

Happily Never After Week 4

How to have the best sex of your life

We often view sex as one of two things: GROSS or GOD

- In a church background, we often viewed sex as gross
- "Gross" is often the viewpoint of those from a background of sexual abuse
- "God" is where the pendulum swung for many of us as we began to "experiment" in our early teenage years.

The problem: we bring those views into marriage with us.

Gross- keep spouse at arm's length b/c of past teaching or abuse- distance comes in

God- unrealistic expectations, vulnerable to temptation

A great sex life is a key to a great marriage- but we have to understand what God wants for sex and how to navigate it according to His plan.

God created sex

Genesis 1:27: God created male and female with diff. parts and ability to feel pleasure

Genesis 1:28: First command- "Go have sex"

Sex not gross, it's good. But is not God.

God gets to define what sex looks like and what it's boundaries are

Song of Songs 7:1-8:3 give a picture of how sex plays out in marriage

Song of Songs 7:1-9a- Husband speaks and checks out his wife from head to toe

Song of Songs 7:1: Graceful curves

Song of Songs 7:2-: Navel...is not belly button!

Song of Songs 7:3: Soft, furry, woodland creatures- want to touch

Song of Songs 7:4: You're beauty is intimidating

Song of Songs 7:5-9a Check out ends, wants to make love and be intoxicated by it (PURSUIT COMES BEFORE SEX)

Song of Songs 7:9b-8:3- Wife speaks and responds

Song of Songs 7:9b-13: let's go under the stars and you can have all I have to offer

Song of Songs 8:1: Wife pursues- wants to kiss husband- and do more than kiss..

Song of Songs 8:2: "My mothers house" is a euphemism for the wife's sex organs. This phrase is essentially expressing her desire to drive her husband into her

Song of Songs 8:3: Embrace= sexual contact (delights in sexual touching)

WHY IS THIS IN THE BIBLE???

ANSWER:God wanted married couples to know He wants THIS for them

1. Uncomfortable for us because we've believed the lie sex is dirty
2. BUT- God owns the arena of sex. Wants married couples to have great sex

The best sex of my life will be when I protect my eyes and pursue my spouse

Song of Songs 8:4: Don't let anyone else turn you on

WHY: Desire powerful. Powerful things can be great...and destructive (like fire)

Boundaries on DESIRE so we don't express desire inappropriately

Power to take thoughts captive (is a journey and a messy one)

Greatest need NOT sex- it's Christ!

Can't help what is placed in front of you but can help what you think about

Sex destructive outside marriage- often leads to our greatest regrets

What if I've messed up?

There is grace and forgiveness in Christ

Song of Songs 8:6a: Seal= worth, security, ownership

Does your spouse know they are YOURS? Do you pursue them that way?

Song of Songs 8:6b-7: Unquenchable love

Must be CHOSEN

The "feeling" comes back when we water our own garden, so to speak

DISCUSSION QUESTIONS

1. What view of sex have you tended toward- gross or god?
2. Why do you think the church often treats sex as taboo? How has this been harmful?
3. What have been the results of a culture that places sex as "god"?
4. Read Genesis 1:27-28. What difference does it begin to make in our understanding of sex when we understand God created sex?

5. Read Song of Songs 7:1-8:3a. Why do we find this type of language in the Bible shocking?
6. How do you react to the idea that THIS is a description of what God wants for married couples?
7. Read Song of Songs 8: 4. What are some of the ways we inappropriately awaken sexual desire?
8. Read Song of Songs 8:6-7. Why do we have to "water our own garden" to have this type of love towards our spouse?
9. What are the challenges we face in pursuing our spouse?