relationship. It refers to the deep bond of friendship, emotional support, and shared life that develops between spouses."

How to Promote and Encourage Companionship in Marriage

- **Prioritize time together** (regular dates, walks, or daily check-ins)
- **Be curious about each other** — keep learning about your partner
- **Laugh and play** — humor builds emotional connection

- **Communicate kindly and often**
- **Handle conflict constructively** — not every disagreement needs to be a fight
- **Support each other's growth** — personally and as a couple

“Marriage is not just about sharing a bed or a bank account — it's about sharing a life.”

When you want to cultivate companionship with your partner, there are ways that you can approach this situation. Here are a few ways to help you accomplish this in your marriage:

1. **Listen to each other**

When you are working to be partners and companions, it may be helpful to listen to each other. This means when your mate is having a trying day or just wants to talk to you about something, you should do your best to give them the time they need and listen to what they have to say.

If they are willing to do the same for you, this can indicate that you may have reached companionship or are growing together in that reality.

2. **Find ways to bond**

Something else that may help develop some types of companionship within your marriage is to find ways to bond with each other. Instead of simply watching TV most nights, do something together that you haven't done with anyone else. You can go skydiving, play golf together (I would say go bowling, garden, take a walk), or do something else that is a bonding experience. This may be fun and allow you to have exciting stories to talk about with each other.

3. **Stay honest**

You should also do your best to stay honest with each other at all times. Consider how open you are with your most trusted friends and think about being that honest with your mate as well.

Even when you have things to tell them that they may not want to hear, when you are also their companion, it is necessary to inform them anyway. They will likely respect you for telling them the truth.

4. **Disagree, but don't argue**

There is nothing to be concerned about if you and your mate disagree on certain things. The key is to keep arguing to a minimum. In most cases, you should be able to discuss your differences in opinions without getting mad at each other or having a fight. If you do have a fight, you should make up as soon as possible and work out a compromise.

5. **Apologize when need be**

Companionship blooms in a relationship when couples take responsibility for their actions towards nurturing a stronger bond between them. Be sure to apologize when you need to. You may mess up or hurt your mate's feelings sometimes, and it is vital that you stay on good terms with them. After all, if they are a good friend of yours as well as your partner, there's a chance you can't stay upset with each other for long.

6. Work through issues

In addition to overcoming arguments and disagreements, you must be able to work through issues you face together as well. One of you may have too much stress, or the other one may be grieving the death of a family member. Together you can get through these things, especially if you are growing or already have companionship in a relationship.

7. Remember what you like about them

Sometimes it may be trying to have companionship with your mate. However, when you are able to keep the things you like about them fresh in your mind, it can help you understand why you are putting in the time and effort it takes to grow your relationship with them.

8. Have goals

You have probably heard about couples having goals, but do you and your partner have any? If not, you should decide together what you would like to accomplish. Maybe you want to walk a marathon or take a food challenge together. There are no wrong answers as long as you are having fun together.

9. Stay intimate with each other

Intimacy is the gateway to companionship, where vulnerability and trust strengthen the roots of your relationship. Staying intimate with one another can assist your bond as well. There is evidence that states how physical touch with your partner can boost hormones in your brain that might make you happier.

10. Make memories together

Memories can be like little movies inside your head that make you smile. When those memories include your mate, they may be even more special to you. Do things together that will be memorable, like taking a trip or going to an attraction in your town. Take plenty of pictures, too, so you can reflect on them later.

11. Tell them how you feel about them

Another part of being honest with your mate is telling them how you feel about them. Even when you think they already know, you should still tell them that you love them and that they are a good friend of yours. This could mean a lot coming from you.

12. Spend time together

Most companionship examples would require that you spend time with your companion. This is equally important when they are also your partner. In a relationship where there is companionship, you will see two people nourished with quality time, and helping the relationship to grow. You won't be able to bond if you aren't spending enough time together. Make sure that you are with them on a regular basis when this is possible.

13. Find out as much as you can

Another part of companionship in a relationship is finding out as much as you can about the other person. You may wonder what they were like as a kid or how they decided what they wanted to do with their life. Talk to them and ask questions that you are curious about and tell them about yourself when they ask as well.

14. Enjoy yourselves

Anytime you are good friends with your partner, you should be able to enjoy yourselves together. You may not have to be as worried about acting silly or doing something embarrassing when you are with someone that loves you but is also a trusted companion.

There are many ways to cultivate companionship in a relationship, and you may want to start with the ones on this list. Consider reading more on the subject if you are interested and remember to stay engaged when you are talking to or spending time with your partner.

Companionship is something that may not come naturally in all situations, so you may need to work at it. Take it one day at a time and enjoy the time you spend with each other too.

Let me close by reminding you that we are in a battle with the devil for the survival of our marriages—Satan wants to destroy them, but God wants to bless and build them so that they flourish and glorify Him in this fallen world.

This war is with the devil and his demons not really with each other—however, in any war there is a certain percentage of casualties that come as a result of—“friendly fire.” Every soldier knows that sometimes in the heat of battle allies can be mistaken for enemies—and when that happens the results can be devastating.

Unfortunately, when we talk about spiritual warfare the same thing is true. There are many casualties in the Body of Christ that are the result of friendly fire. By that, I mean people who are supposed to be on the same side fighting together against the real enemy often find themselves fighting each other, taking shots at one another, wounding and hurting and even destroying those who are supposed to be allies and not enemies—how true this often is in marriage.

In Ephesians 6 when Paul reminded us that our real struggles are not with each other but with principalities and powers, the hosts of wickedness in the spirit realm—he did so directly on the heels of his teaching on marriage.

If you want victory in your marriage against the real enemy (Satan) then stop seeing each other as enemies and start coming together as allies—comrades fighting on the same side for a common goal—a blessed, fruitful, and God honoring marriage!

If you would like to know more about what it means to be a Jesus-follower— please, reach out to us. It would be our greatest privilege to lead you into a saving relationship with Jesus Christ.

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