

Marriage and Family: Enjoying The Journey
201: Biblical Foundations-Part 2 Roles of Wives & Husbands

LESSON 4: Maximum Sex

1. Christian Perspectives:

Song 3:1 NLT

Young Woman: "One night as I lay in bed, I yearned deeply for my lover, but he did not come.

Song 4:1-4

Young Man: "How beautiful you are, my beloved, how beautiful! Your eyes behind your veil are like doves. Your hair falls in waves, like a flock of goats frisking down the slopes of Gilead. [2] Your teeth are as white as sheep, newly shorn and washed. They are perfectly matched; not one is missing. [3] Your lips are like a ribbon of scarlet. Oh, how beautiful your mouth! Your cheeks behind your veil are like pomegranate halves—lovely and delicious. [4] Your neck is as stately as the tower of David, jeweled with the shields of a thousand heroes.

Song 4:7-15 NLT

You are so beautiful, my beloved, so perfect in every part.

[8] "Come with me from Lebanon, my bride. Come down from the top of Mount Amanah, from Mount Senir and Mount Hermon, where lions have their dens and panthers prowl. [9] You have ravished my heart, my treasure, my bride. I am overcome by one glance of your eyes, by a single bead of your necklace. [10] How sweet is your love, my treasure, my bride! How much better it is than wine! Your perfume is more fragrant than the richest of spices. [11] Your lips, my bride, are as sweet as honey. Yes, honey and cream are under your tongue. The scent of your clothing is like that of the mountains and the cedars of Lebanon.

[12] "You are like a private garden, my treasure, my bride! You are like a spring that no one else can drink from, a fountain of my own. [13] You are like a lovely orchard bearing precious fruit, with the rarest of perfumes: [14] nard and saffron, calamus and cinnamon, myrrh and aloes, perfume from every incense tree, and every other lovely spice. [15] You are a garden fountain, a well of living water, as refreshing as the streams from the Lebanon mountains."

Song 5:2-6

Young Woman: "One night as I was sleeping, my heart awakened in a dream. I heard the voice of my lover. He was knocking at my bedroom door. 'Open to me, my darling, my treasure, my lovely dove,' he said, 'for I have been out in the night. My head is soaked with dew, my hair with the wetness of the night.'

[3] "But I said, 'I have taken off my robe. Should I get dressed again? I have washed my feet. Should I get them soiled?'

[4] "My lover tried to unlatch the door, and my heart thrilled within me. [5] I jumped up to open it. My hands dripped with perfume, my fingers with lovely myrrh, as I pulled back the bolt. [6] I opened to my lover, but he was gone. I yearned for even his voice! I searched for him, but I couldn't find him anywhere. I called to him, but there was no reply.

2. Christian Principles: 25 Rules For Red Hot Monogamy

1. Accept sex as good and Godly. Sex is God's idea.
2. Protect your sexual relationship
3. Celebrate sex
4. Give it up....your fairy tale
5. Think positive
6. Take it easy and go slow
7. Give what you have
8. Get naked and don't be ashamed
9. Remember mutuality
10. Just say YES and NO. Abstinence is not an option in marriage.

11. Try a little tenderness
12. Remember to romance
13. Talk sex. Study sex
14. Build “bedroom talk”
15. Be a good coach and team player
16. Listen to your spouse
17. Take responsibility for yourself
18. Let freedom ring. Let go and enjoy.
19. Negotiate differences
20. Develop your desire

3. Christian Practices:

- 3.1 Complete the “Love-Map” exercise at home this week on your own. (See Appendix)
- 3.2 Schedule one hour together with your spouse to compare Love-Maps.
- 3.3 Trade Love-Maps and schedule an extended time together to fulfill each other’s Love-Map.

4. Discussion Questions:

- 4.1 Together as a group, go around and hear from each person a one minute update about their week with specific prayer needs. Write these in your “Prayer Journal” in the Appendix.
- 4.2 Break into gender groups for lessons 2-5.
- 4.3 What were the highlights from this lesson that motivate and encourage you in your sexual relationship? Be sure to share this later with your spouse.
- 4.4 What is the most difficult area for you that you need the Lord’s help with? Help each other with ideas and suggestions. Be sure to discuss this later with your spouse.
- 4.5 Spend the last ten minutes in prayer with your gender group.