

# ***Intimate Allies***

*Mythbusting the Myths  
around Sex in Marriage*

## **REVIEW: Building Trust with your Wife**

**PRESENT**            I am connected to you when  
I'm with you

**PLAN**                I am connected to you when  
I'm not with you

**PURSUE**            I seek relationships that help  
me mature

## 1 Corinthians 7:1-7

Now for the matters you wrote about: “It is good for a man not to have sexual relations with a woman.” But since sexual immorality is occurring, each man should have sexual relations with his own wife, and each woman with her own husband. The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife.

Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control. I say this as a concession, not as a command. I wish that all of you were as I am. But each of you has your own gift from God; one has this gift, another has that.

# Myth #1: God is embarrassed about sex.



**Myth #1: God is embarrassed about sex.**

**Mythbuster:**

Hardly! He created us with sexual desire (Song of Solomon 7:1-9) and chose sex as the method for filling the earth with His image. Also, God uses sexual intimacy as a metaphor for how He relates to His people (Ezekiel 16:4-14).

## **Song of Solomon 7**

- 1" How beautiful are your feet in sandals,  
O prince's daughter!  
The curves of your hips are like jewels,  
The work of the hands of an artist.
- 2" Your navel is like a round goblet  
Which never lacks mixed wine;  
Your belly is like a heap of wheat  
Fenced about with lilies.
- 3" Your two breasts are like two fawns,  
Twins of a gazelle.
- 4" Your neck is like a tower of ivory,  
Your eyes like the pools in Heshbon  
By the gate of Bath-rabbim;  
Your nose is like the tower of Lebanon,  
Which faces toward Damascus.

5"Your head crowns you like Carmel,  
And the flowing locks of your head are like purple  
threads;

The king is captivated by your tresses.

6"How beautiful and how delightful you are,  
My love, with all your charms!

7"Your stature is like a palm tree,  
And your breasts are like its clusters.

8"I said, 'I will climb the palm tree,  
I will take hold of its fruit stalks.'

Oh, may your breasts be like clusters of the vine,  
And the fragrance of your breath like apples,

9And your mouth like the best wine!"

"It goes down smoothly for my beloved,  
Flowing gently through the lips of those who fall  
asleep.

*Good Sex* always says something true about God. It reveals the way He loves us: sacrificially, creatively, tenderly, strongly and in covenant. You know something of God within covenant sexual intimacy that can be experienced no where else.

*Husbands love your wives just as Christ loved the church...*

**Myth #2: My Culture does not overly influence my understanding of sex.**



**According to popular media sources,  
who has the best sex?**

Married or single?

Young or old?

Attractive or average?

Naughty or nice?

**Myth #2: My Culture does not overly influence my understanding of sex.**

**Mythbuster:**

Though it can be countered, no one escapes the negative effect of their culture. We objectify women and we separate sex from a sacrificial relationship.

A few words about sexual abuse...

Reference:

The Wounded Heart, Dr. Dan Allender

*Good sex* is staying aware of the often insidious nature of our culture's views on sex and its effect on you and your partner. Read, watch, reflect, and talk.

Good Sex occurs between a confident man and a relaxed woman.

**Myth #3: We approach sex the same way.**



## How to satisfy a woman every time

*Caress, praise, pamper, relish, massage, empathize, serenade, compliment, support, tantalize, stimulate, excite, anticipate, nuzzle, smooch, charm, attend, understand, respect, tease, snuggle, tickle, nibble, gratify, indulge and then go back and do it again.*

**How to satisfy a man every time**

*Show up naked*

**Myth #3: We approach sex the same way.**

**Mythbuster:**

There are differences between the sexes and between partners regarding how we get aroused, how we prefer to engage, and what must be overcome for a healthy sex life. All couples wrestle with performance and response.

# Men

*\*FamilyLife Marriage Conferences*

Visual

Body-centered

Performance driven

Acyclical

# Women

Relational

Person-Centered

Security Driven

Cyclical

*Good Sex* neither plays into stereotypes nor ignores differences. Instead, good sex patiently understands and enjoys our differences.

**Myth #4: Better technique will remedy most problems in the bedroom.**



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**Mythbuster:**

*Of all therapeutic theory available today, no idea is more harmful than the notion that a poor sexual relationship can be cured by learned better technique. It will not remedy a poor emotional relationship. (Masters and Johnson)*

# **PORNOGRAPHY**

(mostly) a guy problem

False Intimacy, Harry Schaumburg

ADDICTIVE

INSATIABLE

KILLS INTIMACY (avoids relational pain)

*Pornography leaves men desensitized both to outrage and to excitement.*

-Pamela Paul, Pornified (2005)

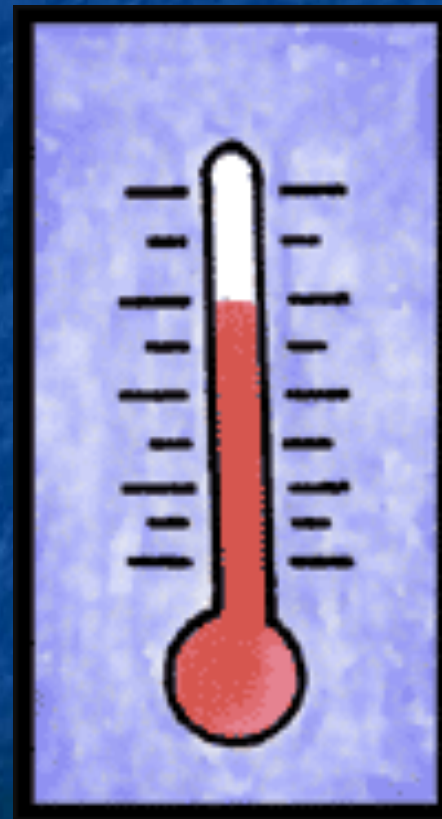
*Porn is littered – porn is heaped – with the death of feelings.*

- Martin Aims, (in an essay about the porn industry in California)

*They followed worthless idols and became worthless themselves. – Jeremiah 2:5*

*Good Sex* understands that sex is designed to *reflect* a healthy relationship, not create one. Good sex touches the heart before touching the body.

Sex in marriage  
is a  
***THERMOMETER***  
not a  
THERMOSTAT



## Myth #5: Sex is natural.



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### Mythbuster:

Sexual curiosity is natural. Hormones are natural. But good sex is a learned activity and mindset cultivated over time. It requires facing our fears, hurts, and longings, all for the sake of another. *Physical desire with its sexual expression is without a doubt the most complicated aspect of life in marriage.* Dr. Ed Wheat, Love Life

**Sex is the #1 thing couples have trouble discussing.**

**80% of marrieds are dissatisfied with their love life.**

**Top four reasons:**

**Guilt**

**Performance anxiety**

**Erotic boredom**

**Acceptance of myths/misinformation**

*If it (your sexual drive) is all used up with the stresses of life, you will have no desire for sexual arousal...*

- Penner and Penner, Getting Your Sex Life Off to a Great Start.

*Good sex is about learning to give to your partner out of your maturity for their behalf.*

*Sexual desire without eros wants “it”, the thing itself. Eros wants the beloved.*

- C.S. Lewis, The Four Loves

*As you consider your relationship, what do you most need to think about? Stress, anxiety, busyness, anger, desire...*

***Table Discussion:*** Answer the question above and/or talk about the biggest challenge you face regarding intimacy with your wife (or with women). Remember, this is about what *you* most need to address, not them.

*I must emphasize that even though you apply every other principle I have given you in this book, it will be of little avail unless you learn to touch each other often and joyfully in nonsexual ways. Physical contact is absolutely essential in building the emotion of love. You may take it as a sobering warning that most of the time marital infidelity is not so much a search for sex as it is for emotional intimacy.*

*- Dr. Ed Wheat, Love Life (p. 184)*

**May 24 Topic: *The Missional Marriage***