

STRONGER MARRIAGE

SEXUAL INTIMACY

MAY 31, 2026

FOR ONE YEAR...

Stronger Foundation: Attend church with your spouse every Sunday possible.

Stronger Friendship: Schedule intentional alone time with your spouse.

Stronger Spiritual Intimacy: Pray daily for your spouse.

Stronger Sexual Intimacy: Have consistent sex with your spouse.

Stronger Communication: Commit to saying the right thing, in the right way, & at the right time with your spouse.

Stronger Roles: Discover & serve your spouse's love language.

SCRIPTURE

The Lord God said, "It is not good for Adam to be alone. I will make a helper suitable for him." Then the Lord God made a woman from the rib He had taken out of the man, and He brought her to the man. Adam said, "This is now bone of my bone and flesh of my flesh. She shall be called 'woman,' for she was taken out of man." That is why a man leaves his father and mother and is united to his wife, and they become one flesh. Adam and his wife were both naked, and they felt no shame. God blessed them and said to them, "Be fruitful and increase in number. Fill the earth." Genesis 1&2 (selected)

THREE CATEGORIES OF SEX

1/ Some people treat sex as _____.

2/ Some people treat sex as a god.

3/ Some people treat sex as a _____.

Sex was created for one man and one woman after marriage, for the rest of their lives.

"THE SEX RECESSION"

Data suggests all people are having less sex than ever before. This presents multiple challenges for Christian marriages. One of those is maintaining purity.

Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control. 1 Corinthians 7:5

THREE CORDS

A triple-braided cord is not easily broken. Ecclesiastes 4:12

1/ Covenant love is a cord in marriage (*hesed and agape*).

2/ Friendship love is a cord in marriage (*ra'yah and phileo*).

3/ Sexual love is a cord in marriage (*dod and eros*).

BECOMING SELFLESS LOVERS

In your relationships with one another, have the same mindset as Christ Jesus: He emptied Himself, by taking the form of a servant. Philippians 2:5,7

1/ Take care of yourself.

Take control of your _____.
Our spouse deserves the best, not leftovers.

Remove barriers from the bedroom. This includes phones, children and pets.

Seek counseling to heal from past hurts.

Clean up!

_____ your eyes.

When you said "I do" your spouse became your standard for desire.

2/ Take care of your spouse.

Cherish them with your words.

Converse about your sexual relationship.

Though these talks are very uncomfortable, clarity is kindness!

"What sexual activity is acceptable in Christian marriage?" Here are the ABC's:

Agreement? **B**ible? **C**onscience? **D**amage? **E**xtras?

Use _____ for fun.

Initiate more contact.

Husbands should initiate more non-sexual contact and wives should initiate more sexual contact. Health is found in the middle.

Understand each other's _____.

Have contingencies for unique situations.

Make the choice to have sex often.

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. 1 Corinthians 7:3-4

Paul uses the language "duty", but that wasn't God's original design. It should stem from desire, but in the end, it's a choice. Before marriage, the enemy does everything possible to get you to have sex. After marriage, he does everything possible to keep you from having sex.