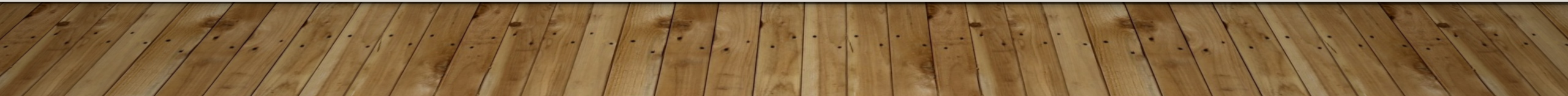


# MARITAL INTIMACY TO THE GLORY OF GOD

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SESSION 2



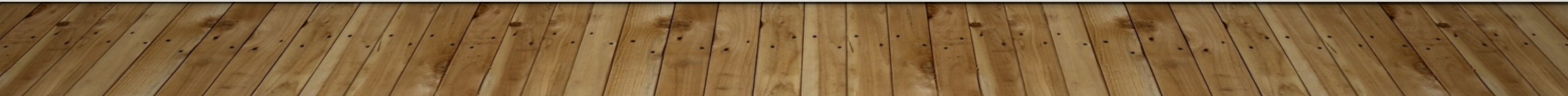
# THINKING BIBLICALLY ABOUT SEX

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- The ultimate purpose of sex must necessarily conform with the reason for which God created all things.

## **Romans 11:36**

- 36 For from Him and through Him and to Him are all things. To Him *be* the glory forever. Amen.
- According to this verse, sex was ultimately created to bring glory to God!



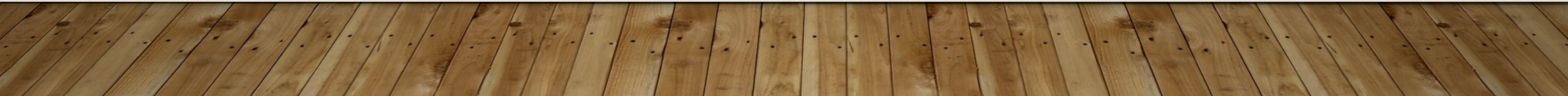
# THINKING BIBLICALLY ABOUT SEX

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**Reason 1:** The fallen world around us is infatuated with sex.

**Reason 2:** Often Christians carry baggage from past sexual sin.

**Reason 3:** The failure to apply the entire teaching of Scripture regarding marriage, Christian living, and sanctification to the marriage bed!



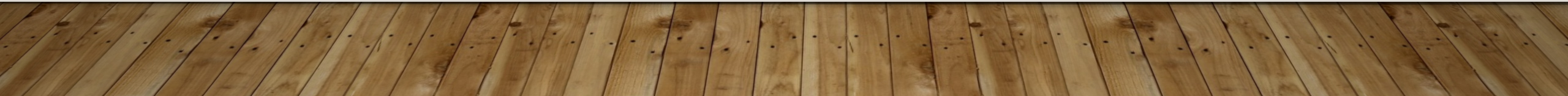


# THINKING BIBLICALLY ABOUT SEX

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- Biblical sex is an opportunity to live out selfless sacrificial love for your spouse!
- **THAT** brings glory to God and **THAT** builds an unbreakable bond of oneness between a married couple that is a thing of beauty!

**Key Truth:** Most of the time, sexual difficulties in marriage stem from other problems in the marital relationship.



# THINKING BIBLICALLY ABOUT SEX

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**Key:** The ultimate purpose of the marriage bed is the glory of God!

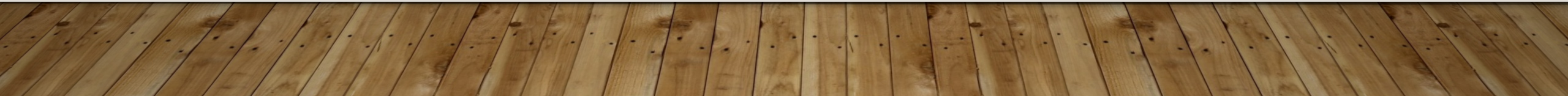
**Key:** The ultimate enemy of the marriage bed is the idol of self!

## **Philippians 2:3-4**

3 Do nothing from <sup>a</sup>selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves;

4 do not *merely* look out for your own personal interests, but also for the interests of others.

**Assignment:** Practice this verse with the couple next to you!



# THINKING BIBLICALLY ABOUT SEX

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**Question:** how do we train ourselves to see the glory of God as the purpose of sex?

**Question:** how do we dethrone the idol of self that so dramatically affects our marriage bed?

## **The Plan:**

1. Review The Bible's Instruction Regarding Sex
2. Consider the marriage bed in light of the rest of Scriptures teaching on marriage, Christian character, and the pursuit of sanctification.
3. Answer other questions and concerns.



# THINKING BIBLICALLY ABOUT SEX

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## **The Old Testament**

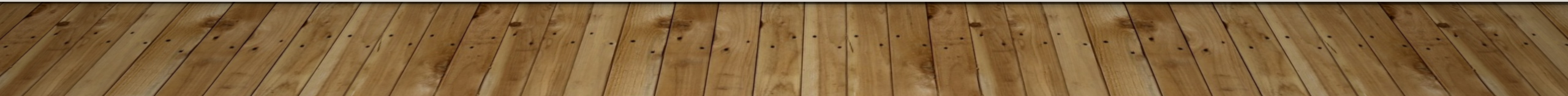
1. Sex is designed to be between one man and one woman joined together by the covenant of marriage.
2. Sex is designed to enable mankind to obey God's command to be fruitful and multiply.
3. Sex is the physical expression of the one flesh union.
4. Wives and husbands are to flee from sexual sin and intentionally delight in one another.
5. Wives and husbands are to view sex as a good gift in which sexual pleasure is mutually desired, pursued, and enjoyed.
6. Though God purposefully designed sex to be physically pleasurable, it is ultimately to be a physical means of expressing our delight in our spouse not in sex as an end to itself!

# THINKING BIBLICALLY ABOUT SEX

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## **The New Testament**

- 7. The marriage bed is pure and is not to be defiled by sexual sin.
- 8. The marriage bed is a protection against sexual temptation.
- 9. Sex in marriage is a mutual covenant commitment and duty.
- 10. In marriage we mutually commit to use our bodies for the sexual fulfillment and pleasure of our spouse.
- 11. Marital sex is to be frequent and continual.
- 12. A sexual break can be taken for a short time by mutual agreement for spiritual edification.





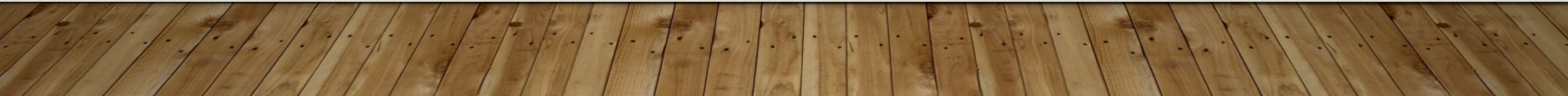
# THINKING BIBLICALLY ABOUT SEX

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## Additional Thoughts:

- We are debtors not debt collectors!
- The biblical goal is to selflessly love your spouse which means...
  1. If your spouse finds something to be dirty or sinful it should not be pursued.
  2. Your spouse is your guide for how to please him/her.

**In other words**, it is selfish to demand that your spouse allow themselves to be pleased in a certain way because it pleases you when they receive that kind of pleasure!



# THINKING BIBLICALLY ABOUT SEX

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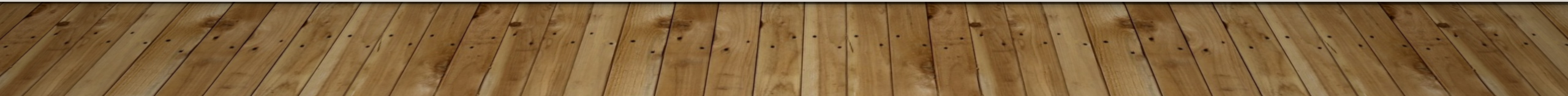
## Additional Thoughts:

3. Success is to be defined by the cultivation of intimacy and the strengthen of your one flesh union **NOT** a certain sexual experience or climax.
- **It's a bit like ice cream...**

# MARITAL INTIMACY TO THE GLORY OF GOD

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THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING  
ON MARRIAGE.





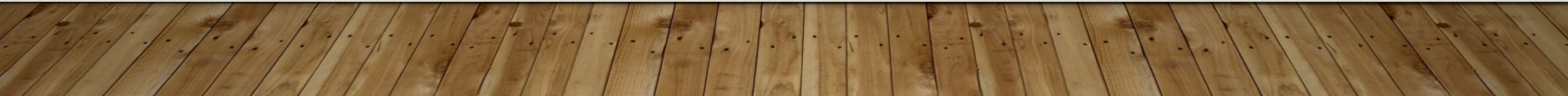
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

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## A Word to Husbands

### Ephesians 5:25-30

- **25** Husbands, love your wives, just as Christ also loved the church and gave Himself up for her,
- **26** so that He might sanctify her, having cleansed her by the washing of water with the word,
- **27** that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless.
- **28** So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself;
- **29** for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also *does* the church,
- **30** because we are members of His body.



# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

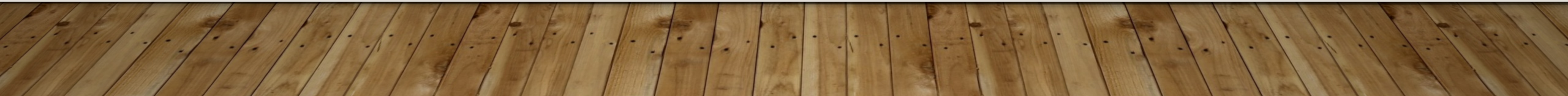
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## **1 Peter 3:7**

- 7 You husbands in the same way, live with *your wives* in an understanding way, as with <sup>b</sup>someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered.

## **Colossians 3:19**

- 19 Husbands, love your wives and do not be embittered against them.



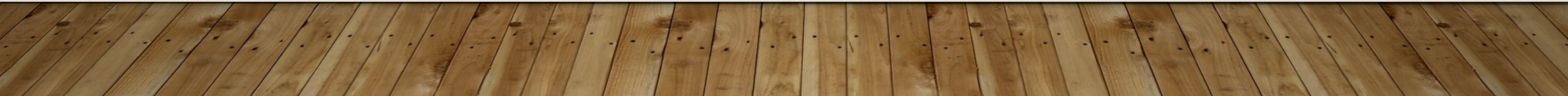
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

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- Husbands are called to lovingly and sacrificially lead their wives.

**Key:** The husband's leadership in the home has a direct impact on the health of the marriage bed.

- If there are problems in your marriage bed the heart of the problem is usually not sex itself.





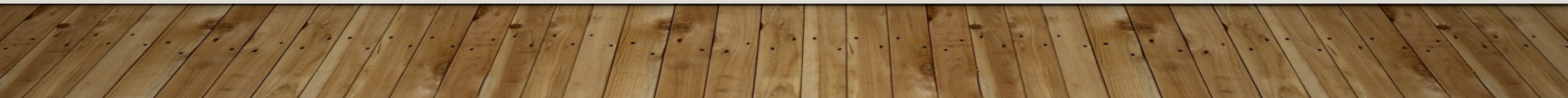
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

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- The first area of your marriage you need to analyze as a husband is your loving leadership in the home.

## **Questions to ask yourself and your wife:**

1. How am I falling short of loving my wife as Christ loves the church?
2. In what ways am I failing to nourish and cherish my wife?
3. In what ways am I failing to live with my wife in an understanding way?
4. Am I currently harboring bitterness in my heart towards my wife?

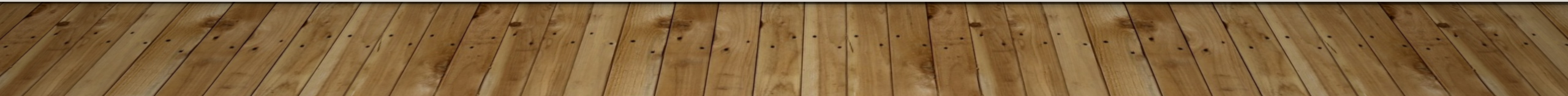


# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

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**Key Truth:** It is selfish and unloving to expect your wife to find sex attractive and enjoyable if your leadership in the home is consistently characterized by disobedience to Christ's commands.

- God has created your wife to follow your leadership and to respond to your love and care.
- This shows up in the way our wives are made both physically and relationally.



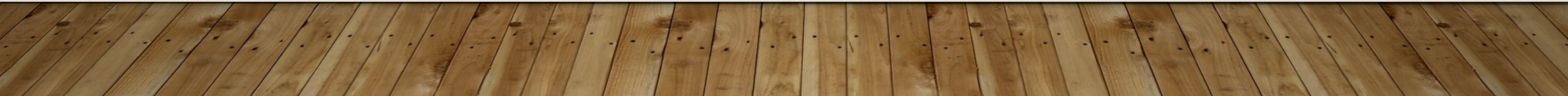
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

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- If there are problems with your marriage bed start by practicing Matthew 7 in regards to your loving leadership.

**Note:** You almost certainly do not need a book on sexual techniques!

- You need to read the Bible and obey the biblical commands to love your wife sacrificially, to nourish and cherish her, and to live with her in an understanding way!





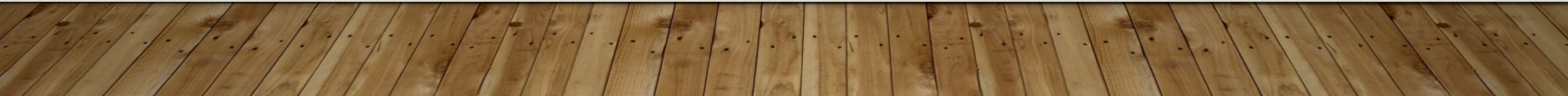
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

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- So, the first passage that should come to your mind is not 1 Corinthians 7 it is Ephesians 5!

**Note:** there are some good Christian resources available that explain sexual techniques for improving in this area. (“Intended for Pleasure” by Ed Wheat)

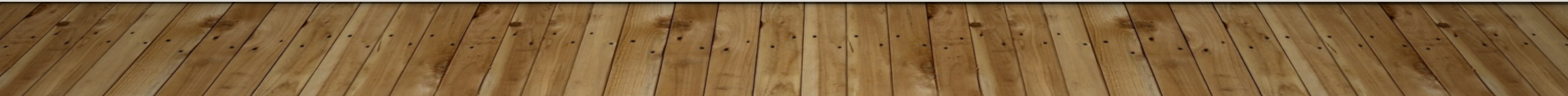
**Question:** men, how do you know if that is what your marriage needs?



# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

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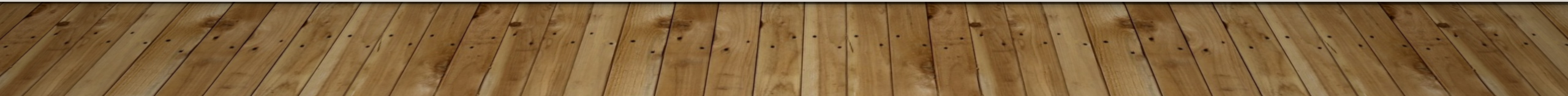
- Men often desire sex with their wives because that act makes them feel comforted, loved, and cared for by their wife.
- So, men often find comfort in the physical act of sex with their wives.
- Women often find sex most desirable or acceptable when they feel comforted, loved, and cared for by their husband relationally!
- So, women most often find comfort in a loving relationship.



# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

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- Which perspective is correct?
- Both are correct!
- The key is for both the husband and wife to learn how to best show love, care, and comfort to their spouse!
- And then to be more concerned with giving love than receiving it.





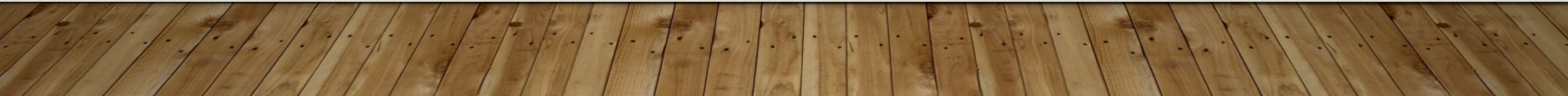
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

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- You don't have to understand why your spouse is this the way they are you just need to understand and embrace the fact that they are this way and respond accordingly!

## **A Further Word To Husbands**

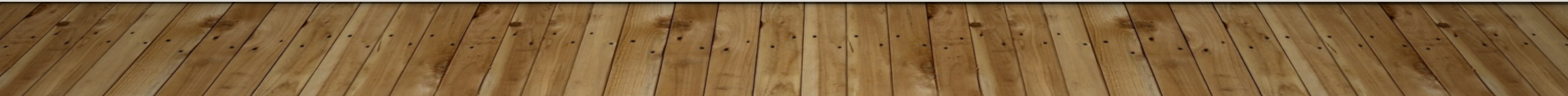
- Most men think of foreplay as a list of physical sexual techniques.
- But foreplay for most women begins way before you get to the bedroom!



# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

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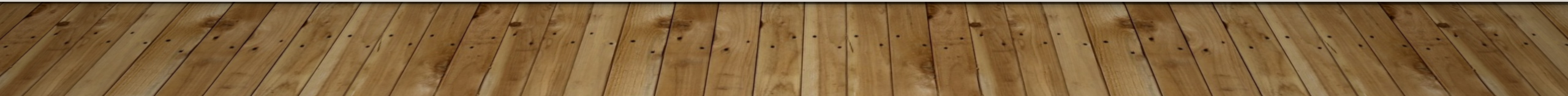
- It happens as you serve her around the house, it happens as you prefer her needs/desires over your own, it happens as you eagerly engage in meaningful conversation, it happens as you pray with her and for her, it happens as you prioritize your physical health and appearance, it happens as you selflessly make intentional time for your kids, it happens as you work hard to provide for the physical needs of your family, it happens as you encourage her to freely enjoy time with godly friends, it happens as you are generous towards her with your words of affirmation, finances, facial expressions, non sexual touch, and quality time. And it happens as you let her know you are thinking about her during the day, and when you remember her favorite flower, dessert, author, pastime, movie, etc.! It happens as she sees you pursue sanctification and love for Christ and His word, it happens as you pursue sexual purity and refuse to indulge in sexual pleasure outside of her. It happens as you compliment her physical appearance without an agenda. It happens as you genuinely express the many ways you are thankful that she is your wife and how you would never trade her for any other woman in the world! It happens as you value her perspectives and invite and apply her wisdom regarding family decisions.



## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

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- So, men if you are honestly doing all those things as a pattern of life and your wife still refuses to have sex with you...now its time for a calm, loving, honest discussion about 1 Corinthians 7!
- Again, most men think that 1 Corinthians 7 is the place we begin. Instead, we must begin with Ephesians 5, 1 Peter 3:7, and Colossians 3:19.





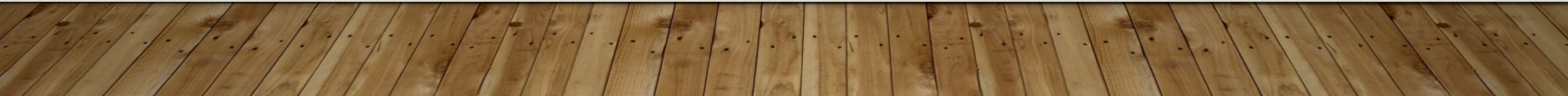
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

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## A Word to Wives

### Titus 2:3-5

- **3** Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good,
- **4** so that they may encourage the young women to love their husbands, to love their children,
- **5** *to be* sensible, pure, workers at home, kind, being subject to their own husbands, so that the word of God will not be dishonored.



# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

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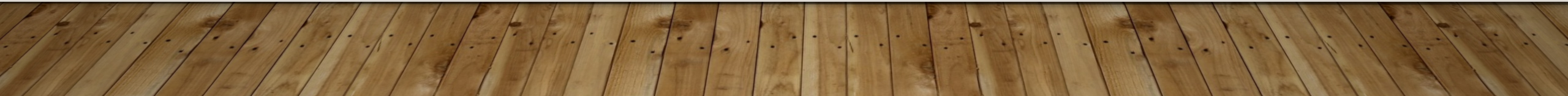
- Wives are called to love and submit to their husbands.
- Your husband will never love or lead you perfectly!
- Our obedience to the word of God is not dependent on others.
- So, just as your husband must make genuine efforts to love you in the ways God commands him, you must make genuine efforts to love him in the ways the Scriptures command you.

# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

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## A Further Word To Wives

- **Question:** how did it make you feel when I read off that list of ways your husband should show love to you?
- Inside did you think, “oh that would be so wonderful to have a husband who would love me that way?”
- Understand that for many men that is the feeling of joy and comfort they feel at the thought of having a wife who willingly chooses to enjoy sex with them!





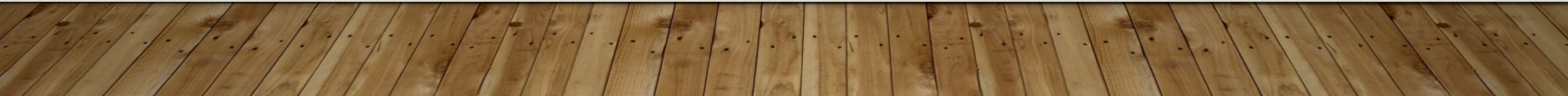
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE.

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- So, which one is better?
- Is the wife's desire more godly or is the husband's desire more godly?
- They are both God-given desires! And they are both holy and good!

**Question:** so how do we work towards this kind of marriage?

**Answer:** we need to consider the rest of the Scriptures teaching on Christian character and sanctification.

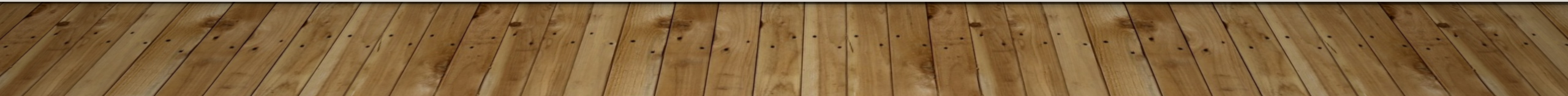


# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE

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## **First...A Suggestion:**

- If there has been a prolonged period in which either or both relational intimacy and sexual intimacy have not been biblically pursued ask for help!
- If you are hearing this message and you are thinking, “I am willing to obey God and learn to love my spouse relationally and sexually but there have been so many emotional wounds in our relationship that I don’t even know where to start.”
- Then, this is my suggestion!



## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S TEACHING ON MARRIAGE

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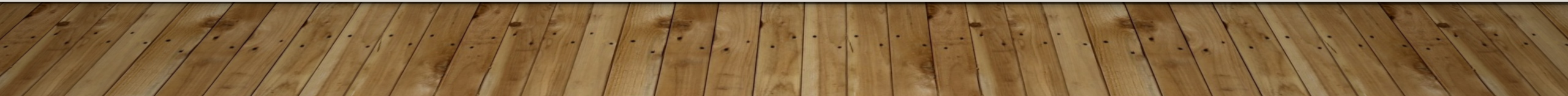
- After this session have an honest conversation with your spouse and say something like this: “I want to obey God and I am committed to our marriage, but I am hurting so bad right now I don’t know where to begin. I will commit to working on our marriage together in counseling. Will you commit to that with me?”



# MARITAL INTIMACY TO THE GLORY OF GOD

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THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN  
CHARACTER, AND THE PURSUIT OF SANCTIFICATION.



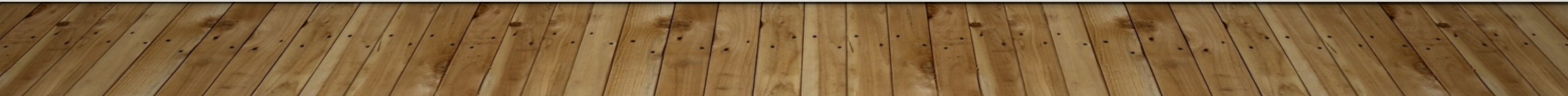
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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## 1. The Fruit of the Spirit

- 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,
- 23 gentleness, self-control; against such things there is no law.

**Galatians 5:22-23**



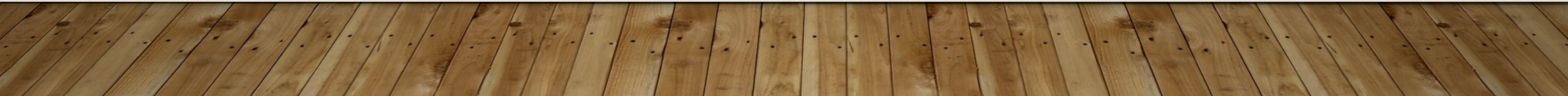
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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## 2. The Biblical Definition of Love

- <sup>4</sup> Love is patient and kind; love does not envy or boast; it is not arrogant <sup>5</sup> or rude. It does not insist on its own way; it is not irritable or resentful; <sup>6</sup> it does not rejoice at wrongdoing, but rejoices with the truth. <sup>7</sup> Love bears all things, believes all things, hopes all things, endures all things.

**1 Corinthians 13:4-7**





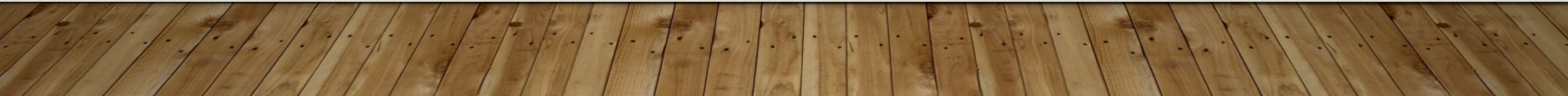
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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**Question:** how does the fruit of the Spirit apply to the marriage bed?

**Question:** how does the biblical definition of love apply to the marriage bed?

**Assignment:** Worksheet



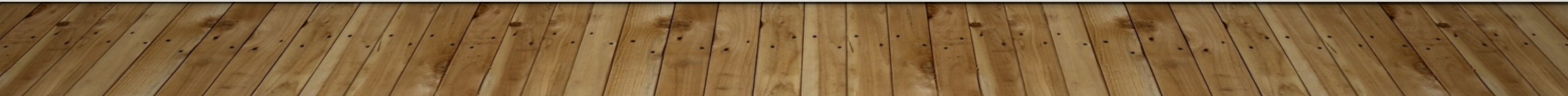
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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## **The Fruit of the Spirit**

- While each one of these fruits is important to apply to your marriage bed I want to highlight one that often is overlooked.
- Self-Control

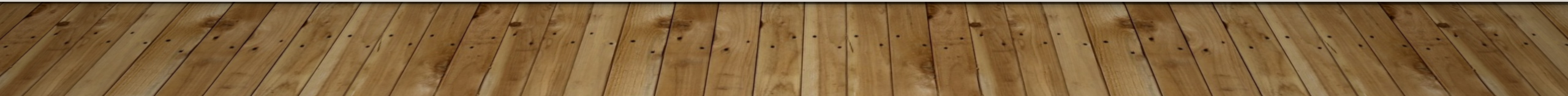
**Illustration:** A Misguided College Student



## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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- Many men falsely assume that marriage will be the end of the constant battle with unfulfilled sexual desires.
- There unfortunately will be no end of that battle this side of heaven!
- Marriage is a protection and help in this regard but it is not a replacement for biblical sanctification.
- Self control is a fruit of the Spirit!

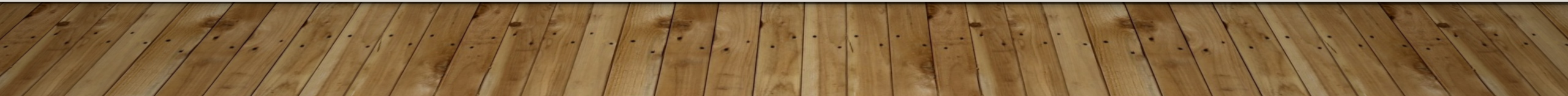




## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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- That means, there is never a time that self control is to be neglected!
- Christian, you are responsible before God to control your sexual desires by the power of the Holy Spirit!
- And self control is to be exhibited in your sexual relationship in marriage.



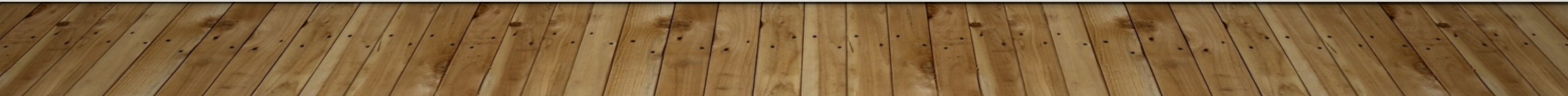
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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**Question:** what does it look like to practice self control in the marriage bed?

**Selfless consideration of your spouse...**

- In the frequency and timing of requests for sex.
- In the way you touch him/her outside the bedroom.

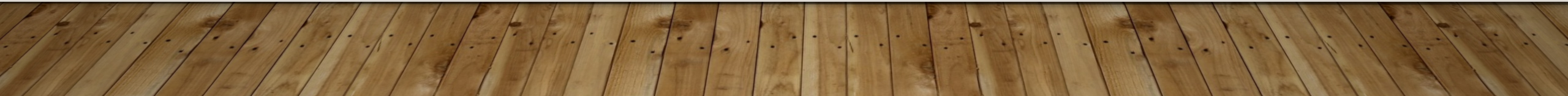


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## **Selfless consideration of your spouse...**

- In the way you touch him/her inside the bedroom.
- By patiently seeking to understand his/her likes and dislikes in the bedroom.



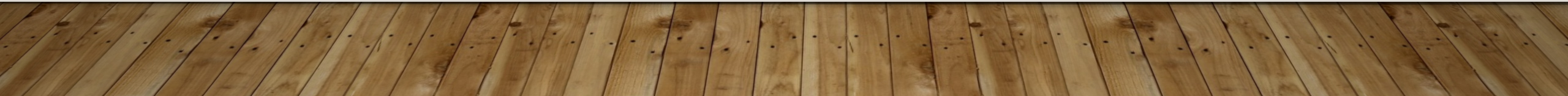


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## **Selfless consideration of your spouse...**

- By refusing to do or suggest anything in the bedroom that they have expressed to be distasteful to them.
- By slowing down as you focus on the desires of your spouse.
- By controlling your mind throughout the day. (Positively and Negatively)
- By controlling your mind in the marriage bed. (Positively and Negatively)

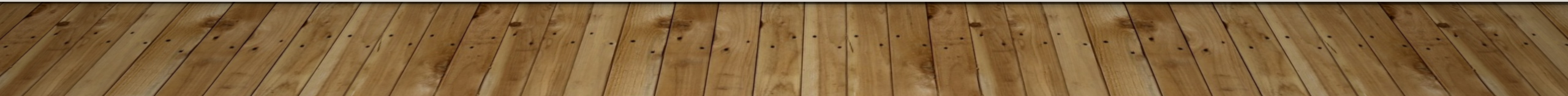


# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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## **Selfless consideration of your spouse...**

- Offering to postpone a planned encounter because its clear this has turned out to be an inconvenient day or time for your spouse.
- Offering a spontaneous encounter to your spouse because an unexpected opportunity arises and you know this would be a blessing to them.



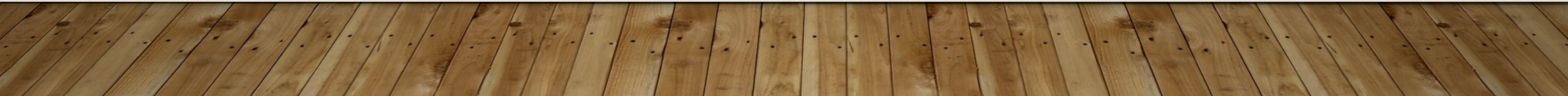
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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**The Point:** Self control is a never-ending non-negotiable command in the Christian life!

## **1 Corinthians 6:12**

<sup>12</sup> “All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be dominated by anything.





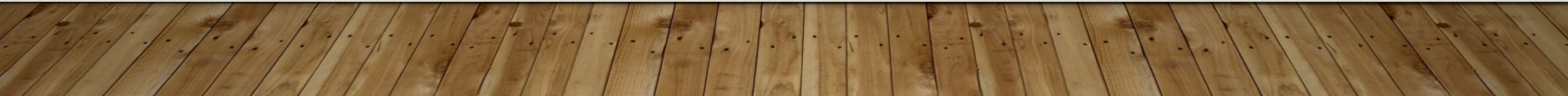
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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**Key Truth:** Even God's good gifts can be pursued in a sinful way!

**Example:** Food

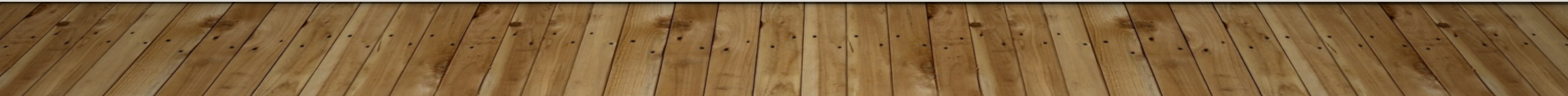
- When we enjoy God's good gifts as an end in and of themselves rather than an expression of our enjoyment of Him, we make that gift an idol!
- And idols actually master us not the other way around!



# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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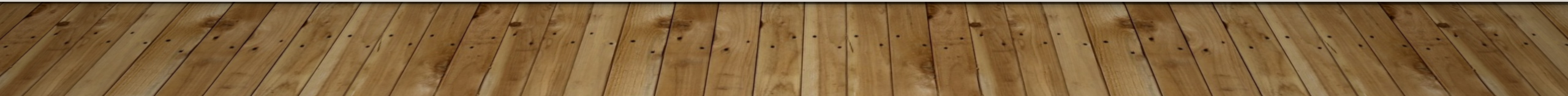
**Leon Morriss:** “All things are lawful. But this liberty must be lived out in the spirit of Augustine’s maxim, ‘Love, and do what you will.’ If we love, in the sense in which the New Testament understands love, we need no other guide. The Corinthians, however, were taking Christian liberty to mean, not an unbounded opportunity to show the scope of love, but an incredible means of gratifying their own desires.”



## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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- Sex in marriage is one of God's good gifts to us!
- But when we enjoy sex as an end in itself it becomes an idol that dominates us!
- When sex is an idol, we think only of how we want it and when we want!
- When sex is a means of glorifying God and selflessly loving our spouse, we see it first as a way to love them when and how they desire.

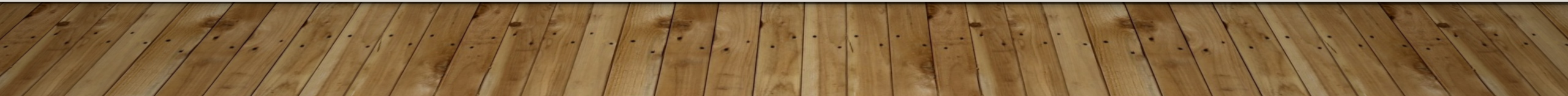




## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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- A sexual idolater uses their spouse for sex. Sex becomes the goal!
- A person committed to the glory of God in marriage views sex as a gift by which to show selfless love to their spouse. Oneness with their spouse is the goal!



## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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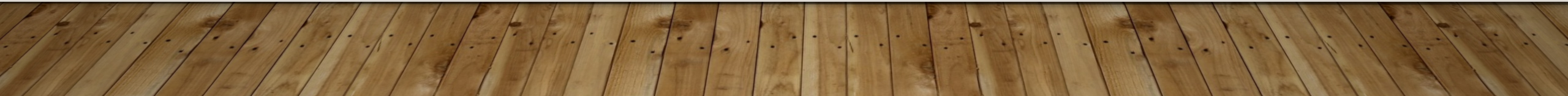
- Sex is a means to a greater end; it is not an end in and of itself!
- That means, sometimes the most loving thing you can do is to purposefully refrain from asking your spouse for sex as you choose to joyfully love them in other nonsexual ways!

## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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**Key Truth:** Many men lament the fact that their wives are not more enthusiastic about sex, but they feel no remorse over their joyless half-hearted service of their wife in other areas.

- We must be on guard against the idolization of the marriage bed!



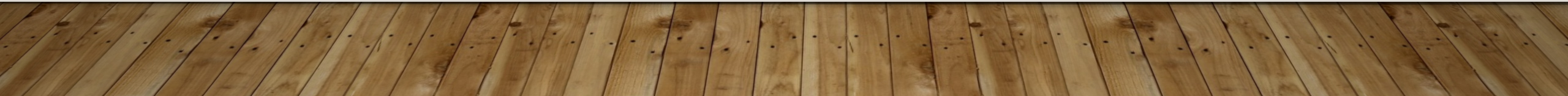


# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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## **Warning Signs of Sexual Idolatry in Marriage:**

- Blowing up in anger when your spouse says, “not tonight”.
- Clamming up in anger when your spouse says, “not tonight”.
- Using the sexual differences between you and your spouse as a justification for sexual immorality.
- Pushing sexual boundaries your spouse has clearly stated are uncomfortable and/or undesirable.

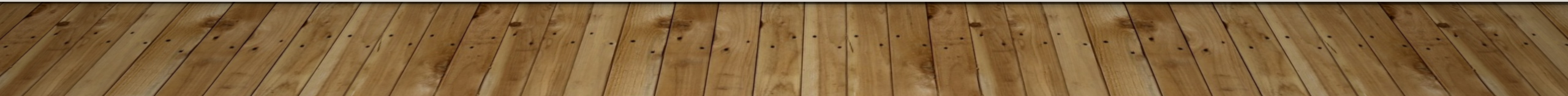


# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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## **Warning Signs of Sexual Idolatry in Marriage:**

- Fostering bitterness towards your spouse over the marriage bed in your thought life.



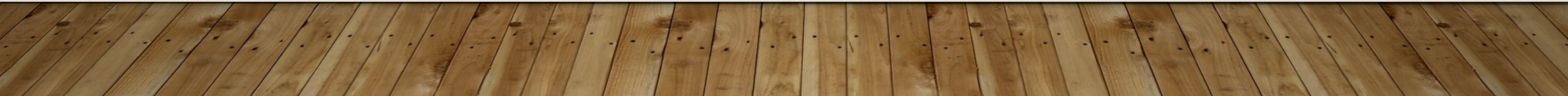
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## **Lou Priolo on bitterness (The Complete Husband)**

**“Bitterness is the result of dwelling too long on a hurt. It is the result of not truly forgiving an offender.”**

- An example of how a root of bitterness is cultivated...





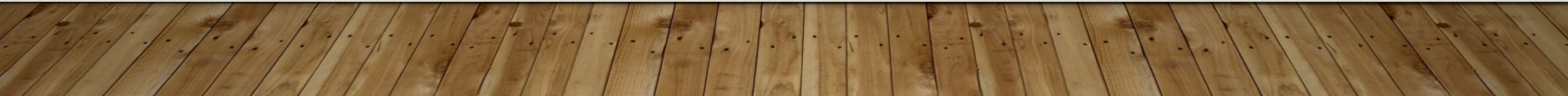
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**Sam's cultivation of the root of bitterness:**

**Sam's Thought:** "I can't believe she turned me down again."

**Cultivation of Sam's Bitterness:** Sam pokes the seed an inch into the soil of his heart with his finger.

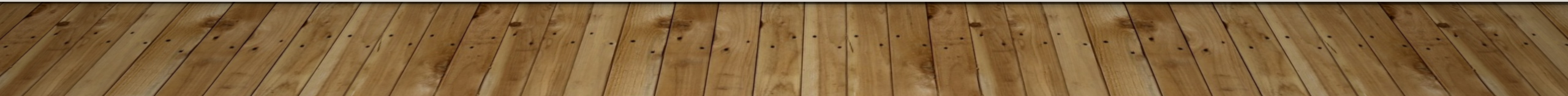


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**Sam's Thought:** "She never wants to have sex."

**Cultivation of Sam's Bitterness:** Sam covers the seed with more soil.

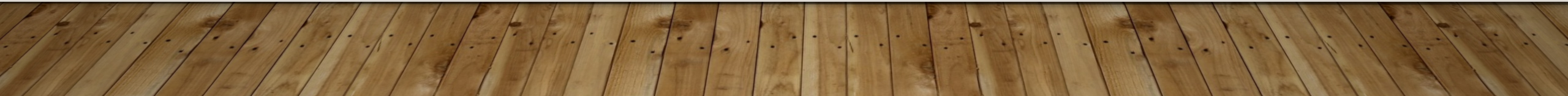


# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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**Sam's Thought:** "She's as frigid as an ice cube."

**Cultivation of Sam's Bitterness:** Sam is aerating the soil.



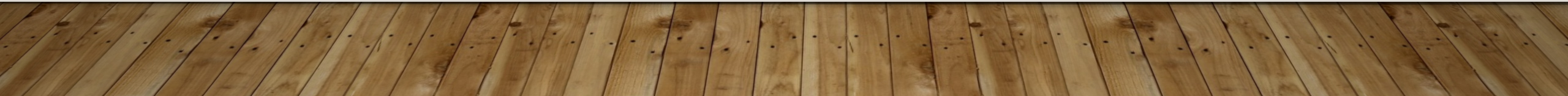


# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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**Sam's Thought:** “Doesn't she realize how selfish she's being?”

**Cultivation of Sam's Bitterness:** Sam is watering the seed.

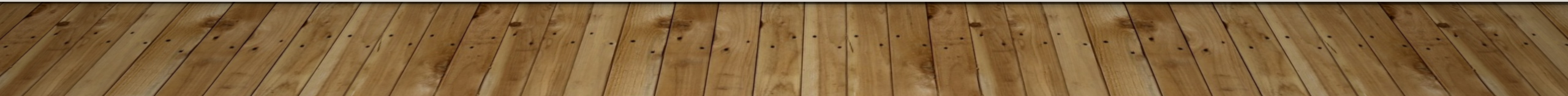


## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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**Sam's Thought:** “She’s defrauding me. If I would have known she was going to be so cold, I never would have married her!”

**Cultivation of Sam's Bitterness:** Sam is fertilizing his hurt and its now starting to sprout.

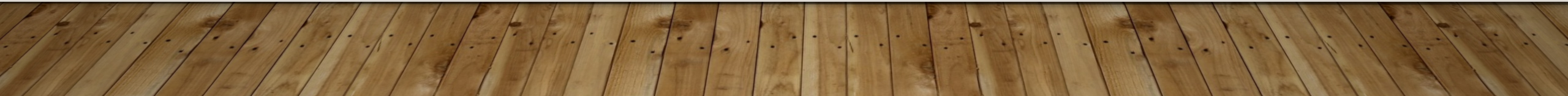


## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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**Sam's Thought:** “I have needs, too, and she's tempting me to lust after other women.”

**Cultivation of Sam's Bitterness:** Sam is weeding his little sprout as it roots grow deeper into his heart.



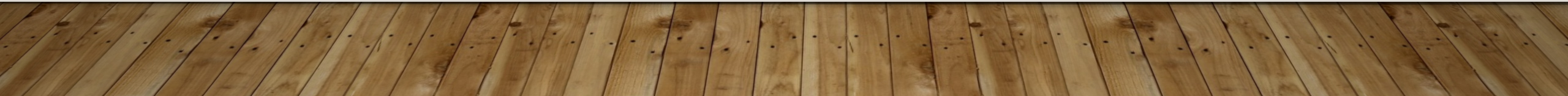


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**Sam's Thought:** “She can't do this to me. I'll teach her not to reject me. I'm not going to talk to her for a few days. Let's see how she likes to face rejection.”

**Cultivation of Sam's Bitterness:** Sam has built a greenhouse around his stinkweed and is now charging people admission to see it!

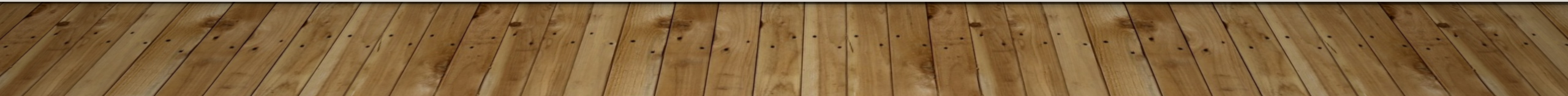


## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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**Question:** how should Sam have responded instead?

- He should have put off the temptation to be angry, renewed his mind with Scripture, and then responded to his wife with patience and understanding.
- Then, he should have had a calm and patient conversation with his wife about his desires while assuming the best of her intentions and motives.



# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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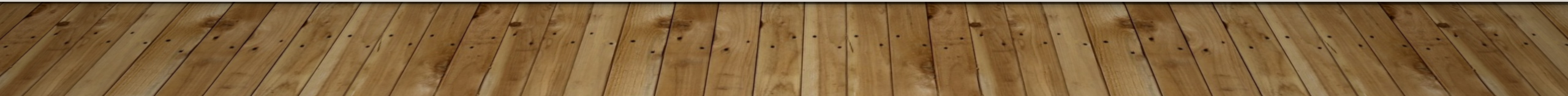
## **The Process of Change**

- The marriage bed is often difficult because of hidden sins left unaddressed in our hearts.

## **Key Sins that Affect the Marriage Bed**

**Note:** Pride and selfishness are entangled in each of these

1. Bitterness
2. Unforgiveness
3. Unbelief
4. Discontentment





# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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4. Impatience

5. Laziness

6. Lying/Deception

7. Sexual Immorality

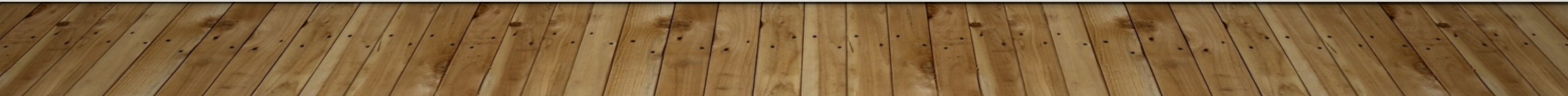
# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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## **The Process of Change**

The Solution: (Ephesians 4:20-32)

1. Put Off
2. Renew Your Mind
3. Put On



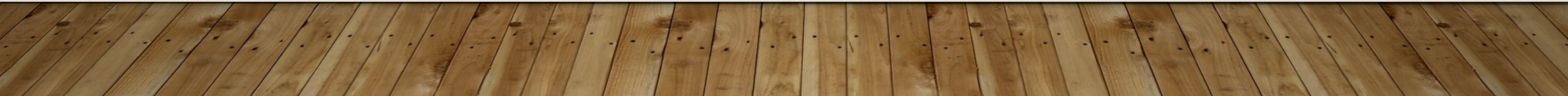
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**Question:** what are some thoughts Sam could have used to renew his mind?

<sup>8</sup> Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Philippians 4:8

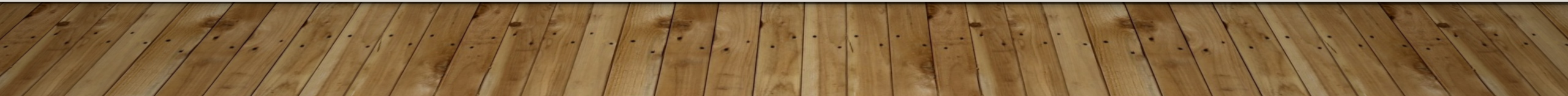




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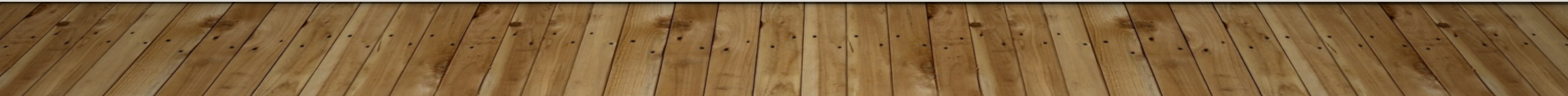
- Renewing our mind requires us to think on specific Scriptures and then think thoughts that apply those truths.
- When we do this, we will inevitably be filling our minds with things that are true, pure, and praiseworthy.



## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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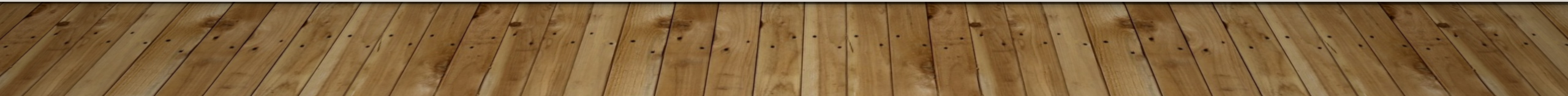
- So, Sam might have thought things like this:
- “Do nothing from selfishness or empty conceit but with humility of mind regard one another as more important than yourselves. Do not merely look out for your own personal interests but also for the interests of others.”
- God please help me to put myself in my wife's shoes and consider her above myself.



## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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- I am only thinking about how much I would like to have sex right now, I wonder what she would find most enjoyable right now?
- I know we were up late last night and she has been mentioning how tired she has been lately.
- I bet she would love to have a chance to sleep in today.

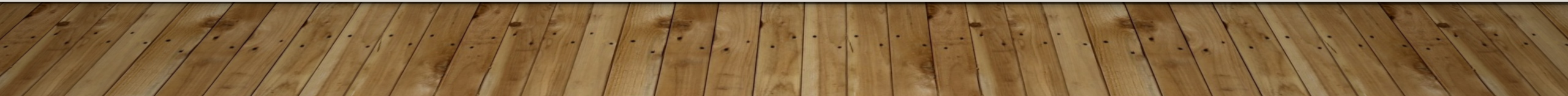




## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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- She has also been mentioning how overwhelming the house work has been for her this week and how she can't catch up.
- Since I am awake with no hope of falling back asleep, I will get up and wash the dishes while she rests.
- Then, once she is up and fully awake, I will find a time to gently ask if maybe this evening we could prioritize intimate time together.

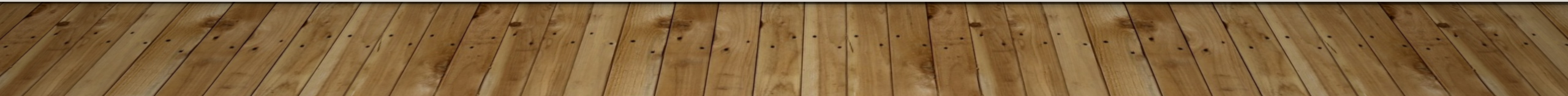


## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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- Then he might wash the dishes while thinking of specific praiseworthy attributes about his wife and thanking God for them.

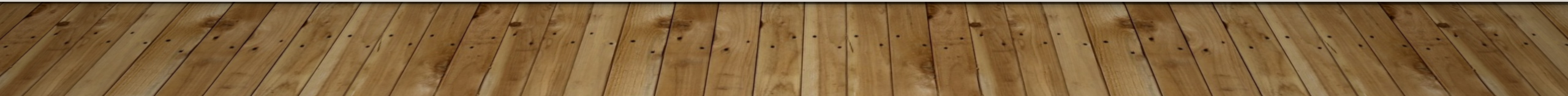
**Question:** if Sam spends the morning serving his wife and intentionally praising God for the things he loves most about her what kind of tone is that going to set for his initial reaction towards her when she wakes up?



## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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**Question:** if Sam spends the morning thinking about how much he wants to have sex and how his wife is yet again sleeping in instead of prioritizing his needs how will that affect the way he interacts with his wife when she wakes up?



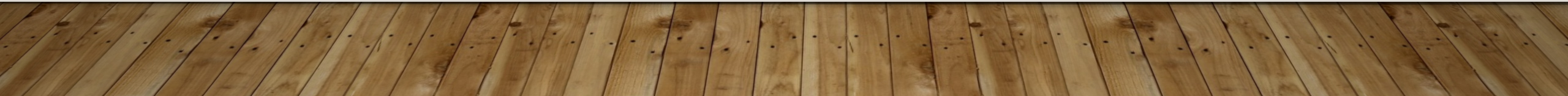


## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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**Note:** the same concept is true for a woman who naturally has a very low sex drive.

- A man with a naturally high sex drive must take control of his thoughts and urges and focus his attention on selflessly serving his wife in non sexual ways.



# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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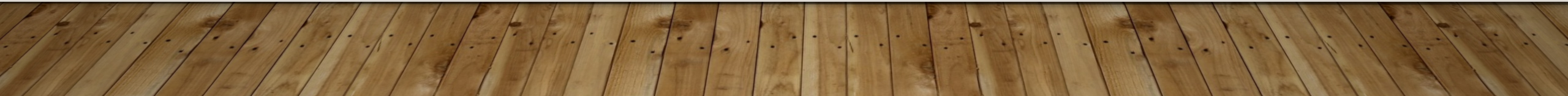
- A woman with a naturally low sex drive must take control of her thoughts and lack of desire and intentionally cultivate positive thoughts about her husband in general and specifically about the marriage bed!
- She will have to exercise much self control to stop thinking about the grocery list or the kids or the house chores that are left undone.
- In her case, loving her husband will require her to proactively think about God's gift of the marriage bed and even planning how she is going to choose to love him in that way.

## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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**Final Note:** don't be offended if your spouse has a naturally low sex drive and has to work hard to get herself in the mood to find sex acceptable.

- If your wife chooses to love you more than herself by making herself available to you sexually even though it is not her personal desire in that moment is that not an act of selfless love?

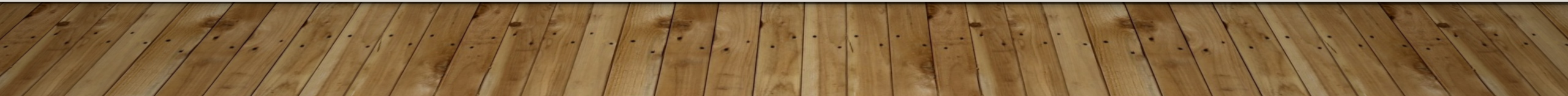




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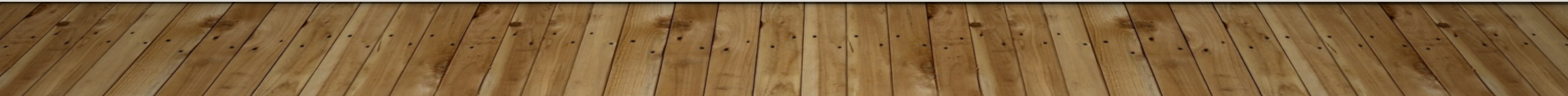
- We have to recondition ourselves to define love biblically!
- Biblical love is an intentional choice of the will to sacrificially set your love on another person regardless of how you feel.
- So, men if your wife is trying hard to prioritize you in this way but you can tell its hard for her don't take that as an offense take it as a reason to give thanks for a wife that would seek to love you even when it is not her personal preference.



## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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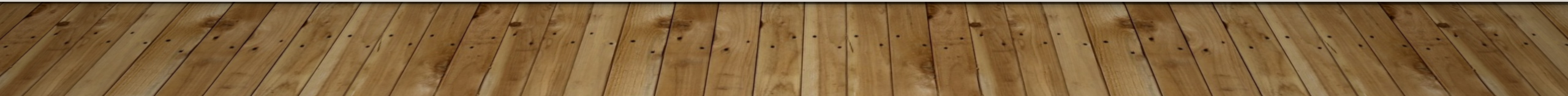
- And wives, if you see your husband trying to love you in non sexual ways but he is clumsy at it, have grace with him!
- And when you can tell he is trying to control his anger when you are not in the mood but it's obviously a real struggle for him have grace with him!



## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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- **Key Truth:** God intends to bring spiritual good out of your differences!
- You cannot know what sins lie hidden in your heart if you are not tested!
- Learn to thank God for the ways He made you and your spouse different because those differences stretch you and test you and reveal sins in your heart that you would never have known were there!



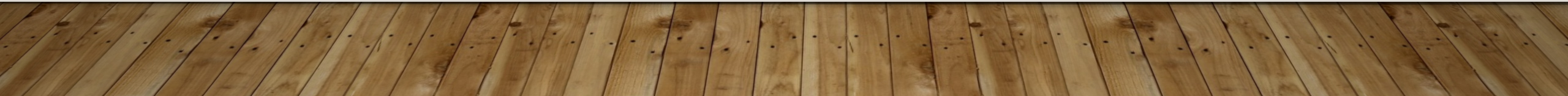


# THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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## **Remember:**

- Our purpose in life is to glorify God and enjoy Him forever!
- The faithfulness of others has no bearing on our ability to fulfill that purpose.
- Focus your attention on God's calling to you to be a godly husband or a godly wife regardless of the faithfulness of your spouse!



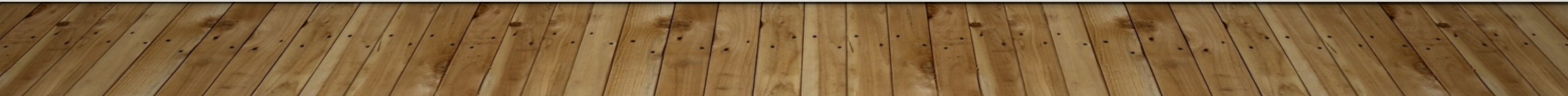
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- Do not allow yourself to justify sin because of the sin of your spouse.
- You are called to love and serve your spouse as an overflow of your love for Christ.

**Note:** that does not mean you cannot confront sin in your spouse!

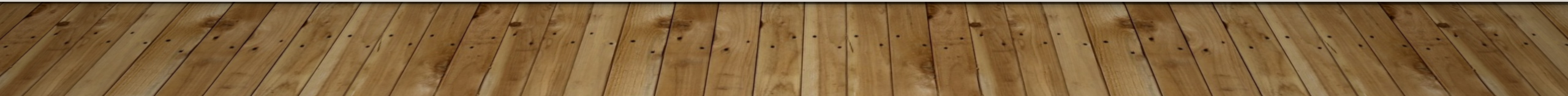
- It means your ability to honor God is not dependent on how well they respond to that confrontation.



## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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- This is how we “live by faith” in this regard!
- We make faithfulness to God our highest aim rather than a particular outcome in our marriage!
- Your sanctification is God’s primary goal for your life...make it your highest goal as well.

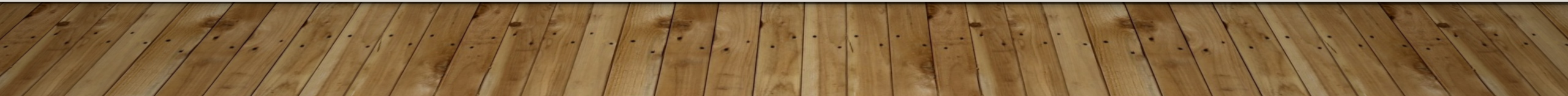




## THE MARRIAGE BED IN LIGHT OF THE REST OF SCRIPTURE'S CHRISTIAN CHARACTER, AND THE PURSUIT OF SANCTIFICATION.

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- Prioritize holiness over pleasure and Christ centered joy over temporal happiness.
- As you grow in that you will glorify God and you will love your spouse with humility and grace.
- And God will use that grow you and your marriage over time.



# BEFORE YOU GO

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- Break up into couples:
  1. Discuss your observations from the fruit of the Spirit assignment.
  2. Discuss ways in which relational oneness could be more intentionally cultivated in your marriage.
  3. Ask for forgiveness for any areas of selfishness, a lack of self control, bitterness, or idolatry that have been revealed to you through this study.
  4. Pray together for the following:
    - For God to help you love Him and one another more than yourself.
    - For God to help your marriage bed become the gift He intends for it to be.
    - For God to increase your relational oneness and help you exhibit selfless love toward one another.

# ASSIGNMENTS

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- Continue prioritizing 15 minutes a day for intentional conversation
- Prioritize a more extended “connect meeting” this week.
- Set goals together for intentionally fostering relational oneness.
- Set goals together for intentionally fostering spiritual growth together.
- Set goals together for intentionally fostering physical oneness.

**Note:** if you cannot come to an agreement on these issues, reach out to us for help!



# ASSIGNMENTS

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## **Keys To Success:**

- Set small reasonable goals that you can actually attain!
- Selfless consider the other person as you suggest potential goals in these areas.
- Remember the ice cream illustration if you are tempted towards discontentment!
- Intentionally search out the attributes of your marriage and your spouse that are good and dwell on those with gratitude!
- Be humble, listen, confess sin, and be quick to forgive.

# ASSIGNMENTS

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- **Session 3- June 4**
- Send me any additional questions you have and I will do my best to answer them.