

Notes & Quotes – February 14, 2010

S_X: The No-Fly Zone

1 Corinthians 7

Series: Building...a House? or a Home?

1 Corinthians 7:3-5

3 The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. 4 The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. 5 Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

You are the only legitimate source of sexual intimacy that your spouse will ever enjoy.

“If we were pressed to summarize, in three statements, our counsel to married couples regarding sex:

- You need to do it. Often. In way you both enjoy it. Immensely.
- If this isn't the case, then you need to deal with why it isn't.
- Because you need to do it. Often. In a way you both enjoy it. Immensely.”

– John & Stasi Eldredge

“I felt what I did all day was meet other people's needs. Whether it was caring for my children, working in ministry, or washing my husband's clothes, by the end of the day I wanted to be done need-meeting. I wanted my pillow and a magazine. But God prompted me: ‘Are the needs you meet for your husband the needs he wants met?’”

– a wife's comment in a marriage survey

“If sex is free and its fun, why does she not want lots of free fun?”

– a husband's comment in a marriage survey

“For your husband, sex is more than just a physical need. Lack of sex is as emotionally serious to him as, say, his sudden silence would be to you, were he simply to stop communicating with you. It is just as wounding to him, just as much a legitimate grievance – and just as dangerous to your marriage.”

– Shaunti Feldhaun

“Is there any activity at all in which a husband and wife may engage together (apart from worship) that is actually more childlike, more clean and pure, more natural and wholesome and unequivocally right than is the act of making love? For if worship is the deepest available form of communion with God, then surely sex is the deepest communion possible between human beings, and as such is something absolutely essential (in more than a biological or procreative way) to the survival of the race.”

– Mike Mason

Generally speaking...

For a woman, “feeling close” (emotionally connected) to her man precedes sexually intimacy.

For a man, sexual intimacy brings the two of you “closer” (more emotionally connected).

**For some, the sexual history you bring into your marriage warrants a focused time of cleansing prayer centered around healing. Download the file from our web site "*A Prayer for Sexual Healing*" as a good starting place.

**For others, this subject raises such deep places of brokenness that professional counsel and input is needed. Call the church office for a recommendation to a good, Christ-centered, certified counselor.

Recommend resources:

Intended for Pleasure by Dr. Ed Wheat

Celebration of Sex by Dr. Douglas Rosenau