

Module 5 Lesson 5

Final Thoughts

KEY IDEA

God designed sexual intimacy to glorify Him and strengthen marriage when it is practiced with mutuality, valuing one another, and pleasure, flowing from heart connection and honoring God's design.

KEY SCRIPTURES

- 1 Corinthians 10:23, 31 – “Everything is permissible,’ but not everything is beneficial... whatever you do, do it all for the glory of God.”
- 1 Corinthians 7:4–5 – “Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer.”
- Proverbs 5:18–19 – “... and may you rejoice in the wife of your youth.”

LESSON & NOTES

M.V.P.

M _____

V _____ God's W _____ & your S _____

P _____

No couple has “arrived” sexually. Growth happens through humility, communication, learning, and continued investment in the relationship.

KEY POINTS

- Sexual intimacy is meant to glorify God within marriage
- Not everything permissible is beneficial or constructive
- Mutuality, valuing, and pleasure guide healthy sexual decisions
- Sex flows from trust, safety, and emotional connection
- Growth in sexual intimacy is an ongoing journey

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HeartWork – P1

Freedom in our sexual relationship is extremely important. God placed the boundaries on our sexual relationship to be within marriage. Everything else is up to us to determine using His Word as our guide.

Based on the lessons in this module, I've listed 15 Sexual Freedom Rights for Christian Couples. Place a checkmark before the number where you feel you do experience the freedom. If you both do not have these freedoms, or feel like you don't have these freedoms, then place a circle next to these items. These are worth discussing and possibly even bringing up with a counselor:

15 Sexual Freedom Rights for Christian Couples:

1. You are Free to Enjoy Orgasms / Pleasure
2. You are Free to Initiate Sex with Your Spouse
3. You are Free to Decline Sex with Your Spouse
4. You are Free to Give to your Spouse Sexually and not Receive
5. You are Free to Receive Pleasure from your Spouse without Guilt
6. You are Free to Be Curious about Sexual Topics
7. You are Free to Kiss and Have Fun Without Having Sex
8. You are Free to Demonstrate Love and Appreciation through Sex
9. You are Free to Speak with Your Spouse Openly about Sex
10. You are Free to Honor and Value Your Spouse's Desires
11. You are Free to Minister to Your Spouse Sexually without Pressure
12. You are Free to Explore Numerous Sex Positions and choose "yay" or "nay"
13. You are Free to Explore Numerous Sex Acts and choose "yay" or "nay"
14. You are Free to Explore Sex Toys and choose "yay" or "nay"
15. You are Free to Have Fun and be Playful
16. _____
17. _____

Read 1 Corinthians 10:23-33

The context of these verses was about eating food sacrificed to animals. Paul was trying to help the Corinthians that making a choice is not simply whether something is right or wrong but do actions (such as eating meat) build up others or cause them to stumble. And then to ask whether these actions glorify God.

Paul is telling the readers to consider the other person's conscience, and refrain from something if the other person's conscience directs them to abstain. But he also states that we are free if our own conscience does not condemn it as well. We cannot denounce others because of their conscience stand on certain things.

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HeartWork – P2

When it comes to determining whether sexual positions, acts, toys, and the like are for you as a couple, we can look at these verses as a model for us. Within the context of a marital relationship, couples have the freedom to choose. There are many sexual positions, acts, and toys which can bring about pleasure. Yet just because they exist and you have the freedom, individual consciences may decide certain sexual positions, acts, or toys are not alright with them.

If your spouse's sexual conscience is different than yours, your job is not to convince them, manipulate them, or force them to do it (ie. eat meat in these verses), but to accept where they are for their sake. If your spouse wants to do things you do not feel comfortable with, it does not mean they are dirty, nasty, or sexually deviant.

This is not to say we can't request them to pray about something or explore something for growth and understanding, but we must honor one another's wishes as well.

Discuss something that you have wanted to add to your sexual relationship. Does it pass the M.V.P test (Mutuality, Valuing, Pleasurable)?

How do you think God is glorified in your Sexual Relationship?

Below are some quotes from the video. Read them out loud to each other and share your thoughts with one another:

"Sex is a gift to be given, not a right to be demanded."

"Duty sex kills the desire for sex."

"The more pressure for sex, the less pleasure in sex."

"Making love is a pleasurable experience, not a personal entitlement."

"Your spouse needs to know you want them, and not just their bodies."

A "Resources for Sexploration" PDF is available for download on this lesson page or by going to www.intimateconnection.org. If you are in a group, your group leader may choose to hand this to you. You are invited to review this resource list TOGETHER and choose one resource from each area to listen to, download, explore, or purchase.

Have Fun!