

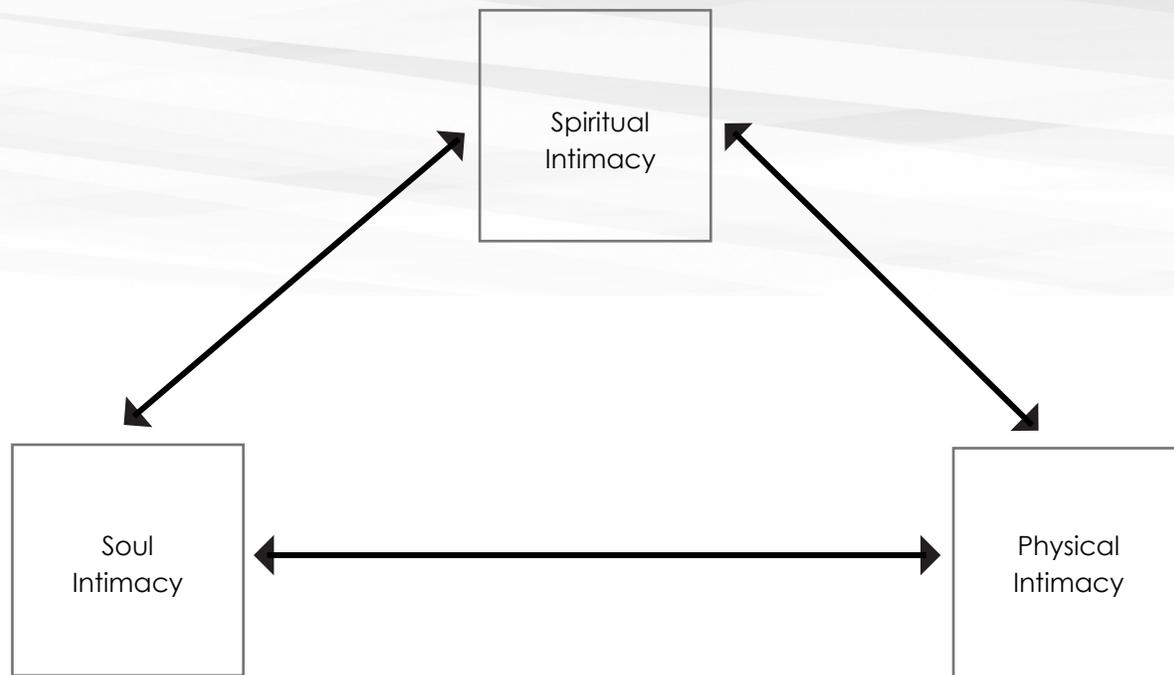
# MARITAL INTIMACY

SERVANT LEADERS



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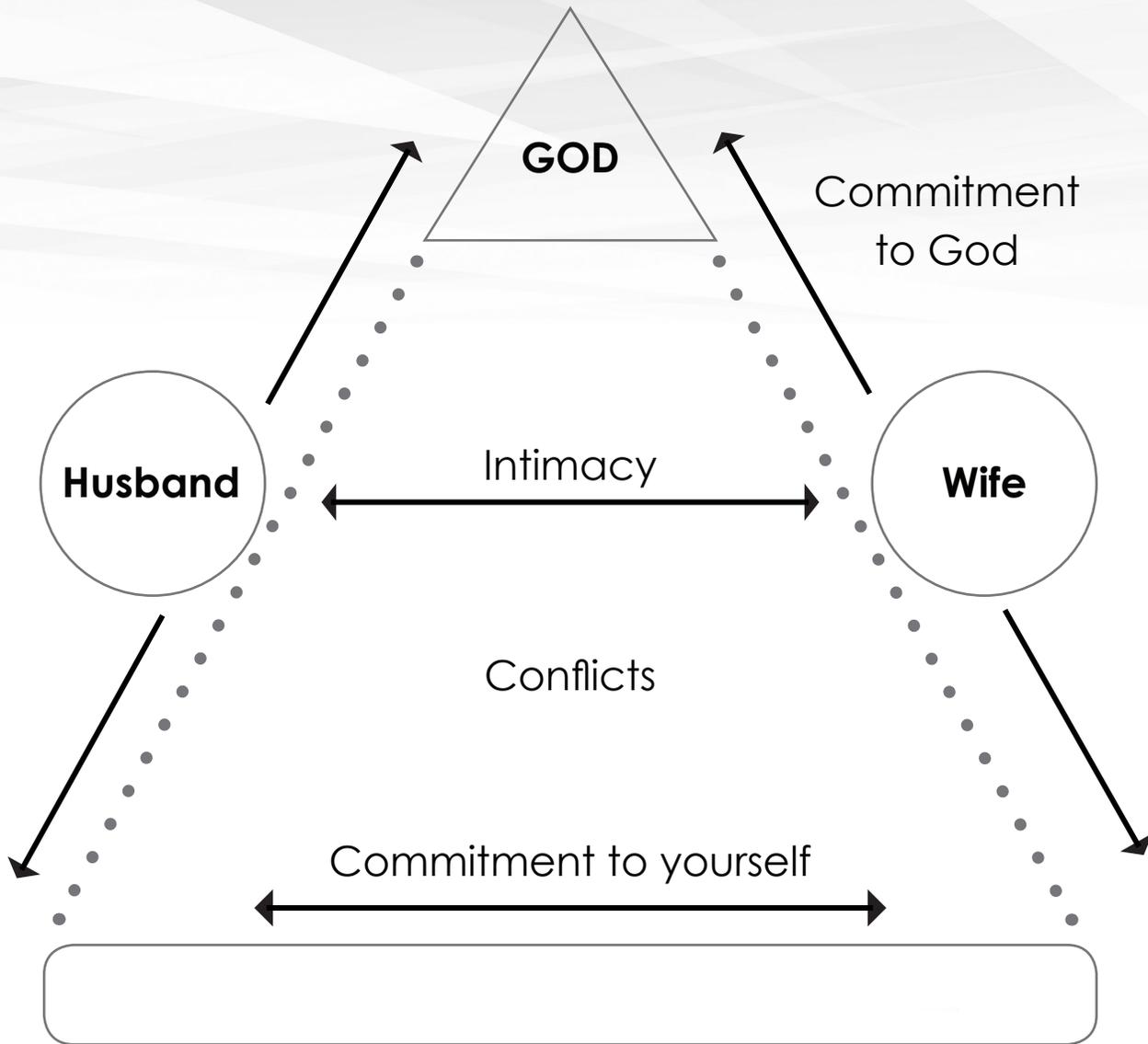
## Introduction: The 3 Types of Intimacy



## I. SPIRITUAL INTIMACY

### Definition:

We develop our spiritual lives as individuals but share in our SUBMISSION to our God. This allows us to share the purpose that God has for us as a couple. It is about learning to connect with your spouse through his or her FAITH.



Spiritual intimacy grows as each person grows individually in his/her devotion to God. Each one learns and fulfills his/her duties without judging the other person on his/her progress.

If we decide to be committed to God, we will be allowing him to GUIDE and GOVERN.

Guide: Psalm 23:1; I Corinthians 6:19; II Corinthians 4:5

Govern: Psalm 25:5; Proverbs 16:9

As we are committed to God we gain wisdom and power and my attitude with my spouse is much better! I learn characteristics like Selflessness, AGAPE Love, Service, and PATIENCE.

Activity:

Take time now to talk with your spouse about your committal to God before yourself. In what areas have you struggled? What steps can you take to improve this?

## II. SOUL INTIMACY

### Definitions:

#### 1. Soul

When we talk about the soul, there are three aspects of life that are in consideration. Anything that is said to have a soul must have all three of the following components.

- a. MIND: What we think.
- b. EMOTIONS: What we feel.
- c. WILL: What we desire. (We make choices based on what we desire.)

#### 2. Intimacy

One cannot understand intimacy without first understanding three connotations found in the meaning of the word.

- a. SECRECY: What we keep hidden.
- b. REVEALING: What we share. (So intimacy is about revealing what is normally hidden.)
- c. EXCLUSIVITY: With whom we share it.



### 3. Soul Intimacy

Soul Intimacy is that bond between a spouses who reveal their deepest intimate thoughts, feelings, and desires exclusively with each other.



\*Note: Soul Intimacy is a two-way street. It is about willingness to REVEAL your intimate thoughts, feelings, and desires; but it is just as much about listening to and UNDERSTANDING your spouse's intimate thoughts, feelings, and desires.

Obstacles:

1. Thinking that it is my job to CHANGE the other person.
2. Thinking that we always have to AGREE in order to be happy.
3. Inability or lack of desire to OPEN UP with the other person.
4. Different VALUES.

Tools to overcome these obstacles:

1. Active LISTENING
2. Weekly coffee and CONVERSATION time
3. Monthly FAMILY meeting time
4. Establish shared family VALUES

Talk to your spouse now. What are the obstacles you struggle with most?  
What tools do you need in your relationship?



### III. PHYSICAL INTIMACY

#### **Premise:**

Intimacy in our sexual relationship comes from an understanding that the pleasure found in sex can only truly be experienced outside the realm of SELFISHNESS and PERVERSION.

When the couple understands God's purpose for sex, the relationship will be an expression of BIBLICAL truths.

*Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge.*  
Hebrews 13:4

#### **The Purposes of Sex in Marriage:**

##### 1. PORTRAIT (of Christ's love for the Church)

*25 Husbands, love your wives, just as Christ also loved the church and gave Himself for her, 26 that He might sanctify and cleanse her with the washing of water by the word, 27 that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish.* Ephesians 5:25-27

##### 2. PROCREATION

*28 Then God blessed them, and God said to them, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth." Genesis 1:28*

##### 3. PASSION (Intimacy and Partnership)

*2 Like a lily among thorns, so is my love among the daughters. 3 Like an apple tree among the trees of the woods, so is my beloved among the sons. I sat down in his shade with great delight, and his fruit was sweet to my taste. 4 He brought me to the banqueting house, and his banner over me was love. 5 Sustain me with cakes of raisins, refresh me with apples, for I am lovesick. 6 His left hand is under my head, and his right hand embraces me.* Song of Solomon 2:2-6

##### 4. PLEASURE

*18 Let your fountain be blessed, and rejoice with the wife of your youth.* Proverbs 5:18



## How to Have Sacred Sex:

### 1. Know the PURPOSE.

The purpose is...

- (a) ...to enrich the life of the couple, and...
- (b) ...to be an instrument of GRACE to the other person.

It's about understanding God's purpose for our sexual intimacy, knowing that God wants to use our sexual relationship to teach and SHARE His grace.

*Let the husband render to his wife the affection due her, and likewise also the wife to her husband. 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. I Corinthians 7:3-4*

*"When two become one flesh, their bodies are at the service of the other person. The best sex occurs when his joy comes from her, and when her joy comes from him."*  
- John Piper

*God did not create this enormous capacity for pleasure simply to ensure that there would be a next generation." - John Piper*

### 2. Keep it in the Biblical CONTEXT.

Between a MAN and a WOMAN who are bound by a VOW of marriage.

*4 Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge. Hebrews 13:4*

So sex outside the context of marriage is an act of PERVERSION!

### 3. Keep it HEALTHY, not PERVERSE.

Q. When is sex healthy?

A. Sex is healthy when it stays within the Biblical purposes and LIMITS.

*17 This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, 18 having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; 19 who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness. Ephesians 4:17-19*



*5 But I want to remind you, though you once knew this, that the Lord, having saved the people out of the land of Egypt, afterward destroyed those who did not believe. 6 And the angels who did not keep their proper domain, but left their own abode, He has reserved in everlasting chains under darkness for the judgment of the great day; 7 as Sodom and Gomorrah, and the cities around them in a similar manner to these, having given themselves over to sexual immorality and gone after strange flesh, are set forth as an example, suffering the vengeance of eternal fire. Jude 5-7*

Examples of Unhealthy Sex:

- Incest
- Homosexuality
- Rape
- Adultery
- Prostitution
- Bestiality
- Harmful Sex

### **Is Marital Sex Dirty?**

1. The Bible says that spouses SHOULD offer their bodies to each other in marriage, and SHOULD NOT deny each other, except for special occasions, for a short period of time. (I Corinthians 7:5).
2. God made men and women as SEXUAL creatures. He designed our body with nervous systems capable of ENJOYING sexual pleasure on purpose.
3. Marital Sex is good, healthy and ORDERED by God.

### **Activity:**

Take time to talk with your spouse about how healthy your sex life is. What would make it healthier? more enjoyable? more God-honoring?

