

# Grace Sex or Graceless Sex?

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## I. Introduction

## II. Sex is Created by God

- A. Before the Fall Gen. 2:24 Gen. 1:31
  - 1. Naked and not ashamed.
  - 2. Your body was made for your spouse. I Cor. 7:1-5
  - 3. Your body was made to respond to your husband. Gen. 1:28 Gen 2:18
- B. Thou Shalt be Faithful Ex. 20:14
  - 1. God is faithful to His bride. Zech. 8:8 Hosea 2:14-23
  - 2. You took wedding vows.
- C. God wants His children to enjoy marriage and sex.
  - 1. There are good marriages in the Bible. Gen. 26:7-8 Gen. 29:20 Ruth 3:10 Matt. 1:19, 24
  - 2. The Bible addresses this part of marriage. Song of Songs Eccl. 4:9-12  
I Cor 7:1-9 Heb. 13:4 Prov. 5:18-19
  - 3. Thank God for this part of marriage. I Tim. 4:4-5
  - 4. Set your mind on things of the Spirit. Rom. 8:5
- D. It is symbolic of our union with Christ.
  - 1. One flesh/bride of Christ Eph. 5:25-33
  - 2. Consummation/wedding supper Matt. 22:1-14 Rev. 19:6b-8
- E. Song of Solomon
  - 1. A book of poetry
  - 2. It paints a picture of blessed married love.
  - 3. All the senses are involved. Song of S. 1:3 1:12-13 4:13 7:13a(smell), 1:15-16 (sight), 1:2, 2:3 4:11(taste) 2:14b (hearing), 7:8 8:3(touch)
  - 4. It reminds us to guard against those things which threaten marriage.  
Song of S. 2:15
  - 5. It demonstrates the result of selfishness. Song of S. 5:2-8
  - 6. Married couples use their words to express their joy with each other.  
Song of S. 1:9 4:1b-7 5:10-16 6:4-7 7:2-9
  - 7. The loving couple is creative. Song of S. 7:11-13
  - 8. There are warnings to remain chaste until marriage. Song of S. 2:7 3:5 8:4

## III. Sex and the Single Girl

- A. Reserve this precious gift for your future spouse. Song of S. 2:7, 3:5, 8:4  
II Tim. 2:22 I Thess. 4:3-5
- B. Realize that God blesses the single. I Cor. 7:34b-35
- C. Seek to be more like Jesus. I Cor. 7:8, 11:1
- D. Purpose to marry only a believer. II Cor. 6:14-18
- E. Guard your heart and your mind, just as a married woman would.
- F. Find your contentment and satisfaction in Christ. I Tim. 6:6 I John 2:17
- G. We all approach the throne of grace as individuals.

#### **IV. Benefits of Grace Sex**

##### A. In our spiritual life

1. Love one another. I Pet. 1:22 I John 4:11 I Pet. 5:5b
2. Be content. I Tim. 6:6 Phil. 4:11
3. Remember Jesus Christ. II Tim. 2:8
4. Glorify God in your body. I Cor. 6:19-20 I Thess. 4:4-5, 7 Eph. 4:17-19

##### B. In marriage

1. Build your house. Prov. 14:1 Prov. 31:12
  
2. Glue which holds you together.

#### **V. Attitude Adjustment**

##### A. Thank God for the sexual relationship.

##### B. Be understanding and unselfish. I Pet. 3:8-12

##### C. Show grace and mercy. Luke 6:31 I John 4:11 James 5:16a James 4:11-12 Matt 7:1-5 Eph. 5:33b Prov. 13:12

##### D. Work on building the relationship.

##### E. Keep sex in mind.

##### F. Keep a sense of humor. Prov. 17:22

#### **VI. Give Grace**

##### A. Your husband is a sinner. Rom. 3:23

##### B. You are a sinner. Rom. 3:23 I John 1:8

##### C. God shows you grace. I Cor. 5:17-21 Rom. 5:9-11 Rom. 6:14 I John 4:19

##### D. Be a channel of blessing, not based on what he deserves. Luke 6:27-36 I John 3:16 I John 3:18 Romans 12:17-18

##### E. As both of you move toward the Lord, you move toward each other. Rom. 15:5-6

#### **VII. Receive Grace**

##### A. Accept grace from the Lord.

##### 1. You are loved by God despite your sin. II Cor. 5:17-18,21 6:1

##### 2. Remind yourself of the gospel. Rom. 5:1-2,15,17, 19,21 I Cor. 6:9-11 Phil 2:12b

##### B. Accept grace from your husband.

#### **VIII. Graceless Sex Begins With a Graceless Attitude**

##### A. Selfish II Tim. 3:2-5 I John 2:9

Biblical thinking – Phil. 2:3 II Tim. 3:2-5 II Tim. 3:10-11a I Cor. 7:34-35

##### B. Sex as a duty

Biblical thinking – Heb. 13:4 Prov. 5:19 Phil. 2:14

##### C. Sex used as manipulation Gen. 3:16

Biblical thinking – Titus 2:11-14 I Cor. 7:3

##### D. Poor body image Song of S. 1:5-6

Biblical thinking – I Cor. 6:19-20 I Cor. 7:4 I Pet. 3:4-5

## IX. Twisted View of Sex

- A. To get attention from others  
Biblical thinking – I Cor. 7:4 I Tim. 2:9-10
- B. Women using pornography Titus 3:3  
Biblical thinking – I Pet. 1:13-15 Psalm 101:2-3
- C. Fantasies  
Biblical thinking – II Cor. 10:5 Matt. 5:27-30
- D. Adultery/fornication Prov. 6:23-35  
Biblical thinking – Heb. 13:4
- E. Masturbation (self-gratification)  
Biblical thinking – I Cor. 7:4 II Tim. 2:22
- F. Performance-based  
Biblical thinking – I Cor. 7:34-35 Song of S. 5:3

## X. Common Questions and Concerns

- A. “My husband isn’t interested.”
- B. “I’m not interested.”
- C. “Menopause is causing problems with our sex life.”
- D. “My husband is into porn.” Eph. 5:3-7, Eph. 5:11-12 Matt. 18:15-17
- E. “My husband is self-centered about sex.”
- F. “My mind is filled with bad memories from my past. Eph 4:22-24 Rom. 12:2 I Pet. 1:14-16
- G. “I am not able to achieve ultimate satisfaction.” I Cor. 7:1-4
- H. “To be honest, I’ve let myself go because I don’t want to be bothered by my husband or other men, for that matter.”
- I. “He doesn’t take care of himself.”

## XI. Understand Grace

- A. Remember the grace God shows to you. I John 3:16
- B. You can show grace to your husband.
- C. Love God more. Matt. 6:28-30 Matt. 22:36-39
- D. Give your husband to the Lord. Prov. 21:9 Prov. 25:24 I Pet. 3:1-6

## XII. Conclusion

### **Recommended Books:**

The Act of Marriage, The Beauty of Sexual Love by Tim and Beverly LaHaye

Intended for Pleasure by Ed Wheat, M.D. and Gaye Wheat

Sex and the Supremacy of Christ by John Piper and Justin Taylor, editors

Creative Counterpart: Becoming the Woman, Wife and Mother You have Longed to Be by Linda Dillow

Intimate Issues, 21 Questions Christian Women Ask About Sex by Linda Dillow and Lorraine Pintus

Intimacy Ignited, Conversations Couple to Couple by Dr. Joseph and Linda Dillow and Dr. Peter and Lorraine Pintus

Women Counseling Women edited by Elyse Fitzpatrick