

**Straight Talk about Sex –
According to the Scriptures
1 Corinthians 7:1 - 5**

1. GOD IS NOT DOWN ON SEX. SEX IS HIS BLESSING - AND HIS COMMAND.

- Genesis 1:27-28 ...; male and female He created them. ²⁸ God blessed them; and God said to them, "Be fruitful and multiply, and fill the earth,...."
- Health benefits (Oxytocin):
 - Prevents disease, improves heart health, lower risk of some cancers.
<http://www.healthline.com/health/healthy-sex-health-benefits#Overview1>

2. GOD HAS A PERFECT PLAN FOR SEX.

- A married man and woman.
 - 1 Cor 7:2, Heb 13:4

GALLUP POLL, JUNE 3, 2013

Morally acceptable?	18 – 34 yrs	35 - 54 yrs	55 and older
Sex between teenagers	48%	30%	22%
Sex between unmarried man and woman	72%	63%	56%
Pornography	49%	28%	19%

3. WHY DOES GOD DELAY SEX TO MARRIAGE?

- God's plan is different than humanity's:
 - Sex is important. Gen 2:24; 1 Cor 6:15-18
 - Commitment exists. Vows, legal contract.
 - Fosters intimacy, closeness of two.
 - Preserves, protects, gives and receives.
- Humanity's plan –teaches “me” 1st.

JOURNAL OF MARRIAGE AND FAMILY

[HTTP://WWW.SLATE.COM/BLOGS/XX_FACTOR/2012/09/05/_182_DAYS_TILL_SEX_NEW_STUDY_SAYS_THE_KEY_TO_RELATIONSHIP_SATISFACTION_IS_WAITING_SIX_MONTHS_TO_DO_IT](http://www.slate.com/blogs/xx_factor/2012/09/05/182_days_till_sex_new_study_says_the_key_to_relationship_satisfaction_is_waiting_six_months_to_do_it)

- Women who waited at least 6 months before having sex (with him) reported higher levels of:
 - satisfaction,
 - commitment,
 - intimacy,
 - emotional support, and
 - sexual satisfaction in the resulting relationship.

4. GOD'S PLAN INCLUDES SEXUAL RIGHTS AND RESPONSIBILITIES

- 7:3. Husband/wife must “fulfill his/her duty” translates from Greek:
 - *to pay off, discharge*, what is due (because a debt, like a burden, is thrown off ..., by being paid): conjugal duty [sexual rights], 1 Cor. 7:3; Thayer Greek Lexicon
- Default or paid off?

DIFFERENT TRANSLATIONS OF 7:3

- NIV – “should fulfill his marital duty to his wife”
- ESV – “give to his wife her conjugal rights”
- NET – “give to his wife her sexual rights”
- KJV – “give to his wife her due benevolence”
- **God created sex as good; and insured it by giving mutual rights/responsibilities.**
- Dr Laura quote.
- Video here.

5. EACH WAS GIVEN “AUTHORITY” OVER THE OTHER’S BODY. 7:4

- *to be master of anyone, exercise authority over one, Luke 22:25; ... to be master of the body, ..., to hold the body subject to one's will, 1 Cor. 7:4. ..., to be brought under the power of anyone, 1 Cor. 6:12. Thayers Greek Lexicon.*
- Voluntary giving of myself to my mate.
 - Not to abuse, hurt, or wrongly use; to love.

6. ALONG WITH: STOP “DEPRIVING” ONE ANOTHER

- “depriving” translates: (1) active, as obtaining something by deceiving another *deprive, defraud, steal* (1C 6.8); figuratively, of marital rights *withhold, deprive* (1C 7.5); (2) **passive** *permit oneself to be defrauded; let oneself be robbed* (1C 6.7)
- No time, no interest, no energy.

CHANGING OUR SEX HABITS IN MARRIAGE?

1. By **agreement** – takes two! 7:5
 - Adjust our thinking to Gods perspective.
2. **Husbands take the initiative**, the first step.
3. Men and women are different – **adjust speeds together**.
4. **Spend time together**, alone, regularly.

CHANGING OUR SEX HABITS IN MARRIAGE?

5. **By learning how** to do marriage better.
- Wives: “The Proper Care and Feeding of your Husbands,” Dr. Laura Schlessinger
 - Husbands: “5 Love Languages,” Gary Smalley
 - Singles: “Sex, God, and the Single Life,” by Hafeez Backu.