

Here we are at the last letter in the acronym CHAIRS. My favorite of them all. Probably for a man as important as the closeness and openness needed for emotional intimacy for a woman.

Important to note that all we will discuss today is within the marriage union. God created this gift for us to be used within that union because of the intense ability to bind a man and woman together.

HAVE LOTS OF SEX!!

1COR 7:2 - BUT BECAUSE SEXUAL IMMORALITY IS SO COMMON, EACH MAN SHOULD HAVE HIS OWN WIFE, AND EACH WOMAN SHOULD HAVE HER OWN HUSBAND

- SEXUAL DESIRES CAN LEAD TO IMMORALITY SO FREQUENT SEX WILL BIND THAT UNION BETWEEN A MAN AND WOMAN
- THIS UNION IS NOT JUST A PHYSICAL UNION BUT AN EMOTIONAL ONE AS WELL

Notice sexual immorality is so common, because of that your sexual union should be common as well so as to combat the temptation of immorality. The sexual union will bind and strengthen the bond between man and wife.

In 1COR 6:16 Paul says that anyone who is joined to a prostitute is one body with her because the scriptures say “the two shall become one flesh” This versed confirms that not just a physical union occurs with intercourse but an emotional one as well.

HE WANTS HER BODY, SHE WANTS HIS MIND

1COR 7:3 - THE HUSBAND MUST FULFILL HIS DUTY
TO HIS WIFE AND LIKEWISE ALSO THE WIFE TO
HER HUSBAND.

- SHE WANTS INTIMACY AND AFFECTION WITHOUT ALL
THE SEXUAL TOUCHING AND HE WANTS SEX WITH ONLY
MOMENTS OF AFFECTION
- WIFE'S EMOTIONAL RELEASE = LOVE
- HUSBAND'S SEXUAL RELEASE = RESPECT

1COR 7:3

As we have discussed before, a woman needs the intimacy and affection and typically doesn't have the sexual drive that a man has. Many times the emotional intimacy is enough for her. Not so with men. They need the sexual intimacy.

Wife need the emotional release through talking and that symbolizes love for her.

Husband has the need for physical release through sexual intimacy and makes him feel respected. Because if she refuses him he feels that she does not care about him and does not respect him and his need.

1COR 7:4 - A WIFE DOES NOT HAVE THE RIGHT OVER HER OWN BODY BUT HER HUSBAND DOES. IN THE SAME WAY, A HUSBAND DOES NOT HAVE THE RIGHT OVER HIS OWN BODY BUT THE WIFE DOES.

- HE SHOULD MINISTER TO YOUR SPIRIT TO HAVE ACCESS TO YOUR BODY -- YOU SHOULD MINISTER TO HIS BODY IF YOU WANT ACCESS TO HIS SPIRIT

As we have discussed before, we each have a responsibility to the other. For the woman she needs the spiritual and emotional support and then feels better about sharing her body.

On the other hand, the man needs his bodily needs supported which then is more likely for him to open up emotionally and spiritually.

KICK THE DEVIL OUT OF BED

1COR 7:5 - DO NOT DEPRIVE ONE ANOTHER
SEXUALLY - EXCEPT WHEN YOU AGREE FOR A
TIME, TO DEVOTE YOURSELVES TO PRAYER. THEN
COME TOGETHER AGAIN; OTHERWISE, SATAN
MAY TEMPT YOU BECAUSE OF YOUR LACK OF
SELF CONTROL

- YOU CAN'T SAY "HAVE EYES ONLY FOR ME", THEN CONTINUALLY TURN HIM DOWN WHEN HE APPROACHES YOU SEXUALLY
- COME TOGETHER AGAIN.... AND AGAIN.... AND AGAIN

The first line says it all. Don't deprive one another sexually.

Notice that if you agree to abstain for holy reasons, you are to "come together" again. The suggestion here is that you need to do this so as to prevent Satan from tempting either of you since we as humans have a lack of self control.

Women, think about how unfair it is to say to your husband "don't look at anyone else" but continue to turn him down. You spell respect to your husband when you appreciate his sexual desire for you.

TWO KEYS TO UNDERSTANDING YOUR HUSBAND

- APPRECIATE THAT HE IS VISUALLY ORIENTED

PROV 5:19 - AS A LOVING HIND AND A GRACEFUL DOE, LET HER BREASTS SATISFY YOU AT ALL TIMES; BE EXHILARATED ALWAYS WITH HER LOVE

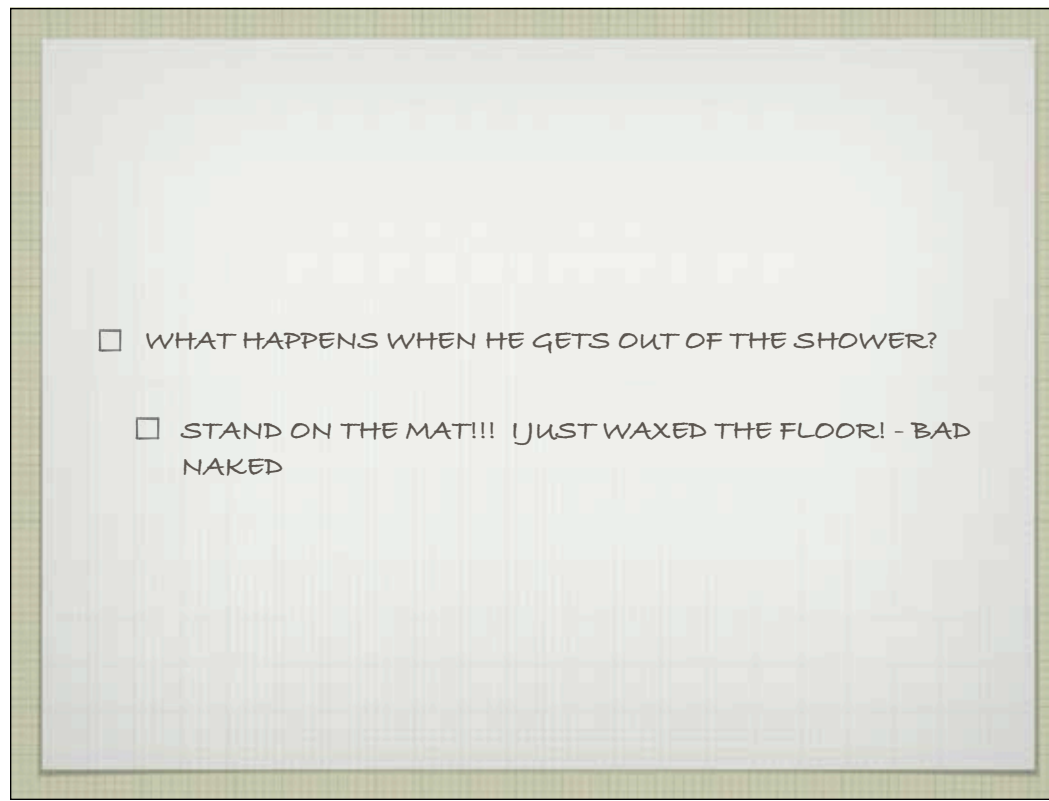
- WHAT HAPPENS WHEN SHE GETS OUT OF THE SHOWER

- HE'S ALL EYES, OBLIVIOUS TO EVERYTHING ELSE - GOOD NAKED

Men are visually stimulated. That is why commercials for sporting events frequently contain “skanky women”. It is also why porn is so tempting to men because it is visual. It frequently starts with the eyes and goes on from there. Remember Job had to make a covenant with his eyes so as to stay pure.

Proverbs makes it clear in 5:19 that a woman’s body is visually satisfying to your husband. This verse comes right after the verses about “drinking from your own cistern.” We men desire your nakedness and it is what contributes to us being “exhilarated with your love.”

Think about what happens when you are in or get out of the shower. He is oblivious to everything else going on around him.



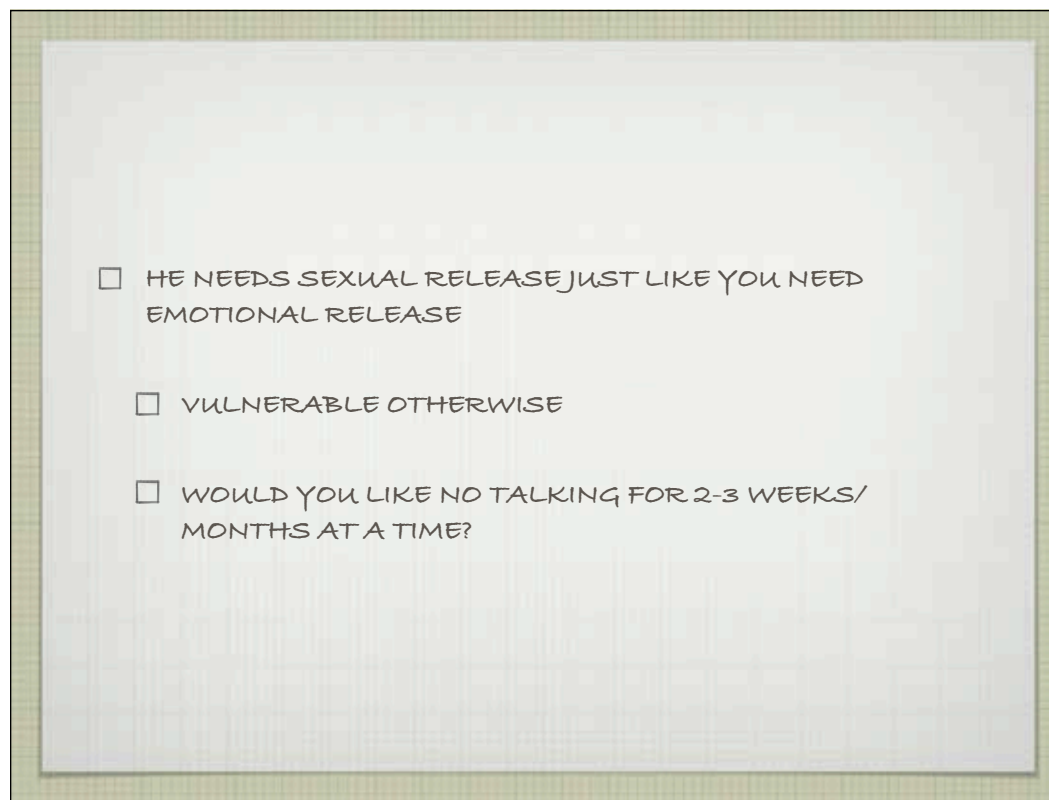
I'm not sure that the same can be said when we as men get out of the shower.

Interestingly a couple of weeks ago Lisa stated that she appreciated that Brian would look away during Super Bowl commercials, she said, "I don't really understand that." I suppose that many women feel that way and men on the other hand completely understand why the "skanky women" are on the commercials.



In this Seinfeld clip he has a girlfriend that is running around his apartment naked.

I am not condoning the circumstance of living together or casual sexual relationships but I think it shows the difference in how men and women view nakedness.



HE NEEDS SEXUAL RELEASE JUST LIKE YOU NEED EMOTIONAL RELEASE

VULNERABLE OTHERWISE

WOULD YOU LIKE NO TALKING FOR 2-3 WEEKS/ MONTHS AT A TIME?

The second key to understanding your husband besides the fact he is visual... is that he needs sexual release much like you need to have the emotional release of closeness, openness and understanding.

Men can become quite vulnerable when they don't get the sexual intimacy they need. There are studies to show that their moods can change to the point of something called "testosterone-induced depressions." When they have reduced frequency of orgasm they can become irritable and aggressive and develop a set of behaviors that can best be described as "sulking" or "moodiness". Sexual release restores the balance of testosterone and relieves the depression and anger.

SEXUAL GOLDEN RULE

LUKE 6:31 - DO UNTO OTHERS AS YOU WOULD
HAVE THEM DO TO YOU.

- YOU MAY HAVE TO FEEL AND BE CLOSE IN ORDER TO SHARE SEXUALLY
- IT IS THE REVERSE FOR HIM - THE SEXUAL ACT IS WHAT BRINGS THE TWO OF YOU CLOSE
- YOU CAN'T GET WHAT YOU NEED BY DEPRIVING YOUR PARTNER OF WHAT THEY NEED

You'll notice here that the "Sexual" golden rule is the same as the real Golden Rule.

He needs the sexual release as you need emotional release. That is why he loves the act of sex in and of itself. It is a pleasurable act that brings him satisfaction.

You may have to feel and be close in order to share sexually but it is the reverse for him.

This is why it is important that we each learn to love with a servant's heart and give to the other what they need.

You can't get what you need by depriving your partner of what they need.

SEX AS A GIFT

SEX IS FOR...

- PLEASURE - SONG 1:2, 2:3, 2:6, 4:5, 4:12-5:1, 6:13-7:9, 7:11-13.
- REPRODUCTION - GEN 1:28
- ONENESS - GEN 2:24 --BONDED TOGETHER PHYSICALLY AND CHEMICALLY
- KNOWLEDGE - GEN 4:1 -- LEARN TO KNOW EACH OTHER IN WAYS NOT KNOWN BY ANYONE ELSE

Believe it or not, it was the Puritans that marked a shift in thinking about sex. The reason for this was their return of Christian thinking back to the Bible. It is very clear throughout the Bible that sex is a gift from God and it is His intent that we enjoy that gift and enjoy it in such a way that is glorifying to him and good for our marriages.

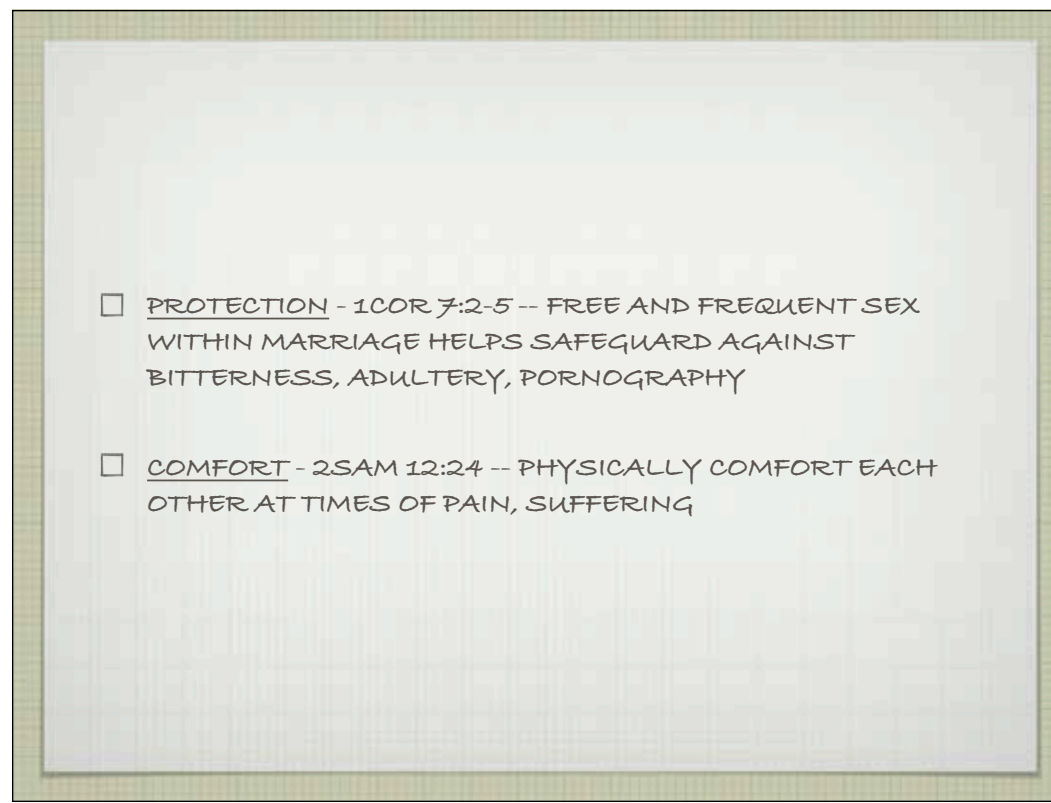
It is a very powerful gift for married couples and provides 6 good and glorious benefits.

Pleasure – in Song of Songs children are never mentioned and the entire book is about marital passion and pleasure

Reproduction – Children are conceived at the moment of deepest connection.

Oneness – the intense physical experience of sexual pleasure releases chemicals similar to opioids and excites the same centers of the brain. Besides the physical bond that you get from that there is a chemical one as well.

Knowledge – because of the intimacy surrounding the act of sex it gives an intimacy and connection that is not only exclusive but also unprecedented in all other relationships



Protection – free and frequent sex within marriage is like a bubble of protection from some of the temptations that are thrown at us

Comfort – the ministry of touch allows us to connect with our spouse in a way that lovingly serves and binds them together.

SELFISH LOVERS AND SERVANT LOVERS

MARK 10:43 - WHOEVER DESIRES TO
BECOME GREAT AMONG YOU SHALL BE
YOUR SERVANT

How have you humbled yourself to be a servant to your spouse? If we do not choose humility, God will choose humiliation for us. So we must willfully, earnestly, and continually humble ourselves. Do this 5 ways in in our marriages.

1. consider spouses needs and desires more than our own
2. do the thankless menial thinkgs that marriage requires as an act of love to our spouses
3. humbly receive instruction and correction from the Scriptures and Holy spirit
4. humbly seed to encourage and nurture the humble service we see in our spouses more than criticizing their faults
5. remember the humble servant Jesus and ask Holy Spirit to make us increasingly more like Him

HOW OFTEN SHOULD WE HAVE SEX???

- MARTIN LUTHER 400 YEARS AGO
 - 2X/WEEK, 104 TIMES PER YEAR
- 1994 STUDY OF SEXUAL PRACTICES
 - COUPLES UNDER 24 YEARS OLD - 132 TIMES PER YEAR
 - 11X/MONTH, EVERY 2-3 DAYS
 - COUPLES UNDER 30 YEARS OLD - 58 TIMES PER YEAR
 - SKEWED BY FACT THAT 15% HAVE NONE IN 6-12 MOS

Typically the number varies by age with younger having more and older having less.

Studies show that decreased sexual activity and interest begins in the first two years of marriage

Protestants and Catholic couples have similar percentages of sexual frequency with fundamentalist Protestant couples being the most sexually active followed by moderate then liberal orientation.

Read slide thereafter...

- IN 2003 NEWSWEEK FOUND 15-20% COUPLES ARE IN A SEXLESS MARRIAGE - < 10 TIMES PER YEAR

WAYS TO BE A SELFISH LOVER

- RARELY HAVE SEX - OFTEN VIA REPEATED DENYING SPOUSE WHICH SHAMES AND HUMILIATES THEM
- TAKE TOO LITTLE TIME/EFFORT - BY DOING THIS WE DISCOURAGE OUR SPOUSES FROM SEEKING TO BE INTIMATE
- ONLY HAVE SEX WHEN WE FEEL LIKE IT AT THE SAME TIME - SERVANT LOVERS SERVES THEIR SPOUSE EVEN WHEN NOT IN THE MOOD
- RARELY INITIATE - CAN BE DISCOURAGING FOR THE ONE ON OFFENSE

Rarely have sex – this can lead to them simply stop seeking to be intimate with us.

Too little time/effort – It can make them feel used. It takes the average woman form 10 to 30 minutes to move from foreplay to orgasm and 45 min is not unusual.

Only when both feel like it – what if you did other things this way, eat, talk, etc.

Rarely initiate – Usually there is an offensive player and a defensive player. It can make the offensive player feel neglected and unwanted which can be discouraging

WAYS TO BE A SELFISH LOVER

- COMMIT SEXUAL SABOTAGE - NOT GOING TO BED AT THE SAME TIME
- MAKE SPOUSE EARN SEX
- SHARE BED WITH CHILDREN OR PETS
- SEPARATE BEDS/BEDROOMS

Sexual sabotage – different bedtimes, pick a fight, displeasing attitude

Earn sex – this is more like prostitution than sex as our spouse has to pay for it in some way

Share bed with kids/pets – don't allow kids regular equal access with spouse. Bad dreams now and then is OK.

Separate beds – Hebrews 13:4 speaks of marriage bed.... not beds. Interestingly studies show husbands sleep better with wives but wives sleep worse with husbands. Humble servant lovers figure out how to cope. Sleep number bed?

REASONS WHY WE'RE SELFISH LOVERS

- DIFFICULT SEASONS - PREGNANCY, ILLNESS, INJURY
- SECRET SINS - BOTH PAST AND PRESENT
- INAPPROPRIATE SHARING WITH OTHERS - GOSSIP ABOUT SEXUAL FRUSTRATION WITH SPOUSE
- FATIGUE - MAKE SEX LIFE PRIORITY; MEN CAN HELP WITH THIS
- LACK OF PLEASURE - RULE OUT MEDICAL ISSUES OR PRACTICE VARIOUS TECHNIQUES TO IMPROVE

Difficult seasons – be understanding knowing you may not be able to do all that you would like

Secret sins – past or present, mental sins like pornography or lustful fantasizing, adultery of the heart or physical adultery

Inappropriate sharing – Ok to speak with someone else IN ADDITION to your spouse. Must be mutually agreed upon and be godly person. No relatives, no one of opposite sex.

Fatigue – Exhaustion is frequent reason for infrequent sex. Try different times of day. Help each other out around the house. Make it a priority and a matter of prayer

Lack of pleasure – study anatomy, practice. May be embarrassing but humble servants work through that

REASONS WHY WE'RE SELFISH LOVERS

- INSECURITY
- BOREDOM - HUMBLE SERVANT FINDS NEW WAYS TO TAKE RISKS

Insecurity – with bodies, with technique. Help each other work through that. Difficult conversations

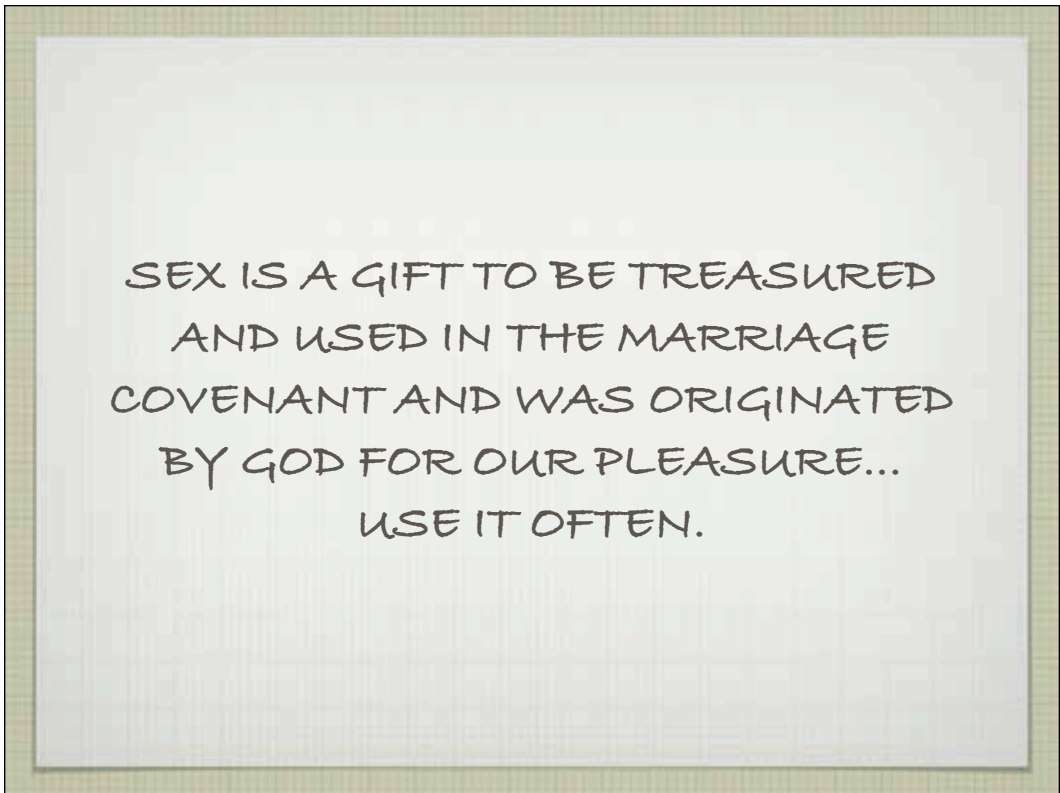
Boredom – practice passion, exploration, and variation, location.

BE VISUALLY GENEROUS

- "DANCE OF MAHANAIM" - SONG 6:13-7:13
 - EXOTIC, EROTIC PRIVATE STRIPEASE FOR HER HUSBAND
 - DURING THE DANCE HE CONSTANTLY VERBALIZES HIS ATTRACTION TO HER WHICH ALLOWS HER TO SEE HERSELF THROUGH HIS EYES

This is for the ladies.

The dance of Mahanaim (MAY-HUH-NAY-UM) is for your husband. Read Song of Songs 6:13 to 7:13 and try to understand that you need to see yourself through your husband's eyes. You are his standard of beauty and you need to realize that. Men you need to let your wives know the physical beauty you see in them.



SEX IS A GIFT TO BE TREASURED
AND USED IN THE MARRIAGE
COVENANT AND WAS ORIGINATED
BY GOD FOR OUR PLEASURE...
USE IT OFTEN.

Read this slide...

We will finish this series over the next 3 weeks. We will be starting a series on Ephesians.

Ephesians is a very practical book for Christian living and will cover the position of the Christian; to God and in the world.

We will also discuss Christian living, including unity in the church, holiness in life, responsibilities at home and work; and conduct in conflict.

