



Sermon Series: 5 Truths for Today

Sermon Title: Sex: A Gift Designed By God

Date: 9/21/2025

Big Idea: Enjoy the gift by submitting to God.

Sex is one of God's most misunderstood and misused gifts. Our culture often distorts it, but **Genesis 2:18–25** shows us God's original intent: He created woman, established marriage, and blessed the union of husband and wife. Within that design, sex is holy, purposeful, and powerful. To enjoy it rightly, we must submit to God.

1. Sex was created by God

When God saw it was not good for man to be alone, He created Eve and brought her to Adam, establishing marriage. The phrase “one flesh” describes the physical, emotional, and spiritual unity of husband and wife. Within this design, sex serves three purposes:

- **Procreation** – God's command to be fruitful and multiply shows that children are a blessing from Him. Through marital intimacy, life is created and received as a heritage from the Lord.
- **Recreation** – Proverbs 5 reminds us that sexual intimacy is also about delight, joy, and connection. God designed it for pleasure and to nurture love within marriage. It is His way of meeting the deep needs He placed within spouses for one another.
- **Communication** – Sex is more than a physical act; it is a covenantal language of love, trust, and unity. It affirms the bond of marriage, expressing vulnerability and commitment. When communication or intimacy breaks down in marriage, often sexual closeness is one of the first casualties.

In God's plan, sex is a gift that communicates life, joy, and love within marriage.

2. Sex is distorted by sin

Sin corrupts what God created as good. After the fall, sex was twisted into a tool for selfishness, lust, and exploitation. The Bible is clear: sexual immorality is among the “works of the flesh” (**Galatians 5**).

- **Power and abuse** – Instead of care and love, sex is often used to control or harm, which is a tragic distortion of God’s design.
- **Adultery and fornication** – From the Ten Commandments to the teachings of Paul, God warns against sex outside of marriage. It violates the covenant He established and undermines the holiness of the marriage bed.
- **Lust** – Jesus teaches that lustful intent is adultery in the heart. Lust poisons intimacy and erodes trust. Pornography amplifies this distortion, objectifying people and rewiring the mind for selfish gratification. The Bible warns that such idolatry destroys true intimacy and dishonors God.

Sexual sin is not harmless. It damages relationships, distorts love, and even harms the body itself (**1 Corinthians 6**).

3. Sex is God’s marital gift

Despite sin’s distortions, God’s design remains. **Hebrews 13:4** calls us to honor marriage and keep the marriage bed undefiled. Sex is a covenantal gift, intended for the lifelong union of husband and wife. Outside of marriage it becomes destructive, but within it, sex is holy.

Marriage reflects Christ’s relationship with His church (**Ephesians 5**). Just as Jesus gave Himself for the church, husbands are called to love sacrificially, and wives to respond with respect. Sexual intimacy within marriage reflects this covenantal love—faithful, life-giving, and secure.

God redeems what sin distorts. Through Christ, forgiveness and healing are available. Brokenness and distortion are not the end of the story—Jesus restores, cleanses, and renews. By submitting to Him, couples can rediscover the joy, unity, and beauty of sexual intimacy as He intended.

Sex in marriage is not merely about pleasure but about covenantal love, faithfulness, and worship. It is a gift to be cherished, protected, and enjoyed within the boundaries of God’s design. To truly enjoy this gift, we must submit to God.

Discussion Questions:

- Why is it important to remember that sex is God's idea and not a human invention?
- How do the purposes of procreation, recreation, and communication shape a healthy view of marital intimacy?
- In what ways does sin distort God's design for sex, and why is it so destructive?
- How can couples guard their marriage against distortions such as lust, pornography, or selfishness?
- What does it mean to honor God's design for marriage in today's culture?