

Notes & Quotes – February 13, 2011
The Sex & Sexuality Talk
Song of Solomon
Series: The Art of Marriage

“Men live in glad obedience to the masters they believe in, or they live in a frictional opposition to the master they wish to undermine.” – D.H. Lawrence

“[Today] people make sexual choices without necessarily thinking about what is in their interests. They choose on the basis of desire, immediate happiness, and individual freedom. Sex is seen as a pleasure commodity – like fast cars and gourmet food. Americans consider ‘what’s good for you’ almost the antithesis of pleasurable consumption. And so, pragmatic arguments hardly touch their sexual decisions. Perhaps we would do better to argue the way Paul did. *‘You were bought with a price. Therefore...’*”

– Tim Stafford

Theology of Sexuality

- Sex is a gift from God
- To be expressed and enjoyed in the covenant of marriage
- Between a man and a woman

Sex is a gift from God...

Sex is good because God is good. God created it and therefore at its core it's good. It's a gift from Him in the fabric of creation, not a by-product of the fall of man into sin.

To be expressed and enjoyed in the covenant of marriage

Since God created it He knows best how it works. And the parameters He has established is that the sexual union is to be expressed in the covenant of marriage – which means if you're single then the biblical response to your sexual desires is called the fruit of the Spirit of self-control.

“One can no more ‘try out’ marriage than try out death or birth. For marriage to be marriage, it must be all or nothing. I sometimes counsel students who are fascinated with this ‘trying out’ to ‘try out’ marriage this way: Don’t start living together after dinner by candlelight; wait till one of you has the stomach flu – then sleep together. My suggestion is, of course, tongue-in-cheek, and it helps to make the big point about the goodness of sex and marriage; that the quality of life does not consist in the number of experiences one has, but in the depth of commitments. Illicit sex can be fun and exciting, like diving off the high dive. But it’s the swimmers who get strong.” – Ben Patterson

The existence of your sex drive is not sinful, but how you're handling it can be. The bible uses words like fornication and sexual immorality to describe the actions of a person who is satisfying their sexual desires outside the covenant of marriage. And just like with any pattern of sin, there are consequences to violating God's original intent.

Between a man and a woman

God never intended for sexual intimacy to be shared between a man and a man, or a woman and a woman. The Bible speaks very clearly to the issue of homosexuality in Leviticus 18 and Romans 1, it's a sin and like any other pattern of sin it needs to be confessed and brought under Christ's Lordship. Recommended reading for a person struggling with homosexuality or for a person trying to help someone who is struggling with it – “Washed and Waiting” by Wesley Hill.

Developing Song of Solomon Sexual Intimacy

Communication

Two main characters: *Beloved (wife), Lover (husband)*

Song of Songs 1:1-4 (Beloved)

1 Solomon's Song of Songs. 2 Let him kiss me with the kisses of his mouth-- for your love is more delightful than wine. 3 Pleasing is the fragrance of your perfumes; your name is like perfume poured out. No wonder the maidens love you! 4 Take me away with you-- let us hurry! Let the king bring me into his chambers...

Song 1:9-11 (Lover)

9 I liken you, my darling, to a mare harnessed to one of the chariots of Pharaoh. 10 Your cheeks are beautiful with earrings, your neck with strings of jewels. 11 We will make you earrings of gold, studded with silver.

- Creating an environment of openness
- Breaking thru the awkwardness of conversation
- Praying together (and alone) about your sexual intimacy

Song of Solomon 2:15

Catch for us the foxes, the little foxes that ruin the vineyards, our vineyards that are in bloom.

- Foxes wreaked havoc on the fruitfulness of the vineyards.
- Ex. Pornography, or making your spouse feel secondary to your children, or mindlessly staring at hours of television...these are foxes in the vineyard of marital intimacy

Homework:

- Talk about one thing your spouse is doing that's strengthening your sexual intimacy
- Talk about one thing your spouse is doing that's hindering your sexual intimacy

Servanthood

Song of Solomon 5:1 (Lover)

I have come into my garden, my sister, my bride; I have gathered my myrrh with my spice. I have eaten my honeycomb and my honey; I have drunk my wine and my milk. Eat, O friends, and drink; drink your fill, O lovers.

Song of Solomon 5:2-5 (Beloved)

I slept but my heart was awake. Listen! My lover is knocking: "Open to me, my sister, my darling, my dove, my flawless one. My head is drenched with dew, my hair with the dampness of the night." 3 I have taken off my robe-- must I put it on again? I have washed my feet-- must I soil them again? 4 My lover thrust his hand through the latch-opening; my heart began to pound for him. 5 I arose to open for my lover, and my hands dripped with myrrh, my fingers with flowing myrrh, on the handles of the lock.

- the lover was drenched with dew because he'd been outside waiting for his beloved to invite him in
- the door handle is covered with myrrh (fragrant lotion), the man had prepared himself to be with his bride
- notice who was dragging their feet here...the bride was moaning about the robe, moaning about having to wash her feet again, she heard the knock, she knew who it was, she knew what he wanted but she was debating between sleep and sex...and initially sleep was winning
- then the Lover, in an act of pursuit, thrusts his hand thru the door then her heart begins to pound for him

Selflessness vs. Selfishness

Wife = frequency & initiation

- servanthood will most likely involve you having sexual intimacy more often than you prefer
- servanthood will most likely involve you taking the initiator role more often than will naturally occur to you
- consistently too tired? re-evaluate what you're giving your time/energy to

Husband = sensitivity & household chores

- being sensitive to the kind of day/week our wife is having, being attentive to her emotional tank
- being helpful around the house, with the kids
- being thoughtful with your words, both what you say and how you say them
- servanthood will most likely mean you won't have sexual intimacy as much as you prefer

Homework:

- When you're going thru an especially stressful time, what's something I can do that helps replenish you?

Joy

Song 7:1-8 (Lover)

1 How beautiful your sandaled feet, O prince's daughter! Your graceful legs are like jewels, the work of a craftsman's hands. 2 Your navel is a rounded goblet that never lacks blended wine. Your waist is a mound of wheat encircled by lilies. 3 Your breasts are like two fawns, twins of a gazelle. 4 Your neck is like an ivory tower. Your eyes are the pools of Heshbon by the gate of Bath Rabbim. Your nose is like the tower of Lebanon looking toward Damascus. 5 Your head crowns you like Mount Carmel. Your hair is like royal tapestry; the king is held captive by its tresses. 6 How beautiful you are and how pleasing, O love, with your delights! 7 Your stature is like that of the palm, and your breasts like clusters of fruit. 8 I said, "I will climb the palm tree; I will take hold of its fruit." ...

"My wife's body is brighter and more fascinating than a flower, shier than any animal, and more breathtaking than a thousand sunsets. To me her body is the most awesome thing in creation. Trying to look at her, just trying to take in her wild, glorious beauty...I catch a glimpse of what it means that men and women have been made in the image of God." – Mike Mason

Joy-busters...

→ lingering anger & resentment toward your spouse

Holding grudges, nursing offenses, and rehearsing disappointments will manifest itself in joylessness in the bedroom

→ insecurity in the relationship

Dr. Peter Blitchington has done some research and writing on the connection between a woman's relationship with her earthly father and her ability to enjoy sexual intimacy with her husband. If a woman's dad was present, engaged, encouraging, affirming then that woman is more likely to feel secure in the marriage bed and able to give herself whole-heartedly over to her husband. But if the wife's relationship with her dad was passive, distant, disengaged, critical, and harsh then she is often reserved to let herself go in the arms of her husband, struggling with trust and security issues, which affect her overall sexual experience.

Helpful resource = Prayer for Sexual Healing by John & Stasi Eldredge (download on our web site)

→ unrealistic expectations

The 3.3's that come in between the 8.4's.

Homework:

- ❑ Spend the next 7 days reading one chapter a night of Song of Solomon together, after the kids are in bed. Laugh. Talk. Pray. And put it into practice!

Recommended Resources

Real Sex: The Naked Truth about Chastity by Lauren Winner

Intended for Pleasure by Dr. Ed Wheat

Washed & Waiting by Wesley Hill (homosexuality)

Pure Eyes by Craig Gross (pornography, men)

Pure Heart by Shellie R. Warren (pornography, women)

XXXchurch.com (pornography, sexual addictions)

Prayer for Sexual Healing by John & Stasi Eldredge (download on our web site)

Closing challenge...

Song 8:6-7

6 Place me like a seal over your heart, like a seal on your arm; for love is as strong as death, its jealousy unyielding as the grave. It burns like blazing fire, like a mighty flame. 7 Many waters cannot quench love; rivers cannot wash it away. If one were to give all the wealth of his house for love, it would be utterly scorned.