

Expressions of Oneness

Sexual Intimacy

*He answered, "Have you not read that he who created them from the beginning made them male and female, and said, 'Therefore a man shall leave his father and his mother and hold fast to his wife, and the two shall become one flesh'? So they are no longer two but one flesh. What therefore God has joined together, let not man separate."
Matthew 19:4-6*

A. Marital Oneness - Love

B. Marital Oneness - Sexuality

C. Marital Oneness - Questions

Uniquely Male & Female - Mark 10:6

Understanding Frequency

Impact of Porn

How to Express Love – Gal. 5:16, 22-24

- How to love your husband– Eph. 5:22-24

- How to love your wife– Eph. 5:25-33

- How to love your mate – Song of Songs

- How to love your mate – “One Anothers”

BREAKOUT: Growing in the expression of our love

Male / Female Sexuality- what's true of me

Sexuality Questions

Biblical Love Checklist

Gender Sexuality

MALE SEXUALITY

- is more easily aroused by sight and fragrance than a woman is
- has sexual desires that are not affected by the emotional state of the marriage
- is more focused on the physical aspect of the sex act
- will be ready to climax sooner than she is, therefore:
 - a man under control of the Holy Spirit needs to wait for his wife's readiness
 - a man needs to be unselfish and to develop a sensitivity toward how his wife is responding to his touch
- is difficult to distract during foreplay and the physical act
- is not desirous of sharing in the "afterglow" by caressing and verbal affection
- will usually reach a climax during the sex act
- has desires that are not cyclical
- is not romantically inclined

FEMALE SEXUALITY

- has sexual desire that is cyclical and may be affected by her hormonal changes
- has sexual desire or a lack of desire, which is affected by the character of her husband and the emotional state of the marriage
 - if her marriage is not emotionally satisfying, her desire for sex may be adversely affected
 - if she is treated lovingly, tenderly and sensitively on a consistent basis, she will usually have greater sexual desire
- takes a longer time to arouse than a man; thus the foreplay is usually important to her
- can be easily distracted during foreplay and during the act
- may not be consistent in reaching a climax
 - some women reach an orgasm during the act of intercourse
 - some women climax through external stimulation of the clitoris
 - some women do not have orgasms; others rarely have them
- is romantic; desires caressing and verbal affection after the sex act
- may have a decline in sexual desire when radical hormonal changes take place, such as in pregnancy and in menopause, consult a physician in such cases

Sexuality Questions

TALKING POINTS FOR COUPLES

How do I please you in sexual intimacy?

How can I bring you more pleasure in sexual intimacy?

What do I do that makes you feel loved?

What can I do to better express my love for you?

Expressing Biblical Love Checklist

Check the ways you have failed to express Biblical Love to your spouse.

God's definition of love: 1 Corinthians 13:4-8a NASB

Love is patient.

- Trying to change your spouse (1 Cor. 3:6, 7)
- Not resting in God's sovereign control over when your spouse and/or others are difficult (Dan. 4:35; Prov. 16:4)
- Not being gentle and forbearing when your spouse fails you (2 Tim. 2:24, 25)
- Not waiting on the Lord to change your spouse (Ps. 27:14)
- Not being content in all circumstances (Phil. 4:11)

Love is kind.

- Not extending yourself to be sensitive, considerate, warm, responsive (Col. 3:12)
- Repaying evil for evil, instead of returning a blessing (Rom. 12:21)
- Using words that do not build up one another but instead are destructive (Eph. 4:29; Jas. 3:5-10; Col.4:6)

Love is not jealous.

- Envying and resenting the prosperity, gifts, advantages of your spouse and/or others (Ex. 20:17; Jas. 3:16)
- Not being content with your own situation, therefore you are not free to bless your spouse and/or others in circumstances that may be more advantageous than yours (1 Tim. 6:6)

Love does not brag and is not arrogant.

- Boasting or viewing yourself as superior to your spouse (Prov. 27:2; Gal. 6:3)
- Glorifying self rather than glorifying God and building up your spouse and others (1 Cor. 10:31; Eph. 4:29)

Love does not act unbecomingly.

- Being controlling, manipulating, demanding or intimidating in order to have your way (Phil.2:3, 4)
- Being rude, aggressive, vulgar or sarcastic (Eph. 4:29; Col. 3:8)
- Treating your spouse and/or others in a disdainful, demeaning, judgmental, condemning way (Matt. 7:1-5)
- Not being polite, gracious and well-mannered (Matt. 7:12)

Love does not seek its own.

- Being selfish, self-centered, self-absorbed, self-protective (Phil. 2:3; Jas. 3:16)
- Seeking self-gratification (1 Pet. 1:13-15)
- Demanding that your desires, standards and expectations be met through others (Phil. 4:19)
- Having sinful responses when your spouse and/or others fail to meet your expectations
- Giving, pleasing or serving with the expectation to receive something in return (Luke 6:35)
- Being sinfully dependent on your spouse or others, instead of being dependent upon God and His resources for your emotional and spiritual welfare (2 Pet. 1:3)
- Not asking, "**What is my motivation?**" when giving to or responding to others
- Being motivated for selfish gain, (self-gratification; self-interest; self - protection)
- Not being motivated to manifest love for God, your spouse and others
- Not motivated to serve your spouse's or another's best interest

Love is not provoked.

- Being incited to anger by your spouse and/or others' sins and failures (Prov. 15:1)
- Getting angry or becoming embittered toward God, your spouse, and/or others when your will is thwarted (Prov. 19:3; Heb. 12:15)
- Not realizing God holds you responsible for *biblical responses* when your spouse and/or others sin against you (1 Pet. 2:19-23; Matt. 6:14-15)
- Not relying on the Holy Spirit to enable you to return blessing for insult (Luke 6:22-36; 1 Pet. 3:9)

Love does not take into account a wrong suffered.

- Not always forgiving your spouse or another offender (Mark 11:25)
- Holding grudges or suppressing when your spouse and/or others offend you (Col. 3:12-14)
- Retaliating through withdrawal or deliberately hurting your spouse and/or another offender (Rom. 12:17)

Love does not rejoice in unrighteousness.

- Enjoying what you perceive as your offender (spouse or others) getting what he/she deserves (Prov. 24:17, 18; Luke 6:36)
- Finding pleasure and excitement in your own sinful pursuits and in viewing or hearing about your spouse' and/or others' sinful pursuits (Rom. 1:28-32; Rom. 12:9-12)
- Not viewing sin and its effects as God views it, a matter that causes mourning and grief (Eph. 4:30; Prov. 8:13; Jas. 4:9, 10)

Love rejoices with the truth.

- Disobeying the commands of God because of fear or to avoid possible negative outcomes (Ps. 112:7, 8a)
- Lying and deceiving (Eph. 4:25)
- Not accepting full responsibility for and repenting of your own sin rather than lying about it, minimizing, rationalizing or denying it (Prov. 28:13)
- Not being trustworthy because you lack integrity (Prov. 10:9)
- Not being open and teachable when receiving admonishment; being defensive (Prov.15:31; 12:15)

Love bears all things.

- Not persevering patiently through tribulation (Jas. 1:12; Gal. 6:9)
- Not protecting your spouse and/or others by harming them and by sinning against them (1 Cor. 13:7a)
- Not trusting that the Lord will never give you more than you can handle through His power and grace (1 Cor. 10:13)

Love believes all things.

- Choosing to not believe your spouse and/or another in a particular situation, until *facts* prove him/her guilty or when you disagree with his/her defense,.
- Jumping to assumptions about your spouses' motivations rather than asking him/her and then not going the extra mile to choose to believe him /her unless *facts* prove him /her otherwise, not realizing in the same situation you would desire their trust and patience (John 7:51; Matt. 7:12; Jas. 5:11,12)

Love hopes all things.

- Not entrusting your spouse and/or others to God's sovereign plan for their lives – to work in His time and in His way (Eph. 1:11; 1 Cor. 3:6, 7)
- Not placing hope in the Lord to sustain you, even if your circumstances do not change (Ps.62:5-8)
- Not viewing afflictions from an eternal perspective, knowing God is working all things for your good and in accordance with *His* purpose (Rom. 8:28, 29)

Love endures all things.

___ Not resting in the promises that God will **never** leave nor forsake you (Deut. 31:6, 8)

___ Not realizing God, through His power and grace, will make you steadfast in love for those who are difficult (1 Cor. 15:58; 2 Cor. 12:9, 10)

___ Not being willing to suffer for the sake of righteousness and to receive *God's* way of blessing you in the difficulty (1 Pet. 3:14)