



GOD'S DESIGN FOR SEX

Sex In Our Culture...

- Tragically _____ by mainstream media.
 - Seen as an _____ in the world.
 - Seen as _____ in the church.

Sex In Biblical Perspective...

- A _____ to be enjoyed. (1 Cor. 7:2; 9)
 - Remember: God designed sex! It's His ideal
- A _____ interaction to be guarded. (1 Cor. 6:16-18)
 - Our bodies are not our own. (1 Cor. 6:19-20)

Five Purposes For Sex...

- (1) Sex is designed for _____.
 - 'Be fruitful and multiply...' (Gen. 1:28)
- (2) Sex is designed for _____. (Song of Songs)
 - Textually: Lots of pleasure and *not a single mention of children*.
- (3) Sex is designed for _____. (Gen. 2:24; 4:1)
 - 'Therefore, a man shall leave... and hold fast to his wife, and **they shall become one flesh**.' (Gen. 2:24)
- (4) Sex is designed for _____ (1 Cor. 7:3; 5)
 - Not just a recreational luxury for the romantically inclined!
- (5) Sex is a preview of our eternal _____ with Christ.
 - 'Therefore a man shall leave his father and mother and hold fast to his wife and **the two shall become one flesh**.' This mystery is profound and I am saying that it refers to **Christ and the church**.' (Eph. 5:31-32)



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We've been in a series on called Human. You will hear what may be the first sermon on sex you've ever heard. Aw man we came on talk-about-sex Sunday. We don't just talk about in vogue issues but we don't shy away from difficult or awkward ones either. One small group doesn't want to talk about it.

And I'll be honest this topic may seem awkward but in general it's more awkward for the older generation to talk about than the younger generation. You weren't raised with the same access to and explicit sexual culture. And unless you are nervous let me just disarm you up front, we are going to talk about sex but there's not going to be anything explicit about what we're going to talk about. Additionally, to the disappointment of some I'm sure, this is not a how to, I'm not trying to give you some tips to spice things up in the bedroom although I do think this will increase the health and quality of your sex life. At the same time there are people in the room with bad experiences, past abuse, physical issues, age. No one who won't benefit from this.

My goal is simply to place before you a theology of sex.

Sex In Our Culture...

- Tragically distorted by mainstream media.

We have multiple generations who grew up having a super awkward talk with their parents about the birds and bees or a flower or a stork, and they didn't hear anything else. And they understood enough to get the main idea, but not enough to really understand. And so everything else they learned about sex was from our culture. It was from lunchroom conversation. It's wasn't the Bible, it's songs, media, youtube, magazines, porn, Hollywood movies that have given us a vision for what sex is and what sets this standard what "good sex" is supposed to look like. And as a result people—singles and married people—are completely disillusioned about what sex is supposed to look like. **WWE :: Hollywood sex.** Men and women disappointed by sex in marriage! Because it doesn't look anything like the Hollywood sex that they shouldn't have watched on 50 Shades of Grey. And women lose more than anyone because of the ridiculous and unrealistic expectations placed on them to approximate the cultures distorted version of sex. And there are two specific distortions I want to talk about both in the world and the church...

- Seen as an idol in the world.

It's everything. Having good sex is seen as a key ingredient for a happy life. So much so that people are willing to do just about anything to get it. 2001 Ashley Madison. **"Ashley Madison is the most famous name in infidelity and married dating. Married Dating has never been easier. With Our affair guarantee package we guarantee you will find the perfect affair partner."** 2005 breach—people still signed up. 20K a day. **Men are supposed to be sexual athletes.** Woman are valued for their sexual potential. Paul says in 1 Cor 7 that he wishes everyone was celibate like him.

- Seen as taboo in the church.

This is major way in which the church has failed generations of young people. Shamefully silent. Melissa Kruger, “Society shames sex by speaking of it too often in the wrong context, with smirks and innuendos. Conversely, we in the church often shame sex by failing to speak of it all, missing the opportunities the Word of God appropriates for our instruction.” All you know is that it sounds like a lot of fun and you shouldn’t do it.

Sex is gross. It’s bad. Purity has been cast as staying away from something bad rather than reserving yourself for something good. “Let marriage be held in honor among all, and let the marriage bed be undefiled.” (Heb. 13:4) It’s not bad, in fact it’s so good that it’s worth waiting for! **Pray!**

Sex In Biblical Perspective...

- A covenant privilege to be enjoyed. (1 Cor. 7:2; 9)
 - Remember: God designed sex! It’s His idea!

Privilege: It’s a good thing. God wants husband and wives to have passionate awesome sex! Can’t let the culture co-opt it!

God’s design for sex. Now for some of you perhaps we’ve already crossed into new territory in talking about sex as something God has designed. The first person to ever have a thought about sex was God. Adam and Eve didn’t invent it. God designed sex God knows how to have the best sex. “Thus says God, ‘Why do you break the commandments of the LORD, so that you cannot prosper?’” And that’s why in the Song of Solomon this Shulamite maiden, after having sex tells her female audience, don’t awaken love until it’s time.

- A sacred interaction to be guarded. (1 Cor. 6:16-18)

It’s not just a toy. Recreational sex—like it’s a sport. It’s something you’re supposed to be good at. “18 Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.” Not exactly sure what this means—but it’s unique. No other sin involves the whole person as much. Sex is not just a physical act. Bob doesn’t have sex with Sally’s body. Bob has sex with Sally. Sex is with a person with a soul. It’s so serious that Paul actually tells people to get married if they can’t not have sex. “But if they cannot exercise self-control, they should marry. For it is better to marry than to burn with passion.” (1 Cor. 7:9)

- Our bodies are not our own. (1 Cor. 6:19-20)

Five Purposes For Sex...

- (1) Sex is designed for pro-creation.
 - “Be fruitful and multiply...” (Gen. 1:28)

Could have been asexual. Little bit of mommy and daddy.

- (2) Sex is designed for pleasure. (Song of Songs)
 - Textually: Lots of pleasure and *not a single mention of children*.

When I first learned about sex I was like “ewwww who would ever wanted to do that.” And two Shulamite maiden and the shepherd have figured it out. No mention of Children! Just a married couple enjoying the pleasure and passion of sex—and while it’s more than a physical interaction it’s not less. He: “Awake, O North wind, and come O south wind! Blow upon my garden, let its spices flow. She: Let my beloved come to his garden, and eat its choicest fruits. He: I came to my garden, my sister, my bride, I gathered my myrhh with my spice, I ate my honeycomb with my honey, I drank my wine with my milk. Others: Eat Friends, drink and be drunk with love.” (4:16-5:1) This isn’t stale boring sex. 11:12 they even have sex

outside “Let us go to the vineyard where the grape blossoms have opened...there I will give you my love.” They’re just enjoying one another as people but also just physically. Sex is certainly more than physical but not less. Sometimes people say beauty is only on the inside. No one told these folks: He says, ““You are beautiful as Tirzah, my love, lovely as Jerusalem, awesome as an army with banners. Turn away your eyes from me, for they overwhelm me— Your hair is like a flock of goats leaping down the slopes of Gilead. Your teeth are like a flock of ewes that have come up from the washing; all of them bear twins; not one among them has lost its young. Your cheeks are like halves of a pomegranate behind your veil.” (6:4-7) She has already said: “My beloved is radiant and ruddy, distinguished among ten thousand. His head is the finest gold; his locks are wavy, black as a raven. His eyes are like doves beside streams of water, bathed in milk, sitting beside a full pool. His cheeks are like beds of spices, mounds of sweet-smelling herbs. His lips are lilies, dripping liquid myrrh His arms are rods of gold, set with jewels. His body is polished ivory, bedecked with sapphires. His legs are alabaster columns, set on bases of gold. His appearance is like Lebanon, choice as the cedars. “His mouth is most sweet, and he is altogether desirable. This is my beloved and this is my friend.” (Song 5:10-16) They are friends....

(3) Sex is designed for intimacy. (Gen. 2:24; 4:1)

- “Therefore, a man shall leave...and hold fast to his wife, and **they shall become one flesh.**” (Gen. 2:24)

Not just about pleasure! Sex is described as becoming one flesh. “**they shall become one flesh.**” (Gen. 2:24) There’s this unity here. Adam knew his wife (Gen. 4:1). God has designed sex to be a relational glue where body and soul are brought together in the marriage bed, in safety and vulnerability where a husband and wife, like Adam and Eve in Gen. 2 they are naked and unashamed.

Even on a biological level, sex produces chemicals that create feelings of closeness and oneness— serotonin, dopamine and prolactin and especially oxytocin. “**Oxytocin is known as the bonding hormone because it's also released during breastfeeding and is known to facilitate a sense of love and attachment**” Clinical Psychologist This is God’s design! And not only is the intimacy seen cultivated in the physical act but also in the preparation.

Talking to one another. Praising one another. Physically generous, verbally generous, visually generous— Both of them. Sex is an event, and intimacy is more of a process.

Mutuality in Song of Solomon.—not one sided. They are both finding pleasure in the other’s pleasure. Both are into this. 1 Cor. 7:4 “**For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does** Not centered around self-gratification! There’s no “my turn” here. It should be to serve one another. Mahaney, “**Indeed any married person who rightly sees these verses as command from God will bring to the marriage bed a servant’s mindset that places the primary emphasis on the sexual satisfaction of his or her spouse.**” Piper, “**The reason there is so much misery in marriage is not that husbands and wives seek their own pleasure, but that they do not seek it in the pleasure of their spouses.**” Sex should be mutual self-giving, in the protection of a covenant, in unashamed vulnerability, as a husband and wife know one another deeply and foster a unity and intimacy that words simply cannot express. This takes work!!! “sex will just happen. Intimacy will not.” Especially men: God doesn’t ask you to be naturally bent toward it but to do it.

(4) Sex is designed for protection (1 Cor. 7:3, 5)

- Not just a recreational luxury for the romantically inclined!

“The husband should give to his wife her conjugal rights, and likewise the wife to her husband...Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to

prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.” (1 Cor. 7:3, 5)

Sex serves as a built in safe guard to sexual immorality and specifically infidelity.

“We live in a sex-obsessed society...The ways society plays on lust varies from culture to culture, but the temptation is universal and potentially overwhelming...By god’s faithful provision through marriage—your protection sleeps right next to you every night...Our spouse is our first line of defense against the calls of Corinth...When we deprive our spouse of the adventure of sexual devotion, we leave him or her unprotected, open to physical and emotional temptations that can leave marriage vulnerable to destructive actions and habits.” (Dave Harvey)

Which means that sex isn’t just fun it’s necessary. It’s not just an option for the romantically inclined. 2015 number one marriage complaint search on google was “sexless marriage” A sexless marriage is a dangerous marriage. And there are far too many of them. Sex in marriage is a command and barring physical complications God has designed it to be a regular part of marriage.

Sexless marriage isn’t normal or healthy—and if you’re marriage is characterized by the absence of sex, Sex doesn’t make a good marriage but if it’s not happening it shows that something has gone wrong.

Now there isn’t a specific frequency stated here but simply not that the only time your sex life should be interrupted here is when you’re breaking for prayer—and then you need to come back together. So it’s a more than Anniversary and New Years. Now again for some folks this is difficult because of your age or some physical roadblock, but for everyone who is perfectly capable...if you only have sex when neither one is tired or stressed. You may have to plan!

(5) Sex is a preview of our eternal union with Christ.

- “Therefore a man shall leave his father and mother and hold fast to his wife and **the two shall become one flesh.**’ This mystery is profound and I am saying that **it refers to Christ and the church.**” (Eph. 5:31-32)

Sex is an analogy. It’s a preview. As there is pleasure and intimacy and vulnerability unity between man and wife there will be between Jesus and his bride. And we re-enact this homecoming then we have sex. It is not a coincidence that arguably the highest pleasure on earth occurs in the moment when you’re united to your spouse. Because when you’re united to Christ—the reality that sex union pictures—the pleasure and joy will be infinitely more than anything you could ever imagine. It’s when we’ll experience Ps. 16:11 to the full.

No sex in heaven.