

## STUDENT HANDOUT — Seminar 3, Session 5

### Sincere Sexual Satisfaction

#### INTRODUCTION

Howard Hendricks said, “We as Christians should not be ashamed to discuss that which God was not ashamed to create.”

#### I. How And Why Did Sex Begin?

A. Sex \_\_\_\_\_ with God. Genesis 1:27; 2:24

B. Sex is God’s divine \_\_\_\_\_ to implement His command to multiply a godly heritage. Genesis 1:28

C. Sex is God’s gift to man designed for our \_\_\_\_\_. Song of Solomon 7:1-9

1. There are at least three observations we need to mention about this love letter and about his attitude towards his wife.

a. He begins the letter by praising her.

b. Notice he is romantic.

c. Notice the fact that even though he praises her and is romantic he is still a guy and largely focused on the physical.

2. Look at some observations from her love letter.

a. She is aggressive. She expresses her desire for him in return.

b. She is whole brained. She is focusing on the whole person.

#### II. A Satisfying Sex Life Is The Result Of A Satisfying Marriage Relationship.

A. A couple can have a growing, satisfied, marriage relationship when they place value on three things:

1. They must create \_\_\_\_\_. Song of Solomon 5:16b

2. They must have lasting \_\_\_\_\_. Song of Solomon 8:6a

3. They must have deepening \_\_\_\_\_. Song of Solomon 4:9; 5:4b

B. Therefore, companionship, commitment, and passion combine to create an environment where the sexual relationship can flourish.

### III. Sex Is Like A Thermometer That Can Measure Your Individual Well-Being And The Health Of Your Relationship.

A. Since sex is partly physical, partly mental, and partly emotional, it can reflect your individual well-being in any of these areas.

1. Sex can be affected by your \_\_\_\_\_ condition.

- a. Fatigue
- b. Diet
- c. Exercise
- d. Pregnancy
- e. Dysfunction

2. Sex can be affected by your \_\_\_\_\_ well-being.

- a. Stress
- b. Preoccupation
- c. Incorrect information

3. Sex can be affected by your \_\_\_\_\_ health.

- a. Abuse: verbal, physical, emotional, sexual
- b. Unresolved anger: conflict, displaced, chronic
- c. Guilt: real versus false
- d. Self-worth

B. When a marriage has a problem in companionship, commitment, or compassion, then the sexual relationship may register the problem.

1. When a relationship lacks companionship, sex will often lose it's \_\_\_\_\_.

2. When a relationship lacks commitment, sex can seem \_\_\_\_\_ and vulnerable.

3. When a relationship lacks passion, sex can become \_\_\_\_\_.

### IV. You Can Improve Sex In Your Marriage By Understanding The Differences.

A. First look at the differences between men and women.

MEN

WOMEN

ATTITUDE

Physical  
Compartmentalized

Relational  
Wholistic

STIMULATION

Body-centered  
Sight  
Fragrance  
Action

Person-centered  
Touch  
Attitude  
Words

NEEDS

Respect  
To be physically needed  
Physical expression

Respect  
To be emotionally needed  
Intimacy

SEXUAL RESPONSE

Acyclical  
Quick excitement  
Difficult to distract

Cyclical  
Slower excitement  
Easily distracted

## ORGASM

Shorter, more intense  
More physically-oriented

Longer, more in-depth  
More emotionally-oriented

B. Look at the differences between perspectives.

1. Depending what you focus on determines your attitude toward sex.
2. We look at sex in different ways.

3. You probably look at sex through one of these lenses: companionship, commitment, and passion.

When you focus on...

Your attitude toward sex tends to...

## COMPANIONSHIP

be tender and pleasurable.  
be an expression of the overall relationship.  
begin with conversation and time together.

## COMMITMENT

be deep and meaningful.  
be the most profound experience of life.

be a very serious thing.

## PASSION

be fun.

be explosive and impetuous.

be playful and passionate.

Here is the key to SINCERE SEXUAL SATISFACTION:

C. We must learn to accept and enjoy the differences we have in our marriage relationship, then our sexual relationship will flourish.

V. There Are Three Ways You Can Improve Sex In Your Marriage.

A. Cultivate the Companionship.

1. Plan \_\_\_\_\_ times together.

a. Do activities together that you both like.

b. Plan a weekly date.

2. Practice \_\_\_\_\_ to your companion.

a. Discover non-sexual ways of expressing affection.

b. You can learn to touch affectionately.

3. Learn to \_\_\_\_\_ effectively together.

a. Choose activities that will force you to talk.

B. Build the commitment.

4. Through \_\_\_\_\_ and \_\_\_\_\_.

a. Experience trust together.

b. Maintain a healthy attitude toward your partner.

c. Maintain a healthy attitude toward sex.

5. Through \_\_\_\_\_.

6. Through \_\_\_\_\_ commitment to God and each other.

a. Unconditional love

b. Selflessness

C. Keep the fire of passion burning.

1. Make passion a \_\_\_\_\_ in your planning.

2. Make a commitment to have a \_\_\_\_\_ fulfilling sex life.

I Corinthians 7:3,4

3. Make time for \_\_\_\_\_.

a. Seek to find a creative setting.

b. Seek different creative approaches.

## CONCLUSION

Three very important principles to remember:

1. Sex is not an end, it is the means to an end.

2. The end we desire is a marriage relationship filled with companionship, commitment, and passion.

3. A satisfying sex life is the direct result of a satisfying marriage relationship.