

RELATIONSHIP GOALS

“Sex Container”

There's more to sex than mere skin on skin. Sex is as much spiritual mystery as physical fact. As written in Scripture, “The two become one.” **1 Corinthians 6:16 (MSG)**

God created the gift of sex, exclusively within the container of marriage, to help us avoid pain and problems, and to help us experience pleasure and connection.

Then the Lord God made a woman from the rib, and he brought her to the man. “At last!” the man exclaimed... Now the man and his wife were both naked, but they felt no shame. **Genesis 2:22-23, 25 (NLT)**

Why God Created Sex

- **To Promote Commitment**

As the Scriptures say, “A man leaves his father and mother and is joined to his wife, and the two are united into one.” **Ephesians 5:31 (NLT)**

- **To Provide Enjoyment**

Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. She is a loving deer, a graceful doe. Let her breasts satisfy you always. May you always be captivated by her love. **Proverbs 5:18-19 (NLT)**

- **To Produce Offspring**

Then God blessed them and said, “Be fruitful and multiply. Fill the earth and govern it.” **Genesis 1:28 (NLT)**

God's Advice About Sex

1. DEVELOP A HEALTHY ATTITUDE ABOUT SEX

Since everything God created is good, we should not reject any of it but receive it with thanks.

1 Timothy 4:4 (NLT)

Honor marriage, and guard the sacredness of sexual intimacy between wife and husband. God draws a firm line against casual and illicit sex. Hebrews 13:4 (MSG)

2. DISCUSS WHAT YOU REALLY FEEL AND NEED.

An honest answer is like a kiss on the lips.

Proverbs 24:26 (NIV)

The marriage bed must be a place of mutuality—the husband seeking to satisfy his wife, the wife seeking to satisfy her husband. Marriage is not a place to “stand up for your rights.” Marriage is a decision to serve the other, whether in bed or out. 1 Corinthians 7:3-4 (MSG)

So encourage each other and build each other up...

1 Thessalonians 5:11 (NLT)

...you have made me eager for love...

Song of Solomon 6:12 (GNT)

The Bible's advice on “setting the mood” from The Song of Solomon:

Fragrances (1:12)

Compliments (1:15-16)

Privacy (2:5)

Affectionate touching (2:6)

Attractive attire (4:9, 11)

Intimate talk (4:16)

Unhurried time (5:1b)

Special places (7:12)

Total commitment (8:6-7)

3. DECIDE TO KEEP IT PURE

Don't be immoral in matters of sex. That is a sin against your own body in a way no other sin is. You surely know that your body is a temple where the Holy Spirit lives. The Spirit is in you and is a gift from God. You are no longer your own. God paid a great price for you. So use your body to honor God. 1 Corinthians 6:18-20 (CEV)

Some of you used to be like that. But now the name of our Lord Jesus Christ and the power of God's Spirit have washed you and made you holy and acceptable to God.

1 Corinthians 6:11 (CEV)

Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts. **2 Timothy 2:22 (NLT)**