

The Godly Woman as A Wife

A Fit Helper for Him: Sex is Fun—Enjoy It

What a fantastic privilege and sacred responsibility is yours today, teacher, to communicate sex from God's point of view! Pray and ask God to enable you to lead this study with unembarrassed freedom of speech. Your *attitude* in leading this study will determine to a large degree the freedom and honesty your class will feel in responding.

Sex is God-given, God-ordained and God-blessed. Because it is *sacred*, only the Christian can know the fullest and deepest meaning of sex. Yet there are so *many* misconceptions and problems and misunderstandings regarding this tremendously important subject among Christians. Pray that God would make the women's preparation of this study and the time you spend in discussion a time of tremendous blessing and enlightenment; a time of honest freedom in sharing; a time of new commitment to Christ and to their husbands.

Teacher, several weeks ago I recommended you order (or purchase from a Christian bookstore locally) Shirley Rice's book, *Physical Unity in Marriage*. I hope you and each woman in your class has her own copy of this book to refer to. She deals with this whole subject in such a loving and thoroughly Christian way and in much more detail than we can cover in this one chapter. Don't miss the blessing!

Another suggestion I want to make is that you encourage the wives to send for Dr. Ed Wheat's audios mentioned in their book (page 73). These are *not* for group listening - only for a husband and wife.

A. Object of the Lesson

To bring each wife:

1. to see sex from the Biblical perspective
2. to help her determine the causes and find solutions to any problems she is personally experiencing
3. to help each wife experience the ever-increasing joy of giving and receiving in the sexual relationship that God intends.

B. Discussions Questions

1. Why do you think so many women enter into marriage unprepared for the sexual aspect? (Ignorance, wrong teaching, "old wives tales", undue modesty, etc.)
2. What kind of instruction or training would have been of help to you before your marriage to better prepare you for the sexual relationship, or if you *did* receive such help, share with us what was of special benefit to you?
3. Look at Proverbs 5:15-19 and Song of Solomon 7:6-10. How do these passages point out that pleasure is one of the reasons God gave sex? (These and other passages of scripture clearly emphasize that the one flesh relationship does not refer specifically to reproduction, but, rather to sex as a deep personal experience of spiritual and physical pleasure between marriage partners. This pleasure involves the action of the total personality and it can be the most intense height of physical intimacy and the most profound depth of spiritual oneness between a husband and wife.)

4. Do you think women are meant to enjoy sexual intercourse as well as men? (Yes? It is a *good gift* from God (James 1:17) for *both* to enjoy. God would not give it as a good gift for man to enjoy only and intend it to be something not to be enjoyed by woman. His plan is that it be a mutually satisfying experience. Song of Solomon 4 & 5:10-16)
5. Of what significance is the answer to question 1 in your book to a Christian woman's enjoyment of sex? (So many feel it is wrong, sinful, degrading, debased, etc. and not something to be thoroughly enjoyed understanding that God gave it as a *good gift* before sin even entered the world is a very *freeing* thought to some women who have been taught it was wrong. The Bible celebrates sex and its proper use and it is very clear that God Himself gave this physical magnetism between the sexes, not only for the propagation of the human race, but also for the expression of this deepest love and oneness between a man and his wife. Satan delights in taking that which is pure and good and corrupting it and misusing it so that people begin to look upon it as being evil in its source. Sex and marriage are of divine origin. Grace perfects them, sin perverts them.)
6. How can sexual intercourse be so right within marriage and so wrong outside the bonds of marriage? What is the biggest argument against pre-marital sex in your opinion? (God commands us not to have premarital sex, and God's laws are for our good not for our hurt. Sex involves the total personality and you cannot become "one flesh" with another and another and another and not have your personality fragmented. God, who made us, understands so well how we need the security of the marriage relationship of one man and one woman to partake in this deepest possible sharing of ourselves with another).
7. Some authorities say more than 50% of the married women claim to be sexually unfulfilled. What do you think are some of the main causes of such sexual problems between married couples? (Tim LaHaye in *How to be Happy though Married* says most discord in this relationship can be attributed to (a) ignorance (b) selfishness (c) fear.)
8. Do you agree or disagree with the statement "a woman's greatest sex organ is her mind?" Why?
9. Using I Corinthians 7:2-5, let's see if we can find an answer for each problem given in question #6. What other principles did you find from this passage?
10. How is selfishness destructive in the sexual relationship? (Real, *true* pleasure comes only in the total giving of self for the other's pleasure).
11. Of what importance is communication in this area of our lives? e.g. Should you talk to your husband about any problems, likes or dislikes, hang-ups, etc. regarding the sex act? (Yes, it is so important to communicate together as to what brings mutual pleasure, what is not pleasurable, etc.)
12. If a husband seems to be losing his sexual drive, what are some ways a wife can help correct the situation? (Be understanding, recognize business pressures, improve her own appearance and attitude, encourage him to see a doctor to determine if there is a physical cause, encourage and edify him—build him up.)
13. What is your understanding of "foreplay"? Of what importance is it? (Foreplay is that gentle caressing and fondling of the wife's body done by the husband to help raise her sexual desire to the point where they can enjoy a mutually satisfying climax.)
14. What is the place of prayer in achieving and maintaining a good sexual relationship? (Prayer is vital! Prayer can enable a woman to overcome wrong attitudes and long-established thought

patterns and see things from God's point of view. We are as dependent on God in this area of our lives as we are in any other.)

C. Suggestions for Conclusions

1. Perhaps it would be well to close today's session with some honest answers to some valid questions. Let's close our eyes and meditate on these questions:

- a. Am I guilty of defrauding or withholding from my husband sexually?
- b. Am I subjecting him to unnecessary temptations by not adequately meeting his needs?
- c. Am I the "reluctant dragon" always pleading tiredness? or headache? or another more convenient time?
- d. Have I been withholding sex—using it as a tool to get my own way?

If any of these things are true, will you bring that matter to God right now in prayer and purpose to cooperate with Him so that He can transform the physical relationship in your marriage into a source of joy and fulfillment for both of you and into an honor to Him.

2. Read the quote on page 73 of their book and remind the ladies this is the one, and for most of us the only, area of our lives in which we do not have to share our husbands with anyone. We must share so much of their lives with so many others, but God has given us this cherished, deepest expression of love and oneness...this time of sublime joy and fulfillment, in which we do not have to share our husbands with any other person! What a privilege and what a cause for gratitude and thanksgiving!

D. Additional Scriptures

Song of Solomon (especially 1:2, 15; 4; 5:10-16; 7:6-10) Acts 20:35; Philippians 2:3,4; Genesis 18:12-14; I Thessalonians 4:3-8; Mal. 2:13-15; Proverbs 5:15-19

E. Possible Projects

1. Listen to the audios listed in *The Godly Woman* or in Extra Helps in the Teacher's Guide.
2. Read some of the suggested books
3. Read Song of Solomon and note each word which points out God's desire for us to find pleasure and freedom in wedded sex.

F. Extra Helps

Better Is Your Love than Wine by Jean Banyolak and Ingrid Trobisch, Inter-Varsity Press

The Essence of Marriage by J. A. Fritze, Zondervan

Design for Christian Marriage by Dwight Small, Revell

God, Sex and You by Dr. M. O. Vincent, Lippincott

Audio 2298 - "Sex Relationship in Marriage"

Audio 2314 - "Sex Is God's Idea Part II—How to Enhance Sexual Response"

Audio 2591 - "Sex and Marriage"