

Song of Solomon

The Christian Marriage Life (7)

Introduction: The taboo subject isn't Biblically taboo!

A. What makes us uncomfortable with the subject of sexual relationships?

B. How does God speak about it in His Scriptures?

1. Our Creator endorses the enjoyment of this part of His Creation but only within the right context: *marriage of one man and one woman*

a. Prov. 5:15-20

b. Eccl. 9:9

c. Heb. 13:4

d. Gen. 1:31 & 2:24

2. Our Creator condemns clearly all 'outside marriage sexual activity'

a. Lev. 18:6-23

b. 2 Sam. 13

c. 1 Thess. 4:3-7

3. Our Creator inspired the Song of Solomon's sections dealing with the sexual intimacy

a. Song of Solomon 4:1-5:1a describes the God-ordained enjoyment of the sexual intimacy

b. Ch. 5:1b endorses the joy of this sanctioned intimacy!

4. But what if

a. my garden gate has been opened and my garden has been used in pre-marital sexual activity?

b. my garden gate has been crashed and my garden has been damaged by a rough and abusive invader?

VI. The Beauty of Sanctioned Physical Intimacy: 4:1 – 5:1

A. What hinders the blossoming of this 'sanctioned intimacy?'

1. Involvement with Pornography: *marriage killer and intimacy chiller*

a. God warns in clear and strong words against immorality:

Lev. 20:14; Acts 15:20; 1 Cor. 6:13,18; Gal. 5:19;

Eph. 5:3; 1 Thess 4:3; Matt. 5:27

b. pornography is *ultimately a selfish taking* whereas sanctioned intimacy is focussed on *loving giving*

2. Forgetting that we are to be 'other-focussed' in our sexual relationship: 1 Cor. 7:3-5

a. Primary goal of sexual relationship is *giving and satisfying the other partner.*

b. consider God's will in 1 Cor. 7:3-4

- 'render due benevolence' means *make sure to keep your spouse's tanks filled or needs fulfilled*

- 'love-making' is only 'love-making' when I love my spouse not according to my feelings but according to his/her needs

B. What feeds the sanctioned intimacy within marriage?

1. An informed understanding of what affects our sexual relationship

a. we don't come with this *understanding naturally*

b. many issues affect the sexual intimacy in marriage

- family background and personal view of sex
- surrounding culture
- Prior sexual experiences
- Present physical or emotional experiences
- Physical/emotional needs
- Spiritual needs

2. Key areas that affect intimacy and satisfaction of lovemaking

a. being ignorant of the enormous physical, biological, emotional differences between men and women and how the Creator designed our bodies and minds!

b. being ignorant that love-making begins in the 'kitchen'

- "unkindness" during the day will influence sexual responsiveness at night

- so a daily walk that is focussed on creative caring and loving communication is the secret fuel of sanctioned intimacy

c. being ignorant that 'rest is a sexual stimulant' (Song 7:10)

d. being ignorant that there is far more to intimacy than the act of intercourse (Song 2:6; 8:3)

e. being ignorant of the importance of 'special times away' (7:10-13)

- set the time ahead and be focussed on each other

Follow up ...

1. Making a *Caring List* for each other. Each of you writes down as many small, specific, positive things that your wife or husband could do for you that would say, "You are very important to me and I deeply appreciate your love." Then exchange this list (and add your own creative ideas as long as you are sure that your spouse would like them) and then begin to do one of them each day! It is this principle that Jesus worded spiritually in Rev. 2:4-5 as the secret to re-ignite the first love.

2. Share with each other what particular actions or reactions cause the desire for physical and sexual intimacy within your marriage relationship. It is possible that your spouse does things that have a chilling effect without being aware of it. Open and accurate communication is an extremely important aspect to sanctioned intimacy.

3. Learn to enjoy physical intimacy without the pressure of "having to make love" as the final goal. The gentle caressing and massaging of each other's bodies is like a deep washing of each other's emotional beings.

4. Read a Christian book together about the sexual life within marriage.

5. Complete this 'intimacy inventory' together and discuss how to better the results.

Give the rating on a 1 (very bad) – 10 (very good) scale on each of the following items.

a. How would you rate the quality of character in your spouse? ____
List what areas does he/she need to give attention?

b. How would you rate your own devotional life? _____
Write down what you will do to improve this?

c. How successful have you been in severing the tie to your
parents or past in order to bond better with your spouse? _____
Jot down what you plan to do to improve this rating?

d. How important do you find it to get away together for a
marriage enrichment time? _____
List what factors determined your rating.

e. How do you rate the level of praising your spouse does? _____
List specific ways in which this should be improved?

f. My level of sexual satisfaction in our relationship is ... _____
List what the specific reasons are you rate as you did.

g. How good are you and your spouse at spotting problems in your relationship? _____

h. How do you rate the level of satisfactory problem solving within your marriage? _____
List what are the reasons for your rating level.

i. How secure do you feel in your relationship to your spouse? _____
Give four reasons why you rated it as you did.

j. How freely are you able to discuss and enjoy your love-making within your marriage? _____
What do you suggest need to be improved to get the rating higher if it is below 6?

k. When you need advice on an important decision, how likely are you to seek the advice of your parents or friends versus your spouse? _____
What are the reasons for your rating mark?

i. If you asked my spouse how well I fulfil my role as a husband or wife, she or he would give me the following rating ... _____
Now ask your spouse to rate you to see how accurate you are.

j. Rate your overall conviction of how well your marriage is. _____
Compare your rating with your spouse and discuss what the reasons are if your rating is off by more than two points.

(Repeat this 'intimacy inventory' every year to see your progress!)