

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

**LESSON 5: Everything You Ever Wanted To Know About Sex,
But Were Afraid To Ask**

1. Christian Perspectives:

Song 5:10-16 NLT

Young Woman: "My lover is dark and dazzling, better than ten thousand others! [11] His head is the finest gold, and his hair is wavy and black. [12] His eyes are like doves beside brooks of water; they are set like jewels. [13] His cheeks are like sweetly scented beds of spices. His lips are like perfumed lilies. His breath is like myrrh. [14] His arms are like round bars of gold, set with chrysolite. His body is like bright ivory, aglow with sapphires. [15] His legs are like pillars of marble set in sockets of the finest gold, strong as the cedars of Lebanon. None can rival him. [16] His mouth is altogether sweet; he is lovely in every way. Such, O women of Jerusalem, is my lover, my friend."

Song 7:1-11 NLT

Young Man: "How beautiful are your sandaled feet, O queenly maiden. Your rounded thighs are like jewels, the work of a skilled craftsman. [2] Your navel is as delicious as a goblet filled with wine. Your belly is lovely, like a heap of wheat set about with lilies. [3] Your breasts are like twin fawns of a gazelle. [4] Your neck is as stately as an ivory tower. Your eyes are like the sparkling pools in Heshbon by the gate of Bath-rabbim. Your nose is as fine as the tower of Lebanon overlooking Damascus. [5] Your head is as majestic as Mount Carmel, and the sheen of your hair radiates royalty. A king is held captive in your queenly tresses.

[6] "Oh, how delightful you are, my beloved; how pleasant for utter delight! [7] You are tall and slim like a palm tree, and your breasts are like its clusters of dates. [8] I said, 'I will climb up into the palm tree and take hold of its branches.' Now may your breasts be like grape clusters, and the scent of your breath like apples. [9] May your kisses be as exciting as the best wine, smooth and sweet, flowing gently over lips and teeth."

[10] Young Woman: "I am my lover's, the one he desires. [11] Come, my love, let us go out into the fields and spend the night among the wildflowers.

2. Christian Principles:

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

21. Increase the enjoyment.
22. Learn to be a good kisser.
23. Try fun sex.
24. Schedule sex.
25. Try something new. Experiment.

3. Christian Practices:

- 3.1 Schedule an extended time alone with your spouse within the next 30 days. Review the “25 Rules for Red Hot Monogamy” together and talk about the areas that could help your sexual relationship. Try to listen and show great tenderness and care for each other. As you go through the list, try to determine the top three ideas that your spouse desires from you.
- 3.2 Discuss ways that you will start praying and initiating in these three areas.
- 3.3 Write these areas down in a prayer list that you will refer to regularly for several months. Keep committing these to prayer asking the Lord to grow your marriage in these areas through you.

4. Discussion Questions:

- 4.1 Go straight to your gender groups for lessons 2-5 only.
- 4.2 Talk about the most significant ideas out of this list of “25” that could help improve your physical relationship with your spouse. Learn from each other as you discuss this.
- 4.3 Discuss what you need to give and what you hope to receive to make these improvements.
- 4.4 Clarify a few specific changes that you will start praying over and possibly implement after going through these recent lessons.
- 4.5 Pray for each other over your applications to these principles.